



CORRIDORS

JANUARY-FEBRUARY 2014

CURRIER & IVES COMES TO WILTON

Tuesday, January 21, 10:30 a.m.

The age of Currier & Ives from 1834 to 1907 was a period of great change and continental expansion. Considered the most prolific American printmakers of their times, Currier & Ives introduced mass media in America by producing thousands of “cheap” popular prints that appealed to all classes, especially the burgeoning middle-class.

This time of year conjures up Currier & Ives images of quaint sleighs gliding through the snow. Nathaniel Currier and James Merritt Ives are famous for their idyllic portrayals of country scenes. However, according to Joel Third, president of Keeler Tavern Museum in Ridgefield, Currier & Ives prints portray far more than country scenes.

“Currier & Ives prints are a reflection of 19th century history,” says Mr. Third. During the company’s 72 years of operation, they published more than 7,000 lithographs covering subjects that included continental expansion, political upheaval, immigration, racial tensions, trains, steamboats, and industrial development.

Mr. Third has been a hobbyist collector of antique maps, Audubon, and Currier & Ives prints for about 40 years. He was born and reared in Northern Ohio, graduating in 1960 from Case Western Reserve University in Cleveland as an electrical engineer. After implementing communication systems for ITT for thirty years, he joined Harris Corporation, an international sales and marketing group, retiring in 2007.

Mr. Third will give his presentation entitled Currier & Ives: 19th Century Mass Media on



Joel Third, president of Keeler Tavern Museum, displays an original Currier & Ives print from his private collection.

Tuesday, January 21, at 10:30 a.m. in the Senior Center lounge. In addition to sharing original prints from his personal collection, Mr. Third will describe the history surrounding the images and their impact on American society. He will also discuss the history of the Currier & Ives firm, the lithographic process, collection, and preservation.

This seminar is free and open to the public. Seating is limited. Please call the Senior Center to reserve a place at 203-834-6240. A light complimentary lunch will follow in the Senior Center café.

SENIOR CENTER WEATHER POLICY

If the Wilton Public Schools are DELAYED OR CLOSED due to weather, the Senior Center activities for that same day are cancelled. Even if activities are cancelled, the Senior Center is OPEN.

Call 203-834-6240 after 7 a.m. and listen to the recording for specific information.



New Community Health Coordinator Welcomed

Melody Matheny-Orpen, BSN, RN was recently welcomed as the new Community Health Coordinator at Visiting Nurse & Hospice of Fairfield County. The position was vacated by Elaine Abrams MPH, RN who served in the position since 2007.

The Community Health Coordinator is responsible for agency-sponsored vaccination clinics and community-based screenings, including blood pressure, cholesterol and memory screenings, and medication management. The position also includes planning and conducting health education programming for aging adults and serving on the Wilton Public Health Emergency Preparedness Team.

Ms. Matheny-Orpen holds a Bachelor of Science degree in Nursing from California State University. She has over 25 years of critical care nursing experience and prior to joining the agency in 2009 was a critical care nurse at Norwalk Hospital. A Norwalk resident, Matheny-Orpen volunteered as a parish nurse with St. Thomas the Apostle Church for over a decade.

For more information, visit <http://www.visitingnurse.net> or call 203-762-8958.

BLOOD PRESSURE SCREENINGS

Complimentary and open to the public.

Conducted by a registered nurse from Visiting Nurse & Hospice of Fairfield County

Wilton Senior Center, 11:00 a.m. to noon
Thursdays, January 2 and February 6

Village Market, 12:30 p.m. to 2:00 p.m.
Tuesdays, January 28 and February 25

Wilton Family Y, 12:30 p.m. to 2:00 p.m.
Thursdays, January 9 and February 13

COPD: Learn More, Breathe Better *Presented by Melody Matheny-Orpen RN* **Visiting Nurse & Hospice of Fairfield County** **Monday, February 10, 11:00 a.m.**

Chronic obstructive pulmonary disease (COPD) is a progressive condition that slowly decreases lung function over time. The term COPD includes emphysema and chronic bronchitis. It is the third leading cause of death in the U.S. There are currently more than twelve million people diagnosed with COPD and another twelve million who have COPD but do not realize it.

To learn more about diagnosis, treatment, and how to live better with COPD, you are invited to attend *COPD: Learn More, Breathe Better* on Monday, February 10, from 11:00 a.m. to 12:00 p.m. at the Senior Center. The presentation is free and open to the public

For more information, call Lizabeth Doty at 203-834-6240.

