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ELDERLY AND DISABLED TAX RELIEF DEADLINE, MAY 14

by David Lisowski, Town Assessor

Elderly and disabled Wilton homeowners who have not yet applied for tax relief benefits on their July 2010 tax bills are reminded that Friday, May 14, is the last day applications will be accepted in the Assessor's Office. The application deadline will not be extended.

A tax credit and/or tax deferral may be available. Qualifying income may not exceed \$75,000. Proof of income must accompany the application in the form

of a complete 2009 income tax return (IRS Form 1040 or 1040A) and Social Security Form 1099. If no income tax return has been filed, all proof of income including Social Security Form 1099 must be provided.

The Town of Wilton tax relief program requires an annual filing. The State of Connecticut tax relief program requires a biennial filing.

Please call the Assessor's office at 203-563-0121 if you have any questions.

MEDICATION TURN-IN DAY, MAY 1

Medication Turn-In Day will be held on Saturday, May 1, from 10 a.m. to 2 p.m. at Comstock Community Center. Bring your unwanted, expired, and unneeded prescriptions, over the counter medications, vitamins, and pet medications for a safe and environmentally friendly disposal. Chemicals, sharps, and needles cannot be accepted. Medication should be left in its original container. For more information, please call 203-563-0180.

This free event is sponsored by the Town of Wilton, Norwalk Hospital, Silver Hill Hospital, and the Town of New Canaan. It is supported by the Aquarian Water Company, Connecticut Department of Consumer Protection, and Stericycle.



Introducing...



This is a brand new organization in Wilton that will help seniors stay in their homes. With the assistance of volunteers

- ◆ we will provide transportation to and from wherever you need to go within the borders of Wilton or further;
- ◆ we will help you locate vendors and services related to major repairs and other household needs;
- ◆ we will coordinate social programs that will allow you to be with old friends and to meet new friends. These may include local shows, concerts, movies and other entertainment; and
- ◆ you will be able to enjoy remaining in your Wilton home.

Please check out this exciting opportunity:

www.stayathomeinwilton.org

Email info@shwil.com

Stay at Home in Wilton will coordinate with existing services and provide access to additional opportunities that are not presently offered by other organizations.

President, Phil Richards

Vice President, Ken Dartley

Secretary, Anne Richards

Treasurer, Kay Chann



Come to Wilton on Sunday, May 2, from 8:30 a.m. to 4 p.m. to enjoy a community-wide celebration of "green living" with bike rides, a stroller derby, yoga, film screenings, guest speakers, a Norwalk River walk and much more.

The Wilton Go Green Festival will take place all over town at venues including the Woodcock Nature Center, Wilton Library, and the Town Green Gazebo. The day's activities are sponsored by a grant from the Connecticut Clean Energy Fund through the Community Innovation Grants Program. The event is hosted by the Wilton Energy Commission in partnership with Wilton Library, Ambler Farm, Cannon Grange, Wilton Conservation Commission, Wilton Clergy Association, Wilton Family Y, Wilton Garden Club, Wilton Public Schools, Woodcock Nature Center and the Wilton Rotary Club among others.

Visit www.wiltongogreenfestival.com for more information on the activities planned for the day and the program schedule. Register for individual programs and events online or call 203-762-3950 ext. 213, unless otherwise noted.

Reminder From Your Registrars of Voters...

Wilton Registrars Tina Gardner and Carole Young-Kleinfeld remind all voters that the Annual Town Meeting will be held on Tuesday, May 4, in the Middlebrook School auditorium at 7:30 p.m. followed by voting in the cafeteria. Adjourned voting will continue on Saturday, May 8, at Middlebrook School from 9 a.m. to 6 p.m. Please bring identification with you. See you there!

In case you missed it... Memory Matters

The Greens at Cannondale has been offering a series of events, "Memory Matters," related to a topic that concerns us all...memory! Every aspect of our lives affects memory...what we eat, if we exercise, how we spend our time—all these choices affect the retention or loss of memory.

Session #1 was "Brain Matters" with Dr. Stephen Jones of Greenwich Hospital, who explained that as long as we live, we can keep refreshing and renewing our brain cells. Good blood circulation sends oxygen to the brain and keep it healthy.

