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MEDICATION MANAGEMENT FOR DUMMIES

***A New Program for Seniors Using Web-Based Medication Education Software
by Nursing and Home Care***

Many older adults take several different daily prescription medications. Doctors and their patients struggle with balancing the benefits of multiple prescription medications with adverse effects and drug interactions. Almost one half of all older adults experience adverse effects of taking multiple medications. Drug interactions may cause dizziness, falling and confusion. Some 7,000 deaths per year are attributed to medication "accidents." At least one quarter of all medication-related accidents are preventable.

Nursing & Home Care, through a local health grant from the State Department of Public Health, is developing a new program to educate and assist seniors with their medications.

"Evidence shows that programs to educate older adults about prescription medications yield positive results," says Elaine Abrams, RN, MPH, Community Health Coordinator and the program facilitator.

The new program will be introduced on Wednesday, January 20, at Ogden House. "Medication Management for Dummies" will provide information about ways to manage your prescriptions and prevent medication accidents.

There is no charge to attend the "Medication Management for Dummies" program on Wednesday, January 20, at 12:45 p.m. at Ogden House. For more information and to make a reservation, contact Lizabeth Doty, Wilton Senior Center at 203-834-6240. Lunch (\$3) is served at noon.

IMPORTANT TIPS FOR MANAGING YOUR MEDICATIONS

- Ask your health care provider why each medication is prescribed and what it is intended to do.
- Make sure you understand when and how to take each medication (with food or on an empty stomach, before bedtime, not with dairy products, etc.).
- Take your medications exactly as directed by your health care provider. Ask what to do if you miss a dose. Do not stop prematurely or change the timing or dosage without consulting your healthcare provider.
- Take a list of all your medications and their dosages and review all medications with your health care provider at each visit.
- Use the same pharmacy for all your prescription medications. Most pharmacies today have computer systems that will alert the pharmacist to possible drug interactions.
- Read labels on medications carefully. Your pharmacist can make labels with large print if you have trouble reading.
- Ask your health care provider about the safety of drinking alcohol while taking medication(s).
- Contact your health care provider immediately if you experience any problems or side effects with your medication.
- Do not take medication at any time beyond its expiration date.
- Do not place multiple medications in a single container. They may interact with each other even before you take them.
- Do not share your medication with another person or take medication given to you by someone other than your health care provider.

ACTIVITIES AT OGDEN HOUSE

Sandra Bacher is teaching Watercolor Art. Classes take place on six Tuesdays from 8:45 to 11:45 a.m. beginning February 16. Fee: \$20 for Ogden House residents; \$27 for non-residents.

Mary Bartz is teaching Decorative Painting in the Folk Art Style using contemporary products and techniques to produce unique works of art. Students create a project on the surface of their choice. Classes take place on six Mondays from 12:00 to 2:00 p.m. beginning January 11. Fee: \$20 for Ogden House residents; \$27 for non-residents.

Liz Wendell is teaching Chair Yoga. Liz teaches breath and body movement, incorporating twisting and integrating mind and body with meditation. Classes take place every Tuesday from 2:00 to 3:00 p.m. in the Great Hall. Fee per session: \$3 for Ogden House residents; \$5 for non-residents.

Wilton Commons Update

Over the past year, Wilton Commons' Board has remained very active in continuing our building plans and financing efforts for our affordable congregate housing facility for seniors. We continue to have the support of our town's officials via the long term lease option on the 4.5 acres near Wilton Center.

This past month, we submitted proposals to the Connecticut Department of Economic and Community Development, the Connecticut Housing & Finance Authority, and the federal Housing and Urban Development (HUD) for funding. Up until now, most of the funds available are being allocated via public housing authorities to low income housing, mostly in our major cities.

We strongly believe that the funding gates will open in 2010 and when we are successful, we stand ready to move forward immediately.

I trust my next update to you will read "Yes, we got funding and are ready to roll."