BECOME A Visiting Nurse & Hospice VOLUNTEER!

Patient Support Training

This program is for volunteers who are willing to support homecare and Life Focus program patients and their caregivers/families by providing emotional support, respite for caregivers, picking up groceries, running errands. Training will take place winter 2014. Dates TBA. Volunteers must attend three days of training. Contact Volunteer Coordinator at 203- 834-6341 X 316.

Hospice Volunteer Training

This program is for volunteers who provide companionship, socialization, and emotional support to terminally ill patients and their families once or twice a week by visiting their homes. Participants should not have had a personal loss of a family member/friend in the past year. Training is one week long at our offices; all five days are required. An interview and application process are also necessary. Training will take place winter 2014. Dates TBA. Contact Volunteer Coordinator at 203- 834-6341 X 316.

Know Your Meds

In 2009, according to US Department of Health and Human Services, there were over 4.6 million drug-related visits to the nation's emergency rooms. You can decrease your risk for hospitalization and extra doctor visits by understanding your medications better. What you can do:

- Keep your medication list updated with all the pills you take, when and why. Show it to all your doctors.
- Ask your doctor the name of the medication, its purpose, how much, how often, and when to take it and are there any side effects.
- Use one pharmacy to fill your prescriptions.
- Pre-pour your medication in a weekly med planner.
- Allow your spouse, friend or family member to assist you with your medications.

"Know Your Meds" sessions will take place at the Senior Center on the fourth Thursday of the month from 11:00 a.m. to 12:00 p.m. A nurse from Visiting Nurse & Hospice will review your medications with you and provide you with a typed list and a med planner. Please call 203-834-6240 to schedule an appointment. Walk-ins are welcome.

Cholesterol Screening

Visiting Nurse & Hospice

761 Main Avenue, Suite 114, Norwalk

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

by appointment only

Includes total cholesterol, HDL, LDL, triglycerides and glucose. Simple finger stick with results within ten minutes. Allow thirty minutes for your appointment. Fasting recommended, but not necessary.

Please call 203-762-8958 ext. 221. Cost: \$25, cash or check.

Make a Great Decision for the new year! The Wilton Woman's Club invites you to participate in the Foreign Policy Association's Great Decisions program. Great Decisions is America's largest discussion program on world affairs. This program highlights eight of the most thought-provoking foreign policy challenges facing Americans each year. Great Decisions provides background information, current data, and policy options for each issue and serves as the focal text for discussion groups. Visit www.fpa.org for program details.

The next session takes place on Wednesday, January 23, 10:00 a.m. in the Senior Center lounge. Call the Senior Center 203-834-6240 for more information.

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, the Town and Country Montessori School, 18 Girl Scout troops, Wilton Family Y, Coldwell Banker, Realty 7, Berkshire Hathaway Home Services, The Greens at Cannondale, the Wilton Moms Club, the Wilton Newcomers Club, and Cub Scouts Pack 17 who in total provided 70 fabulous Thanksgiving dinner baskets and Stop and Shop gift cards for Wilton families;

The Wilton Woman's Club who cooked and boxed more than 30 hot meals for Thanksgiving and Christmas for Wilton's seniors;

The Mother-Daughter Leadership group members who delivered the hot meals for Thanksgiving and Christmas Eve;

Wilton Garden Club for preparing the beautiful centerpieces and Pat Russo of the Wilton Rotary Club for delivering the centerpieces to seniors;

The interfaith community, the churches and the temple congregations, who shopped for gifts for 19 seniors and Stephen Batter and his boy scouts who delivered those gifts;

"Holiday helpers" from the ranks of individual residents and community-based service clubs and businesses who provided 97 Wilton children, pre-schoolers to high school seniors, with presents and gift certificates to brighten their holidays;

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

The individuals and organizations who donated 25 trees and volunteers from Ambler Farm who donated 10 trees to Wilton families;

Your generosity made this holiday season a happy time for our Wilton neighbors in need.

