



CORRIDORS

JANUARY-FEBRUARY 2017



Social Services Bids Farewell to Director Cathy Pierce

"The last ten years with Wilton Social Services have been deeply rewarding both professionally and personally. I have found working with the social services staff and the

many volunteers who serve this department to be gratifying and often inspirational. The dedication of each person to the mission of the department has made each day worthwhile. What we are able to accomplish with a small and mostly part-time staff speaks to the professionalism and dedication of each of them."

—Catherine Pierce, LCSW

Wilton Social Services got its first full-time Director in 1984 when Suzanne VanVechten was hired to head the department. During the 22 years of Suzanne's direction, the Social Services Department continued to grow. Additional social workers were hired and a one-room Senior Center was added to serve the needs of Wilton residents.

The job of Director of Social Services has changed dramatically in the years following Suzanne's retirement in 2006. When Cathy Pierce assumed the role, there were approximately 35 to 40 clients served by the department with information and referral, emergency financial aid, and energy assistance. In 2006, 20 energy applications were submitted to the State of Connecticut for processing. The food pantry, consisting of only 4 shelves in the computer room, was used occasionally by 6 clients. By 2009 after the first wave of the "economic turndown," the department profile began to change quickly. Under Cathy's leadership, the town expanded

the food pantry program, enhanced the resources available for holiday and back-to-school programs for students, and developed programs to provide for the many Wilton families who needed help when the recession hit. In addition, thanks to the 2011 renovations, the Wilton Senior Center now includes exclusive use of spaces on the upper and lower levels of the social services "east wing" at Comstock. Under the direction of then First Selectman Bill Brennan, those areas were updated, redecorated, and transformed into attractive and comfortable senior-oriented rooms. The Senior Center's close proximity to the Social Services Department creates ready access to the department's social workers whenever they are needed for Medicare, housing, and other service needs.

The Director's role has shifted from developing new programs and pursuing community grants for funding new initiatives, such as the Single Mother's program, to responding to the financial and emotional needs of new clients who began calling after employment layoffs. Rising unemployment rates for those in the financial industries and other areas created a new client base that needed assistance.

Continued on page 11

**SENIOR CENTER
INCLEMENT WEATHER POLICY**

When in doubt, call 203-834-6240 after 7 a.m. and listen to the recording for information regarding that day's activities at the Senior Center. We do not follow the public school closings.

Questions?

Dialogue with Christine Tenore Elder Law Attorney

Attorney Christine Tenore, Wilton resident and partner at Eliovson and Tenore in Fairfield, will provide you with an opportunity to have your questions regarding certain legal topics answered.* The following sessions are offered without charge:

Wednesday, February 22, 1:30 p.m.

Updated Powers of Attorney, Living Wills, Conservatorship, Paying for Long Term Care, Medicaid

Wednesday, March 22, 1:30 p.m.

Wills, Trusts, Probate

Christine practices in the areas of elderlaw, estate planning, trusts and probate, conservatorships, long term care planning and Title XIX/Medicaid benefits. She is a member of the Elder Law and Estates/Probate Sections of the Connecticut Bar Association, the Connecticut Chapter of the National Academy of Elder Law Attorneys, and the Fairfield and Bridgeport Bar Associations. She sits on the board of the Wilton Commission on Social Services and is a member of the Connecticut Geriatric Society and the Greater Bridgeport Elderly Services Commission.

Sessions will take place in the Senior Center lounge. Please call 203-834-6240 to reserve a space.

**Please note that no specific legal advice will be given.*

Diana Pettit and Pauline Prevett, who recently moved to Wilton from South Africa, enjoy the Thanksgiving Luncheon at Comstock. Diana's son is married to Pauline's daughter who are Wilton residents.



Adventures in Learning

The nonprofit adult education organization, Lifetime Learners Institute at Norwalk Community College, announces its unique four-week daytime winter class schedule (January 9 to February 3) for people age 50 and over. These one-class per day sessions deal with a variety of general-interest subjects. There are a total of eleven free one-day classes for members on Monday and Tuesday afternoons from 1 to 3 p.m. and Friday mornings from 10 a.m. to 12 noon. After the Friday classes, light refreshments are available to members followed by a variety of one-hour guest presentations at 1 p.m. In addition to these free classes, four-week paid classes are offered on Art, Current Events, History, and Life's Choices, on Wednesdays and Thursdays, 1 to 3 p.m.