*George Ciaccio,
Chairman, Wilton Commons*

BOOK DISCUSSION NEWS

The Book Discussion group meets at 11:00 a.m. at the Senior Center. Lunch, prepared by Julie West, follows at noon; fee, \$3. Reservations: 203-834-6240

Tuesday, January 26

Leader – William Ziegler

The Tenant of Wildfell Hall by Anne Bronte

Published in 1848, this novel written by the youngest of the Bronte sisters has been described as a "powerful feminist testament." The story, told by two narrators in two literary forms, is concerned with two periods of time. It is both a romantic, domestic social comedy and the tale of a tragic relationship. Charlotte Bronte is said to have expressed the wish that the book had never been written because the life of one of the main characters reflected too closely the life of Branwell Bronte, her degenerate brother. (Film will also be shown at the Library; dates will be announced at the discussion.)

Tuesday, February 23

Leader – David Ostergren

The Defining Moment: FDR's Hundred Days and the Triumph of Hope by Jonathan Alter

The noted writer and historian David Herbert Donald describes this nonfiction work as "...a riveting account of the first hundred days of Franklin D. Roosevelt's presidency. Working without a plan—indeed, working often with two or more contradictory plans—FDR argued, persuaded, cajoled and enticed the American people to pull out of the miserable slough of the Great Depression and to resume their natural optimism. He was, Jonathan Alter shows, a real American Music Man, capable of creating a brass band without the instruments."

PARKS AND REC TRIPS

Monday, January 25

Mohegan Sun Casino

Tuesday, March 2

Philadelphia Flower Show

Call 203-834-6234 for reservations or logon

www.wiltonparksandrec.org

“Writes of Passage”

preserving memories of a lifetime

by Lois Alcosser

Since last January, a program called “Writes of Passage” has been taking place at The Greens at Canondale. The goal is to encourage residents to write a memoir of their lives as a legacy to children and grandchildren. The stories that resulted are remarkable: the adventures of one of the first women physicians in Scotland; the memory of a courtship of a young nurse and doctor in a hospital operating room; the taste of vegetables on a farm in Argentina; learning to read at age 3 ½; veterans’ memories of wartime battle, and on and on.

Sometimes, recollections have to be awakened. Often the session started with a specific subject: schooldays, grandparents, foods, holidays, brothers and sisters. Fresh episodes would come tumbling forth and you’d hear “I never knew that!” “You never told me about that,” as the memoir writers got to know each other more truly, more deeply. Journalism and photography students from Wilton High School visited, took pictures, and interviewed the memoir writers. Many of these stories and portraits will soon be displayed in the Wilton Library.

Play Reading



Monday, January 4

The Devil and Daniel

Webster by Stephen

Vincent Benet

This is the story of a man who sells his soul to the devil in exchange for good luck. Jabez Stone is a farmer with unending bad luck with both his farm and family. After a streak of bad luck he swears that it is enough to make a man sell his soul to the devil. When a stranger arrives the next day who makes such an offer Stone reluctantly agrees to the deal. Moderator—Sherman Poultney

Monday, February 1

Lost In Yonkers by Neil Simon

A 1991 Pulitzer prizewinner, this memory play is set in Yonkers in 1942. Eddie deposits his two young sons on his mother’s doorstep while he goes on an extended sales trip. The boys must contend with Grandma, her disabled daughter and her son who may have mob connections. The mood deepens as the children endure life with a family of emotionally crippled people. Moderator—Andrea Ragusa

Play Reading takes place at the Senior Center from 12:30 to 2:30 p.m. Call 203-834-6240 to join.

Juggling with Jim

January 8, 15, 22, 29

February 5, 12, 19—11 a.m.

at the Senior Center

Reserve your place now!

203-834-6240

Have you ever wanted to learn how to juggle? Come join Jim Corridon, master juggler, for some lessons. Exercise your mind and body. Learn a new skill! It’s never too late! Start juggling with only one ball... then learn to handle two at a time...graduate to a two-ball cascade.. Then a three-ball cascade. Why not experiment with this fun-filled activity!



Wilton Social Services Department extends thanks to...