Wilton News? Check Out

GoodMorningWilton.com

Heather Borden Herve, Editor

BOOK DISCUSSION

at the Senior Center

Tuesday, January 28

Discussion Leader - Karen Tatarka

A TREE GROWS IN BROOKLYN by Betty Smith

Featured by the New York Public Library as "one of the *Books of the Century*," this novel remains a beloved classic half a century after it was first published. Francie Nolan is a young girl growing up in a poor but loving family in Williamsburg, Brooklyn, in the first half of the twentieth century. As the novel tells the story of her childhood, it communicates the universality of all childhood dreams. *The New York Times* states that it is "a profoundly moving novel, and an honest and true one...If you miss *A Tree Grows in Brooklyn* you will deny yourself a rich experience."

Tuesday, February 25

Discussion Leader - David Ostergren

THE GUNS OF AUGUST by Barbara W. Tuchman

This Pulitzer Prize-winning classic dealing with the first month of World War is considered one of the finest works of history written by an American in the twentieth century. According to *The Christian Science Monitor*, Tuchman has "improved upon her predecessors...by transforming the drama's protagonists as well as its immense supporting cast, from half-legendary and half-shadowy figures into full-dimensional, believable persons."

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

Play Reading at the Senior Center



Monday, January 6, 12:30 p.m.

AUGUST: OSAGE COUNTY is the Pulitzer Prize-winning play by Tracy Letts. The action revolves around the Weston family who is forced to confront reality from their past and their present. The action takes place over several weeks in the home of Beverly and Violet Weston in Oklahoma. Beverly is a poet and has a drinking problem. His wife suffers from mouth cancer and has become addicted to drugs. Problems between the couple are evident in the first scene and a series of conflicts ensue. This play was released as a motion picture starring Meryl Streep and Julia Roberts on Christmas 2013.

Beading Plus

By popular demand, instructor Viola Galetta will teach an additional beading class on the third Friday of the month along with her regular first Friday class. Both classes take place at 10 a.m. in the Senior Center Crafts



and Arts Studio. Viola has taught these techniques at Silvermine and Guilford Art Schools. New and different beading techniques will be explored along with basic beading techniques.

Do you like braided work? Then the ancient Japanese braiding art of Kumihimo may interest you. This art form can be used for jewelry making with beads or just fancy yarn or ribbon. Using a small disk with bobbins you will weave a beautiful necklace or bracelet.

Do you like to turn something old into something new? Then macramé may interest you. Some years ago, macramé was used for hanging baskets. Today macramé is the new technique for making great bracelets.

Do you want an international flavor to your beading? Viking Knit may be to your liking. Viking Knit pieces, which were used as currency during ancient times, have again gained popularity in jewelry making.

Come and take advantage of this activity now offered twice a month! Call 203-834-6240 for more information.

Monday, February 3, 12:30 p.m.

THE MERRY WIVES OF WINDSOR by William Shakespeare, Acts I, II, and III

Sir John Falstaff has rolled into the town of Windsor, England. Falstaff thinks he can solve his financial problems by luring the rich housewives, Mistress Ford and Mistress Page, into bed with steamy love notes. When the women realize that Falstaff has sent them both the same love note, they hatch a plot to teach him a lesson. However, Master Ford is jealous and learns of the plan. He disguises himself and becomes Falstaff's newest drinking buddy. Conflict and disguise continue throughout the play. (Acts IV and V will be read in March.)

Call the Senior Center at 203-834-6240 to register. Copies of the play are available in the Senior Center café.