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

Don't Just Downsize... Modernize!

Thinking of downsizing soon? Carey Karlan, well-known interior designer and consultant on downsizing, will speak at the Senior Center at 10 a.m. on Tuesday, January 17. The talk, open to all at no charge, is sponsored by the Encore Club of Wilton.



Ms. Karlan, a Darien resident, has considerable experience in guiding clients through the process of simplifying and shedding unneeded household goods as a first and essential step in moving into a smaller living space. The process can be liberating and energizing if approached in a positive way, according to Ms. Karlan. She will discuss how to get started and how to evaluate. She will share experiences of people who have gone through the process of unloading.

Wilton Social Services Department extends thanks to...

Sixteen 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, 14 Girl Scout troops, 10 Boy Scout troops from Pac 10, Den 17, Riverbrook Regional Y, Riverbrook Gymnastics, Coldwell Banker, Realty 7, The Greens at Cannondale, Ridgefield VNA, the J-Moms, the Wilton Working Moms, the Wilton Moms' Club, the Wilton Newcomers Club, and Charles Taylor PLC who in total provided 75 fabulous Thanksgiving dinner baskets and Stop and Shop gift cards for Wilton families; and the Wilton Woman's Club whose members provided a basket and invaluable assistance the day of the dinner basket delivery and distribution;

The Wilton Woman's Club who cooked and boxed more than 50 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, under the leadership of the Wilton Congregational Church, who shopped for gifts for 19 seniors and the Boy Scouts who delivered those gifts;

"Holiday helpers" from the ranks of individual residents, community-based service clubs, local businesses, all the Wilton churches and Temple B'Nai Chaim who provided 103 Wilton children with presents and gift cards to brighten their Hanukah and Christmas holidays;

Ambler Farm for the donation of Christmas trees for 25 families;

Realty 7 for the donation of Christmas trees for 5 families; and

The Wilton Children's Day and Wilton Community Nursery schools who collected dozens of hats and mittens.

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



Play Reading

Monday, January 9

(Note: This is the second Monday)

TIME STANDS STILL

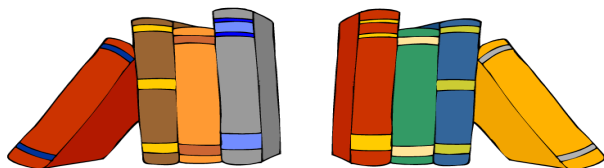
Time Stands Still is set in Brooklyn, NY, and revolves around Sarah and her boyfriend James. Sarah is a photo journalist who has returned home after being injured by a roadside bomb in Iraq. James is swamped by guilt after leaving Sarah alone in Iraq. Their friend Richard, a photo editor, visits them with his girlfriend, Mandy, who is much younger than he. The play focuses on relationships and James and Sarah's prospects for a more conventional lifestyle. The author stated that the meaning of the play was to "capture a sense of the way we live now, to dramatize the things that thinking, feeling, moral people are thinking about and struggling with."

Monday, February 6

ALMOST MAINE by John Cariani

This play is unique in that it is composed of nine interesting tales each with its own beginning, climax, and ending. The mythical town of Almost, Maine is "a quiet, remote, empty, and sometimes lonely place" and "can best be described as a midwinter night's dream or a romance." The only recurring characters in the play are Pete and Ginette. Each of the scenes has different characters and different stories. The New York Times in its review wrote "Almost Maine is about love with a touch of good natured realism...witty, romantic, unsentimental."

Play reading takes place in the Senior Center Lounge at 12:30 p.m. Andrea Ragusa leads the group. Copies of the play are available in the Senior Center Lounge. Call 203-834-6240 to register.



