

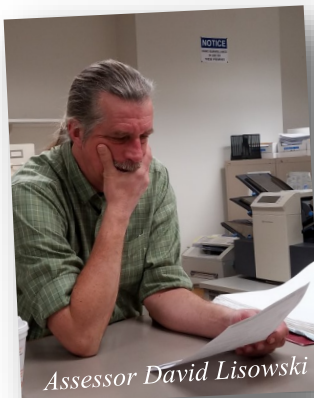


CORRIDORS

MARCH-APRIL 2017

DO YOU QUALIFY FOR SENIOR REAL ESTATE TAX RELIEF OR RENTERS REBATE? ASK THE ASSESSOR

Tuesday, April 4, 2:00 p.m., Senior Center Lounge



Assessor David Lisowski

Meet the Town of Wilton's Assessor, David Lisowski, in the comfort of the Senior Center lounge and learn about three income-based programs available to Wilton seniors:

1. Wilton Tax Relief Program for Elderly or Disabled Homeowners;
2. Connecticut Elderly & Totally Disabled Tax Relief Program for Homeowners; and
3. Connecticut Elderly & Totally Disabled Tax Relief (Rebate) Program for Renters.

The Assessor's office reports that during the current fiscal year 289 Wilton households benefit from a real estate tax credit while 23 households are deferring some or all real estate taxes under the Wilton program. Under the Connecticut programs 107 Wilton households benefit from a real estate tax credit while 78 households are receiving a partial rebate of rent.

Under the Wilton program you may receive a reduction in your July 2017/January 2018 real estate tax and/or you may be able to postpone up to 100% of your tax bill if...

- ♦ You were at least 65 years of age or over as of December 31, 2016, or your spouse was; or you were at least 60 years of age as of December 31, 2016 and you are the surviving spouse of a taxpayer who qualified for tax relief at the time of his or her death; or you are under

65 years of age and permanently totally disabled under Social Security disability; and

- ♦ You have been a Wilton taxpayer for at least one year; and
- ♦ You have occupied your Wilton property as your principal residence for more than 183 days during the past twelve months; and
- ♦ Your qualifying income for 2016 is \$81,500 or less.

Mr. Lisowski, who has served as the Town of Wilton's Assessor since 1994, will explain eligibility rules for all three programs and answer questions such as:

- What constitutes "qualifying income"?
- What types of income are specifically exempt?
- How do the levels of qualifying income differ under the three programs?
- Is interest charged on deferred taxes under the Wilton program?

He will also take you through the application processes and emphasize that the application filing period for both the Connecticut and Wilton homeowner programs ends on Monday, May 15, 2017, while the filing period for the Connecticut renter program ends on Friday, September 29, 2017.

Applications are available at the Town Hall Assessor's office and will also be available at the Senior Center during ASK THE ASSESSOR.

For more information, please call the Assessor's Office at 203-563-0121.

Information Update from Wilton Social Services

Phone: 203-834-6238

Fax: 203-563-0172

Wilton Social Services provides counseling, information, referral, and emergency financial assistance to Wilton residents. We encourage people to call our office at 203-834-6238 to discuss our services. Confidentiality is assured.

State and federal programs designed to assist individuals and families during difficult economic times include fuel assistance, nutritional assistance, emergency financial assistance, and Medicare Savings Programs.

Heating Assistance

The **Connecticut Energy Assistance Program (CEAP)** provides energy assistance grants for heat to households with income no greater than 60% of the State Median Income, e.g. individual, \$33,881; couple, \$43,305; and family of four, \$65,155. Asset limits are \$15,000 for homeowners and \$12,000 for renters. Retirement accounts are not counted as assets for those under the age of 59½. Apply through Wilton Social Services by calling 203-834-6238 for an appointment.

Operation Fuel provides a one-time grant of \$500 to eligible low-income households. The program also assists with non-heat utility bills that are overdue. Income limits are the same as CEAP. There is no asset test. Apply through Wilton Social Services by calling 203-843-6238 for an appointment.