Session #2 was "Recipe for a Healthy Life Style," with Nancy Salem, dietician from Danbury Hospital. She demonstrated "portion control." A healthy portion of meat or vegetable should fit in the palm of your hand. Concentrate on vegetables, fruits, grains, and minimum amounts of saturated fat, sugar and salt. The right diet nourishes the brain and affects energy and memory.

Session #3 was "Exercise and a Healthy Brain" with Mary Ann Genaurio, health and fitness director of the Wilton Y. Studies from the American College of Sports Medicine prove that even a brief amount of regular exercise can increase alertness and help memory. One of the best exercises is walking outdoors, indoors or up and down stairs. Trying something new and different also challenges your brain and sharpens memory.

*The
Greens*
AT CANNONDALE

Community Health Series

Presented by Norwalk Hospital at
The Greens at Cannondale

Thursday, May 6: 6 p.m.-7 p.m.

"Glaucoma and Cataracts"

Learn about the common types of glaucoma why glaucoma is such a risk factor as you age. Treatment options will be discussed. Question and answer session to follow. Presented by Dr. Jeffrey L. Oberman, Chief of Ophthalmology

Thursday, June 3: 6 p.m.-7 p.m.

"What is Emergency Angioplasty?"

You hear of many people who have had "emergency angioplasty." Learn what this procedure is and why it is necessary. Warning signs as well as post-procedure recuperation will be discussed. Presented by Dr. Charles Augenbraun, Chief of Cardiology

Wednesday, June 16: 6 p.m.-7 p.m.

"Managing Your Weight"

Learn how to manage your weight and why it's so important to your overall health. Simple tips for healthful eating will be discussed. Learn how we process our foods. Body mass index will be explained. Question and answer session to follow. Presented by Barbara Schmidt, Registered Dietician

Presentations will take place at The Greens at Cannondale, 435 Danbury Road, Wilton. Dinner served at 5:30 p.m.

R.S.V.P. recommended: 203-761-1191.

BACK BY POPULAR DEMAND!

The youngsters of Trackside Teen Center and the residents of The Greens at Cannondale perform together again!

Winner of the 2009 Assisted Living Federation of America's Best of the Best Award

Come see, hear, and enjoy this wonderful intergenerational talent show!

TALENT SHOW

Sunday, May 2

3:00 p.m. – 4:30 p.m.

Trackside Teen Center

15 Station Road, Wilton

NURSING & HOME CARE NEWS

STROKE RISK SCREENING

Tuesday, May 11
8:30 a.m.-11:30 a.m.
Comstock Community Center
180 School Road, Wilton

Are you at risk for a stroke? May is Stroke Awareness Month and a good time to find out if you are at risk for ischemic stroke. Learn how to identify early symptoms and what to do if you or someone you know is having a stroke. Screening includes blood pressure evaluation, lipid profile (total cholesterol, LDL, HDL, triglycerides), glucose screening, Body Mass Index calculation, carotid bruit assessment, and stroke risk counseling session. Cost: \$25. Open to adults age 50 and older. By appointment only. Space is limited. Call Nursing & Home Care at 203-762-8958 ext. 221 for an appointment.

May Is Stroke Awareness Month

F FACE Ask the person to smile. Does one side of the face droop?

A ARMS Ask the person to hold both arms up evenly. Does one arm drift downward?

S SPEECH Ask the person to repeat a simple sentence. Are the words slurred or mixed up?

T TIME If the person shows any of these symptoms, call 911 immediately.

BLOOD PRESSURE SCREENING

This is offered free of charge and conducted by a Nursing & Home Care Registered Nurse. No appointments needed.

COMSTOCK COMMUNITY CENTER
First Thursday of the month
11:00 a.m.-12:00 noon
Thursday, May 6 and June 3

VILLAGE MARKET
Fourth Tuesday of the month
12:30 p.m.-2:00 p.m.
Tuesday, May 25 and June 22

WILTON YMCA
Third Wednesday of the month
9:00 a.m.-10:30 a.m.
Wednesday, May 19 and June 16

OGDEN HOUSE
First and third Friday of the month
9:30 a.m.-11 a.m.
Friday, May 7 and 21, June 4 and 18



A PARTNER WITH NURSING & HOME CARE

Bringing Healing and Comfort to Our Community

Mid-Fairfield Hospice offers a unique medical/holistic program of compassionate, at-home health care for people with terminal illness. Our goal is to enhance the quality of life for both patient and family so that each remaining day can be lived in dignity and grace.