Seventeen Wilton families, Wilton Kiwanis Club, Wilton Rotary, Wilton Children's Day School, Wilton Community Nursery School, Temple B'Nai Chaim, St. Matthew Episcopal Church, Zion's Hill United Methodist Church, Wilton Presbyterian Church, Coldwell Banker, 17 Girl Scout Troops, Wilton Family Y, Hastings Realty, Prudential Connecticut Realty, the Greens at Cannondale, and the Wilton Mom's Club who in total provided 62 fabulous Thanksgiving dinner baskets for Wilton families;

Wilton Woman's Club who cooked and boxed more than 50 hot meals for Thanksgiving and Christmas for Wilton's seniors;

Nancy Greeley who organized the 28 girl Scout Troops and families who made Thanksgiving baskets and delivered hot meals, centerpieces, and home-baked pies to seniors for Thanksgiving and Christmas Eve;

Wilton Garden Club for preparing 24 centerpieces and RSVP for providing hand-made lap blankets;

Pastor Steve Goldstein of Zion's Hill United Methodist Church who arranged for the interfaith community to shop for gifts for 37 seniors and organized the Boy Scout delivery of those gifts;

Secret Santas, from the ranks of individual residents and community-based service clubs and businesses, who provided 72 Wilton children with presents and gift certificates to brighten their holidays;

Young's Nursery for the donation of Christmas trees to 5 Wilton families; and

Volunteers at Ambler Farm, the Wilton Kiwanis Club, and Realty Seven who donated 20 trees and wreaths to Wilton families.

NURSING AND HOME CARE *at your service*

Blood Pressure Screenings

Wednesday, January 20 and February 17
Wilton YMCA , 404 Danbury Road
9-10:30 a.m.

Tuesday, January 26 and February 23
Village Market, 108 Old Ridgefield Road
12:30-2 p.m.

Thursday, January 7 and February 4
Wilton Senior Center, 180 School Road
11 a.m.-12 Noon

Friday, January 15, February 5 and 19
Ogden House, 100 River Road
9:30-11 a.m.

Cholesterol Screenings

Tuesday, January 12 and February 9, 8:30—11:30 a.m., at Nursing and Home Care
Cholesterol Screening includes total cholesterol, HDL, LDL, triglycerides and glucose, blood pressure, Body Mass Index calculation and risk counseling session with RN. Cost: \$25. No third party billing. Space is limited. By appointment, call 203-762-8958, Ext. 221.

**Nursing and Home Care
761 Main Avenue, Suite 114
Norwalk, CT 06851
(across from Wal-Mart)**



Speak Up, Wilton!

**A Question-and-Answer
Forum with Town Officials**

**Saturday, January 23
9 a.m.—11 a.m.**

**Trackside Teen Center
15 Station Road**

**presented by
The Wilton League of
Women Voters
The Kiwanis Club of Wilton
The Town of Wilton**

**Free
Open to the Public
Coffee and Light Refreshments
Need Information?
Email: wiltonlwv@lwwvct.org**

Free Tax Help Available at the Senior Center and the Library

This year, two volunteer tax-help programs will be available to assist residents in their tax preparation: AARP and VITA (Volunteer Income Tax Assistance).

The AARP program provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. Volunteers from AARP will be at the Wilton Senior Center (180 School Road) on **Thursday, February 25 and Monday, March 8**, from 9:00 a.m. until 1 p.m. to assist in tax preparation. No appointment is necessary. Just take a number upon entering and wait your turn. Coffee and... will be available in the Senior Center.

The VITA volunteers will be at the Wilton Library (137 Old Ridgefield Road) Saturdays from January 23 to April 10 from 10 a.m. to 2 p.m. According to Ron Brotherton, a 30-year Wilton resident, "We'll help people whose incomes are \$42,000 or less to prepare and electronically file their federal and state income tax returns." Brotherton was a practicing attorney for 40 years in corporate law. To schedule a one-hour appointment, please call Wilton Library at 203-762-3950 ext. 211.

In order to prepare for your visit, keep in mind the following tips:

If married, both husband and wife must be present during an income tax counseling session.