JANUARY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Ellen Ross and Aurelia Treiber begin "dedecorating" the lounge tree.</i></p>		1 New Year's Day Senior Center Closed	2 9:00 Enhance Fit 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	3 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Sr Swim Y
6 9:15 Enhance Fit 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 12:30 Play Reading 12:30 Mah Jongg	7 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH	8 9:30 RSVP OH 10:00 Dup Bridge 11:30 Tai Chi 12:00 Chicago Bridge 12:00 Lunch OH Program: Fashion Show 1:30 Mah Jongg	9 9:00 Enhance Fit 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:45 Bingo 5:30 Social Services Commission	10 9:30 Senior Center Advisory 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Sr Swim Y
13 9:15 Enhance Fit 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 12:30 Mah Jongg	14 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Mah Jongg 2:00 Chair Yoga OH	15 9:30 RSVP OH 10:00 Writers 10:00 Dup Bridge 11:30 Tai Chi 12:30 Aid and Attendance Benefits BP 1:30 Mah Jongg	16 9:00 Enhance Fit 10:00 Yoga 11:45 St. Matthew Church Lunch	17 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30-3 Free Sr Swim Y
20 Martin Luther King Holiday Senior Center Closed	21 9:30 Picasa 10:30 Currier & Ives 11:00 Yoga 12:00 Dup Bridge 12:00 Lunch 2:00 Chair Yoga OH	22 9:30 RSVP OH 10:00 Great Decisions 10:00 Dup Bridge 11:30 Tai Chi 12:00 Chicago Bridge 1:30 Mah Jongg	23 9:00 Enhance Fit 10:00 Beginner Bridge 10:00 Yoga 10:30 Newcomer Brunch WEPCO 11:00 Know Your Meds 12:00 Lunch 12:00 Encore Book Club 12:45 Bingo	24 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y
27 9:15 Enhance Fit 9:30 Memoir Research 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 12:30 Mah Jongg 1:00 Comstock Knitters and Crafters	28 9:30 Memoir Research 10:00 Oil/Acrylic Painting Begins 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg 2:00 Chair Yoga OH 3:00 SAHW Meets	29 9:30 RSVP 10:00 Dup Bridge 11:30 Tai Chi 1:30 Mah Jongg	30 9:00 Enhance Fit 9:30 I Can Draw Begins 10:00 Beginner Bridge 10:00 Yoga 12:00 Portraiture Begins 12:00 Lunch 12:45 Bingo	31 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y

FEBRUARY 2014

Monday

Tuesday

Wednesday

Thursday

Friday

KEY

OH	Ogden House	100 River Road	203-762-8035
Y	Wilton Family Y	404 Danbury Road	203-762-8384
WL	Wilton Library	137 Old Ridgefield Rd.	203-762-3950
G	The Greens	435 Danbury Road	203-761-1191
WM	Wilton Meadows	439 Danbury Road	203-834-0199
VM	Village Market	Old Ridgefield Road	203-762-7283
VNH	Visiting Nurse & Hospice	761 Main Ave., Norwalk	203-762-8958
LR	Laurel Ridge Health Care	642 Danbury Rd., Rdgfld	203-438-8226
BP	Brookdale Place	99 Danbury Road	203-761-7999
SAHW	Stay at Home in Wilton		203-423-3225
WCE	Wilton Continuing Ed	395 Danbury Road	203-834-7694

All activities are held at the Senior Center unless otherwise noted.

<p>3 9:15 Enhance Fit 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 12:30 Play Reading 12:30 Mah Jongg</p>	<p>4 10:00 Oil/Acrylics 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH</p>	<p>5 9:30 RSVP OH 10:00 Writers 10:00 Dup Bridge 11:30 Tai Chi 12:00 Dup Bridge 1:30 Mah Jongg</p>	<p>6 9:00 Enhance Fit 10:00 Beginner Bridge 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 1:00 Matter of Balance Begins</p>	<p>7 10:00 Feldenkrais 10:00 iPad Introduction 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim</p>
<p>10 9:15 Enhance Fit 9:30 Word Graphics 10:30 Line Dancing 11:00 COPD: Learn More, Breathe Better 11:30 Coffee and... 12:00 Movie 12:30 Mah Jongg</p>	<p>11 8:30 Cholesterol Screening VNH (appt. only) 9:30 Word Graphics 10:00 Oil/Acrylics 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH 2:00 Mah Jongg</p>	<p>12 9-10:30 Blood Pressure Screening Y 9:30 RSVP OH 9:30 Internet 10:00 Dup Bridge 11:30 Tai Chi 12:00 Chicago Bridge 12:00 Lunch OH Program: WHS Orchestra 1:30 Mah Jongg</p>	<p>13 9:00 Enhance Fit 10:00 Beginner Bridge 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:45 Bingo 1:00 Matter of Balance 5:30 Social Services Commission</p>	<p>14 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p>17 President's Day Senior Center Closed</p>	<p>18 10:00 Oil/Acrylics 11:00 Yoga 12:00 Dup Bridge 2:00 Chair Yoga OH</p>	<p>19 9:30 RSVP OH 9:30 Basic Word 10:00 Writers 10:00 Dup Bridge 11:30 Tai Chi 1:30 Mah Jongg</p>	<p>20 9:00 Enhance Fit 9:30 Basic Word 10:00 Beginner Bridge 10:00 Yoga 11:45 St. Matthew Lunch 1:00 Matter of Balance</p>	<p>21 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p>24 9:15 Enhance Fit 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 12:30 Mah Jongg 1:00 Comstock Knitters & Crafters</p>	<p>25 10:00 Oil/Acrylics 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg 2:00 Chair Yoga OH 3:00 Movie: Calendar Girls SAHW</p>	<p>26 9:30 RSVP OH 10:00 Great Decisions 10:00 Dup Bridge 11:30 Tai Chi 12:00 Chicago Bridge 1:30 Mah Jongg</p>	<p>27 9:00 Enhance Fit 10:00 Beginner Bridge 10:00 Yoga 11:00 Know Your Meds 12:00 Encore Book Club 12:00 Lunch 12:45 Bingo 1:00 Matter of Balance</p>	<p>28 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>