Book Discussion

Tuesday, January 24

Discussion Leader – Michael Hess

***Empire* by Gore Vidal**

This is the fifth historical novel in Gore Vidal's "Narratives of Empire" series encompassing the conclusion of the Spanish-American War in 1898, President William McKinley's assassination in 1901, and the presidency of Theodore Roosevelt. During this period, Congress was debating whether the United States should remain a republic or become an empire by virtue of the lands it had gained from winning the war against Spain. The Gilded Age provides the background for a story that combines fictional characters, including a brother and sister team growing a newspaper empire, with many of the most notable historical figures of the day. "... like the earlier novels in his historical cycle, *Empire* is a vivid documentary drama." (New York Times)

Tuesday, February 28

Discussion Leader – Carol Kaelin

***Alexander Hamilton* by Ron Chernow**

This biography by award-winning historian Ron Chernow fills a major gap in our understanding of the founding of the United States and of the founders themselves. Hamilton had perhaps more of an impact on the early history of the United States than some of his better-known founding brethren. And he had an amazing life: an illegitimate birth in the Caribbean and an orphaned childhood; his role as George Washington's chief of staff and the new nation's first Treasury Secretary; his untimely death in a duel with Aaron Burr. David McCullough wrote: "Alexander Hamilton was one of the most brilliant men of his brilliant time, and one of the most fascinating figures in all of American history...His importance to the founding of the new nation, and thus to the whole course of American history, can hardly be overstated...This is grand-scale biography at its best." A smash hit based on the book opened on Broadway in 2015.

The book discussion takes place in the Senior Center Game Room at 11:00 a.m.; lunch (\$3) is served in the Lounge at noon. Call 203-834-6240 for reservations.

Stop Worrying, Start Living Series presented by
OneSource Senior Living

Keys to Unlocking Social Security

Wednesday, February 22, 6:00 p.m.

Senior Center

Did you know that married couples have up to 567 options for deciding when and how to file for their Social Security benefits? In fact, beginning with the baby boomers who turned 65 in 2010, some 72 million people born between 1946 and 1964 will enter retirement in the next 20 years. For most of these people, Social Security will be a big part of their retirement income. Understanding Social Security benefits is not easy. Mistakes can be costly. Unfortunately, there is no "one size fits all" solution.

This workshop will help answer questions including:

- Will social security be there for me?
- How are my benefits calculated?
- How do I decide when to collect my benefits?
- How does the taxation of benefits work?
- What is the impact of government pensions?

Call the Senior Center 203-834-6240 to reserve a place.

Brookdale Wilton Memory Care Support Group

Second Wednesday of the Month

6:00 p.m. to 7:00 p.m.

96 Danbury Road, Wilton

Alzheimer's disease and dementia are life-changing for both those who are diagnosed and those close to them. The support group at Brookdale Wilton provides a place to connect with others who truly understand what you are experiencing.

It is a place to:

- ♦ Exchange practical information on caregiving problems and possible solution;
- ♦ Talk through challenges and ways of coping;
- ♦ Share feelings, needs, and concerns; and
- ♦ Learn about resources available in the community.

For more information about the group or to register, call Christy Perone at 203-761-8999.



SYNERGY HomeCare Presents Safety Tips to Prepare for Winter...

You've seen these tips somewhere before... yet they never get old! Read through them and do what you need to do! Go ahead and check off each item!

For your home

- ☐ Smoke alarms are needed with fresh batteries, top of stairs, kitchen, furnace, bedrooms.
- ☐ Carbon monoxide alarm is needed with fresh batteries.
- ☐ Line up snow clearing people for sidewalk, driveway and front door.
- ☐ Fuel oil delivery: top off and set up automatic delivery.
- ☐ Clean furnace and renew annual service contract. Make certain you have 24-hour service and the emergency number is available.
- ☐ Have someone install storm windows.
- ☐ Have someone cover your outside air conditioning units and cover shrubs.
- ☐ Maintain a "Land line" telephone.
- ☐ Make sure trees over wires are made safe by having branches cut.
- ☐ Clean the gutters. Do not attempt yourself. Divert water away from the house.
- ☐ Make sure you have adequate bright lighting at home.
- ☐ Salt sidewalks and driveways with a scoop.
- ☐ When power goes out, make sure you have flashlights. **Do not use** candles during power outage.
- ☐ Reverse ceiling fans to create an updraft and bring warm air down.
- ☐ Test your sump pump.
- ☐ Keep wrench or pliers to turn off utilities.
- ☐ Purchase manual can opener for food.
- ☐ Maintain cell phone with chargers, home and car, inverter or solar charger.

- ☐ Winterize your lawn mower/tractor.
- ☐ Store firewood at least 20 feet from the home.
- ☐ Look into a generator before they are gone. Test the one you have.
- ☐ Close the flue / vent in your fireplace.
- ☐ Do NOT use gas grills inside to help heat your home.
- ☐ Do NOT use kerosene lamps or heaters inside.
- ☐ Generators need to be outside, never in the house or garage.
- ☐ NEVER store gasoline inside.

