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January Is Survey Time!

In January, the 3100 Wilton households that include at least one member age 55 or older will receive a survey questionnaire that has been developed over the past few months by consultants from the National Executive Service Corps ("NESC"). The Board of Selectmen retained NESC in the summer of 2010. NESC is a Manhattan-based nonprofit organization that provides professional services to other nonprofits in the Tri-state area.

The Selectmen seek a more comprehensive understanding of the reasoning behind seniors' decisions to leave or to stay in Wilton and they asked NESC to develop and conduct an in-depth survey of Wilton seniors to gain accurate and objective insight into these important decisions. Based on a clearer understanding of the situation of seniors in Wilton, the Board plans to explore solutions that might mitigate or ease many issues of special interest to seniors, without unduly impacting Wilton's operating budget.

Since August, NESC has conducted a series of interviews with Town employees and with private senior citizens who have been active advocates on matters of interest to seniors. NESC's consultants have gained a broad orientation into the past and current situation of seniors in Wilton, and those insights have led to development of the survey.



The 8-page questionnaire will be mailed to you during the second week of January. The package will include a stamped return envelope for you to use for your completed survey questionnaire. NESC hopes to complete the tabulation of survey responses during January and the analysis of survey results during February, and to provide a report to the Board of Selectmen in March 2011.

Here's a great chance for you to speak directly to the leadership of our Town. Your responses will of course be kept strictly confidential. Look for the mailing in early January and don't miss this opportunity!

WILTON COMMONS UNANIMOUSLY APPROVED

At a special town meeting on November 30 the citizens of Wilton voted 227-to-0 to extend the formerly approved option to lease 4.8 acres of Town-owned land for the building of 51 units of affordable congregate housing for seniors. The Wilton Commons lease term is 85 years at one dollar rent per year. As future funds become available, another 20 to 25 units will be added.

Wilton Commons expects to break ground this spring with completion in 2012. Inquiries regarding the "interest list" for Wilton Commons should be directed to Catherine Pierce at 203-834-6238. Please note that the interest list is not a "waiting list."

George Ciaccia



United Way of Coastal Fairfield County and Discount Power Join Hands

United Way of Coastal Fairfield County and Discount Power, Inc. have teamed up to help you pay less for your electricity and at the same time help your community! In Connecticut, you can now save on the generation portion of your electric bill. Once you enroll with Discount Power, United Way of Coastal Fairfield County will receive a donation directly from Discount Power for every kilowatt of electricity you use. There are no strings attached; enrollment is free. There are no fees, no credit checks, and service and billing will continue to be provided by CL&P or UI. It takes less than five minutes to enroll – all you need is your utility bill from CL&P or UI. You'll spend less on your electric bill and you'll be helping our community. Please visit <http://www.unitedwaycfc.org> and click on the Discount Power link.

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Wilton Social Services Department is available to help you apply for assistance with your heating bills. The application deadline is March 15. According to new eligibility guidelines, a single individual may earn no more than \$31,712.12; a couple's maximum income may not exceed \$41,470.48. Income includes wages, social security, pension, rental income, child support and interest. Homeowners must have less than \$10,000 in savings including IRAs; renters, less than \$7,000. For more information or to schedule an appointment, call Social Services at 203-834-6238.

ConnPACE GUIDELINES

ConnPACE is a state program 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, the income limits for ConnPACE are \$25,100 for a single individual and \$33,800 for married couples. Extra help may also

be available. Please contact ConnPACE at 1-800-423-5026 or Lauren Hughes of Wilton Social Services at 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 if you are new to Medicare and need to select a plan. For an appointment please call Lauren Hughes, Coordinator of Senior Services, 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.



The Hearing Loss Association of America, Southwestern CT Chapter will meet on Saturday, January 15, from 10:00 a.m. to noon at the United Covenant Church, 36 Westport Road, Wilton. The topic will be "36,000,000 People with Hearing Loss and You." A video covering "Basic Facts on Hearing Loss," "Symptoms and Diagnosis," "Living with Hearing Loss," and "Assistive Listening Devices" will be followed by round-table discussions. The mission of HLAA is to help both the hearing impaired and normal hearing people learn more about hearing loss.