Managing Concerns About Falls



Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? **A Matter of Balance: Managing Concerns About Falls** is a program for you.

Fear of falling can be as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. **A Matter of Balance** can help people improve their quality of life and remain independent.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. The program was developed and formally evaluated by the Roybal Center for Enhancement of Late-Life Function at Boston University using a grant from the National Institute on Aging. It acknowledges the risk of falling but emphasizes practical coping strategies. Trained facilitators, students from Fairfield University School of Nursing, conduct eight two-hour sessions for a group of ten to twelve participants. The class learns how to view falls and fear of falling as controllable and set realistic goals for increasing activity. Participants also discover ways to change the environment to reduce fall risk factors and learn simple exercises to improve strength and balance.

The Senior Center is offering **A Matter of Balance: Managing Concerns About Falls** on Thursdays, February 6, 13, 20, 27; March 6, 13, 20; and April 3 from 1:00 p.m. to 3:00 p.m. in the lounge. The total program cost is \$10. A workbook is provided and refreshments are served. Please call the Senior Center at 203-834-6240 to register.

WILTON TAX RELIEF PROGRAM FOR ELDERLY OR DISABLED HOMEOWNERS

Applications for the Wilton Tax Relief Program for Elderly or Disabled Homeowners and the State of Connecticut Elderly and Totally Disabled Tax Relief Program are available at the Town Hall Assessor's Office. The filing period for both programs is February 3 to May 15. For additional information, please contact the Assessor's Office at 203-563-0122.

BRIDGE OPPORTUNITIES

BEGINNER BRIDGE LESSONS

A new class for beginners only is gathering at the Senior Center. This class is for the person who would like to learn how to play bridge... not someone brushing up! Dan DeVlieg will teach you this entertaining and mentally demanding game by having you actually 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. Thursdays beginning January 23, 10:00 a.m. to noon, \$85 for the eight-week series. Signup: 203-834-6240. Class size limited.

DUPLICATE BRIDGE WITH DAN

Duplicate Bridge is a form of contract bridge in which contestants play identical cards, with each deal being scored independently, permitting comparison of individual scores. For all levels of play. This is not a sanctioned game. Dan DeVlieg will supervise. Wednesdays, 10:00 a.m. to 12:30 p.m., \$5 drop-in fee.

INTERMEDIATE BRIDGE

Once you have been introduced to the fundamentals of bridge, Dan DeVlieg will take you deeper into the complexities of bidding, bidding conventions, play, keeping score, defending, opening, and a myriad of other techniques. Most class time will be spent at the card table where you can ask questions, analyze alternative playing and bidding strategies (both offensive and defensive), and have an all-round good time. Fridays beginning January 24, 1:30 to 3:30 p.m., \$75 for the eight-week series. Signup: 203-834-6240.

BRIDGE GROUPS

If you would like to join other seniors in an afternoon of bridge from noon to 3:00 p.m., call the organizers listed below:

Duplicate Bridge: First Wednesday of the month, contact Lois Bruce at 203-762-5818 to play.

Duplicate Bridge: Third Tuesday of the month, contact Maureen Turnier at 203-762-9386 to play.

Contract Bridge: Fridays, contact Eleanor Mihailidis at 203-762-8720 to play.

Chicago Bridge: Second and fourth Wednesday of the month, contact Dorothy Wright 203-762-8567 to play.

ENHANCE YOUR FITNESS

ENHANCE FITNESS

Mondays, 9:15 a.m. to 10:15 a.m.;
and Thursdays, 9:00 a.m. to 10:00
a.m., \$3 per class

This is an evidence-based, group exercise program which helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Laura Mars and Leslie Hinshaw, Instructors.

