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♥ MISSING YOU..



What a Crazy Year....

The Wilton Senior Center hopes you are happy, well and safe during this crazy unprecedented time. Due to the High-Risk population we serve, The Wilton Senior Center does not have a reopening date officially set. Please call the center for any assistance you might need during this time. We have some online activities for the summer to keep your mind and spirit active. We miss you and are excited for your eventual safe return to our center!

GUIDE TO SENIOR SERVICES

Sarah Heath.....203-834-6238

Director, Social Services
Municipal Agent for the Elderly

Stephanie Rowe203-834-6240
Social Services Activities Coordinator

Lauren Hughes203-834-6238
Coordinator, Senior Services

Phoebe Musico203-834-6238
Adult and Family Social Worker

Debbie Wolyniec203-834-6238
Administrative Assistant

Meals-on-Wheels203-762-0566

Food Pantry203-834-6238

Dial-A-Ride203-834-6235

Town-to-Town.....203-299-5180

AARP888-687-2277

Visiting Nurse & Hospice 203-762-8958

RVNA Health.....203-438-5555

Parks and Rec.....203-834-6234

Stay at Home in Wilton 203-423-3225

Wilton Family Y203-762-8384

Wilton Library.....203-762-3950

DIAL A RIDE UPDATE

Steve and the gang are working on a safe return for Dial A Ride in the near future. For any

information please check our website at wiltonct.org/senior-center or call 203-834-6235 to listen to their voicemail.



Are you E-Subscribed?

Be sure you are in the know! Become a subscriber of all Wilton Senior Center updates:

Step 1: Go to: <https://www.wiltonct.org/subscribe>

Step 2: Enter your email address in

Step 3: Check off "Senior Center"

Step 4: Check off "I'm not a Robot"

Step 5 : Click 'Subscribe me!'

You will now be notified of any updates the Senior Center has

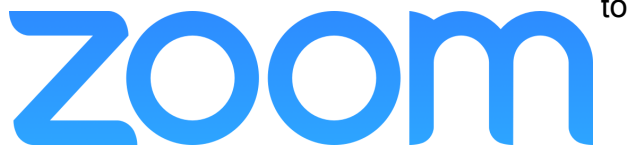
If you are not on the internet have no fear! Call 203-834-6240 for any updates and information on classes!

Subscribe Now!

ACTIVITIES THROUGHOUT THE SUMMER

What is Zoom?

Have you been hearing “Join us on Zoom?” and thought what exactly is going on? Zoom is an internet application that allows people to come together online or by phone. If you have a smart phone, go to your application store “app store” and type in Zoom. Install “Zoom Cloud Meetings” Once installed, click the app and hit “sign up”. Enter in your birthdate (to make sure you’re over 18) email and create password. Once you’re signed up you’re good go! When signing up for a program, I will email you the link to click in order to join the meeting. No internet? No Problem! Sign up for programs and you can call in on your local land line. If you have any questions please call the senior center at 203-834-6240. Happy Zooming!



Gentle Yoga

Tuesdays at 11:00 and
Thursdays at 10:00
Online Via Zoom



A compassionate Kripalu-style yoga class designed to help you tune in, stretch and move in the way that feels right for your body in the moment. Classes

may include any or all of the following: breath work (pranayama), yoga postures (asanas), relaxation and meditation. **A great way to ground down, connect and give back to yourself right now during this crazy time!** 1 hour on Zoom

Denise O’Hearn is a certified Kripalu Yoga Teacher and Reiki Master. She also holds classes and workshops on the amazing benefits and uses of Essential Oils. She teaches group and private classes. Denise is a strong yet gentle, **authentic** and compassionate teacher who is enthusiastic about sharing the benefits of natural healing. **To sign up**

Email Denise at support@vibrantmoves.com

BEMOVED!

Fridays online at 10:30

Are you missing our Tuesday Morning BeMoved! Class? Our BeMoved Instructor Phyllis Hirschfield will be teaching BeMoved! online Fridays at 10:30. Each week a different genre of Music! If you would like more information please contact Phyllis at phyllis.hirschfield@gmail.com.



Phyllis Hirschfield

Join the fun and see friends!



Feldenkrais

Tuesdays and Saturdays 10:00 on Zoom
Starting July 7th

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. This class is donation based, pay what you can afford. For more information email Cathy at cpaine@optimum.net



Cathy Paine

DON'T FALL FOR A SCAM!



Criminals seeking to scam people out of their money use all sorts of shrewd schemes. Anyone can fall prey to a scam. Don't let it be you!

Join Visiting Nurse & Hospice of Fairfield County and Lieutenant David Hartman of the Wilton Police Department for a scam prevention presentation via Zoom. Learn how to recognize a scam and what to do if you are a victim.