Taxpayers must bring all the documents they have received which apply to their 2009 income taxes including:

- ◆ Copies of 2008 income tax returns.
- ◆ Social Security or Individual Taxpayer ID numbers for all household members and personal photo identification.
- ◆ A blank check with a routing number for a direct deposit refund request.
- ◆ All documents that relate to deductible expenses.
- ◆ All 2009 income report forms that have been received such as:
 - SSA-1099, Social Security Benefit Statement and RRB-1099-R, US Railroad Retirement Board forms.
 - All 1099 forms (1099-INT, 1099-OID, 1099-DIV, 1099-R, 1099-B, 1099-S, 1099-MISC).
 - W-2, Wage and Tax Statement forms.
 - W-2G, Certain Gambling Winnings forms.
 - Original cost of assets sold during 2009.

WILTON'S ELDERLY & DISABLED TAX RELIEF PROGRAM

Applications for the next fiscal year benefits may be filed from February 1 to May 14 in the Assessor's office. The Elderly Tax Relief Committee report and recommendations are currently being reviewed by the Board of Selectmen and the Board of Finance. Please call the Assessor's office at 203-563-0122 after February 1 for up-to-date information.

St. Matthew's Thursday Luncheon Club

Begun 36 years ago as the brain child of Peggy Douglas, wife of the then Rector of St. Matthew Episcopal Church in Wilton, to serve as a Ministry of Fellowship, these luncheons continue to this day.

As in 1973, the program today is maintained by a cadre of parishioner volunteers under the aegis of the current Rector, Reverend Mary Grace Williams.

The first 2010 luncheons will take place on **January 21 and February 18 at noon** in the lounge of the WEPCO Church complex located on Route 106 in Wilton.

To reserve your place, please call Ellen Lewis at 203-762-7400.
Donation: \$3 per person.

David Bloomer

COMSTOCK COMPUTER LEARNING CENTER

COMSTOCK COMMUNITY CENTER
180 School Road, Wilton
203-834-6410 or 762-8445

The Comstock Computer Learning Center offers computer classes specifically designed for adults. Come and experience computer learning in a fun, stimulating, and comfortable environment.

Our instructors appreciate the benefits of peers teaching peers in useful computer applications. Classes vary from an introduction to computer fundamentals to spreadsheets for financial management to staying connected to the world through online information and surfing the net.

Courses are offered five times each year for one, two, or three sessions. Classes take place at the Comstock Community Center from 9:30 to 11:30 a.m. Monday through Friday.

Visit www.comstockclc.org for additional information.

Introduction to Computer Fundamentals

This introductory course is for those with limited or no computer experience who would like to test the waters. It will include turning the computer on and off, using the mouse and keyboard, understanding the meaning of simple computer terms, opening and closing a program, and using the desktop. Excellent preparation for Introduction to Basic Word. Worksheets included. Taught by Andrea Ragusa; \$25; January 12 and 15.

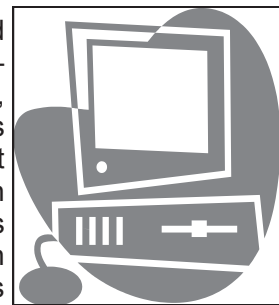
Introduction to Word 2003

This course will introduce the basics of this powerful word processing program including vocabulary, concepts, and features. You will learn how to work your way around the desktop. Topics will include windows operations, using the toolbar and the start menu, and creating and formatting documents. Worksheets included. Taught by Andrea Ragusa; \$25; January 19 and 22.

Introduction to Word 2007

Step into the present and acquaint yourself with the Word 2007 program. It will look different from the Word you have been using. The familiar toolbars and menus from previous versions of Word are gone! This

course will explore the Word Window, Office Button, Terminology, Ribbon Organization, Mini Toolbar, Quick Access Toolbar, Mouse's left & right click, Office Clipboard, Margin features, Document views, plus commonly used features in Word. You will revisit the steps needed for entering, changing, deleting, copying, pasting, underlining, aligning, and saving, as well as inserting a bullet or number in text. Guide included. Taught by Catherine Myers; \$25; January 20 and 21.



Use of Graphic Tools in Word, Beginner

This course will show you how to use graphic toolbars in the Word program. You will learn how to use Page Setup's Layout folder for artistic page and paragraph borders, practice the use of graphic symbols, utilize the picture toolbar after inserting Clip Art or From File, and design with Word Art. Guide included. Taught by Catherine Myers; \$25; February 1 and 3.