LINE DANCE FUSION

Mondays, 10:30 a.m. to 11:30 a.m.,
\$3 per class

This program blends traditional dance steps with elements of modern line dancing. Waltz, mambo Italiano, Charleston, Lambada, samba electric slide and tango are rolled into one to keep your feet moving and your heart pumping. This is a great form of exercise and social interaction. Beginners as well as experienced dancers are welcome. Beatriz Araujo, Instructor.

TAI CHI

Wednesdays, 11:30 a.m. to 12:30
p.m., \$3 per class

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Practicing Tai Chi leads to relaxation of the body and mind, improves flexibility and balance, and enhances energy and

general well-being. Tai Chi has been shown to prevent falls and improve the functioning of daily activities. Julienne Camhi, Instructor.

TUESDAY AND/OR THURSDAY YOGA

Tuesdays, 11:00 a.m. to noon;
Thursdays, 10:00 a.m. to 11:00
a.m., \$3 per class

Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts this gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps your balance and focus. Classes include warm-ups, breathwork (pranayama), yoga postures (asanas), relaxation and meditation. Leave class feeling refreshed and alive!

FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m.,
\$5 per class

Do you limit yourself without even knowing it? Do other people try to tell you how you feel? It's time to take charge of your own comfort and discard the movement patterns that hold you back. You are the only person living in your body. Why not make it a home you enjoy! 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.

CHAIR YOGA

*Stay fit with the help of
these programs at the
Senior Center:*

Enhance Fitness

Mondays

9:15 to 10:15 a.m.

Thursdays

9:00 to 10:00 a.m.

Line Dance Fusion

Mondays

10:30 to 11:30 a.m.

Yoga

Tuesdays

11:00 a.m. to noon

Thursdays

10:00 to 11:00 a.m.

Tai Chi

Wednesdays

11:30 a.m. to 12:30 p.m.

Feldenkrais

Fridays

10:00 to 11:00 a.m.

Tuesdays, 2:00 p.m. to 3:00
p.m., \$3 per class

Liz Wendell will teach gentle chair yoga. To register for the class, call Betty at 203-762-8035. This takes place at Ogden House, 100 River Road.

January Fashion Show

Join us for a fashion show at Ogden House on Wednesday, January 8. Lunch is served at noon, and the Fashion Show will follow in the Great Hall, 100 River Road.

Ogden House Program Coordinator Betty Castillo will collaborate with Sharon Sobel, President of the Turnover Shop, on this event. The Turnover Shop in Wilton will provide fashions modeled by Ogden House and other Wilton residents. Everything modeled is for sale at bargain prices. Additional items from the Turnover Shop will also be available for sale. Call and reserve your place for lunch (\$3) at 203-834-6240.



ENHANCE YOUR COMPUTER SKILLS

The following computer classes for PC users are offered at the Comstock Computer Learning Center in the Senior Center, 180 School Road. Call Andrea Ragusa at 203-762-8445 to register. Classes take place from 9:30 a.m. to 11:30 a.m.

Picasa Photo Workshop

Want to do something with all those pictures currently on your computer... or those photos in your future? Google's Picasa software lets you organize, edit, and upload your photos in quick, easy steps, and the software is free! **Picasa** is an image organizer and image viewer for organizing and editing digital photos, plus an integrated photo-sharing website. Taught by Bill Brautigam; Jan. 21. Fee: \$20.

Organize Your Memoir Research and Prepare it for Publication

Become an author! This course will provide comprehensive information as to options for printing when preparing a memoir for print in book form. It will outline how to set up your copy in order to have continuity among the pages and how to develop graphics to enhance the book's material. Learn practical points which will save you money when you take the manuscript to a professional printer or local UPS Store. This is not a research course; it is a workshop to help you organize before you get started. Taught by Catherine Myers; Jan. 27 and 28; Fee: \$30.

Word Graphics

This is a Word Program for the person who wishes to become creative in its use. Learn how to insert pictures and clipart and alter them by enlarging, cropping, and changing their shapes and position in the document. Step into the world of graphics that Word offers for using artistic text, borders, drawing, color, and special effects. Come with an idea and the course will show you how to develop it in Word 2007 or with instructions to use with Word 2010, which has more and different graphics. Taught by Catherine Myers; Feb. 10 and 11; Fee: \$30.

