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## **Food Pantry Needs Your Donations**

The Wilton Food Pantry is now seeking paper goods products (paper towels, tissues, toilet paper) and laundry detergent throughout the summer months.

All items may be brought to the Social Services Department at the Comstock Community Center, 180 School Road, Monday through Friday, 9:00 a.m. to 3:00 p.m. If you need additional information, call 203-834-6238.

## **Mammography Screening**

The Stamford Hospital Mobile Wellness Coach will provide Mammography Screening on July 15 from 9:00 a.m. to 3:00 p.m. at Ogden House, 100 River Road. This digital test takes only 15 minutes. Be sure to bring your health insurance cards when you come for your appointment. You may not be eligible if you have received a Mammography screening within the past year. To schedule an appointment, call Louise or Kristin weekdays between 10:00 a.m. to 3:30 p.m. at 203-762-8035.



Romantic movies are featured this summer at the Senior Center. Movies begin at noon in the Lounge. Bring your lunch and enjoy the show.

Each movie is shown in two installments.

## **MONDAY MOVIES**

July 11 and 18  
Victoria and Albert

July 25 and August 1  
Pride and Prejudice

August 8 and 15  
Tom Jones

August 22 and 29  
Ivanhoe

Visiting Nurse  
& Hospice  
of Fairfield County  
Bringing Healing and Comfort to Our Community

## **BLOOD PRESSURE SCREENINGS**

**Sponsored by Visiting Nurse &  
Hospice of Fairfield County**

Blood Pressure Screenings are conducted by a Registered Nurse. They are free of charge and open to the public unless otherwise noted. No appointment is necessary.

Wednesday, July 20 and August 17  
Wilton YMCA, 404 Danbury Road  
9:00-10:30 a.m.

Tuesday, July 26 and August 23  
Village Market, 108 Old Ridgefield Road  
12:30-2:00 p.m.

Thursday, July 7 and August 4  
Wilton Senior Center, 180 School Road  
11:00 a.m.-12 Noon

Friday, July 1 and 15; August 5 and 19  
Ogden House, 100 River Road  
9:30-11:00 a.m.


## **Free Summer Events**

Brookdale Place of Wilton will host these events:

- Bingo and Social, Wednesday, July 27, from 2:00 to 4:00 p.m. Bingo first; social begins at 3:30 pm.
  - Ice Cream Festival to Celebrate National Ice Cream Month, Thursday, July 21, from 3:30 p.m. to 5 p.m.
  - Fruit Cobblers, Thursday, August 18, from 3:30 p.m. to 5 p.m.
  - Arthritis Exercise Program, July on Tuesdays and Thursdays at 11:00 a.m. Suggested donation: \$10 for the program.
- Call Christy Perone at 203-761-8999 to sign up.

The Greens at Cannondale will host a complimentary lunch and bingo on Wednesday, July 13 and August 17, at noon. Call the Senior Center to register 203-834-6240.

