



CORRIDORS

J
U
L
Y
-
A
U
G
U
S
T
2
0
1
8

Farewell, Elizabeth!

After 16 years, our Coordinator of Senior Activities, Elizabeth Doty, is leaving the Senior Center this July to work in the optometry practice of her brother, Dr. William T. Doty, in Ridgefield. She will also continue teaching knitting and computer skills in the Ridgefield Continuing Education program as she has done for the past 15 years. As her time here comes to a close, Liz was gracious enough to answer some questions about her time here at Wilton Senior Center...

When did you start as Senior Center Director?

Hired by First Selectman Paul Hannah, I began working at the Senior Center as the first fulltime Coordinator of Senior Activities in 2002. Jan MacEwen had been the part-time coordinator for ten years prior to that. When I was hired, the Town was moving forward to expanding the Senior Center to be run as a fulltime entity. I was hired for 30 hours a week, and within a few years, the position expanded to 35 hours a week.

What has changed the most during your time here?

Probably the biggest change has been the growth of the senior center from one room (which is now the café) with five weekly programs and about 1,000 visits per year to the current Senior Center space which encompasses two floors with five meeting spaces and a Technology Room, 16 weekly programs and over 10,500 visits a year.

In 2010, First Selectman Bill Brennan designated additional rooms at Comstock which would be for the exclusive use of the senior citizens. This newer space for senior activities was identified and a refurbishing began which concluded with a dedication ceremony in March of 2011 introducing the new space to the town. By means of fundraising done through Senior Community Days and a donation from the Maidman Family, the new space was furnished.

The next iteration came with the renovation of Comstock Community Center which began in 2015 and concluded in 2016. The Comstock Building Committee was formed with Judy Zucker as Chair. This committee undertook the renovation of the entire building which included the wonderful separate space for the

senior center which we now enjoy. The computer room was moved down the hall to allow for an expanded lobby area. This renovation was marked by an Open House and Ceremony in May 2016.



What are you most proud of from your time here?

I am proud of many things which we have accomplished over the years with the direction and support of the Senior Center Advisory Council, the Social Services Commission, the Board of Selectmen and the many dedicated volunteers and staff who worked with me to accomplish our goals. The town made it their mission to see to it that Wilton seniors had a state-of-the-art, attractive, and comfortable space to enjoy and call their own. With the understanding that social experiences, appropriate exercise, and mentally stimulating programs help to promote positive aging and ongoing health of the mind and body, the town has fully funded the Senior Center and thus has made it possible for us to offer a robust array of programming. The increasing participation in these programs over the years is evidence of their attractiveness and value to our older citizens.

I am also especially proud of the welcoming atmosphere created at the Senior Center. I have a genuine sense that seniors enjoy coming to the programs and enjoy meeting up with their

Continued on page 3

Please join us for a farewell celebration for Elizabeth Doty!



Comstock Community Center
Thursday, July 19, 2018
12:00 p.m. to 2:00 p.m.

A light lunch will be served.

Please RSVP by July 16 to Debbie Wolyniec at
203-834-6238 or Deborah.wolyniec@wiltonct.org

Lizabeth Doty, Senior Activities Coordinator, Town of Wilton
Comstock Community Center, 180 School Road, Wilton, CT 06897 203-834-6240
Read Corridors on the Town website at www.wiltonct.org.

SENIOR CENTER ACTIVITIES THROUGH THE SUMMER

LINE DANCE FUSION

Mondays,
10:30 a.m. to 11:30 a.m.

\$3 drop-in fee

This program blends traditional dance steps with elements of modern line dancing. This is a great form of exercise, social interaction, and just plain FUN!

Beatriz Araujo, Instructor.

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

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.

BEMOVED!

Tuesdays, 9:45 a.m. to 10:45 a.m., \$5 drop-in fee

BeMoved® is a dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly experience that improves the quality of a person's movement. The class starts with a warm-up and easy-to-follow therapeutic movements and concludes with a cool down that brings the workout full circle, leaving participants feeling rejuvenated. Phyllis Hirschfield, Instructor.

JEWELRY WORKSHOP

Friday, July 6 and 20, Aug 3 and 17

10:00 a.m. to noon

\$5 drop-in fee

Beads, beads, beads! No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Viola Galetta, Instructor.

STUDIO KNITTING

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

Basic instruction will be provided for projects. 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.

TAI CHI

Wednesdays, 10:30 a.m. to 11:30 a.m.

