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Lifetime Learners Institute at Norwalk Community College

Lifetime Learners Institute is returning to campus for 3 of 9 summer course offerings. Join Us!
Go to lifetimelearners.org to access the LLI Course Catalog and sign up for classes. **Classes start July 11th.**
LLI is a volunteer organization offering a rich array of courses year-round for members over 50.
If you have questions about Lifetime Learners Institute, please contact us by email
at llearner@ncc.commnet.edu

Course Titles

- Sightseeing in Fascinating Southeast Asia
- Creating your Personal Vision – Art Class
- The Golden Age of R&R – Part 3 (1958-59)
- Seated Gentle Stretch
- Theme Songs and their Stories
- Six or Seven Wonderful Plays During Midsummer Afternoon
- Operettas
- Great Women in History

HEAT SAFETY

It's that time of year again! Here are a few helpful hints from the Connecticut Department of Public Health to stay safe in the heat:

- Drink plenty of fluids and avoid alcoholic, caffeinated, or sugary drinks. Note: if you have a limit on the amount of fluids you can drink, check in with your doctor.
- Choose lightweight, light colored, loose-fitting clothing and wear sunscreen.
- If you must go outside, go when it is cooler in the morning or evening.
- If at all possible, spend hot days in an air-conditioned space. Never leave infants, children, or pets in cars!
- Use a buddy system-have a friend or relative call you to check in with you twice a day on hot days.
- Call 2-1-1 to find the nearest local cooling center or check the hours of operation for the Wilton Library and Comstock Community Center to see if they are open to residents needing a place to cool off.
- Call 9-1-1 immediately if someone is experiencing symptoms of heat stroke including fever; irrational behavior; extreme confusion; dry, hot, and red skin; rapid and shallow breathing; rapid and weak pulse; seizures; or unconsciousness.

GUIDE TO SENIOR SERVICES

- Sarah Heath M.S. LPC203-834-6238
Director, Social Services
Municipal Agent for the Elderly
- Stephanie Rowe M.S.....203-834-6240
Senior Center Coordinator
- Lauren Hughes LCSW.....203-834-6238
Coordinator, Senior Services
- Trinity Haswell LMSW.....203- 834-6241
Youth Services Coordinator
- Debbie Wolyniec BBA ... 203-834-6238
Administrative Assistant
- Meals-on-Wheels..... 203-762-0566
- Food Pantry 203-834-6238
- Dial-A-Ride 203-834-6235
- Town-to-Town..... 203-299-5180
- AARP 888-687-2277
- Visiting Nurse & Hospice 203-762-8958
- Parks and Rec.....203-834-6234
- Stay at Home in Wilton 203-762-2600
- Wilton Family Y 203-762-8384
- Wilton Library..... 203-762-3950

JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 Feldenkrais 10:00 Jewelry Making 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
4 Senior Center Closed for Fourth of July 	5 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 1:00 Studio Knitting	6 10:00 Bridge with Mike 10:00 Pickleball at Middlebrook 10:30 Tai Chi 12:00 Duplicate Bridge 12:30 Strength Training 1:00 Mah Jongg	7 10:00 Yoga 11-12 Blood Pressure Screening 1:30 Bingo with Chief Blanchfield	8 10:00 Feldenkrais 10:00 Jewelry Making 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
11 11:00 Zumba 12:10 Strength Training 12:00 Bridge	12 10:00 BeMoved! 11:15 Yoga 12:30 Five Crowns 1:00 Studio Knitting	13 10:00 Bridge with Mike 10:00 Pickleball at Middlebrook 10:30 Tai Chi 12:30 Strength Training 1:00 Mah Jongg	14 10:00 Yoga 11:10 Strength Training 1:30 Bingo	15 10:00 Jewelry Making 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
18 11:00 Zumba 12:10 Strength Training 12:00 Bridge	19 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	20 10:00 Bridge with Mike 10:30 Tai Chi 12:30 Strength Training 1:00 Mah Jongg 1:30 Pickleball at Middlebrook	21 10:00 Yoga 11:10 Strength Training 1:30 Bingo	22 10:00 Feldenkrais 10:00 Jewelry Making 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
25 11:00 Zumba 12:10 Strength Training 12:00 Bridge	26 10:00 BeMoved! 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	27 10:00 Bridge with Mike 10:30 Tai Chi 10:30 Pickleball at Middlebrook 12:30 Strength Training 1:00 Mah Jongg	28 10:00 Yoga 11:10 Strength Training 1:30 Bingo	29 10:00 Feldenkrais 10:00 Jewelry Making 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge



Pickleball in the Summer

Pickleball will be outdoors at Middlebrook Tennis courts until September 7th. The group will meet Wednesdays at 10:00 a.m. except for the week of July 18th where they will meet at 1:30 p.m. **There will be no Pickleball August 31st.**

Any questions please call 203-834-6240

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 11:00 Zumba 12:10 Strength Training 12:00 Bridge	2 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 12:30 Strength Training 1:00 Studio Knitting	3 10:00 Bridge with Mike 10:00 Pickleball at Middlebrook 10:30 Tai Chi 12:00 Duplicate Bridge 12:30 Strength Training 1:00 Mah Jongg	4 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo with Chief Blanchfield	5 10:00 Feldenkrais 10:00 Jewelry Making 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
8 11:00 Zumba 12:10 Strength Training 12:00 Bridge	9 10:00 BeMoved! 11:15 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 12:30 Strength Training 1:00 Studio Knitting	10 10:00 Bridge with Mike 10:00 Pickleball at Middlebrook 10:30 Tai Chi 12:00 Duplicate Bridge 12:30 Strength Training 1:00 Mah Jongg	11 10:00 Yoga 11:10 Strength Training 1:30 Bingo	12 10:00 Feldenkrais 10:00 Jewelry Making 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
15 11:00 Zumba 12:10 Strength Training 12:00 Bridge	16 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 12:30 Strength training 1:00 Studio Knitting	17 10:00 Bridge with Mike 10:00 Pickleball at Middlebrook 10:30 Tai Chi 12:00 Duplicate Bridge 12:30 Strength Training 1:00 Mah Jongg	18 10:00 Yoga 11:10 Strength Training 1:30 Bingo	19 10:00 Jewelry Making 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
22 11:00 Zumba 12:10 Strength Training 12:00 Bridge	23 10:00 BeMoved! 11:15 Yoga 12:00 Duplicate Bridge 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	24 10:00 Bridge with Mike 10:00 Pickleball at Middlebrook 10:30 Tai Chi 12:00 Duplicate Bridge 12:30 Strength Training 1:00 Mah Jongg	25 10:00 Yoga 11:10 Strength Training 1:30 Bingo	26 10:00 Feldenkrais 10:00 Jewelry Making 11:15 Tai Chi 12:00 Bridge 1:00 Intermediate Bridge
29 11:00 Zumba 12:10 Strength Training 12:00 Bridge	30 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Five Crowns 12:30 Strength Training 1:00 Studio Knitting	31 10:00 Bridge with Mike 10:30 Tai Chi 12:00 Duplicate Bridge 12:30 Strength Training 1:00 Mah Jongg	What is the Wilton Senior Social Group? The Wilton Senior Social Group meets every other Tuesday 11-12:00 in our café, led by MSW Lacey Bernier. This group dives into a variety of topics facing Wilton Seniors today. Drop ins are always welcome! For any questions please call the center at 203-834-6240.	



Thinking Forward.....

Our Ogden House Lunches will be resuming in September—December 2022 with no lunches January and February and then resume back March– June 2023.

Lunches at Ogden House will cost \$3.00

Our Thursday Lunches will resume at 12:00 and Bingo will begin to start at 12:45.