Alan Gould

Meetings have Cart Service Captioning plus an inductive loop system to be used with hearing aids T-coil. The public is welcome. For more information contact Alan Gould, President, at 203-762-8269 or www.hearz.com

FREE “Brown Bag” Medication Management Sessions at the Senior Center in January

Do you take three or more daily medications? Visiting Nurse & Hospice of Fairfield County is offering free “brown bag” Medication Management Sessions at the Senior Center. Participants will meet one-on-one with a Registered Nurse to review prescription and over-the-counter medications and discuss:

- any drug-drug or drug-food interactions;
- how to interpret the drug facts label;
- important tips for keeping track of your daily medications; and
- questions to ask your doctor before taking a new medication.



Allow 30 minutes total. Appointments begin at 10 a.m. on Thursday, January 6, and Thursday, January 20.

All participants will receive a medication organizer (pill box). Please call Visiting Nurse & Hospice of Fairfield County at 203-762-8958 for your appointment.

BLOOD PRESSURE SCREENINGS

Complimentary and open to the public.
Sponsored by Visiting Nurse & Hospice

Wilton Senior Center, 11 a.m. to noon
Thursdays, January 6 and February 3

Village Market, 12:30 p.m. to 2 p.m.
Tuesdays, January 25 and February 22

Wilton Family Y, 9 a.m. to 10:30 a.m.
Wednesdays, January 19 and February 16

Ogden House (residents only)
9:30 a.m. to 11 a.m.
Fridays, January 7 and 21;
February 4 and 18

SHINGLES: WHAT YOU NEED TO KNOW

Wednesday, January 5, 12:45 p.m. at Ogden House
Free presentation by Visiting Nurse & Hospice of Fairfield County

Everyone over age 60 seems to know someone who has had painful and debilitating shingles. You may also have heard about the shingles vaccine but are not sure if you should, or can, receive it. Many myths and misinformation are circulating about shingles and the vaccine. Join us at Ogden House on Wednesday, January 5, at 12:45 p.m. (after lunch) for the discussion led by Elaine Abrams RN, Community Health Coordinator at Visiting

Nurse & Hospice of Fairfield County. To register, or for more information, please call Lizabeth Doty, Senior Activities Coordinator, at 203-834-6240.

Cholesterol Screening Visiting Nurse & Hospice 761 Main Avenue, Suite 114, Norwalk

Tuesday, February 8
8:30 a.m. to 11:30 a.m.

Includes total cholesterol, HDL, LDL, triglycerides and glucose, blood pressure, Body Mass Index calculation and a health counseling session with an RN. Fasting recommended, but not necessary. By appointment only. Please call 203-762-8958 ext. 221. Cost: \$25, cash or check.

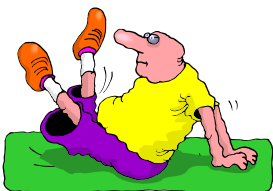
Wilton Emergency Contact List

To add your name to the Wilton Emergency Contact List, call Sharon Powers at the Department of Social Services 203-834 6238. This list will be used to identify Wilton seniors who may need assistance in a natural disaster or other emergency.

NEW at the Senior Center for 2011

MOVE, STRENGTHEN AND STRETCH

This class combines light aerobic movement for heart health with light weights for strength and gentle stretching to tone your body. Julianne Camhi, a resident of Norwalk, has ten years of experience and certifications as Health Fitness Specialist, Personal Trainer and Group Exercise Instructor. She is a Certified Personal Trainer with Visiting Nurse & Hospice of Fairfield County and is a group fitness instructor at Tully Health Center, Norwalk Community College, and Edgehill Senior Residence in Stamford.



Date: Fridays, January 7, 14, and 21; February 4, 18, and 25

Time: 10:00 a.m. to 11:00 a.m.

Fee: \$3 drop-in per class

ENHANCE FITNESS

Through a grant from Enhance Fitness, Mary Ann Genuario, Health and Fitness Director at the Wilton Family Y, will bring the Enhance Fitness program to the Senior Center. The one-hour class includes 30 minutes of endurance type activity and specific strengthening exercises for legs, trunk, arms and shoulders. Enhance Fitness helps to maintain or enhance cardio-respiratory fitness, muscle strength, balance and flexibility. The class will be taught by Denise Suarez and instructors from the Wilton Y.



Date: Mondays, Tuesdays, and Thursdays beginning January 18

Time: 9:00 a.m. to 10:00 a.m.