\$3 drop-in fee

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Tai Chi has been shown to prevent falls and improve the functioning of daily activities. Joe Alampi, Instructor.

THURSDAY LUNCH

Thursdays, 12 noon, \$3

Join other seniors for lunch in the café on most Thursdays. Seating is limited. Reservations required. Elizabeth Chambers, Chef.

FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m.

\$5 drop-in fee

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.

THURSDAY BINGO

Thursdays, 12:45 p.m., 25 cents per card (except July 19)

Don't miss BINGO at the Comstock Community Center on Thursdays. Winners get "the pot" each game.

FIVE CROWNS

Tuesdays, 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.

CHAIR YOGA

Second Friday of the month July 13 and August 10

11:15 a.m. to 12:00 p.m.

Visiting Angels Senior Homecare sponsors this mindful session of chair yoga at no cost to the participants. The class will focus on proper breathing and muscle stretching.

Adriana Caravakis, Instructor.

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, and 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.

CHINESE MAH JONGG

Second Tuesday of the month at 1:30 p.m.

Fourth Tuesday of the month at 12:30 p.m.

Kay Chann supervises the Chinese Mah Jongg. 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.

BRIDGE GROUPS

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


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

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

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

Open Bridge: If you prefer a morning game, come to Open Bridge with Mike, Wednesdays, 10:00 a.m. to 12:00 p.m., \$5 drop-in fee. Michael Hess supervises.

JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30 Line Dancing 12:00 Movie 1:00 Bridge	3 9:45 BeMoved! 11:00 Yoga 12:00 Duplicate Bridge 1:00 Studio Knitting 12:30 Five Crowns	4 Senior Center Closed for Fourth of July 	5 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	6 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30-3 Free Swim Y
9 10:30 Line Dancing 12:00 Movie 1:00 Bridge Lifetime Learner's Classes begin this week	10 9:45 BeMoved! 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting 1:30 Mah Jongg (New Time)	11 10:00 Open Bridge 10:30 Tai Chi 12:00-5:00 Wilton Farmer's Market H 1:00 Mah Jongg	12 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:45 Bingo	13 10:00 Feldenkrais 11:15 Chair Yoga 12:00 Bridge 1:30-3 Free Swim Y
16 10:30 Line Dancing 11:30-12:30 Blood Pressure Screening 12:00 Movie 1:00 Bridge	17 9:45 NO BeMoved! 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting	18 10:00 Open Bridge 10:30 Tai Chi 12:00-5:00 Wilton Farmer's Market H 1:00 Mah Jongg	19 10:00 Yoga 12:00 Lizabeth Doty's Farewell Celebration	20 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30-3 Free Swim Y
23 10:30 Line Dancing 12:00 Movie 1:00 Bridge	24 9:45 NO BeMoved! 11:00 Yoga 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting	25 10:00 Open Bridge 10:30 Tai Chi 12:00-5:00 Wilton Farmer's Market H 1:00 Mah Jongg	26 10:00 Yoga 12:00 Lunch 12:45 Bingo	27 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Swim Y

**KEY: H –Wilton Historical Society
Y– Wilton Family Y**

Continued from page 1 friends. The new café space provides the perfect venue for meeting people or just have a cup of the best coffee in town! This welcoming atmosphere was supported and promoted by all three Social Services Directors: Suzanne VanVechten, Cathy Pierce, and Sarah Heath.

What will you miss the most?

I'll miss my colleagues in the Social Services Department. Their expertise has certainly benefitted the seniors and me. The proximity of the Social Services department has made it easy for seniors who are attending a program to stop in for help with Medicare questions, housing, and other issues. The ready availability of the social workers is a blessing. I'll miss the stories which permeate the halls of the Senior Center each day, the many volunteers who help to make the senior activities run smoothly, and of course, the senior themselves (of which I am one!).

What has been the biggest challenge? What has been the biggest joy?

My biggest challenge and joy has been being instrumental in the development and expansion of the Senior Center over the years. It has also been a great joy and gift to meet so many wonderful senior citizens who have been a blessing in my life.

RENTER'S REBATE

Elderly renters and totally disabled renters have until October 1, 2018 to file for the State of Connecticut annual renters rebate program. Under this program, they may be eligible for a rebate of up to \$900.