For your vehicle(s)

- ☐ Have mechanic give vehicles a good going-over and tune-up, if needed.
- ☐ Have mechanic check the anti-freeze in your car's coolant system.
- ☐ If your car battery is more than 5 years old, think about replacing it or ask for a load test.
- ☐ Install four snow tires.
- ☐ Keep your gas tank full.
- ☐ Keep a blanket in the trunk and perhaps snacks too.
- ☐ Check tire pressure and properly inflate tires.
- ☐ Check and/or change your oil.
- ☐ Have snow removal equipment; brush, small shovel, ice scraper where you can reach it.

For your general well-being

- ☐ Get your flu shot...the sooner the better.
- ☐ Keep cell phone with you and charged at all times.
- ☐ Plan ahead for medication refills.
- ☐ Check in with a friend, neighbor or relative every day to let them know you are fine.
- ☐ Keep handy a list of your doctors


and relative's phone numbers.

- ☐ If you have a well, fill your bathtub with water during a storm. Have bottled water for drinking ready, one gallon per person per day.
- ☐ Have some hand sanitizer to keep your hands clean.
- ☐ Drink enough water and keep snacks.
- ☐ If you lose heat for any reason, PUT ON LAYERS OF CLOTHES and do it early. Keep your shoes on.
- ☐ A humidifier is good to keep air moist.
- ☐ Combat depression; get out, talk to people, volunteer, be social.
- ☐ Write a diary. Plan your days for the following week.
- ☐ Attend classes. Stimulate your mind.
- ☐ If you have pets, you must prepare for them as well.
- ☐ Keep at least a three-day supply of non-perishable food.
- ☐ Have some non-perishable canned foods in stock.
- ☐ Test your medic alert monthly.
- ☐ Maintain a battery-powered or hand crank radio and a NOAA Weather Radio with extra batteries, also a flashlight and extra batteries.
- ☐ Replenish your first aid kit.
- ☐ Maintain a stock of moist towelettes, garbage bags and plastic ties and incontinence products for personal sanitation.
- ☐ Check medicine, catheters, and your supply of Insulin.

For emergencies

- ☐ CALL 911.
- ☐ Call local police, 203-834-6260 for non-emergencies.

JANUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Senior Center Closed	3 9:00 PEO 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Five Crowns 2:00 Chair Yoga OH	4 9:30 Sewing OH 10:00 Open Bridge 10:00 Writers 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jongg	5 10:00 Yoga 11-12 Blood Pres- sure Screening 12:00 Lunch 12:45 Bingo	6 8:30 AAA Driving Im- provement Program 10:00 Feldenkrais 10:00 Jewelry Work- shop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y
9 10:30 Line Dance Fusion 12:00 Movie and... 12:30 Play Reading 1:00 Encore Bridge	10 9:00 Men's Breakfast at Orem's 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:30 Mah Jongg 1:00 Studio Knitting 2:00 Chair Yoga OH	11 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Free Downloads 1:00 Mah Jongg 6:00 Memory Care Support Group BW	12 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pres- sure Screening Y 12:45 Bingo 6:00 Social Services Commission	13 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y
16 Martin Luther King Holiday Senior Center Closed 	17 9:45 BeMoved 10:00 Painting the Figure 10:00 Downsizing 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 2:00 Chair Yoga OH	18 9:30 Sewing OH 10:00 Painting the Fig- ure 10:00 Writers 10:00 Open Bridge 10:30 Tai Chi 12:00 Lunch OH 12:45 Hoot Owls 1:00 Mah Jongg	19 10:00 Yoga 11:45 St. Matthew Church Lunch	20 10:00 Feldenkrais 10:00 Jewelry Work- shop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y
23 10:30 Line Dance Fusion 12:00 Movie and... 1:00 Encore Bridge	24 9:45 BeMoved 11:00 Yoga 11:00 Book Disc. 12:00 Lunch 12:30-2 Blood Pres- sure Screening VM 12:30 Mah Jongg 1:00 Studio Knitting 2:00 Chair Yoga OH 3:00 SAHW Movie	25 9:30 Sewing 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 3:30 Technology Help SAHW	26 10:00 Yoga 12:00 Lunch 12:00 Encore Book Club 12:45 Bingo	27 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y
30 9:30 Nod Hill Soap Workshop 10:30 Line Dance Fusion 12:00 Movie and... 1:00 Encore Bridge	31 9:45 BeMoved 11:00 Yoga 12:30 Five Crowns 2:00 Chair Yoga OH	<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 BW Brookdale Wilton SAHW Stay at Home in Wilton WCE Wilton Continuing Ed </div> <div> 100 River Road 404 Danbury Road 137 Old Ridgefield Rd. 435 Danbury Road 439 Danbury Road Old Ridgefield Road 761 Main Ave., Norwalk 642 Danbury Rd., Rdgfld 99 Danbury Road 395 Danbury Road </div> <div> 203-762-8035 203-762-8384 203-762-3950 203-761-1191 203-834-0199 203-762-7283 203-762-8958 203-438-8226 203-761-7999 203-423-3225 203-834-7694 </div> </div> <p>All activities are held at the Senior Center unless otherwise noted.</p>		

FEBRUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 Sewing OH 10:00 Writers 10:00 Open Bridge 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jongg	2 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	3 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y
6 9:30 Coffee and Clay 10:30 Line Dance Fusion 11:30 Nature's Sketchbook 12:00 Movie and... 12:30 Play Reading 1:00 Encore Bridge	7 9:45 BeMoved 10:00 Oil/Acrylic 10:00 Word 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Five Crowns 2:00 Chair Yoga OH	8 9:30 Sewing OH 10:00 Word 10:00 Watercolor 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:00 Free Downloads 6:00 Memory Care Support Group BW	9 10:00 Yoga 10:15 Portraiture 12:00 Lunch 12:30 Colored Pencils 12:30-2 Blood Pressure Screening Y 12:45 Bingo 6:00 Social Services Commission	10 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y
13 9:30 Coffee and Clay 10:00 Basic Word 10:30 Line Dance Fusion 11:30 Nature's Sketchbook 12:00 Movie and... 1:00 Encore Bridge	14 9:00 Men's Breakfast at Orem's SAHW 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:30 Mah Jongg 1:00 Studio Knitting 2:00 Chair Yoga OH	15 9:30 Sewing OH 10:00 Writers 10:00 Watercolor 10:00 Open Bridge 10:30 Tai Chi 12:00 Lunch OH 12:45 WHS Orchestra 1:00 Mah Jongg	16 10:00 Yoga 10:15 Portraiture 11:45 St. Matthew Church Lunch 12:30 Colored Pencils	17 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y
20 President's Day Senior Center Closed 	21 9:45 BeMoved 10:00 Oil/Acrylics 10:00 Word Graphics 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 2:00 Chair Yoga OH	22 9:30 Sewing OH 10:00 Word Graphics 10:00 Open Bridge 10:00 Watercolor 10:30 Tai Chi 1:00 Mah Jongg 1:30 Dialogue with Christine Tenore 3:30 Technology Help SAHW 6:00 Social Security Benefits Workshop	23 10:00 Internet for Beginners 10:00 Yoga 10:15 Portraiture 12:00 Encore Book Club 12:00 Lunch 12:30 Colored Pencils 12:45 Bingo	24 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y
27 9:30 Nod Hill Soap Workshop 10:30 Line Dance Fusion 11:30 Nature's Sketchbook 12:00 Movie and... 1:00 Encore Bridge	28 9:45 BeMoved 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 1:00 Studio Knitting 2:00 Chair Yoga OH 3:00 SAHW Movie	<div> Save the Date: RVNA Health & Wellness Fair  This annual event will be held on Saturday, April 1, from 10:00 a.m. to 2:00 p.m. at the East Ridge Middle School on East Ridge Road in Ridgefield. Free health screenings, information sessions, and interactive activities are planned. Mark your calendar now. </div>		

DROP-IN EXERCISE CLASSES

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 for beginners as well as experienced dancers. Beatriz Araujo, Instructor.

BeMOVED

Tuesdays, 9:45 a.m. to 10:45 a.m., \$5 per class

BeMoved® is a dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly movement experience that improves the quality of a person's movement. The class starts with a warmup and easy-to-follow therapeutic movements that activate core strength and balance while improving flexibility and coordination. Each class focuses on a different musical dance genre using continuous, engaging dance combinations to inspire anyone from first-time dancer to professional. The class concludes with a cooldown that brings the workout full circle, leaving participants feeling rejuvenated. Phyllis Hirschfield, Instructor.