Fee: \$3 drop-in per class

BEGINNERS BRIDGE

As our population ages gracefully, pursuits and interests that previously seemed unexciting are viewed in a different light. There is a shift away from punishing physical stress and toward the refinement and nourishing of the intellect. Bridge is a perfect example of this phenomenon. It combines mental exercise of the reasoning faculties, the short- and long-term memory centers, the planning and collation skills, social interaction techniques, and other mental calisthenics useful in everyday life.

This class is for the player with very little or no bridge experience.



Dan DeVlieg will teach this entertaining and mentally demanding card game from its beginning steps to more advanced concepts by having you *play the game*! You will have fun, you will work your brain, you will socially interact, and you will see corollary benefits in other aspects of your life. Join us.

Date: Fridays, January 28 to March 18

Time: 1:30 p.m. to 3:30 p.m.

Fee: \$75 for this 8-week series

Reservations required: 203-834-6240. Limit 12 participants.

DRAWING AND PAINTING FOR ALL

Discover the hidden talent you may have. Viola Galetta will instruct **beginners** in the basics of drawing still life, landscape, and even portrait. Students will experiment with acrylics and water colors in a relaxed atmosphere. Absolutely no experience necessary. Please bring a sketchpad and soft pencil to the first class. (Available at Walmart or art supplies stores.) Additional materials needed for future classes will be discussed during this class.

Date: Third Friday of the month beginning January 21

Time: 10:30 a.m. to noon

Fee: \$10 drop-in fee per class

SENIOR CENTER LUNCH PROGRAMS

12:45 to 1:25 p.m. at Ogden House

Jan. 5, Shingles: What you need to know
Jan. 12, Wilton Woman's Club Bingo
Jan. 19, Rheumatology with Dr. Hana Hulinska
Jan. 26, Love Songs of the Decades
Feb. 2, Wilton High School Orchestra
Feb. 9, Bingo sponsored by Brookdale Place
Feb. 16, Piano with John Shalvoy
Feb. 23, Extreme Weather with Art Horn

Local religious and civic organization teams prepare a delicious lunch each Wednesday for Wilton seniors. The luncheon, open to all Wilton seniors, takes place at the Ogden House, 100 River Road. Lunch (\$3) begins at noon. Reservations: 203-834-6240.

BOOK DISCUSSION

Tuesday, January 25. at 11 a.m.

Discussion Leader – William Ziegler

***The Razor's Edge* by W. Somerset Maugham**

In this novel a young American veteran of World War I, Larry Darrell, searches for enlightenment. As he attempts to find the answers to the ultimate questions about human life, his quest leads the reader through European and American society from WWI through the Great Depression. In his insatiable appetite for reading, particularly about religious experience, Darrell is said to be a self portrait of Maugham. When published in both America and Britain in 1944, the book became an immediate bestseller. In reviewing the book, the *Saturday Review of Literature* stated that "Maugham remains the consummate craftsman....His writing is so compact, so economical, so closely motivated, so skillfully written, that it rivets attention from the first pages to last."

Tuesday, February 22, at 11 a.m.

Discussion Leader – David Ostergren

***A Reporter's Life* by Walter Cronkite**

At the age of eighty Cronkite wrote his life story. In this memoir he reminisces about his personal life as well as his extraordinary life in journalism. In a slightly formal conversational style he writes about his Midwestern childhood, his marriage and family, and relates remarkable stories from his long and distinguished career. He was not a "star" anchor but reported firsthand from places like the trenches of World War II and Vietnam. He covered events

such as the civil rights movement and the Apollo Space Program and was familiar with presidents and with the halls of political and media power in both Washington, D.C., and New York. *The Wall Street Journal* described this book as "Immediately engrossing...a splendid memoir."

Discussion at 11:00 a.m. at the Senior Center; lunch (\$3) at noon. Call 203-834-6240 for reservations.

PLAY READING

Monday, January 10

Moderator—Sherman Poultney

Othello by William Shakespeare



"The Tragedy of Othello, the Moor of Venice" is perhaps Shakespeare's greatest triumph as a stage play. Othello is a man of royal blood and a professional soldier, but he is not experienced with life in society. Desdemona is a lady from the best society of Venice, who elopes in the night to marry Othello. Iago, also a professional soldier, starts to plot against Othello and Desdemona. Iago is one of Shakespeare's most subtle villains and, for revenge, brings Desdemona and Othello to destruction. The movie "Othello" will be shown on Monday, January 24, at 12:30 p.m. at the Senior Center.