Town-to-Town

Town-to-Town is an inter-town, door-to-door medical transportation service. There is no age limitation, but persons must be medically certified as disabled (temporary or permanent) and unable to use other forms of transportation. Vehicles are wheelchair-lift-equipped. Hours of operation are Monday through Friday, 7:00 a.m. to 6:00 p.m. The disabled pay \$5 each way when they cross one town line; \$7.50 each way when they cross two or more town lines. For more information and to obtain an application, call Lauren Hughes, LCSW, at 203-834-6238 or go online to http://www.norwalktransit.com/pdfs/ntdADA_forweb2.pdf.

Medicare Part D

Anyone who turned 65 after January 1, 2017, is eligible to enroll in Medicare Part D, the Medicare prescription drug plan. In order to avoid a penalty (a penalty which you will pay for the remainder of your Medicare life), call Wilton Social Services for an ap-

pointment within 60 days of your birthday. We will help you choose a plan using a computer-based program that enables you to compare the numerous plans available. Call 203-834-6238 and ask for Lauren Hughes, LCSW. You may also call the State of Connecticut for help through the CHOICES Program at 800-994-9422 and a trained counselor will assist you.

In addition, anyone turning 65 who is new to Medicare and interested in learning about the Medigap/supplemental insurance option or who is retiring and losing existing coverage can meet with Lauren Hughes to discuss available options. Call 203-834-6238 to make an appointment.

Emergency Financial Assistance

The **Wilton Community Assistance Fund**, formerly known as the Wilton Interfaith Council, and the **Salvation Army** provide emergency funds for Wilton residents in need. They may help pay for emergency oil deliveries, utility bills to prevent shut-offs, and rental assistance. A financial application and a confidential appointment with the Director of Social Services are required. Call 203-834-6238 to make an appointment.

Food Assistance

SNAP (formerly the Food Stamp Program) is the **Supplemental Nutritional Assistance Program** provided through the Connecticut Department of Social Services. The online application process is now "live." Visit www.connect.ct.gov to apply for benefits. An account must be created first. For more information contact Social Services at 203-834-6238.

Wilton Social Services operates the **Wilton Interfaith Food Pantry** at the Comstock Community Center. Hours of operation are:

Monday	1:45 p.m. to 4:00 p.m.
Tuesday	9:00 a.m. to 12 noon 2:00 p.m. to 4:30 p.m.
Wednesday	1:45 p.m. to 4:00 p.m.
Thursday	9:00 a.m. to 12 noon
Friday	Closed

The Food Pantry includes non-perishable food, personal care items, paper products, and detergents. Financial screening is required. Call the Director of Social Services at 203-834-6238 to make an appointment.



43rd Annual Health & Wellness Fair

Saturday, April 1, 10:00 a.m. to 2:00 p.m.
East Ridge Middle School
10 East Ridge Road, Ridgefield

This spring renew your commitment to sound health and mark your calendar to attend RVNA's 43rd Annual Health & Wellness Fair. Take advantage of free health screenings, such as cholesterol, blood pressure, blood glucose, bone density, glaucoma and much more. In addition, the information booths are staffed by experts who stand ready to answer your health-related questions and distribute helpful information. Everything is free and no appointments are necessary. The East Ridge Middle School, located in downtown Ridgefield, offers ample parking and easy access.



Adapting to Physical Changes

Monday, March 27, 2:00 p.m.
Senior Center Lounge

As all of us age, we encounter physical changes that we must learn to accept. These may include reduced strength and stamina, loss of balance, diminished eyesight and hearing. This informative talk will cover how we can enjoy a safe and secure lifestyle using the many tools and techniques available to help us with our daily activities.



Helen Goldenberg

Helen Goldenberg OTR/L has been an Occupational Therapist with Visiting Nurse and Hospice for 30 years. Call the Senior Center at 203-834-6240 to reserve a place.

Blood Pressure Screening Senior Center Lounge

First Thursday of the Month, 11:00 a.m. to 12:00 p.m.

Third Monday of the Month, 11:30 a.m. to 12:30 p.m.

RVNA Now Offers Nutrition Counseling by a Registered Dietitian



Proper nutrition is an integral part of overall health, but it can be confusing! There are so many diets, eating plans, and versions of advice about food that it's easy to feel lost when it comes to what you should be eating. If your doctor has recommended weight loss or improvement in other markers, such as blood sugar levels, the confusion can be overwhelming.