TAI CHI

Wednesdays, 10:30 a.m. to 11:30 a.m., \$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. Joe Alampi, Instructor.

TUESDAY AND/OR THURSDAY YOGA

Tuesdays, 11:00 a.m. to 12:00 p.m.

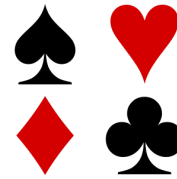
Thursdays, 10:00 a.m. to 11:00 a.m., \$3 per class

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 warmups, 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.



BRIDGE ANYONE?

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

Encore Bridge: Mondays at 1:00 p.m., contact Maureen Turnier at 203-762-9386 to play.

Duplicate Bridge: First Wednesday of the month at 1:00 p.m., contact Lois Bruce at 203-762-5818 to play.

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

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

If you would like to play bridge in a supervised setting, think about these offerings:

Open Bridge with Mike

Come and drop in for this Open Bridge session. This is a great way to refresh your bridge-playing skills, learn current conventions, and get used to playing all over again. For all levels of play. This is not a sanctioned game. Michael Hess will supervise. Wednesdays, 10:00 a.m. to 12:00 p.m., \$5 drop-in fee.

Intermediate Bridge

Once you have been introduced to the fundamentals of bridge, Michael Hess will take you deeper into the complexities of the game. Fridays beginning January 6, 1:30 p.m. to 3:30 p.m., \$75 for the eight-week series. Signup: 203-834-6240.

LOOKING FOR A WINTER ACTIVITY?

Wilton Garden Club

First Tuesday of the month

12:00 p.m. to 1:30 p.m., \$3 for lunch

The Garden Club serves a delectable lunch and presents a garden-related program. Programs include trips to local gardens, media presentations, and workshops in the Comstock greenhouse.

Comstock Writers Group

First and third Wednesday of the month

10:00 a.m. to 11:30 a.m.

Are you interested in reading and writing? Here's a group for you! Do you have family history or lore that you would like to record for future generations? Are you passionate about politics, the arts, travel, or gardening, any of which would provide plenty of material to write about? Leading the group is Magdalen Livezey, an editor and writer living in Wilton.

Studio Knitting

Second and fourth Tuesday of the month

1:00 p.m. to 2:30 p.m.

Basic instruction will be provided for projects, and the company will be great. If you have a work in progress, bring it. If it's all new to you, come give knitting a try! We'll supply the practice materials. Not a knitter? Bring your own handiwork and enjoy the company. Lizabeth Doty, Instructor.

Chinese Mah Jongg

Second and fourth Tuesday of the month

12:30 p.m.

Kay Chann supervises the players of Chinese Mah Jongg during this gathering. If you would like to learn how to play, Kay will be happy to instruct you. Come and see the game in action. Call Kay at 203-544-7414 for information regarding the group.

American Mah Jongg

Wednesdays, 1:00 p.m.

American Mah Jongg is different from Chinese Mah Jongg in several ways. American Mah Jongg utilizes racks, jokers, and "Hands and Rules" score cards. It has several distinct game-play mechanics. Come and see this game in action. In order to play, call Gale Roeder 203-762-3784 or Pat Wernig 203-762-1739.

Monday Movies

Mondays, 12:00 p.m. to 2:15 p.m.

Bring your lunch and enjoy quality features in the comfort of the Senior Center lounge.

Jewelry Workshop with Viola Galetta

First and third Friday of the month, 10:00 a.m. to 12:00 p.m.

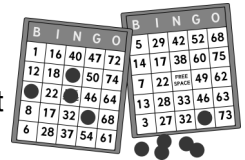
\$5 drop-in fee

No prior experience is necessary for this jewelry-making workshop. Enjoy the fun of making your own beaded jewelry. Select materials to match your own style.

Bingo

Thursdays, 12:45 p.m. (except Jan. 19 and Feb. 16)

Join the fun and the challenges afforded by playing over 60 different bingo game configurations. Fee: 25 cents per card. Winner takes all!



Five Crowns

First, third, and fifth Tuesday of the month

12:30 p.m.