More Steps in Using Word Graphic Toolbars, Advanced

This course will continue from Word Graphics for Beginners with a brief review of selected toolbars: Word-Art and Picture toolbar, which will be inserted into a designed drawing. The added toolbars will be the drawing toolbar in Tables and extensive use of the Drawing toolbar itself. Also, you will be shown how to save the designed drawing as an Auto Text. Guide included. Taught by Catherine Myers; \$25; February 16 and 18.

Getting Around the Internet

This three-session course is a comprehensive introduction to the internet. It begins with an overview followed by the concepts and terminology needed to "surf the web" for specific information. Computer experience, use of the mouse, and knowledge of the keyboard are required. Taught by Phil Richards; \$30; Call for dates.

Basic Excel 2007

This three-session course will introduce the basics of this popular spreadsheet program including essential vocabulary, concepts and features. You will become familiar with the layout of the ribbon and perform simple calculations and formatting. Topics include learning to insert rows and columns, creating a copy of a worksheet to the same workbook, sorting data in the spreadsheet, and printing your work. Exercise worksheets included. Taught by Elizabeth Doty; \$45; February 12, 19, and 26.

Is Organizing on Your List of New Year's Resolutions?



At the Senior Center on Monday, January 25, from 1:00 to 2:15 p.m., Randi Hutton, the founder of the RZ connection, a professional organizing and move management company, will talk about how clutter in many forms can affect your achieving your personal and business goals.

Randi Hutton

The month of January is a time to reflect on the changes you want to make and how to reach those goals. Randi will help you learn how to make changes that will have lasting positive effects. She will help you realize that you can achieve your goals, simplify your life, feel less stress and become more productive by getting organized. Are you in the midst of a business or personal transition, selling a home in a challenging market, helping a senior friend or just frustrated????

Randi will offer insights into:

- how to get started
- how not to feel overwhelmed
- why you are holding onto things and how to let them go
- how to gain time in your day
- why everyone needs a home office and how to set one up in any space
- why organizing your home now will bring a higher sale price when you are ready to sell
- organizing for a move

If you have specific questions you would like Randi to answer during the presentation, please submit your questions ahead of time to randi@therzconnection.com.

Call the Senior Center 203-834-6240 to reserve your place at this New Year's workshop. Fee: \$10.

Mail the form below and your check payable to TOWN OF WILTON to:

Comstock Computer Learning Center, Comstock Community Center,

180 School Road, Wilton, CT 06897



Name: _____

Address: _____

Phone: _____

E-Mail: _____

For information, please call Andrea's voice mail at 203-762-8445 or 203-834-6410 and leave a message. Your call will be returned as soon as possible.

X	COURSE TITLE	DATES	FEE
	Introduction to Computer Fundamentals	January 12 and 15	\$25
	Introduction to Word 2003	January 19 and 22	\$25
	Introduction to Word 2007	January 20 and 21	\$25
	Use of Graphic Tools in Word, Beginner	February 1 and 3	\$25
	More Steps in Using Word Graphic Toolbars, Adv.	February 16 and 18	\$25
	Getting Around the Internet	Call for Dates (203-762-8445)	\$30
	Basic Excel 2007	February 12, 19, 26	\$45

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Social Services Department is available to help you apply for assistance with your heating bills. Applications are now being accepted. Deadline for applications is March 15, 2010. New income guidelines for eligibility state that a single individual may earn no more than \$30,485; a couple's maximum income may not exceed \$39,865. Income includes wages, social security, pension, rental income, child support and interest. Homeowners must have less than \$10,000 in savings including IRAs and renters less than \$7,000. For more information or to schedule an appointment, call Social Services at 203-834-6238.

ConnPACE GUIDELINES

The ConnPACE program is a state plan that helps eligible Connecticut seniors and disabled residents pay for certain prescription drugs, insulin, insulin syringes, and needles. The annual registration fee is \$45 for an individual and \$90 for a married couple. Co-payments are \$16.25 for a one-month supply.