Meg Whitbeck, MS-RDN is RVNA's registered dietitian and nutrition educator. She provides nutrition counseling to individuals and small groups, such as married couples, families, or friends who have similar goals. Meg offers easy-to-understand, practical advice that fits with the way people live. For more information, visit www.ridgefieldvna.org or call 203-438-5555.

Road Map to a Plant-Based Diet

Thursday, April 6, 11:30 a.m. to 1:00 p.m.
27 Governor Street, Ridgefield

Did you know that following a balanced plant-based diet ensures a host of health benefits by preventing and possibly even reversing some of the major diseases striking people today? Do you wonder what action steps you can take to transition to a plant-based diet and how to maintain it? Join Meg Whitbeck, RVNA Registered Dietitian & Nutrition Educator, and Cathy Katin-Grazzini, plant-based chef and owner of Cathy's Kitchen Prescription, on April 6 for an informative presentation, cooking demonstration and food tasting in the RVNA teaching kitchen. The fee is \$23. Please RSVP to RVNA at 203-438-5555.

CPR/AED Training and Certification

Saturday, April 22, 9:30 a.m. to 1:00 p.m.
27 Governor Street, Ridgefield

Take our Infant, Child and Adult CPR/AED Training & Certification course on April 22. The class is taught using the American Red Cross Guidelines and certification is valid for two years. The fee is \$55 per person. Participants may purchase the course manual for an additional \$10. Space is limited. Reserve your space by calling RVNA at 203-438-5555.



ARE YOU AGE FIFTY OR OLDER AND EITHER BORED OR BORING?

PERHAPS YOU COULD USE A LITTLE LIFETIME LEARNING

The non-profit Lifetime Learners Institute at Norwalk Community College, which serves all Fairfield and lower Westchester counties, is now accepting membership and course registrations for people age fifty and older.

Starting the week of March 13, LLI is offering 37 daytime classes of general interest that are presented without stress or tests. These subjects include: Music, Opera, Current Events, History, Genealogy, Politics, Books, Personal Relationships, Finance, Travel, Science, as well as introductions to Pastels and Watercolors and Art History. These 2-hour classes meet only once a week at 1 p.m. or 3 p.m., from 4 to 8 weeks, Monday through Thursday afternoon and at 10 a.m. on Friday morning. At noontime on Friday there is a social hour for members with refreshments followed by a one-hour special guest presentation at 1 p.m. www.lifetimelearners.org.



Dialogue with Christine Tenore Elder Law Attorney

Attorney Christine Tenore, Wilton resident and partner at Eliovson and Tenore in Fairfield, will answer your questions regarding wills, trusts, and probate on Wednesday, March 22, 1:30 p.m. in the Senior Center Lounge. This session is free and open to the public.

Christine practices in the areas of elder law, 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. A member of the Wilton Commission on Social Services, she is also a member of the Connecticut Geriatric Society and the Greater Bridgeport Elderly Services Commission. Call 203-834-6240 to reserve a space.



Saint Matthew's
EPISCOPAL CHURCH

A History of the Thursday Lunches

Picture Wilton in the 1960's, a place that Ira Levin described in *The Stepford Wives*. In the stone church on Danbury Road. Peggy Douglas, wife of St. Matthew's rector Roger Douglas, began assembling local seniors on the third Thursday of every month. She named it *TLC for "Tender Loving Care"* or "Thursday Lunch Club or Crew." The gathering was social and informative and always included delicious home-cooked food.

Both TLC and St. Matthew's Episcopal Church were outgrowing existing facilities on Danbury Road. At the same time, a growing congregation of Wilton Presbyterians was worshipping in borrowed school facilities and beginning to plan for a new home for the church. Joining forces from 1970 to 1972, the two groups constructed their joint facility at 36 New Canaan Road and named it WEPCO, an acronym for Wilton Episcopal and Presbyterian church organization.

TLC is St. Matthew's longest running outreach program. Thursday lunch has had many leaders over its almost 50 years of existence. After a long-serving organizer, David Bloomer, passed away, the group was nicknamed *Bloomer's Brunch* as a tribute to his memory.

The Thursday lunch gathering is non-sectarian; all are welcome. In addition to the Thursday lunch fellowship and home cooking, a short program is offered after the meal, such as "Show Tunes" on piano by Fiona Smith Sutherland, Music Director of St. Matthews, and an informative presentation on different teas and their origins by Alexander Higle, proprietor of Wilton's Culture Tea Room.