Getting Around The Internet: Age 50+

This introduction to use of the Internet begins with an overview followed by the concepts and terminology needed to get you "surfing the web" for specific information and fun. Use of the mouse and knowledge of the keyboard are required. Students learn to use Google and Yahoo to search for and download information and pictures. The course also covers attaching

images and documents to email (Yahoo!), managing favorites, save, and print. Taught by Andrea Ragusa; Feb. 12. Fee: \$20.

Juniors for Seniors

Need help with your computer? Confused with your new iPad? Don't know how to use your phone? Juniors to Seniors can help! Wilton High School Junior Neal Sarup and members of Juniors to Seniors can offer one-on-one assistance to help you navigate these devices. Get individual attention. Call Neal at 203-762-7751 to set up a time to meet at the Senior Center and get your electronic problems solved!

Basic Word

This course is designed for seniors who are interested in learning the basics of the powerful word processing program "Word." You will learn windows operations, using the toolbar, creating & formatting documents, deleting, copying, pasting, underlining, highlighting, aligning, printing and saving documents, using different types and sizes of fonts. Taught by Andrea Ragusa; Feb. 19 and 20. Fee: \$30.

iPads: Convenience and Connection for the Beginner

Have a new Apple iPad or just updated your older model to the newest operating system (iOS7)? Bring it along and learn its new and updated features. This class will help you comfortably transition to this new operating system which gives your iPad a completely different look. Review much-needed settings, such as larger and bolder text size, ringtones and volume for hearing impaired, FaceTime, Maps and using your calendar for daily activities and reminders. Review and discuss free popular apps for your enjoyment.

Don't yet have an iPad? Come and see what's going on anyway.

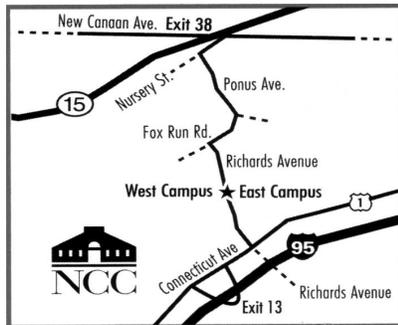
The Senior Center will host an iPad class taught by Dolores Tufariello, Director of Wilton Continuing Education, on Friday, February 7, 10:00 a.m. to 12:00 p.m. The class will be repeated on Friday, March 7, at the same time. A general working knowledge of computers and email set-up are required. Wilton resident fee: \$25; Non-resident fee: \$35. Register at 203-834-7694, Continuing Education office.

Two-hour daytime classes at the Lifetime Learners Institute



This winter the Lifetime Learners Institute at Norwalk Community College will offer its members FREE single-day classes “without tests or stress” on varied topics dealing with history, movies, current events, the arts and “I Love to Read.” From January 27 through February 28, the two-hour classes will start at 2 p.m. on Monday through Thursday and at 10 a.m. on Friday. In addition, at noon on Fridays light refreshments will be followed by a FREE one-hour guest presentation at 1 p.m.

Members are not required to register in advance for these free winter classes. They simply show their membership cards at the door. A twelve-month membership for area residents aged fifty or older costs \$50.



Catalog and membership application are available online at www.lifetimelearners.org or by calling 203-857-3330. Norwalk Community College is located at 188 Richards Avenue in Norwalk.



Newcomer's Brunch Wilton Presbyterian Church Thursday, January 23 10:30 a.m. to 12:30 p.m.

Come to the brunch and learn why seniors enjoy Stay At Home in Wilton. It's not just for the rides. You'll have the opportunity to ask members questions about events, seminars, and the Stay At Home Community. There is no charge for the event at Wilton Presbyterian Church, (WEPCO), on 48 New Canaan Road.

The Art of Decluttering

Senior Center
Tuesday, January 28, 3:00 p.m. to 5:00 p.m.

Peter Schattenfield, Managing/Administrative Partner of Turning Point Estate Services, LLC will give a presentation on how to dig up value in a lifetime's worth of accumulated “stuff.” He will also discuss how to minimize waste through selling, reusing, and recycling of unneeded, yet useful, items by donating them to various charitable and community organizations. You won't want to miss this informative seminar. This free event, sponsored by Stay At Home in Wilton, is open to the public. Refreshments will be served.

Chick Flick!