# JULY 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<b>K E Y</b> <p> <b>OH</b> Ogden House  <b>Y</b> Wilton Family Y  <b>WL</b> Wilton Library  <b>G</b> The Greens  <b>WM</b> Wilton Meadows  <b>VM</b> Village Market  <b>VNH</b> Visiting Nurse &amp; Hospice  <b>BP</b> Brookdale Place  <b>LP</b> Leavitt Pavilion                 </p> <p>                     100 River Road                      404 Danbury Road                      137 Old Ridgefield Rd.                      435 Danbury Road                      439 Danbury Road                      Old Ridgefield Road                      761 Main Ave., Norwalk                      96 Danbury Road                      40 Jesup Road, Westport                 </p> <p>                     203-762-8035                      203-762-8384                      203-762-3950                      203-761-1191                      203-834-0199                      203-762-7283                      203-762-8958                      203-761-8999                      203-226-7600                 </p> <p>All activities are held at the Senior Center unless otherwise noted.</p>				<p>1</p> <p>9:15-11 Blood Pressure Screening OH</p> <p>9:30 Enhance Fitness</p> <p>10:00 Jewelry Workshop</p> <p>12:00 Bridge</p>
<p>4</p> <p>Fourth of July Senior Center closed</p> 	<p>5</p> <p>9:15 Enhance Fitness</p> <p>10:30 Billiards/Pool</p> <p>11:00 No Yoga Today</p> <p>11:00 Arthritis Ex. BP</p>	<p>6</p> <p>9:30 Tai Chi</p> <p>12 Duplicate Bridge</p> <p>1:30 Mah Jongg</p>	<p>7</p> <p>10:00 Yoga</p> <p>11-12 Blood Pressure Screening</p> <p>11:00 Arthritis Ex. BP</p> <p>11:00 Wii bowling</p> <p>12:00 Lunch</p> <p>12:45 Bingo</p> <p>1:30 Mah Jongg</p> <p>5:00 Chance Browne WL</p>	<p>8</p> <p>9:15 Enhance Fitness</p> <p>12:00 Bridge</p> <p>1:30-3 Free Swim for Seniors Y</p>
<p>11</p> <p>9:15 Enhance Fitness</p> <p>10:30 Line Dancing</p> <p>11:30 Coffee and...</p> <p>12:00 Monday Movie: Victoria and Albert, Part 1</p>	<p>12</p> <p>9:15 Enhance Fitness</p> <p>10:30 Billiards/Pool</p> <p>11:00 Yoga</p> <p>11:00 Arthritis Ex. BP</p> <p>1:00 Comstock Knitters and Crafters</p>	<p>13</p> <p>9:30 Tai Chi</p> <p>12:00 Complimentary Lunch and Bingo at The Greens; call 203-834-6240 for reservations.</p> <p>1:30 Mah Jongg</p>	<p>14</p> <p>10:00 Yoga</p> <p>11:00 Wii bowling</p> <p>11:00 Arthritis Ex. BP</p> <p>12:00 Lunch</p> <p>12:45 Bingo</p> <p>1:30 Mah Jongg</p> <p>5:00 Jeff Harding acoustic rock WL</p>	<p>15</p> <p>9:15-11 Blood Pressure OH</p> <p>9:30 Enhance Fitness</p> <p>10-3 Mammography Screening OH</p> <p>10:30 Sketching and Painting with Viola</p> <p>12:00 Bridge</p> <p>1:30-3 Free Swim Y</p>
<p>18</p> <p>9:15 Enhance Fitness</p> <p>10:30 Line Dancing</p> <p>11:30 Coffee and...</p> <p>12:00 Monday Movie: Victoria and Albert, Part 2</p>	<p>19</p> <p>8:45 Watercolor Art OH</p> <p>9:15 Enhance Fitness</p> <p>10:30 Billiards/Pool</p> <p>11:00 Yoga</p> <p>11:00 Arthritis Ex. BP</p> <p>12:00 Duplicate Bridge</p>	<p>20</p> <p>9-10:30 Blood Pressure Y</p> <p>9:30 Tai Chi</p> <p>1:30 Mah Jongg</p>	<p>21</p> <p>10:00 Yoga</p> <p>11:00 Wii bowling</p> <p>11:00 Arthritis Ex. BP</p> <p>12:00 Lunch</p> <p>12:45 Bingo</p> <p>1:30 Mah Jongg</p> <p>3:30 Ice Cream BP</p> <p>5:00 In Harmony oldies vocal group WL</p>	<p>22</p> <p>9:15 Enhance Fitness</p> <p>12:00 Bridge</p> <p>1:30-3 Free Swim for Seniors Y</p>
<p>25</p> <p>8:45 Mohegan Sun</p> <p>9:15 Enhance Fitness</p> <p>10:30 Line Dancing</p> <p>11:30 Coffee and...</p> <p>12:00 Monday Movie: Pride and Prejudice I</p> <p>1:00 Comstock Knitters</p>	<p>26</p> <p>9:15 Enhance Fitness</p> <p>10:30 Billiards/Pool</p> <p>11:00 Yoga</p> <p>11:00 Arthritis Ex. BP</p> <p>12:30-2 Blood Pressure at Village Market</p> <p>8:00 Connecticut Ballet LP</p>	<p>27</p> <p>9:30 Tai Chi</p> <p>1:30 Mah Jongg</p> <p>2:00 Complimentary Bingo and Refreshments at Brookdale Place; call 203-834-6240 for reservations.</p>	<p>28</p> <p>10:00 Yoga</p> <p>11:00 Wii bowling</p> <p>11:00 Arthritis Ex. BP</p> <p>12:00 Lunch</p> <p>12:45 Bingo</p> <p>1:30 Mah Jongg</p> <p>5:00 The Bernadettes WL</p>	<p>29</p> <p>9:15 Enhance Fitness</p> <p>12:00 Bridge</p> <p>1:30-3 Free Swim for Seniors Y</p>