Volunteers are an integral part of the hospice team. Volunteers provide essential family support such as being empathetic and non-judgmental listeners, providing respite time for weary caregivers, or simply holding a hand and being present. Each volunteer assignment is unique.

Volunteers are required to attend a five-class training course and are provided on-going support and supervision from the Hospice Volunteer Coordinator. Our patients need you.

For more information, please contact Barbara Mortimer, Volunteer Coordinator, 834-6341 ext. 316.

MEMORY SCREENING

Memory Screening is free of charge and by appointment only. Conducted by an experienced health care professional using screening tools from the Alzheimer's Foundation of America Community Memory Screenings program. Call Jeanette Graham, Life Care Manager at Nursing & Home Care, at 203-762-8958 ext. 249 for an appointment or for more information.

DO YOU HAVE **ONE HOUR A WEEK** TO VOLUNTEER?

BECOME A PEER COUNSELOR!

Nursing & Home Care is seeking volunteers to provide friendship and companionship to isolated and housebound patients through our Peer Counselor Program. As a volunteer, you will be asked to visit a patient for one hour every week or every other week. Patients who are referred to the program have requested volunteer visitors and many live alone, are ill or disabled, need emotional support, or just wish to share interests and develop new friendships. Please help these patients stay connected. This is an ideal opportunity for people who are very busy or working and traveling.

All volunteers are required to attend a three-class training course and are provided on-going supervision by the Volunteer Coordinator.

Patients who are homebound will cherish their time with you. Please volunteer.

For more information, please call Barbara Mortimer, Volunteer Coordinator, at 203-762-8958

PARKS AND REC TRIPS

Clinton Crossings—May 7

New York On-Your-Own—May 12

Philadelphia On-Your-Own—May 19

Foxwoods Casino—June 28

Call Parks and Rec for more info.

203-834-6235

Boutique at The Greens

Volunteers at the Boutique at the Greens at Cannondale raised approximately \$2,400 in the past year for local charities including the Wilton Social Services Children's Holiday Gift Fund. The volunteers hope to replenish their stock of new and lightly used gifts. If you have any of these items and you would like to donate to the Boutique, you may drop them off at the Greens, 435 Danbury Road, or the Wilton Senior Center, 180 School Road.

Items include:

- ◆ New unused perfume
- ◆ Make-up
- ◆ Costume jewelry
- ◆ Sunglasses in good condition
- ◆ Scarves
- ◆ Home decorations (no candles please)
- ◆ Toiletries
- ◆ Stationery
- ◆ Trinkets
- ◆ Photo frames, photo books

Book Discussion: Tuesday, May 25

Discussion Leader: Barbara Jones

Book: *Teta, Mother and Me* by Jean Said Makdisi

This beautifully written memoir by the sister of Edward Said, a noted Middle East scholar, tells the story of three generations of Arab women. Teta, the grandmother, is Munira Badr Musa, Mother is Hilda Musa Said, and "me" is Jean Said Makdisi. The worlds and times in which they lived span over a century in Syria, Palestine and Egypt. In elegant prose, Makdisi portrays images of history and culture through the domestic details of everyday life. In showing how individual choices relate to great events, she gives proper respect and attention to the private lives of women.

Please call the Senior Center for reservations: 203-834-6240. Lunch is served at noon.

Lunch at St. Matthew Church

Thursday, May 20


In the lounge at Noon

Speaker: Jeanette Ross,

Editor, The Wilton Bulletin

Call 203-762-7400 for reservations.