TLC is currently soliciting ideas for programs that focus on the needs and interests of seniors. Please contact Kimberly Olson at 203-515-4778 or kimberlybolson@icloud.com with your suggestions.

All seniors are welcome for lunch at 36 New Canaan Road at noon on the third Thursday of the month. The next two lunches are scheduled for March 16 and April 20. RSVP: 203-515-4778.

Free Tax Help Available at the Senior Center

The AARP Tax Aid Program provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. Volunteers from AARP will be at the Senior Center on **Monday, March 6**, from 9:00 a.m. until noon to assist in tax preparation. No appointment is necessary. Just take a number upon entering and wait your turn.

In order to prepare for your visit, keep in mind the following tips:

If married, both husband and wife must be present during an income tax counseling session.

Taxpayers must bring all the documents they have received which apply to their 2016 income taxes including:

- ◆ Copies of 2016 income tax returns.
- ◆ Social Security or Individual Taxpayer ID numbers for all household members and personal photo identification.
- ◆ A blank check with a routing number for a direct deposit refund request.
- ◆ All documents that relate to deductible expenses.
- ◆ All 2016 income report forms that have been received such as:
 - SSA-1099, Social Security Benefit Statement, and RRB-1099-R, US Railroad Retirement Board forms.
 - All 1099 forms (1099-INT, 1099-OID, 1099-DIV, 1099-R, 1099-B, 1099-S, 1099-MISC).
 - W-2, Wage and Tax Statement forms.
 - W-2G, Certain Gambling Winnings forms.
 - Original cost of assets sold during 2016.

Sessions will take place in the Senior Center Technology Room. Follow the signs when you enter the lobby.

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 how to 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 Thursday, April 6. Fee: \$10.

Internet Basics for Beginners

This introductory course begins with an overview, followed by defining the concepts and terminology needed to utilize assorted search engines. It also covers email 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 Monday, April 10. 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, April 4 and 5. Fee: \$20.

WORD 2010/2013 Graphics

Have fun with software opportunities such as adding 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, April 11 and 12. Fee: \$20.

You're invited to Brookdale Wilton, 96 Danbury Road



St. Patrick's Day Social with Green Beer and Corn Beef Sliders, Friday, March 17, from 3:30 p.m. to 5:00 p.m.

Lunch and Learn: Effective Communication with Shanon Jordan from the Alzheimer's Association, Wednesday, March 29, 12:00 p.m. She will talk about good strategies to use during each of the stages of dementia.

Please call 203-761-8999 to reserve a place for either or both programs.