Monday, February 7

Moderator—Andrea Ragusa

She Stoops To Conquer by Oliver Goldsmith

This comedy by the Irish author Oliver Goldsmith was originally titled "Mistakes of a Night." The events in the play happen during the time-frame of one night. The play centers around the plans of wealthy relatives to marry off their children to other wealthy persons to keep the jewels within the family. Young Marlow is nervous in the presence of ladies of his upper social class yet behaves differently with women of a lower class. Kate, the daughter of a wealthy man, realizes this and stoops to conquer him by posing as a barmaid to put Marlow at ease.

March 7, **Androcles and The Lion**

by George Bernard Shaw

April 4, **The Bourgeois Gentleman**

by Moliere

May 2, **Cat On A Hot Tin Roof**

by Tennessee Williams

Call the Senior Center at 203-834-6240 to sign up.

JANUARY 2011

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 Line Dancing 11:30 Coffee and...	4 9:30 Intro to Computers 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH	5 10:00 Tai Chi 10:00 Comstock Writers 12:00 Lunch OH Guest: Shingles Presentation 12:00 Duplicate Bridge	6 9:30 Intro to Computers 10:00 Brown Bag Medication Management 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 5:30 Social Services Commission	7 9:30-11 Blood Pressure Screening OH 10:00 Jewelry 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Swim Y
10 10:30 Line Dancing 11:30 Coffee and... 12:30 Play Reading with Sherman	11 9:30 Intro to Word 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH	12 10:00 Tai Chi 12:00 Lunch OH Guest: Wilton Woman's Club Bingo	13 9:30 Intro to Word 10:00 No Yoga today 12:00 Lunch 12:45 Bingo	14 10:00 Move, Strengthen, Stretch 12 Bridge 1:30-3 Free Swim for Seniors Y
17 Martin Luther King Senior Center Closed	18 9:00 Enhance Fitness 11:00 No Yoga today 12:00 Duplicate Bridge 2:00 Chair Yoga OH	19 9:00-10:30 Blood Pressure Screening Y 10:00 Tai Chi 10:00 Comstock Writers 12:00 Lunch OH Guest: Dr. Hana Huliniska	20 9:00 Enhance Fitness 10:00 Brown Bag Medication Management 10:00 No Yoga today 12:00 St. Matthew's Church	Hearing Loss Assoc. Meeting tomorrow 21 9:30-11 Blood Pressure Screening OH 10:00 Move, Strengthen, Stretch 10:30 Painting 12:00 Bridge 1:30-3 Free Swim for Seniors Y
24 Lifetime Learners begin classes this week Trip to Mohegan Sun 9:00 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:30 Othello, the movie 1:00 Comstock Knitters and Crafters	25 9:00 Enhance Fitness 9:30 Graphics 11:00 Yoga 11:00 Book Discussion with Bill Ziegler 12:00 Lunch 12:30-2 Blood Pressure Screening VM 2:00 Chair Yoga OH	26 10:00 Tai Chi 12:00 Lunch OH Guest: Love Songs of the Decades with Jerry King	27 9:00 Enhance Fitness 9:30 Graphics 10:00 Yoga 12:00 Lunch 12:45 Bingo	28 10:00 No Move, Strengthen, Stretch today 12 Bridge 1:30 Beginner Bridge 1:30-3 Free Swim for Seniors Y
31 9:00 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and...	<div> <div> K E Y </div> <div> OH Ogden House Y Wilton Family Y WL Wilton Library G The Greens WM Wilton Meadows VM Village Market VNH Visiting Nurse & Hospice LR Laurel Ridge Health Care </div> <div> 100 River Road 203-762-8035 404 Danbury Road 203-762-8384 137 Old Ridgefield Rd. 203-762-3950 435 Danbury Road 203-761-1191 439 Danbury Road 203-834-0199 Old Ridgefield Road 203-762-7283 761 Main Ave., Norwalk 203-762-8958 642 Danbury Rd., Rdgfld 203-438-8226 </div> </div> <p>All activities are held at the Senior Center unless otherwise noted.</p>			