MAY 2010

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 10:30 Line Dancing 11:30 Coffee and... 12 Scrabble/Chess 12 Scrabble/Chess 12:15 Forever Fit Y 12:30-2:30 Play Reading with Sherman Poultney	4 8:45 Watercolors OH 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12 Garden Club Activity and Lunch 2 Chair Yoga OH 7:30 ANNUAL TOWN MEET- ING, Middlebrook School auditorium	5 9:30 RSVP 10 Tai Chi 12 Duplicate Bridge 12 Lunch OH Guest: Middlebrook Orches- tra	6 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 11-12 Blood Pressure Screening 12 Lunch 12:15 Forever Fit Y 12:45 Bingo 5:30 Glaucoma and Cataracts G	7 8:45 Clinton Cross- ings Shopping 9:30-11 Blood Pres- sure Screening OH 10 Jewelry Work- shop 12 Bridge 1:30-3 Free Swim for Seniors Y
10 9:30 Introduction to Computer 10:30 Line Dancing 11:30 Coffee and... 12 Scrabble/Chess 12:15 Forever Fit Y 12:30 Movie: "The Balcony"	11 8:30 Stroke Screening NHC (appt. only) 8:45 Watercolors OH 10 Comstock Knitters Trip 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 2 Chair Yoga OH	12 New York On-Your-Own Trip 9:30 RSVP 10 Tai Chi 12 Chicago Bridge 12 Lunch at OH Guest: The Treblemakers	13 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12 NO Lunch Today 12:15 Forever Fit Y 5:30 Commission on Social Services	14 Tax Relief Fil- ing Deadline 9:30 Intro to Com- puters 12 Bridge 1:30-3 Free Swim for Seniors Y 2 Hypnosis with Sonia
17 10:30 Line Dancing 11:30 Coffee and... 12 Scrabble/Chess 12:15 Forever Fit Y	18 8:45 Watercolors OH 9:30 Intro to Word 2007 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12 Duplicate Bridge 2 Chair Yoga OH	19 7 Philadelphia on your own 9-10:30 Blood Pressure Screening Y 9:30 RSVP 10 Tai Chi 10 Comstock Writers 12 Chicago Bridge 12 Lunch OH Guest: Dayle Friedman	20 9:30 Intro to Word 2007 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12 Lunch at St. Mat- thew Church 12:15 Forever Fit Y	21 9:30-11 Blood Pres- sure Screening OH 10 Fit and Fabulous with Dr. Katz 12 Bridge 1:30-3 Free Swim for Seniors Y 2 Hypnosis with Sonia
24 9:30 Graphics I 10:30 Line Dancing 11:30 Coffee and... 12 Scrabble/Chess 12:15 Forever Fit Y	25 8:45 Watercolors OH 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 11 Book Discussion with Bar- bara Jones 12 Lunch 12:30-2 Blood Pressure at the VM 2 Chair Yoga OH	26 9:30 Graphics I 9:30 RSVP 10 Tai Chi 12 Lunch OH 12 Chicago Bridge	27 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12 Lunch 12:15 Forever Fit Y 12:45 Bingo	28 10 Fit and Fabulous with Dr. Katz 12 Spring Luau Luncheon, PR 12 Bridge 1:30-3 Free Swim for Seniors Y 2 Hypnosis with Sonia
31 Memorial Day Senior Center Closed 	<div> <div> <div>K</div> <div>E</div> <div>Y</div> </div> <div> Activities take place at the Senior Center unless otherwise noted. OH Ogden House 100 River Road 203-762-8035 Y Wilton Family Y 404 Danbury Road 203-762-8384 WL Wilton Library 137 Old Ridgefield Rd. 203-762-3950 G The Greens 435 Danbury Road 203-761-1191 WM Wilton Meadows 439 Danbury Road 203-834-0199 VM Village Market Old Ridgefield Road 203-762-7283 NHC Nursing & Home Care 761 Main Ave. 203-762-8958 B Brookdale (formerly Sunrise) 96 Danbury Road 203-761-8999 LR Laurel Ridge 642 Danbury Rd. 203-438-8226 </div> </div>			