Starting September 1st . RSVP is required the Tuesday prior to each lunch.
Lunches at the senior center will cost \$3.00.

ACTIVITIES THROUGHOUT THE SUMMER

All Activities are Free!

ZUMBA!

Mondays, 11:00 a.m. to 12:00 p.m.
This program blends traditional dance steps with elements of modern line dancing. This is a great form of exercise, social interaction, and just plain FUN!
Beatriz Araujo, Instructor.

STRENGTH TRAINING

Mondays 12:10-12:50

Tuesday 12:30-1:00 <- New Start Time

Wednesdays 12:30-1:15

Thursdays 11:10 –11:40

Summer Session: July 8– August 29th Free
Join Lisa on Mondays and Wednesdays and Stephanie on Tuesday and Thursdays in this aerobic class that will get your blood pumping! The class is done mostly in chair with an ending standing portion that can be modified. No Strength Training 7/5 7/7 7/12

GENTLE YOGA

Tuesdays 11:15 a.m.– 12:15 a.m.

Thursdays, 10:00 a.m. to 11:00 a.m.

Broderick Heile will conduct a gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps posture and focus

BEMOVED!

Tuesdays, 10:00 to 11:00 a.m.

BeMoved® is a dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly experience that improves the quality of a person's movement. The class starts with a warm-up and easy-to-follow therapeutic movements and concludes with a cool down that brings the workout full circle, leaving participants feeling rejuvenated.

Phyllis Hirschfield, Instructor.

TAI CHI

Wednesdays, 10:30 a.m. to 11:30 a.m.

Fridays 11:15-12:15 p.m.

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Tai Chi has been shown to prevent falls and improve the functioning of daily activities.

Broderick Heile, Instructor

FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m.

No class July 15th and August 19th

Explore this exciting and innovative movement method designed to relieve pain, exercise your brain and teach you to move with greater comfort, ease, and fluidity. Cathy Paine, Instructor

BINGO

Thursdays 1:30 p.m. 25 cents per card 10 Rounds
Come down to the center and play some bingo! We start with a traditional bingo and winner chooses the next style game, Winners get "the pot" each game.

BILLARDS

Tuesday and Fridays at 9:00-11:00

Enjoy a morning of Billiards downstairs in our game room.

FIVE CROWNS

Tuesdays, 12:30 p.m.

Five Crowns is a progressive rummy-style card game. It has spades, hearts, diamonds, clubs, and stars! It can be played by two to seven players. It's easy to learn and lots of fun to play. In order to play contact the center to be connected to the group leader 203-834-6240

STUDIO KNITTING

Tuesdays 1:00

Join fellow knitters with your work in progress and enjoy great company! Relax on a Tuesday Afternoon in a calm space and knit the afternoon away!

AMERICAN MAH JONGG

Wednesdays, 1:00 p.m.

American Mah Jongg is different from Chinese Mah Jongg in several ways. American Mah Jongg utilizes racks, jokers, and "Hands and Rules" score cards, and has several distinct game-play mechanics. . In order to play contact the center to be connected to the group leaders 203-834-6240

JEWELRY GROUP

Friday 10:00 a.m. to Noon

Enjoy the fun of making your own beaded jewelry in a group setting. Must bring your own beads.

BRIDGE GROUPS

If you like to join other seniors in an afternoon of bridge, call the organizers listed below:

Duplicate Bridge: First Wednesday of the month and 2nd, 3rd and 4th Tuesdays.

Contact Diego Tomayo at 203-858-0264

Contract Bridge: Fridays 12:00

Contact Eleanor Mihailidis at 203-762-8720.

Supervised Bridge Games:

Instructor Mike Hess is a 5000 Diamond Life Master in Bridge

Open Bridge: Wednesday Mornings 10:00 a.m. to 12:00 p.m.

Intermediate Bridge Friday Afternoons 1:00-3:00