Five Crowns is a progressive rummy-style card game. It has spades, hearts, diamonds, clubs, and stars! It can be played by two to seven players. It's easy to learn and lots of fun to play. Call Nerina Klobas at 203-210-5624 for details.



Captain Jim Blanchfield, Firefighter Gary Fuoco, Lt. Thomas Cassin, and Firefighter Bryan Montgomery gather the toys donated by Wilton seniors at the Annual Fire Fighters Lunch at Ogden House on Dec. 14. Over 100 meals were served.



COMSTOCK COMPUTER LEARNING CENTER

180 School Road
Andrea Ragusa, Coordinator
Classes from 10:00 a.m. to Noon

Word Basics for Beginners

This class is for people who are new to word processing and want to learn the basics and get started. It introduces vocabulary, concepts and features. Topics will include windows operations, using the toolbar and creating and formatting documents. Some prior use of the mouse and knowledge of the keyboard are required. Keyboarding practice handout is included. Taught by Andrea Ragusa on Monday, February 13. Fee: \$10.

Internet Basics for Beginners

This introductory course begins with an overview, followed by the concepts and terminology needed to get you googling and searching the web for specific information, as well as to download information and pictures. It also covers email (Gmail) attachments, save, and print. Some prior use of the mouse and knowledge of the keyboard are required. Keyboarding practice handout is included. Taught by Andrea Ragusa on Thursday, February 23. Fee: \$10.

WORD 2010/2013

Learn the functions of changing margins, paper size and orientation, printing, saving, page numbering, spell checker, grammar checker, and thesaurus as part of setting up documents, letters, and invitations. Specific advanced questions will be addressed. Taught by Catherine Myers on Tuesday and Wednesday, February 7 and 8. Fee: \$20.

WORD 2010/2013 Graphics

Have fun with software opportunities such as borders for paragraphing and full page, inserting pictures and clipart, changing fonts, using the color wheel, and working with full page and half sheets. Word Art and shapes also will be incorporated in a book cover or art project of choice. Taught by Catherine Myers on Tuesday and Wednesday, February 21 and 22. Fee: \$20.



*Helen Ralph, Arthur "Scotty" Scott, and Kelly McCarthy
enjoy the Thanksgiving Lunch.*

Wilton Library presents "Free Downloads" Wednesdays, January 11 and February 8, 1:00 p.m., Senior Center Technology Room

Wilton Library is pleased to bring you access to downloadable eBooks through its partnership with Library Connection and OverDrive. Wilton residents with a valid Wilton Library card will be able to download eBooks to their computers and/or portable devices without charge. Melissa Baker of the Wilton Library will demonstrate step-by-step how to download free material from the library website.



Please contact Melissa Baker at 203-762-3950 to register. Ms. Baker will tell you what you need to bring in order to make your time productive.



Stay at Home in Wilton Sponsored events at the Senior Center

For reservations call Janet Johnson at 203-762-2600.

"Tuesday" Movies, 3:00 p.m. to 5:00 p.m. in the Senior Center Lounge, complimentary movie, popcorn, candy and soda

January 24

Florence Foster Jenkins - Meryl Streep plays Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice.

February 28

Libeled Lady - Myrna Loy, Spencer Tracey, Jean Harlow and William Powell star in this 1936 comedy about a newspaper man, his jilted fiancée, and his lawyer who hatch an elaborate scheme to turn a false news story into the truth before a high-society woman can sue for libel.

"Wednesday" Technology Help in the Senior Center Technology Room, January 25 and February 22, 3:30 p.m. to 4:30 p.m.

Wilton High School Candy Stripers are Stay at Home in Wilton's newest volunteers, providing technology help for seniors with computers, iPads and cell phones. Bring your device with you or call Janet Johnson to reserve a computer. No charge.

***Social Services Bids Farewell to Director Cathy Pierce,
Continued from page 1.***

Today the Social Services Department serves more than 135 households. The need for an expanded food pantry led to use of a larger space in Comstock and a contract with the Lower Fairfield Food Bank for weekly deliveries of food. Help was needed to keep the enlarged pantry well stocked. Ever since the Wilton Woman's Club offered their manpower, members began visiting the CT Food Bank several times a month. The Wilton Kiwanis Club began holding its quarterly food drives. With the help of Bill Brennan in 2011, the food pantry moved to its new location in a large room on the lower level of Comstock near an exterior door for easier and more confidential access. Since then the pantry has been serving over 60 households a month. The department now accepts more than 75 energy applications per year and participates in the Operation Fuel Program which is a nonprofit that provides heating fuel assistance. The Wilton Community Assistance Fund also grew during these years in response to the increased need for emergency heat, utility, and housing assistance.