FEBRUARY 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Enhance Fitness 9:30 Adv. Graphics 11:00 Yoga 12 Garden Club Activity and Lunch 2:00 Chair Yoga OH	2 9:30 RSVP OH 10:00 Tai Chi 10:00 Comstock Writers 12:00 Lunch OH Guest: WHS Orchestra 12:00 Duplicate Bridge	3 9:00 Enhance Fitness 9:30 Adv. Graphics 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	4 9:30-11 Blood Pressure Screening OH 10:00 Move, Strengthen, Stretch 10:00 Jewelry Workshop 12:00 Bridge 1:30-3 Free Swim for Seniors Y 1:30 Beginner Bridge
7 9:00 Enhance Fitness 9:30 Quick Pick Class 10:30 Line Dancing 11:30 Coffee and... 12:30 Play Reading with Andrea	8 8:30-11:30 Cholesterol Screening VNH 9:00 Enhance Fitness 9:30 Quick Pick Class 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH	9 9:30 RSVP OH 10:00 Tai Chi 12:00 Lunch OH Guest: Brookdale Place Bingo	10 9:00 Enhance Fitness 9:30 Quick Pick Class 10:00 Yoga 12:00 Lunch 12:45 Bingo 5:30 Social Service Commission at Trackside	11 9:30 Quick Pick Class 10:00 No Move, Strengthen, Stretch today 12:00 Bridge 1:30-3 Free Swim for Seniors Y 1:30 Beginner Bridge
14 9:00 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and...	15 9:00 Enhance Fitness 11:00 Yoga 12:00 Duplicate Bridge 2:00 Chair Yoga OH	16 9:00-10:30 Blood Pressure Screening Y 9:30 RSVP OH 10:00 Tai Chi 10:00 Comstock Writers 12:00 Lunch OH Guest: Piano with John Shalvoy	17 9:00 Enhance Fitness 10:00 Yoga 11:45 Wilton Senior Council 12:00 St. Matthew's Church Lunch	18 9:30 Basic Excel 9:30-11:00 Blood Pressure Screening OH 10:00 Move, Strengthen, Stretch 10:30 Painting 12:00 Bridge 1:30-3 Free Swim for Seniors Y 1:30 Beginner Bridge
21 Presidents Day Senior Center Closed	22 9:00 Enhance Fitness 11:00 Yoga 11:00 Book Discussion with David Ostergren 12:00 Lunch 12:30-2:00 Blood Pressure Screening VM 2:00 Chair Yoga OH	23 9:30 Introduction to Word 2007 10:00 Tai Chi 12:00 Lunch at Ogden House Guest: Extreme Weather with Art Horn	24 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo	25 9:30 Basic Excel 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge
28 9:00 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 1:00 Comstock Knitters and Crafters	28 9:00 Enhance Fitness 11:00 Yoga 2:00 Chair Yoga OH	<p style="text-align: center;">Corridors is on the Town website www.wiltonct.org</p> <p style="text-align: center;">Click on the miniature <i>Corridors</i> on the home page.</p>		

WILTON TAX RELIEF PROGRAM FOR ELDERLY OR DISABLED HOMEOWNERS

YOU MAY RECEIVE BENEFITS UNDER WILTON'S TAX RELIEF PROGRAM FOR ELDERLY OR DIS- ABLED HOMEOWNERS IF...

- ◆ You were at least 65 years of age or over as of December 31, 2010, or your spouse was; or you were at least 60 years of age as of December 31, 2010, and you are the surviving spouse of a taxpayer who qualified for tax relief at the time of his/her death; or
- ◆ You are under 65 years of age and permanently totally disabled under Social Security Disability; and
- ◆ You have been a Wilton taxpayer for at least one year; and
- ◆ You have occupied your Wilton property as your principal residence for more than 183 days during the past twelve months; and
- ◆ Your qualifying household income for 2010 is \$75,000 or less.

YOU MAY BE ENTITLED TO A REDUCTION IN YOUR REAL ESTATE TAX AND YOU MAY BE ABLE TO POSTPONE PAYMENT OF A PERCENTAGE OF THE TAX BALANCE.

Note: Your application deadline is Friday, May 13, 2011 for tax credit and tax deferral benefits affecting your real estate tax bill payable in July 2011 and January 2012. Town of Wilton and State of Connecticut Tax Relief applications are available at the Town Hall Assessor's office. The filing period for both programs is from February 1 to May 13. For more information, contact the Wilton Assessor's office at 203-563-0121.

Free Tax Help Available at the Senior Center

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 **Monday, March 14**, from 9:00 a.m. until noon to assist in tax preparation. No appointment is necessary.