These figures apply to ALL ConnPACE beneficiaries. Effective January 1, 2010, the income limits for ConnPACE are \$25,100 for a single individual and \$33,800 for married couples. Extra help may also be available to you. Please contact ConnPACE at 1-800-423-5026 or Lauren Hughes at Wilton Social Services 203-834-6238 if you have questions. If you are not eligible for ConnPACE, other assistance with prescription drug costs and health insurance may be available through the Choices Program. More information is available at www.ct.gov/agingservices or call Lauren Hughes.

MEDICARE PART D, PRESCRIPTION DRUG PLAN

Need help with signing up for a Medicare Part D Plan? Wilton Social Services can assist you. Appointments are being scheduled for January. Call Lauren Hughes, Coordinator of Senior Services, to make your appointment at 203-834-6238. The State of Connecticut also offers help through the CHOICES (Area Agency on Aging) Program. Call 1-800-994-9422, and a trained counselor will assist you.

Medicare Savings Program

The Medicare Savings Programs, also known as QMB (Qualified Medicare Beneficiary), SLMB (Specified Low income Medicare Beneficiary) and ALMB (Additional Low income Medicare Beneficiary), may help pay for your Medicare premiums. QMB may also pay for your Medicare coinsurance and deductibles.

<i>If your monthly countable income is at or below these levels...</i>	<i>You may qualify for...</i>
\$ 1,778.91 single \$ 2,393.55 couple	<p>QMB - This program is similar to a "Medigap" policy. It pays your Part B premium (1) and all Medicare deductibles (2) and co-insurance (3).</p> <p>(1) Part B = \$96.40 in 2009. (This amount increases January 1 every year.)</p> <p>(2) The 2009 hospital deductible is \$1,068. (This amount increases January 1 every year.) The Part B deductible is \$135 per year.</p> <p>(3) Co-insurance is the portion of Medicare approved services that you are responsible for paying. This is usually 20% of the approved Medicare charge, up to the Medicaid approved rate.</p>
\$ 1,959.51 single \$ 2,636.55 couple	<p>SLMB - This program pays your Part B premium only (\$96.40/month).</p>
\$ 2,091.67 single \$ 2,816.67 couple	<p>ALMB (QI-1) - This program pays your Part B premium only (\$96.40/month). This program is subject to available program funding. You are not eligible for this program if you receive Medicaid.</p>

Need to have this information explained? Have a question or two or three?

Call Cathy Pierce or Lauren Hughes at Wilton Social Services—203-834-6238.

A Systematic Review of Research: Exercise to Prevent Falls

(Tai Chi Anyone?)

Fall prevention programming has become increasingly important for senior health. A recent research analysis was conducted to determine the effect of exercise on fall rates and to identify the particular features of effective fall prevention programs. This review in the *Journal of the American Geriatric Society* suggests that among older adults exercise programs may reduce fall rates by as much as 17%.

The most positive effects of exercise on falls were obtained from programs that challenge balance to a high extent, starting at an appropriate level and individualizing the program in order to gradually increase the challenge to standing balance. The authors suggest that Tai Chi is effective for fall prevention because it meets these criteria. The minimum effective dose of this type of exercise equates to a twice-weekly program lasting at least 25 weeks. Supervised sessions that gradually increase intensity should be interspersed with instructions to practice between classes at home.

Walking programs and strength training were not included among the most beneficial in terms of fall prevention. The authors speculate that time spent in walking and strength training may reduce the amount of time devoted to practicing balance and an increase in walking activity may precipitate more falls among the frail elderly. The authors note that walking offers many health benefits and should be encouraged. However, if the goal is fall prevention, they suggest that time is better spent practicing balance.

Source: Sherrington C, Whitney JC, Lord SR, Herbert RD, Cumming RG, Close CT. (2008) "Effective exercise for the prevention of falls: A systematic review and meta-analysis." *Journal of the American Geriatric Society* 56:2234.

For information about the Connecticut Collaboration for Fall Prevention, visit www.fallprevention.org.



The authors suggest that Tai Chi is effective for fall prevention because it meets these criteria.



Debbie Dong, Tai Chi Instructor and owner of Meridiens in Ridgefield, leads the class in the basic movements of Tai Chi.