"Even after the recession allegedly went away, many families were still affected by it and are still in need of our services," Cathy said in a recent interview with *The Hour*. "Cathy has successfully managed the department during a period of significant increase in demand for all types of services," First Selectwoman Lynne Vanderslice acknowledged.

The success of the departmental response to expanded needs would not have been possible without the generosity of the residents of Wilton and the service organizations and private businesses who donate their time and money to help those in need. These organizations include Wilton Rotary, Wilton Kiwanis, Wilton Woman's Club, Realty Seven, Village Market, Stop and Shop, the Fink Foundation, Senior Volunteer Program, Encore Club, Our Lady of Fatima Church, St. Matthew Episcopal, Wilton Presbyterian Church, Wilton Congregational Church, Zion's Hill Church, and B'nai Chaim Temple.

Before coming to Wilton, Cathy Pierce worked for the American Cancer Society as Director of Medical Affairs, at Senior Services in Norwalk as Program Coordinator, at Family and Children's Agency in the Adoption Department in Norwalk, and at New York Hospital – Westchester Division as a Psychiatric Social Worker, all of which enhanced her knowledge base for the diversity of client problems she has encountered in Wilton.

Although Cathy is leaving her position as Director, she is not retiring from the world of work! She plans to expand her private psychotherapy practice at the Norwalk office which she has maintained on a limited basis since she began practicing in 1984.



Lower your auto insurance costs and improve your driving skills!

Register for one of AAA's ***FREE*** Driving Improvement Programs!

**Friday, January 6
Sunday, February 19
Sunday, March 26
Comstock Community Center
8:30 a.m. – 12:30 p.m.**

Our Driver Improvement Program is aimed at experienced drivers who wish to improve their driving skills and review defensive driving basics. By completing this class drivers 60 years of age and older may qualify for a minimum 5% discount* on their auto insurance. In fact, some insurers provide that discount to experienced drivers as young as 55. We encourage you to check with your insurer to see what benefits they offer.

This course is taught by Sergeant David Hartman of the Wilton Police Department. A graduate of Wilton High School with 18 years experience in law enforcement. Sergeant Hartman was on the traffic division for five years, is a Field Training Officer, a Child Safety Seat Technician certified by the NHTSA and the day shift supervisor.

Register online by visiting www.aaa.com/driverimprovement or **call AAA** at 203-937-2595, ext. 8363 for more information.

PLEASE CONTACT YOUR INSURER IN ORDER TO DETERMINE WHAT AUTO INSURANCE BENEFIT, IF ANY, WOULD BE ASSOCIATED WITH THIS PROGRAM.

**The discount doesn't cover uninsured motor coverage, rental reimbursements, and towing and labor costs. Check with your insurer.*

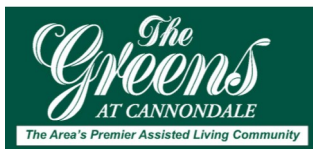


***Phil Richards and Mary Frances Pridgen
enjoy the Thanksgiving Lunch.***

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

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*"A campus of personalized care
and enriched living."*

*Wishing you a
happy and healthy New Year!*

Musical Entertainment at The Greens at Cannondale 435 Danbury Road, Wilton

JAN.	PERFORMER	TIME
1	John Gould	3:00 p.m.
8	Lou Patrick	3:00 p.m.
12	Les Julian	3:00 p.m.
15	Gigi	3:00 p.m.
22	Eric Lipper	3:00 p.m.
26	Nancy Wildman	3:00 p.m.
29	Catfish Band	3:00 p.m.
FEB.		
5	Tom Aalfs	3:00 p.m.
12	Deuces Wild Duo	3:00 p.m.
14	Nancy Wildman	3:15 p.m.
19	Leigh Henry	3:00 p.m.
23	Music from the Heart Band	3:00 p.m.
26	John Gould	2:00 p.m.
29	Catfish Band	3:00 p.m.