JUNE 2010

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	1 8:45 Watercolors OH 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 2 Chair Yoga OH	2 10 Tai Chi 10 Comstock Writers 12 Duplicate Bridge 12 Senior Center Lunch Honoring Volunteers OH	3 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 11-12 Blood Pressure Screening 12 Lunch 12:15 Forever Fit Y 12:45 Bingo 5:30 What is Emergency Angioplasty? G	4 9:30-11 Blood Pressure Screening OH 10 Jewelry Workshop 10 Fit and Fabulous with Dr. Katz 12 Bridge 1:30-3 Free Swim for Seniors Y
7 9:30 Hospice Volunteer Training 10:30 Line Dancing 11:30 Coffee and... 12 Scrabble/Chess 12:15 Forever Fit Y	8 8:45 Watercolors OH 9:30 Graphics Advanced 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 1 Comstock Knitters 2 Chair Yoga OH	9 9:30 RSVP 10 Tai Chi 12 Chicago Bridge 12 Lunch OH Guests: The Gentlemen Songsters	10 9:30 Graphics Advanced 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12 Lunch 12:15 Forever Fit Y 12:45 Bingo 5:30 Commission on Social Services	11 9:30 Excel Computer Course 10 Fit and Fabulous with Dr. Katz 12 Bridge 1:30-3 Free Swim for Seniors Y
14 9:30 Customize Your Word 2007 Program 10:30 Line Dancing 11:30 Coffee and... 12 Scrabble/Chess 12:15 Forever Fit Y	15 8:45 Watercolors OH 9:30 Use Windows Accessory "Paint" 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12 Duplicate Bridge 2 Chair Yoga	16 9-10:30 Blood Pressure Screening Y 9:30 Use Windows Accessory "Note Pad" 10 Tai Chi 10 Comstock Writers 12 Chicago Bridge 5:30 Managing your Weight G	17 9:30 Make Your Own Quick Part in Word 2007 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 11:45 Senior Council G 12:15 Forever Fit Y	18 10 Fit and Fabulous with Dr. Katz 9:30 Basic Excel Course 9:30-11 Blood Pressure Screening OH 12 Bridge 1:30-3 Free Swim for Seniors Y
21 10:30 Line Dancing 11:30 Coffee and... 12 Scrabble/Chess 12:15 Forever Fit Y	22 8:45 Watercolors OH 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12:30-2 Blood Pressure at VM 2 Chair Yoga OH	23 10 Tai Chi 10 Trip to Quassy Amusement Park 12 Chicago Bridge	24 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12 Lunch 12:15 Forever Fit Y 12:45 Bingo	25 10 Fit and Fabulous with Dr. Katz 12 Bridge 1:30-3 Free Swim for Seniors Y
28 8 Foxwoods Casino Trip 10:30 Line Dancing 11:30 Coffee and... 12 Scrabble/Chess 12:15 Forever Fit Y	29 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 2 Chair Yoga OH	30 10 Tai Chi 12 Chicago Bridge 12 Lunch and Bingo compliments of the Greens at Cannondale	Now that Spring is here, don't forget to WALK 10,000 STEPS A DAY.	

SENIOR CENTER

TAI CHI

Debbie Dong, owner and manager of Meridians Eastern Health Alternatives of Ridgefield and North Salem, NY, conducts the Tai Chi class. The lessons are taught in easy-to-absorb yet effective, short sets of motions (forms) appropriate for any age. Tai Chi involves 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.

SCRABBLE/CHESS

Come join the *Comstock Scrabblers* or play a game of chess on Monday afternoons in the Senior Center. If you love the challenge of these exciting games, please join us and come prepared to spend an enjoyable afternoon meeting fellow scrabble and chess enthusiasts.

COMSTOCK WRITERS GROUP



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

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)

RSVP helps people age 55 and older find volunteer opportunities to match their skills and interests. When you join RSVP, you choose your volunteer position. You make your own schedule. You call the shots. You also receive the benefit of staying active and meeting new people while having the satisfaction of knowing that you're using a lifetime of experience to make your mark.

COUNTRY WESTERN LINE DANCING

Gail Shapiro teaches this program, which is a great form of exercise and social interaction. Beginners as well as experienced dancers are welcome.

WEDNESDAYS AT OGDEN HOUSE

Local church and civic organization teams prepare delicious lunches each Wednesday for Wilton seniors at the Ogden House, 100 River Road. Following the lunch there is entertainment or an educational program for everyone's enjoyment.

JEWELRY WORKSHOP

Beads, beads, beads! Viola Galetta conducts workshop sessions once a month on jewelry making. No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Select materials to match your own style. Make gifts for relatives and loved ones. It's never too early to get started on birthday or holiday presents. Class size limited.

BOOK DISCUSSION SERIES

Barbara Jones from the Wilton Library prepares a wonderful reading series for each year. Lunch is served at noon following the discussion.

COMSTOCK KNITTERS

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



BRIDGE

Come to the Senior Center and join other seniors in a weekly afternoon of Bridge. Call Eleanor Mihailidis (203-762-8720) by the preceding Thursday if you want to play. Duplicate Bridge is offered on the third Tuesday of each month. Call Maureen Turnier (203-762-9386) to play.