Join in the fun and benefits of Tai Chi
Wednesdays, 10 to 11 a.m.
at the Senior Center
Fee: \$3 per class
For more information call 203-834-6240

JANUARY 2010

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
K E Y	OH Ogden House Y Wilton Family Y WL Wilton Library G The Greens WM Wilton Meadows VM Village Market NHC Nursing & Home Care	100 River Road 404 Danbury Road 137 Old Ridgefield Rd. 435 Danbury Road 439 Danbury Road Old Ridgefield Road 761 Main Ave. at	203-762-8035 203-762-8384 203-762-3950 203-761-1191 203-834-0199 203-762-7283 203-762-8958	1 New Year's Day Senior Center Closed
4 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12:30 Play Reading with Sherman 12 Scrabble	5 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12 Garden Club Activity and Lunch 2 Chair Yoga OH	6 9:30 RSVP 10 Tai Chi 10 Comstock Writers 12 Lunch OH	7 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 11-12 Blood Pressure Screening 12 Lunch 12:15 Forever Fit Y 12:45 Bingo	8 10 Jewelry Workshop 10 Juggling 12 Bridge 1:30-3 Free Senior Swim Y
11 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12 Scrabble 12 Decorative Painting OH	12 9-11:30 Cholesterol Screening NHC 9:30 Intro to Computers 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 1:00 Comstock Knitters and Crafters 2 Chair Yoga OH	13 9:30 RSVP 10 Tai Chi 12 Lunch OH Program: Wilton Woman's Club Bingo	14 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12 Lunch 12:15 Forever Fit Y 12:45 Bingo	15 9:30 Intro to Computers 9:30-11 H1N1 Vaccine for OH Residents and Blood Pressure 10 Juggling 12 Bridge 1:30-3 Free Senior Swim Y
18 Martin Luther King, Jr. Holiday Senior Center Closed	19 9:30 Word 2003 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12 Duplicate Bridge 2 Chair Yoga OH	20 9-10:30 Blood Pressure Screening Y 9:30 Word 2007 9:30 RSVP 10 Tai Chi 10 Comstock Writers 12 Lunch at OH Program: Medication Management for Dummies with Elaine Abrams	21 9:30 Word 2007 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12 Lunch at St. Matthew's 12:15 Forever Fit Y	22 9:30 Word 2003 10 Juggling 12 Bridge 1:30-3 Free Senior Swim Y Speak Up Wilton Tomorrow
25 8 Mohegan Sun Trip 10:30 Line Dancing 11:30 Coffee and... 12 Decorative Painting OH 12:15 Forever Fit Y 12 Scrabble 1 Organizing with Randi Hutton	26 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Book Discussion with Bill Ziegler 11 Yoga 12 Lunch 12:30-2 Blood Pressure, VM 2 Chair Yoga OH	27 9:30 RSVP 10 Tai Chi 12 Lunch at OH Program: Teresa Vi-cario, Soloist	28 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12 Lunch 12:15 Forever Fit Y 12:45 Bingo	29 10 Juggling 12 Bridge 1:30-3 Free Senior Swim Y