MARCH 2017



Monday	Tuesday	Wednesday	Thursday	Friday
Check the April calendar for the KEY to event locations.	Wilton Meadows Complimentary Lunch and Bingo Tuesday March 21 11:30 a.m.	1 9:30 Sewing Session OH 10:00 Open Bridge 10:00 Watercolor 10:00 Comstock Writers 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jongg	2 10:00 Portraiture 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:30 Colored Pencils 12:45 Bingo 2:00 Encore Presentation	3 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Senior Swim Y 1:30 Intermediate Bridge
	6 9-12 AARP Tax Help 9:30 Coffee and Clay 10:30 Line Dance Fusion 11:30 Nature's Sketchbook 12:00 Movie 12:30 Play Reading 1:00 Bridge 2:00 "Then and Now" Cookbook Meeting	7 9:15 PEO Meeting 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:00 Garden Club Activity and Lunch 12:30 Five Crowns 2:00 Chair Yoga OH	8 9:30 Sewing Session OH 10:00 Open Bridge 10:00 Watercolor 10:30 Tai Chi 1:00 Mah Jongg 1:00 Free Library Downloads 3:30 Technology Help SAHW	9 10:00 Portraiture 10:00 Yoga 10:30 Stay at Home Breakfast WEPCO 12:00 Lunch 12:30 Colored Pencils 12:30-2 Blood Pressure Screening Y 12:45 Bingo 6:00 Social Services Commission
13 9:30 Coffee and Clay 10:30 Line Dance Fusion 11:30 Nature's Sketchbook 12:00 Movie 1:00 Bridge 2:00 "Then and Now" Cookbook Meeting	14 9:00 SAHW 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	15 9:30 Sewing Session OH 10:00 Watercolor 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00 Lunch OH Program: Grandmas and Grandpas Entertain 1:00 Mah Jongg	16 10:00 Portraiture 10:00 Yoga 12:00 St. Matthew's Church Lunch 12:30 Colored Pencils	17 10:00 Feldenkrais No Jewelry Workshop 11:30 Beyond Intro to Bridge 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Senior Swim Y 3:30 St. Pat's Social BW
20 9:30 Coffee and Clay 10:30 Line Dance Fusion 11:30-12:30 Blood Pressure Screening 11:30 Nature's Sketchbook 12:00 Movie 1:00 Bridge	21 9:00 Osteoporosis and Yoga Workshop 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 11:30 Lunch and Bingo WM 12:00 Duplicate Bridge 12:30 Five Crowns 2:00 Chair Yoga OH	22 9:30 Sewing Session OH 10:00 Watercolor 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:30 Wills, Trusts, and Probate with Attorney Christine Tenore 3:30 Technology Help SAHW	23 10:00 Portraiture 10:00 Yoga 12:00 Encore Book Club 12:00 Lunch 12:30 Colored Pencils 12:45 Bingo	24 10:00 Feldenkrais 11:30 Beyond Intro to Bridge 12:00 Bridge 1:30-3 Free Senior Swim Y 1:30 Intermediate Bridge
27 9:30 Coffee and Clay 10:30 Line Dance Fusion 11:30 Nature's Sketchbook 12:00 Movie 1:00 Bridge 2:00 Adapting to Physical Changes	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 Stay at Home Movie	29 9:30 Sewing Session OH 10:00 Watercolor 10:00 Open Bridge 10:30 Tai Chi 12:00 Effective Communication BW 1:00 Mah Jongg	30 10:00 Portraiture 10:00 Yoga 11:00 Bingo Extravaganza 12:00 Lunch 12:30 Colored Pencils 1:00 Bingo Extravaganza	31 10:00 Jewelry Workshop 10:00 Feldenkrais 11:30 Beyond Intro to Bridge 12:00 Bridge 1:30-3 Free Senior Swim Y 1:30 Intermediate Bridge





APRIL 2017



Monday

Tuesday

Wednesday

Thursday

Friday

KEY

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

OH
Y
WL
G
WM
VM
VNH
LR
BW
SAHW
WCE
RVNA
WHS

Ogden House
Wilton YMCA
Wilton Library
The Greens
Wilton Meadows
Village Market
Visiting Nurse & Hospice
Laurel Ridge Health Care
Brookdale Wilton
Stay at Home in Wilton
Wilton Continuing Ed
Ridgefield VNA
Wilton High School

100 River Road
404 Danbury Road
137 Old Ridgefield Road
435 Danbury Road
439 Danbury Road
Old Ridgefield Road
761 Main Ave., Norwalk
642 Danbury Road, Ridgefield
99 Danbury Road