Fight the Winter Blahs with Lifetime Learners Institute at Norwalk Community College

This non-profit organization will begin a 5-week modified Winter Semester the week of January 23. Daytime classes for people over 50 offer a variety of general interest subjects. They are a free benefit for LLI members. Memberships are available for \$30. In addition, pre-registration is NOT required, since members only have to show their current LLI membership card. Each day's class is a complete two-hour, free-standing session on a pre-assigned subject:

Mondays	<i>I Love to Read</i>
Tuesdays	<i>Classic Movies Reviewed</i>
Wednesdays	<i>History</i>
Thursdays	<i>Current Events</i>
Fridays	<i>A Medley of the Arts</i>

All classes take place in the East Campus of Norwalk Community College located at 185 Richards Avenue at 2 p.m. except Fridays, which are at 10 a.m. Friday sessions include a "Lunch & Learn" social hour for members at noon with coffee-tea and sweets provided, followed at 1 p.m. by a one-hour presentation on a variety of interesting subjects.

To receive a detailed catalog or more information, leave a message at 203-857-3330 or see the LLI website: www.lifetimelearners.org.

PARKS AND REC TRIPS

**Monday, January 24
Mohegan Sun Casino**

**Tuesday, March 8
Philadelphia Flower Show
Call 203-834-6234 for reservations or
log on to www.wiltonparksandrec.org**

Take a Brisk Walk —It's Good for the Brain!

The health benefits of walking are so well known that a fifth-grader could probably recite them. A daily dose of 30 minutes of brisk walking is good for your heart, lungs, muscles, blood pressure and bones. Now we find out it's also good for your brain.

A study released last month by researchers at the University of Pittsburgh shows that walking a few miles per week can stave off the progress of Alzheimer's disease. According to the BBC, the study proves that "people who walk at least [5 miles] a week have bigger brains, better memories and improved mental ability compared to those who are more sedentary." This follows an earlier study released in August. Led by Dr. Arthur F. Kramer, researchers from the University of Illinois at Urbana-Champaign have shown that walking not only builds up your muscles but also builds up the connectivity between brain circuits. This is important because, as we age, the connectivity between those circuits diminishes and affects how well we do every day tasks, such as driving; but aerobic exercise, such as brisk walking, helps revive those flagging brain circuits. "Almost nothing in the brain gets done by one area -- it's more of a circuit," Kramer explained to Science Daily. "These networks can become more or less connected. In general, as we get older, they become less connected, so we were interested in the effects of fitness on connectivity of brain networks that show the most dysfunction with age."

Neuroscientists have identified several distinct brain circuits, and one of the most intriguing is the default mode network (or DMN),

which dominates brain activity when a person is least engaged with the outside world -- either passively observing something or simply daydreaming. Previous studies found that a loss of coordination in the DMN is a common symptom of aging and in extreme cases can be a marker of disease.

The study: For one year, Kramer's team followed 70 adults who ranged in age from 60 to over 80 years old. All of them were sedentary before the study began. The participants were divided into two groups. One did aerobic walking, while the others served as a control group that did toning, stretching and strengthening exercises. Brain function was measured using functional magnetic resonance imaging (fMRI) to examine brain networks and determine whether aerobic activity increased connectivity in the DMN or other brain networks. The researchers measured participants' brain connectivity and performance on cognitive tasks at the beginning of the study, at six months, and after a year of either walking or toning and stretching. A group of young adults, ages 20 to 30, was also tested for brain function for comparison.

The results: Those who walked briskly reaped the biggest benefits -- and not just physically, Kramer writes in the journal *Frontiers in Aging Neuroscience*. As the older people became more fit, the aerobic exercise actually improved their memory, attention, and several other cognitive processes. In fact, the coherence among different regions in the brain networks increased so much, it actually mimicked that of the 20-somethings. Specifically, at the end of the year, DMN connectivity

was significantly improved in the brains of the older walkers but not in the stretching and toning group. The walkers also had increased connectivity in parts of another brain circuit called the fronto-executive network, which aids in the performance of complex tasks, and they did significantly better on cognitive tests than did their toning and stretching peers. Kramer says even moderate aerobic exercise will enhance the function of specific brain structures and improve the coordination of important brain networks; but it must be aerobic to work. Toning and stretching aren't enough to reap the benefits. "The higher the connectivity, the better the performance on some of these cognitive tasks, especially the ones we call executive control tasks -- things like planning, scheduling, dealing with ambiguity, working memory and multitasking," Kramer said. These are the very skills that tend to decline with aging, he said.

The gotcha: It doesn't happen overnight. It took a full year of walking for the results to be seen. Even the six-month test results showed no significant brain changes. The group that did the stretching exercises saw no cognitive benefit.