FEBRUARY 2010

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 9:30 Beginner Graphics 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12:30 Play Reading with Andrea 12 Scrabble 12 Decorative Painting OH	2 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12 Garden Club Activity and Lunch 2 Chair Yoga OH	3 9:30 Beginner Graphics 9:30 RSVP 10 Tai Chi 10 Comstock Writers 12 Lunch OH Program: Wilton High School Orchestra	4 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 11-12 Blood Pressure Screening 12 Lunch 12:15 Forever Fit Y 12:45 Bingo	5 9:30-11 Blood Pressure OH 10 Jewelry Workshop 10 Juggling 12 Bridge 1:30-3 Free Senior Swim Y
8 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12 Scrabble 12 Decorative Painting OH 12:30 The Majesty and the Grandeur with Dr. Littlejohn	9 8:30-11:30 Cholesterol Screening NHC 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 1:00 Comstock Knitters and Crafters 2 Chair Yoga OH	10 9:30 RSVP 10 Tai Chi 12 Lunch compliments of the Wilton Police Department OH Program: Wilton Police Chief Michael Lombardo	11 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12 Lunch 12:15 Forever Fit Y 12:45 Bingo	12 9:30 Excel 2007 10 Juggling 12 Bridge 1:30-3 Free Senior Swim Y
15 Presidents' Day Senior Center Closed	16 8:45 Watercolor Art OH 9:30 Graphics Adv. 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12 Duplicate Bridge 2 Chair Yoga OH	17 9-10:30 Blood Pressure Screening Y 9:30 RSVP 10 Tai Chi 10 Comstock Writers 12 Lunch OH	18 9:30 Graphics Adv. 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 11:45 Wilton Senior Council 12 Lunch at St. Matthew's 12:15 Forever Fit Y	19 9:30 Excel 2007 9:30-11 Blood Pressure Screening OH 12 Bridge 1:30-3 Free Senior Swim Y
22 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12 Scrabble 12 Decorative Painting OH 12:30 The Majesty and the Grandeur with Dr. Littlejohn	23 8:45 Watercolor Art OH 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 11 Book Discussion with David Ostergren 12 Lunch 12:30-2 Blood Pressure, VM 2 Chair Yoga OH	24 9:30 RSVP 10 Tai Chi 12 Lunch OH Program: "Get Rid of your Stuff" Bingo	25 9-1 AARP Tax Help 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12 Lunch 12:15 Forever Fit Y 12:45 Bingo	26 9:30 Excel 2007 12 Bridge 1:30-3 Free Senior Swim Y

The mission of the Senior Center is to provide Wilton's older citizens with stimulating and creative opportunities for their social, physical, emotional and intellectual enrichment.



Wilton Senior Center
Comstock Community Center
180 School Road
Wilton, CT 06897

BULK POSTAGE
U.S. POSTAGE PAID
PERMIT NO. 11
WILTON, CT

WEATHER CANCELLATION POLICIES

DIAL-A-RIDE

If the Wilton Public Schools are **CLOSED due to weather**, Dial-A-Ride is cancelled for that day. At all other times, Dial-a-Ride will contact you individually if you have scheduled a ride and a change needs to be made.

SENIOR CENTER

If the Wilton Public Schools are **DELAYED** or **CLOSED due to weather**, the Senior Center activities for that same day are cancelled. Call **203-834-6240** after 7 a.m. and listen to the recording for specific information.

GUIDE TO SENIOR SERVICES

Catherine Pierce.....203-834-6238
Director, Social Services/Municipal Agent for the Elderly

Lauren Hughes.....203-834-6238
Coordinator, Senior Services

Lizabeth Doty203-834-6240
Coordinator, Senior Activities

Andrea Ragusa203-762-8445 or 203-834-6410
Comstock Computer Learning Center

Sharon Powers.....203-834-6238
Office Assistant

Meals-on-Wheels203-762-0566

Dial-A-Ride203-834-6235

Town-to-Town203-299-5180

FISH (medical appt. transportation) 203-834-3737

AARP203-866-0435

RUOK (Are You OK?) .203-834-6238 or 834-6260

Mid-Fairfield Hospice.....203-762-8958

Nursing and Home Care.....203-762-8958

Parks and Rec Department203-834-6234



*Wilton Senior Center
presents*

Dr. Vera Littlejohn

THE MAJESTY AND THE GRANDEUR

Dr. Vera Littlejohn will present a three-part series at the Wilton Senior Center, 180 School Road, from 12:30 to 1:30 p.m. on The Majesty and the Grandeur of the English Language

- **February 8—Origins of spoken language, development of dialects, Proto Old English**
- **February 22—Early Old English through Middle English**
- **March 8—Early Modern English through Present Day English**

Dr. Littlejohn has a BA cum laude and MA in French from St. Lawrence University; a MA in Linguistic Pedagogy from Stockholm University, Sweden; and a PhD in Viking Studies from Uppsala University, Sweden. She is Professor Emeritus, State University of New York and Syracuse University, where she taught French and English. Dr. Littlejohn was also active in the theater and opera. Her interests include painting, traveling, classical music, and telling everyone that the Vikings were the Good Guys!

***Reservations: 203-834-6240
This series is offered at no charge.***