395 Danbury Road
27 Prospect Street, Ridge
Danbury Road

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
203-438-5555

3 9:30 Nature's Sketch-book 10:30 Line Dance Fusion 12:00 Movie 12:30 Play Reading 1:00 Bridge	4 9:45 BeMoved 10:00 Conquer the Clutter 10:00 Word Class 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Five Crowns 2:00 Chair Yoga OH 2:00 Ask the Assessor	5 9:30 Sewing Session OH 10:00 Word Class 10:00 Open Bridge 10:00 Watercolor 10:00 Comstock Writers 10:30 Tai Chi 12:30 Pet Portraits 1:00 Mah Jongg 1:00 Duplicate Bridge	6 10:00 Word Basics 10:00 Yoga 10:00 Portraiture 11-12 Blood Pressure Screening 11:00 WHS Senior Appreciation Lunch and Concert WHS 11:30 Road Map to Plant-Based Diets RVNA 12:30 Colored Pencils	7 10:00 Feldenkrais 10:00 Jewelry Workshop 11:30 Beyond Intro to Bridge 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr. Swim Y
10 10:00 Internet Basics 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge	11 9:00 SAHW Men's Breakfast at Orem's 9:45 BeMoved 10:00 Word Graphics 11:00 Yoga 12:30 Mah Jongg 1:00 Studio Knitting 2:00 Chair Yoga OH	12 9:30 Sewing Session OH 10:00 Word Graphics 10:00 Open Bridge 10:00 Watercolor 10:30 Tai Chi 1:00 Mah Jongg 1:00 Free Library Downloads	13 10:00 Portraiture 10:00 Yoga 12:00 Lunch 12:45 Bingo 12:30-2 Blood Pressure Screening Y 6:00 Social Services Commission	14 Good Friday Senior Center Closed
17 10:30 Line Dance Fusion 11:30-12:30 Blood Pressure Screening 12:00 Movie 1:00 Bridge	18 9:00 Osteoporosis and Yoga Workshop 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 2:00 Chair Yoga OH	19 9:30 Sewing Session OH 10:00 Open Bridge 10:00 Comstock Writers 10:00 Watercolor 10:30 Tai Chi 12:00 Complimentary Lunch at OH sponsored by the Wilton Police 1:00 Mah Jongg	20 10:00 Yoga 11:45 Senior Networking Meeting 12:00 St. Matthew's Church Lunch	21 10:00 Feldenkrais 10:00 Jewelry Workshop 11:30 Beyond Intro to Bridge 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr. Swim Y
24 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge	25 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 Stay at Home Movie	26 9:30 Sewing Session OH 10:00 Open Bridge 10:00 Watercolor 10:30 Tai Chi 1:00 Mah Jongg	27 10:00 Yoga 12:00 Lunch 12:45 Bingo	28 10:00 Feldenkrais 11:30 Beyond Intro to Bridge 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr. Swim Y



Osteoporosis and Yoga Workshop with Denise O'Hearn

Have you been diagnosed with osteoporosis or its precursor osteopenia? Are you looking for natural ways to support your body and mind and avoid the side effects of drugs? Join Denise O'Hearn at her new workshop ***Osteoporosis and Yoga*** and learn simple yoga postures that will help strengthen your bones, improve your balance, and prevent falls.

Choose *either* Tuesday, March 21, or Tuesday, April 18, from 9:00 a.m. to 10:30 a.m.

No yoga experience necessary. Sessions take place at the Senior Center. Fee: \$25. Call 203-210-5780 or email support@vibrantmoves.com to reserve your spot. *Space is limited.*



Youth and Family Gardening at Trakside Needs You!

Youth Gardening, a new Wilton Garden Club committee, will start its third season in the centrally located garden in front of the Trakside Teen Center. In an effort to support country-wide efforts such as "Go Green," "Eat Organic" and the Farm to Table Movement, the Garden Club has joined forces with other local groups to get more people, of all ages, actively involved in gardening. Green Teens is a weekly after-school program that will run from May to early June. Youths from grades 6 through 8 will meet in the garden and assist in preparing the eight raised beds, planting donated seedlings and perennial flowers in and around the vegetable gardens and weeding. Guest speakers will enhance each session with topics such as composting, soil amendment, tomato trellising, garden art, and healthy garden recipes.

The Youth and Family Gardening group will take over in the summer to ensure that the irrigation system is providing enough water for the plants and to pick, wash, and donate produce to the Wilton Food Pantry at Comstock. The group will also cut flowers and create a few arrangement for the Wilton Senior Center.

Both Garden Club programs are free and open to seniors who may miss their own gardens or simply enjoy being outdoors and meeting new faces. For more information please contact Pam Nobumoto at Pam.Nobumoto@gmail.com or 561-339-9438.



YOGA
Tuesdays
11:00 a.m.

YOGA
Thursdays
10:00 a.m.

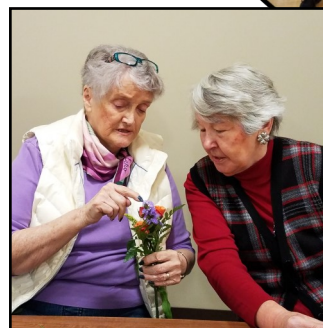


**LINE DANCE
FUSION**
Mondays
10:30 a.m.

**BE-
MOVED!**
Tuesdays
9:45 a.m.



**POOL TABLE
ACTION**



GARDEN CLUB
First Tuesday of
the Month
12:00 p.m.





BOOK DISCUSSION

Coordinated by Michael Bellacosa, MIA, MLS
Senior Center Game Room, 11:00 a.m.