This isn't the first study to reach this conclusion. Recent research from the Harvard School of Public Health tracked more than 18,000 women ages 70 to 81 and concluded that the more active we are, the better our cognition. Specifically, walking one-and-a-half hours a week at a pace of one mile in 16-20 minutes gives the full cognitive benefits. Walking may just be the wonder drug of old age.

Reprinted from AOL Discover.

Wilton Social Services

Department extends thanks to...

Eighteen Wilton families, Wilton Kiwanis Club, Wilton Rotary Club, Wilton Children's Day School, Wilton Community Nursery School, Temple B'Nai Chaim, St. Matthew's Episcopal Church, Zion's Hill United Methodist Church, Wilton Presbyterian Church, Coldwell Banker, 12 Girl Scout troops, Wilton Family Y, Hastings Realty, Prudential Connecticut Realty, the Greens at Cannondale, the Wilton Mom's Club, and Cub Scouts dens 3, 10, and 12 of Pac 17 who in total provided 67 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;

The Girl Scout leaders Kirsten Petterson, Susie Sullivan and Vivian McVey who organized the Girl Scout troops and their families who made Thanksgiving baskets and delivered hot meals and centerpieces to seniors for Thanksgiving and Christmas Eve;

Wilton Garden Club for preparing 35 centerpieces;

Pastor Jason Colker of the Wilton Baptist Church who arranged for the interfaith community to shop for gifts for 23 seniors and organized the delivery of those gifts;

Secret Santas from the ranks of individual residents and community-based service clubs and businesses who provided 87 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.

LUNCH AT ST. MATTHEW'S CHURCH

Begun 36 years ago as the brain child of Peggy Douglas, wife of the then Rector of St. Matthew's, these lunches serve as a Ministry of Fellowship to this day. The program is maintained by parishioner volunteers under the aegis of the current Rector, Reverend Mary Grace Williams.

The first 2011 luncheons will take place at noon on **January 20** with bingo following lunch and **February 17** followed by a presentation in the lounge of the WEPCO Church complex located on Route 106 in Wilton. Donation, \$3. Call St. Matthew's Church office for reservations: 203-762-7400.

Ogden House Activities

Sandra Bacher is teaching Watercolor Art. Classes take place on six Tuesdays beginning March 15 from 8:45 a.m. to 11:45 a.m. in the activities room. Six classes: \$20 for Ogden House residents; \$27 for non-residents.

Liz Wendell is teaching gentle chair yoga on Tuesdays from 2:00 p.m. to 3:00 p.m. The exercises focus on breathing and body movement while integrating mind and body through meditation. \$3 per class. New students are always welcome.

Call Betty at 203-762-8035 to sign up.



The Greens at Cannondale is adding 16 apartments in a two-and-a-half story expansion in the rear of the existing building. Apartments will be provided for both assisted living and Evergreen residents in one- and two-bedroom units. More activity areas and common space, a new elevator, a doctor's office, and additional laundry and lounge spaces are planned. New landscaping will be provided within the building courtyard and along Olmstead Hill Road. Construction will begin this winter with completion within a year.

GARDEN CLUB THROUGH THE SEASONS



The Garden Club at the Senior Center brings 2010 to a close with its annual evergreen project. Pictured clockwise from top left: mother and daughter, Bunny McMorrow and Helen Dawley; BJ Locher; Joan Birkins; Helen Ralph; Julia Monroe; Garden Club volunteer Leslie Hinshaw; Jean Hoyt; and center: volunteers Mya Smith, Elizabeth Craig, and Sharon Frost along with the members of the Senior Center Garden Club.

"The Area's Premier Assisted Living Community"
435 Danbury Road, Wilton, CT 06897

Greenleaf
AT CANNONDALE

*Printing costs for this issue of
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WILTON, CT

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

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, and Municipal Agent for the Elderly

Lauren Hughes 203-834-6238
Coordinator, Senior Services

Lizabeth Doty 203-834-6240
Coordinator, Senior Activities

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

Sharon Powers 203-834-6238
Office Assistant

Meals-on-Wheels 203-762-0566

Dial-A-Ride 203-834-6235

Town-to-Town 203-299-5180

FISH (medical transportation) 203-834-3737

AARP 203-866-0435

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

Visiting Nurse & Hospice of Fairfield County
..... 203-762-8958

Parks and Rec Department 203-834-6234

Wilton Family Y 203-762-8384

Wilton Library 203-762-3950

***Are you a beginner eager to learn basic computer skills?
This is for you!***

Introduction to Computer Fundamentals, January 4 and 6

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.