# AUGUST 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Monday Movie: Pride and Prejudice, Part 2	<b>2</b> 9:15 Enhance Fitness 10:30 Billiards/Pool 11:00 Yoga 12:00 Bridge	<b>3</b> 9:30 Tai Chi 12:00 Duplicate Bridge 1:30 Mah Jongg	<b>4</b> 10:00 Yoga 11-12 Blood Pressure Screening 11:00 Wii bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	<b>5</b> 9:30-11 Blood Pressure Screening OH 9:15 Enhance Fitness 10:00 Jewelry 12:00 Bridge 1:30-3 Free Swim Y
<b>8</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Monday Movie: Tom Jones, Part 1	<b>9</b> 9:15 Enhance Fitness 10:30 Billiards/Pool 11:00 Yoga 12:00 Bridge 1:00 Comstock Knitters and Crafters	<b>10</b> 9:30 Tai Chi 1:30 Mah Jongg	<b>11</b> 10:00 Yoga 11:00 Wii bowling 12 Lunch 12:45 Bingo 1:30 Mah Jongg	<b>12</b> 9:15 Enhance Fitness 12 Bridge 1:30-3 Free Swim for Seniors Y  8:00 NYC Swing Band LP
<b>15</b> 8:45 Trip to the Outlets in Westbrook/Clinton 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Monday Movie: Tom Jones, Part 2	<b>16</b> 9:15 Enhance Fitness 10:30 Billiards/Pool 11:00 Yoga 12:00 Duplicate Bridge	<b>17</b> 9-10:30 Blood Pressure Screening Y 9:30 Tai Chi 12:00 Complimentary Lunch and Bingo at The Greens; call 203- 834-6240 for reser- vations. 1:30 Mah Jongg	<b>18</b> 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg 3:30 Fruit Cobblers BP	<b>19</b> 9:30-11 Blood Pressure Screening OH 9:15 Enhance Fitness 12 Bridge 1:30-3 Free Swim for Seniors Y  8:00 PJ Pacifico Band LP
<b>22</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Monday Movie: Ivanhoe, Part 1 1:00 Comstock Knitters and Crafters	<b>23</b> 9:15 Enhance Fitness 10:30 Billiards/Pool 11:00 Yoga 12:00 Bridge 12:30-2 Blood Pres- sure Screening VM	<b>24</b> 9:30 Tai Chi 1:30 Mah Jongg	<b>25</b> 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg  8:00 US Coast Guard Dixieland Band LP	<b>26</b> 9:15 Enhance Fitness 12 Bridge 1:30-3 Free Swim for Seniors Y
<b>29</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Monday Movie: Ivanhoe, Part 2	<b>30</b> 8:45 Water Color OH 9:15 Enhance Fitness 10:30 Billiards/Pool 11:00 Yoga 12:00 Bridge	<b>31</b> 9:30 Tai Chi 1:30 Mah Jongg	<b>SAVE THE DATE!</b> <b>SENIOR COMMUNITY DAY</b> <b>SEPTEMBER 18</b> <b>1:00 p.m. to 3:30 p.m.</b>  <i>Hosted by The Greens at Cannondale</i> <i>435 Danbury Road, Wilton</i>	

## THIS SUMMER

### ENHANCE FITNESS

**Mondays, Tuesdays, and Fridays from 9:15 a.m. to 10:15 a.m.; \$3 drop-in fee per class**

The Wilton Family Y, brings the Enhance Fitness program to the Senior Center. The class includes 30 minutes of endurance-type activity and specific strengthening exercises for legs, trunk, arms and shoulders. The class is taught by Denise Suarez and Leslie Hinshaw, instructors at the Wilton Y.

### TUESDAY AND/OR THURSDAY YOGA

**Tuesdays, 11:00 a.m. to Noon; Thursdays, 10:00 a.m. to 11:00 a.m.; \$3 drop-in fee per class**

Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts a gentle yoga class that warms up all the joints of your body, stretches and strengthens.

### TAI CHI

**Wednesdays, 9:30 a.m. to 10:45 a.m.; \$3 drop-in fee per class**

Debbie Dong is owner and manager of Meridians Eastern Health Alternatives. The lessons are taught in easy-to-absorb, effective, short sets of motions (forms) appropriate for any age. Tai Chi has been shown to prevent falls and improve the daily functioning of seniors.

### COUNTRY WESTERN LINE DANCING

**Mondays, 10:30 a.m. to 11:20 a.m., \$3 drop-in fee per class**

Gail Shapiro teaches line dancing as a great form of exercise and social interaction. Beginners as well as experienced dancers are welcome.

### JEWELRY WORKSHOP

**July 1 and August 5, 10:00 a.m. to 11:30 a.m.; \$5 drop-in fee per class**

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

### COMSTOCK KNITTERS AND CRAFTERS

**July 12 and 25, August 9 and 22, 1:00 p.m. to 2:30 p.m.**

Basic instruction will be provided for projects; the company will be great, too. Not a knitter? Bring your own handiwork and enjoy the company.

## GUIDE TO SENIOR SERVICES

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

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

Lizabeth 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  
Food Pantry ..... 203-834-6238  
Dial-A-Ride ..... 203-834-6235  
Town-to-Town ..... 203-299-5180  
FISH (medical appt. transportation). 203-834-3737  
AARP ..... 203-866-0435  
RUOK (Are You OK?) 203-834-6238 or 203-834-6260  
Mid-Fairfield Hospice ..... 203-762-8958  
Visiting Nurse & Hospice ..... 203-762-8958  
Parks and Rec Department..... 203-834-6234  
Wilton Family Y ..... 203-762-8384  
Wilton Library..... 203-762-3950

### Mohegan Sun Casino

**Monday, July 25**

Test your luck with over 4,000 slot machines and table games. Browse through the many shops and stop by one of the eateries for lunch.

Depart: 8:45 a.m.; Return: 5:00 p.m.

Resident Fee: \$25.00; Non-Resident: \$35.00  
(Transportation Only)

### Outlets at Clinton Crossings and Westbrook

**Monday, August 15**

Depart: 8:45 a.m.; Return: 5:00 p.m.

Resident Fee: \$25.00; Non-Resident: \$35.00  
(Transportation Only)

Call 203-834-6234 or visit [www.wiltonparksandrec.org](http://www.wiltonparksandrec.org)

The Bocce Court is ready for you! Get your friends together and come to Comstock for a game.

### Merwin Meadows pass is free to seniors.

Go to the Parks and Recreation office with ID and Beverly will be happy to help you.