Lunch (\$3) is served at noon. Call 203-834-6240 to reserve a place. Books are available at the Wilton Library.

Tuesday, March 28

Discussion Leader – John Ragognetti

Hotel on the Corner of Bitter and Sweet
by Jamie Ford

The chance sighting of a Japanese parasol at the demolition of a hotel on the edge of Seattle's Japan-town brings the memories of a turbulent time in American history flooding back to Henry Lee. With the World War II internment of Japanese-Americans as the backdrop, Jamie Ford's best-selling and award-winning debut novel, explores the forbidden friendship and love between Henry, a Chinese-American, and Keiko, a Japanese-American, at a time when Old World prejudices prevailed. "In Henry and Keiko, Jamie Ford has created an unforgettable duo whose story teaches us the power of forgiveness and the human heart." (Random House).

Tuesday, April 25

Discussion Leader – Miwako Ogasawara

Mary Barton: A Tale of Manchester Life
by Elizabeth Gaskell

Elizabeth Gaskell's first novel tells a story of the plight of the lower classes in Victorian Era England. Set in Manchester in the mid-1800's, the plot revolves around a young woman, her two potential love interests (one each from the lower- and upper-classes), her immediate family (especially her father), and her estranged aunt. It's a story of class conflict, romance, murder, and redemption. The meticulously researched novel evokes the daily sights and sounds of a Victorian Era industrial city. In reviewing the book in 1849 The Manchester Guardian commented: "As a whole, the tale is beautifully written; the characters introduced are graphically delineated; the events are so interestingly interwoven, and the groundwork is so artistically constructed, that whoever reads the two first chapters is sure to read the whole story."

PLAY READING

Moderated by Andrea Ragusa, MA
Senior Center Lounge, 12:30 p.m.

Register at 203-834-6240. Copies of the plays are available in the Lounge.

Monday, March 6 and April 3

THE TIME OF YOUR LIFE by William Saroyan
March 6, Acts I, II, III; April 3, Acts IV, V

The Time Of Your Life opened in October, 1939 at the Booth Theatre in New York City. The play is set in Nick's Saloon, a rundown dive bar in San Francisco, a way station welcoming lost souls of all kinds. Much of the play's action centers around Joe, a young loafer with money who encourages the bar's patrons in their eccentricities. The cast includes a number of colorful characters, including an old man who looks like Kit Carson, an affluent society couple, a young street-

walker, a well-read longshoreman, a male dancer, and a marble game maniac. This play was the first drama to win both the Pulitzer Prize for Drama and the New York Drama Critics Circle Award. Nick's Saloon is based on the café operated by Izzy Gomez in San Francisco which William Saroyan frequented.

Monday, May 1

12 INCOMPETENT JURORS by Ian McWethy

This play is a hilarious parody of *12 Angry Men*. A lone juror tries to persuade his peers not to convict a man of abducting six cats from his neighbor's yard sale and throwing them off a balcony. The judge expects the jury to decide this "open and shut" case within minutes. The jury of eight men and four women contains jurors you hope would never serve in real life. Not one juror is without neuroses or quirks. In addition juror #8's histrionics, visual aids, and arguments on behalf of the accused take up an inordinate amount of time.

WILTON HIGH SCHOOL HOSTS SEVENTH ANNUAL SENIOR APPRECIATION DAY Thursday, April 6, 11:00 a.m.

The annual Wilton High School Arts Festival will again present a recognition concert and luncheon for the senior citizens of Wilton on Thursday, April 6, in the Clune Center for the Performing Arts at Wilton High School. Developed by members of the Wilton Fine and Performing Arts staff seven years ago in collaboration with the Senior Center, Senior Appreciation Day recognizes the significant contribution Wilton seniors have made to the town. The special occasion will be hosted by the PTSA, the student government, and students of the Culinary Arts program at Wilton High School. The day's activities include a complimentary lunch, performances by student musicians, and an opportunity to view art work displayed in the gallery.

Call the Senior Center at 203-834-6240 for reservations. Rides are available through Dial-A-Ride (203-834-6235). If you prefer to drive to the high school, the front parking lot will be available for parking.

STUDIO KNITTING

Second and Fourth Tuesdays; 1:00 p.m. to 2:30 p.m.