Call Andrea at 203-762-8445 or 203-834-6410 to register.

**Each two-session
computer class is
\$25 and takes
place from
9:30-11:30 a.m.**

***Do you already know how to use your
computer? Then these are for you!***

Introduction to Word 2007, January 11 and 13

Step into the present to acquaint yourself with the Word 2007 program. It has a different appearance from the Word version you may 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, Quick Access Toolbar, Document views, plus commonly used features in Word. You will learn how to do the same things you've always done such as entering, changing, deleting, copying, pasting, underlining, aligning, saving, as well as inserting a bullet or number in text in a Word 2007 environment. (Guide and practice sheets included.)

Word 2007 Graphics, January 25 and 27, featuring how to use the ribbon. (Word 2007 familiarity needed.) You will be amazed at what you can create! A quick review will cover the Office Button, Terminology, Ribbon Organization, Office Clipboard, Quick Access Toolbar, and Mini Toolbar. From the Page Layout tab, you will apply borders to pages, paragraphs and text, and apply shading with custom color selections. From the Home tab you will insert graphic styles of bullets and numbering; from the Insert tab, utilize task panes, galleries and/or contextual tool tabs for Clipart, Pictures, Positioning of Pictures, Word Art, Symbols, Special Characters, and text boxes. (Guide and practice sheets included.)

Advanced Graphics in Word 2007, February 1 and 3

This course will build on the material learned in Word 2007 Graphics. You will further enhance your subject matter in a document, simple table or columns. The Drawing function, with its many new features, will be covered in depth. You will move through the Layout Tab for margins and orientation, Home Tab for specific functions to insert text material, and the Insert Tab to incorporate Word Art, Clip Art, Pictures, and Drawings. (Guide and practice sheets included.)

Basic Excel, February 18 and 25

This course will introduce the basics of this popular spreadsheet program including essential vocabulary, concepts and features. Become familiar with entering, editing, and formatting numerical and text data. Experiment with basic database capabilities. Learn to design meaningful, attractive and useful spreadsheets. (Worksheets included.)

The Computer Learning Center offers computer classes specifically designed for adults. Come and experience computer learning in a stimulating and comfortable environment at the Senior Center.

***Want to delve a little
deeper? Try a Quick Pick!***

Each single-session Quick Pick class takes place from 9:30 a.m. to 11:00 a.m. The fee is \$10 per class.

Monday, February 7, Working with Text Boxes in Word 2007

Learn and practice some of the little known functions text boxes have to offer.

Tuesday, February 8, Word Art in Word 2007

Explore creative options for using Word Art in a poster, document and a cover page.

Thursday, February 10, "Breaks" in a Document

Learn how to use the various Page breaks and section breaks in a document.

Friday, February 11, Personalize your Word-2007 Program

Learn how to set "Word Options" for your defaults until you want a change. Also learn how to set up taskbar and Quick Access Toolbar.

**COMSTOCK COMPUTER
LEARNING CENTER**

**180 School Road, Wilton, CT 06897
Andrea Ragusa, Coordinator**

Registration form on reverse side.

COMSTOCK COMPUTER LEARNING CENTER
REGISTRATION FORM
COMSTOCK COMMUNITY CENTER
180 School Road, Wilton, CT 06897
203-834-6410 or 203-762-8445
Andrea Ragusa, Coordinator

The Computer Learning Center in Comstock Community Center offers computer courses for adults. Course descriptions are published in ***The Wilton Bulletin***, the Parks and Rec Brochure, and on the website at www.wiltonct.org. To register please print this form and mail or hand-deliver it with your check.

Mail or hand-deliver 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: _____

X	COURSE TITLE	DATES	Fee
	INTRODUCTION TO COMPUTER FUNDAMENTALS	January 4 and 6	\$25
	INTRODUCTION TO WORD 2007	January 11 and 13	\$25
	WORD 2007 GRAPHICS	January 25 and 27	\$25
	ADVANCED GRAPHICS IN WORD 2007	February 1 and 3	\$25
	BASIC EXCEL	February 18 and 25	\$25
	Working with Text Boxes in Word 2007	February 7	\$10
	Word Art in 2007	February 8	\$10
	"Breaks" in a Document	February 10	\$10
	Personalize your Word-2007 Program	February 11	\$10