Lieutenant Hartman will discuss scams that are currently circulating in Wilton and surrounding towns and are being investigated by the Wilton Police Department. He will alert participants as to some of the warning signs of a scam and help them to avoid becoming a victim. He will also inform participants about how to report a scam complaint and where complaints should be filed.

Scam Prevention Presentation *(via Zoom)*

Friday, July 17th at 10:00 AM

**Visiting Nurse
& Hospice**
of Fairfield County 

Trusted care. When you need it most.

This presentation is offered-free-of-charge by Visiting Nurse & Hospice of Fairfield County and will be conducted online via Zoom. Please call Stephanie Rowe at the Wilton Senior Center at 203-834-6240 or email her at Stephanie.Rowe@WiltonCT.org to preregister. You will receive an email with the Zoom meeting link.

Don't throw away your stimulus payment by accident

Why would you do that? People are rightly suspicious of unsolicited cards through the mail, and the Economic Impact Payment (EIP) cards arrive in plain envelopes with the return address "Money Network Cardholder Services" from MetaBank in Omaha, Nebraska. That doesn't sound like a government payment to most people. In addition, the IRS says it might send you an EIP card, even if its [Get My Payment](#) tool says you're getting a check.

Naturally, wherever there is money involved, there are usually scammers trying to take it from you. Nevertheless, for the 4 million people who receive those EIP prepaid debit cards, the money can be a lifeline in the pandemic. To avoid losing your stimulus payment:

- You'll get a letter with the EIP card telling you how to activate it. Be very careful that you call the correct phone number. Don't search the Internet for the number. Scammers sometimes set up fake customer service numbers to deceive people and take their personal information.
- Don't give your personal identification number (PIN), EIP debit card number or Social Security number to anyone who calls or texts you.

Check your mail carefully to avoid tossing your EIP card out with your junk mail.

If you've destroyed or thrown out your EIP card, don't worry. Call the toll-free customer service line at 800-240-8100 (TTY: 800-241-9100) to ask for a replacement. You can find additional information at the official [EIP website](#).

AARP's [Fraud Watch Network](#) can help you spot and avoid scams. Sign up for free "watchdog alerts," review our scam-tracking map or call our toll-free fraud help line at 877-908-3360 if you or a loved one suspect you've been a victim.

How to activate your EIP card

Call 800-240-8100 (TTY: 800-241-9100). You'll need to provide your name, address and Social Security number. You will also be asked to create a four-digit personal identification number (PIN) required for ATM transactions and automated assistance and to hear your balance. For security, don't use personal information as your PIN. For cards with more than one name, only the primary cardholder (listed first on the card) may activate the card. There is no charge to activate the card.

You can create a user name and password for your card online, at the Money Network site. Be sure to have your card handy when you log in. You can see your balance and transaction history online any time at [EIPCard.com](#). You can get the same information by calling the toll-free number.

How to use your EIP card

You can generally use your card without a fee to make purchases anywhere Visa debit cards are accepted — in stores, online or over the phone. You can also use your EIP card to pay most bills, get cash back with a PIN debit purchase (where available), buy groceries and get cash from ATMs that carry the Allpoint brand. You can search for surcharge-free ATMs at [EIPCard.com](#). And you may be able to pay your mortgage or rent, if your bank or landlord accepts Visa payments.

Although [most transactions don't charge a fee](#), a few do. For example, you'll pay 25 cents for each balance inquiry at an ATM, and \$2 for each out-of-network withdrawal after your first one. You'll also pay \$7.50 for a lost or stolen card, and \$17 if you want it shipped to you by priority mail.

You can also transfer the money on your EIP card to your bank at [EIPCard.com](#) or the Money Network Mobile App, which can be downloaded as an app onto a smart phone. The limit on transfers to a bank account is \$2,500 per transaction. People can easily transfer the money from their card to an existing bank account online at [EIPCard.com](#). You will need the routing and account number for your bank account.

If you lose your card (or accidentally throw it out), you can get a free replacement through MetaBank customer service. The bank will waive the standard fee of \$7.50 for the first reissuance of any EIP Card. It will also waive any initial fee charged to a customer from an earlier date. You don't need to know your card number to request a replacement, and you can also request a replacement by calling 800-240-8100 and choosing option 2 from the main menu.



FOURTH OF JULY

House Decorating Contest

- * Register on www.wiltonct.org/fourthofjuly
- * Decorate your house based on 4th of July or America theme. Decorations should be on side of house visible from street.
- * Complete decorations by July 1st. Judging will take place on July 2nd.



FIRST PLACE WINS FREE PARKING PASS TO
2021 WILTON FIREWORKS!

Prizes for 2nd and 3rd place too!

Sponsored by: Town of Wilton, Wilton Senior Center, and
Wilton Library

For more information, visit: www.wiltonct.org/fourthofjuly