Elderly applicants must have been 65 years of age by December 31, 2017; have rented in Connecticut for at least one year, and have income for 2017 of less than \$35,300 if single and \$43,000 if filing married. There is no age requirement for Totally Disabled renters; however, all remaining requirements are the same as for Elderly renters.

Eligible renters should come to the Assessor's Office between 9:00 am and 4:00 p.m., Monday through Friday. Renters must bring proof of income, including their Federal 1040 Tax return, Social Security 1099 statement, rent receipts and utility bills for the year ending December 31, 2017. Totally Disabled renters must also bring proof of disability.

If you have any questions you may call Michelle in the Assessor's office at 563-0122.

AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
July 30 10:30 Line Dancing 12:00 Movie 1:00 Bridge	July 31 9:45 BeMoved! 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting	1 10:00 Open Bridge 10:30 Tai Chi 12:00-5:00 Wilton Farmer's Market H 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 1:30-3 Free Swim Y
6 10:30 Line Dancing 12:00 Movie 1:00 Bridge	7 9:45 BeMoved! 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting 1:30 Mah Jongg	8 10:00 Open Bridge 10:30 Tai Chi 12:00-5:00 Wilton Farmer's Market H 1:00 Mah Jongg	9 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:45 Bingo	10 10:00 Feldenkrais 11:15 Chair Yoga 12:00 Bridge 1:30-3 Free Swim Y
13 10:30 Line Dancing 12:00 Movie 1:00 Bridge	14 9:45 BeMoved! 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting	15 10:00 Open Bridge 10:30 Tai Chi 12:00-5:00 Wilton Farmer's Market H 1:00 Mah Jongg	16 10:00 Yoga 12:00 Lunch 12:45 Bingo	17 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30-3 Free Swim Y
20 10:30 Line Dancing 12:00 Movie 1:00 Bridge	21 9:45 BeMoved! 11:00 Yoga 12:00 Duplicate Bridge 12:30 Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting	22 10:00 Open Bridge 10:30 Tai Chi 12:00-5:00 Wilton Farmer's Market H 1:00 Mah Jongg	23 10:00 Yoga 12:00 Lunch 12:45 Bingo	24 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Swim Y
27 10:30 Line Dancing 12:00 Movie 1:00 Bridge	28 9:45 NO BeMoved! 11:00 Yoga 12:30-2 Blood Pressure Screening VM 12:30 Five Crowns 1:00 Studio Knitting	29 10:00 Open Bridge 10:30 Tai Chi 12:00-5:00 Wilton Farmer's Market H 1:00 Mah Jongg	30 10:00 Yoga 12:00 Lunch 12:45 Bingo	31 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Swim Y

HEAT SAFETY

It's that time of year again! Here are a few helpful hints from the Connecticut Department of Public Health to stay safe in the heat:

- Drink plenty of fluids and avoid alcoholic, caffeinated, or sugary drinks. Note: if you have a limit on the amount of fluids you can drink, check in with your doctor.
- Choose lightweight, light colored, loose-fitting clothing and wear sunscreen.
- If you must go outside, go when it is cooler in the morning or evening.
- If at all possible, spend hot days in an air-conditioned space.
- Use a buddy system-have a friend or relative call you to check in with you twice a day on hot days.
- Never leave infants, children, or pets in cars!
- Call 2-1-1 to find the nearest local cooling center or check the hours of operation for the Wilton Library and Comstock Community Center to see if they are open to residents needing a place to cool off.
- Call 9-1-1 immediately if someone is experiencing symptoms of heat stroke including fever; irrational behavior; extreme confusion; dry, hot, and red skin; rapid and shallow breathing; rapid and weak pulse; seizures; or unconsciousness.

ARE YOU AGE FIFTY OR OLDER AND EITHER BORED OR BORING? LIFETIME LEARNERS AT NORWALK COMMUNITY COLLEGE

Looking for a way to keep your mind active this summer? Lifetime Learners Institute is offering nine four-week classes ranging from current events to Tai Chi to Art History and more. Classes are in the mornings and afternoons Monday to Friday, once per week. No homework or required reading. Just thinking, being creative, and learning with others. Classes begin the week of July 10.

Classes are each \$30, plus \$50 for membership if you are not already a member. Membership is good for a year. All classes are at Norwalk Community College, 188 Richards Avenue in Norwalk.

See the catalog and register online at www.lifetimelearners.org or mail to Lifetime Learners at 188 Richards Avenue, Norwalk, CT 06854, West Campus Room 102.