Keep your mind sharp by learning a new skill and keep your fingers nimble by keeping them moving. Studio Knitting is for



both beginners and those who want to continue advancing their knitting skills. Learn the basic stitches and develop skills in maintaining an even tension when knitting. Practice needles

and yarn are available along with instruction.

Top Picture: Jane Rudolph models a short-row wrap. Inset: Laura Frugone works at perfecting an even-tension practice piece. Bottom Picture: Leslie Hinshaw tries on her wool seed-stitch sweater jacket before completing the finishing touches.



Conquer the Clutter!



Are you moving to a smaller home and you need to get rid of a ton of accumulated possessions? Are your closets scary? Do you want to get things organized, but just don't know where to begin? Kathy will help you start bringing order to your chaos. She will teach you how to attack your clutter, decide what is important and what can be discarded, and create systems that will help things function more smoothly and maintain order going forward.

Kathy Engstrom, owner of A Fresh Eye, LLC, is a former professional organizer. She currently specializes in home decorating, staging houses for resale, and move management. Ms. Engstrom offers this class on organizing your home and getting control of your "stuff."

The session will take place at the Senior Center from 10:00 a.m. to 12:00 noon on April 4. Fee: \$10. Registration: 203-834-6240.

GUIDE TO SENIOR SERVICES

Director	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	
Deborah Wolyniec	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	888-687-2277
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



Share your favorite recipe!!!

Western Connecticut State University (WCSU) and Ridgefield Visiting Nurse Association (RVNA) are partnering to create a "Then and Now" cookbook, comprised of favorite recipes from local senior center participants. Wilton Senior Center as well as New Fairfield, Ridgefield, and Weston senior centers have volunteered to participate in the creation of this cookbook.

Doreen Frey, a student in the Master's program at WCSU, will head up the cookbook project. She is currently interning at RVNA under Barbara L. Newland, Director of Community Health and Wellness, and Meg Whitbeck, Dietitian.

Join the informational session on Monday, March 6, at 2:00 p.m. in the Senior Center Lounge. Meet Doreen and learn more about the "Then and Now" cookbook project. This is a great chance to share your favorite recipe(s), be a part of a multi-senior-center project, and learn some amazing nutritional facts!

Recipes included in the cookbook will be entered in a drawing. The winning recipe will be featured at a complimentary luncheon hosted at RVNA for all cookbook participants and contributors. In addition to the complimentary meal, all participants will receive a FREE copy of the final cookbook. Call the Senior Center at 203-834-6240 to sign up for the informational session on March 6.



Free Downloads Senior Center Technology Room 1:00 p.m. Wednesday, March 8 and April 12

BYOD - Bring your own device and follow along as Melissa Baker demonstrates how to download popular apps onto your mobile device or computer. There is something for everyone and hours of enjoyment for patrons with Wilton Library cards.

This is presented by Wilton Library for seniors at the Senior Center. Registration at 203-762-3950 or www.wiltonlibrary.org is strongly recommended.



Stay at Home in Wilton is part of a national "Village Movement." There are over 350 similar "Villages" open or in development across the country. The value of community and living life with a purpose as we grow older is the concept behind Stay at Home in Wilton and the "Village Movement."

Join us for an Informational Brunch on Thursday, March 9, 10:30 a.m. to noon. Learn more about the Village Movement, membership, and volunteer opportunities at Stay at Home in Wilton. No charge. **Location:** WEPCO, 48 New Canaan Rd. **RSVP:** Janet Johnson 203-762-2600.

Mark your Calendar for Monthly Events!

The following events take place at the Wilton Senior Center:

Technology Help: March 8 and March 22 from 3:30 p.m. to 4:30 p.m.

Mah Jongg: March 14 and March 28, April 11 and April 25 beginning at 12:30 p.m.

Tuesday Movies: "Libeled Lady" on March 28 and "Brooklyn" on April 25 beginning at 3:00 p.m.

There is no charge for Stay at Home events. Reservations are recommended for all events and are required for Technology Help. For more information contact Janet Johnson, Executive Coordinator, at 203-762-2600. For Mah Jongg inquiries call Kay Chann at 203-544-7414, or visit

www.stayathomeinwilton.org.



Arthur "Scotty" Scott

Join the Fun!



Marie Broderick

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

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