Senior Center
Tuesday, February 25, 3:00 p.m. – 5:00 pm

Calendar Girls

A British Women's chapter's fundraising effort for a local hospital becomes a media sensation when they decide to pose nude for a calendar. The movie, **Calendar Girls**, is based on a true story. Free admission. Popcorn and refreshments.

Call Janet Johnson for reservations and additional information at 203-762-9303.

Stay at Home in Wilton is dedicated to supporting Wilton Seniors who choose to “age in place.” For less than a dollar a day members receive transportation, light household repairs, access to reputable vendors, informative seminars, regular social activities, calls in the event of a town emergency, and membership in the Stay at Home in Wilton Community, a network of caring volunteers and friends.

On Wednesday, January 15 at 12:30 p.m., Brookdale Place Wilton, 96 Danbury Road, will host a “lunch and learn” on the

Aid and Attendance Benefit

which helps veterans and surviving spouses of veterans pay for assisted living. Holly Walters of Veteran's Financial will outline the benefit and application process. RSVP: Christy at 203-761-8999.



Holiday Plantings

BJ Locher and Stan Kovaks engage in planting paper whites at the monthly Garden Club luncheon at the Senior Center. The Garden Club meets on the first Tuesday of the month. The meeting includes lunch at noon and a garden activity either in the Senior Center or the green house.



Kiwaniis®

KIWANIS CLUB OF WILTON



*A Message from
Nancy Pantoliano, President*

The Kiwanis Club of Wilton is the largest service club in town. Our members dedicate time and talent to the club's goals of community service and fellowship. The Wilton Kiwanis Club is a local chapter of Kiwanis International, a global organization dedicated to changing the world, one child and one community at a time. We are one of the largest Kiwanis Clubs in New England and one of the most active in Fairfield County.

The club was founded in 1951 by a group of civic-minded Wiltonians who were determined to become a positive force in the community. Today we number close to one hundred men and women. The club's composition is unusually broad, including working, semi-retired and retired folks, and inclusive, covering public, private, professional, retail, trade and industry backgrounds. The common bond is dedication to community service combined with the bonus of good will and camaraderie.

Did you know that the Wilton Kiwanis Club purchased...

- Wilton's first ambulance in 1953;
- Twenty-one acres of land in 1956 which was later donated to a group interested in developing a family YMCA. Today this is the home of the Wilton Y, Little League fields, and the Y summer camp. Kiwanians cleared the land and dug the pond which is now enjoyed by many; and
- Wilton's second site suitable for swimming in 1961. The club later sold Merwin Meadows to the town for the balance of the mortgage.

In addition to fund-raising, donating to worthy organizations and sponsoring community activities, we also undertake

hands-on projects such as repairing homes of needy people as part of Home Front, volunteer assistance at Ambler Farm, facility fix-up at the ABC houses, the Memorial Day pancake breakfast and food drives benefitting the Wilton Food Pantry. We work with and support the Wilton High School Key Club, a group of service-oriented Wilton teenagers. We join with Kiwanis International to address worldwide needs, such as the current project to eliminate maternal and neonatal tetanus around the globe. Best of all, we accomplish these activities through enjoyable collaborative effort and a warm sense of friendship. Periodically we pause and entertain ourselves, our families and our friends.

We welcome new members and new ideas. Please join us for lunch and a speaker at noon every Wednesday. Further information may be obtained by calling 203-604-9014 or online at www.wiltonkiwanis.org.



Wilton Kiwanis and Wilton Rotary join forces with HomeFront to renovate homes damaged by Hurricane Sandy.



Pancake Breakfast

Wilton High School Key Club, a Wilton Kiwanis sponsored group, helps at the Memorial Day Breakfast.



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

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*The Greens
at Cannondale and
People's United Bank
present*



Save your money! Protect your money!

Start the New Year with information designed to protect you from scams and identity theft. Planning in your financial life will decrease stress, assure a better future, and give you a sense of personal independence.

This is presented by People's United Bank experts and sponsored by The Greens at Cannondale as a community service. The presentations take place at the Greens at Cannondale, 435 Danbury Road, Wilton

- January 8, "Preventing Financial Exploitation"
- January 15, "Identity Theft"
- January 22, "Avoiding Scams"
- January 29, "How to Plan for the Unexpected."

The series is free and open to the public. RSVP: 203-761-1191. Dinner at 5:30 p.m.; presentation at 6:00 p.m.

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
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
Stay at Home in Wilton	203-423-3225