Call the Senior Center (203-834-6240) for more information.

OPPORTUNITIES



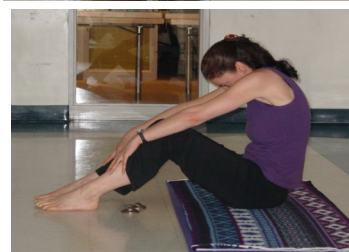
PLAY READING

Sherman Poultney and Andrea Ragusa lead a play reading and discussion group at the Senior Center on the first Monday of the month. Participants are invited to take a role or just read along and join in the discussion of each play afterward. Each play is available for pick-up at

the Senior Center prior to the Monday gathering date.

TUESDAY AND/OR THURSDAY YOGA

Denise O'Hearn, owner of Vibrant Moves here in Wilton, conducts this gentle yoga class that warms up the joints of your body, stretches and strengthens your muscles and helps your balance and focus. Classes include warm-ups, breath work (pranayama), yoga postures (asanas), relaxation and meditation.



THURSDAY LUNCH

Join other seniors for a delicious lunch prepared by Chef Karen White. Seating is limited. Reservations are necessary. Join us after lunch for bingo. Winners get "the pot" each game.

Visit the NEW Social Services website at

www.wiltonct.org

Click on Departments, then Social Services

Enjoy the benefits of exercise in a group setting designed for older

FIT AND FABULOUS

adults. This class will keep you smiling, feeling fit and primed for your everyday activities. You will be more energetic, reduce your joint stiffness, and improve your flexibility. This class combines a range of activities that include stretching, strengthening, flexibility, balance exercises, and light intensity aerobics. Work at your own pace and feel fabulously fit! Please wear comfortable well-fitting shoes and bring a water bottle to class. Exercises may be done sitting in a chair.

Instructor: Elizabeth Katz, Ph.D., National Academy of Exercise Science, Certified Trainer
When: Fridays, May 21-June 25, 10-10:45 a.m.
Where: Senior Center
Fee: \$5 per class

Hypnosis with Sonia



To awaken the sleeping teacher inherent in all of us, learn the simple steps of self-hypnosis with Sonia Katz. In a recent interview, Ms. Katz explained "It is a skill that can be easily understood and implemented into all aspects of your life. I have used this knowledge for over 40 years and want to share this with you. Join me for a workshop of fun and relaxation whatever your age or experience. This is a positive step to improving the quality of your life. After all, hypnosis is really focused concentration."

Ms. Katz studied hypnosis with Dr. Brian Weiss, author of Many Lives, Many Masters.

Ms. Katz will teach the basic steps on how to achieve relaxation through breathing techniques, guided meditation, and position. She will also instruct on how to plant the proper suggestions in the unconscious mind in order to achieve goals.

When: Fridays, May 14, 21, and 28, 2 p.m.
Where: Senior Center
Fee: \$5 per class

Check the activities on the calendars on pages 6 and 7.

Coming in the Fall...

Transportation for Seniors and the Visually Impaired - ITNCoastalCT



Helping seniors and the visually impaired remain in their homes and active in their communities is the goal of ITNAmerica, a national organization begun in Portland, Maine, after an older

driver struck the three-year-old son of founder Katherine Freud. Freud, realizing that the senior was driving his car to a doctor's appointment because he had no other transportation options, decided to find a way to make safe, dignified transportation available to older adults and the visually impaired who needed it.

ITNCoastalCT is one of sixteen affiliates across the nation that provide portal-to-portal, arm-in-arm transportation, 24/7, to seniors 60 years of age and older and to adults with visual impairments. It is a not-for-profit membership organization sustainable through user fares, grants and voluntary community support, covering a service area that includes the six communities of Easton, Fairfield, Norwalk, Weston, Westport and Wilton.

Participants may use the service to go anywhere, from lunch or dinner in Norwalk to a hairdresser appointment in Weston, a Quick Center performance in Fairfield, a visit to a friend in Easton, or shopping in Wilton or Westport. Individuals do not

have to stop driving or relinquish their driver's licenses or cars in order to take advantage of the new program. They may simply decide not to drive at night or in the ice, snow or rain. Whenever they find it necessary to move from the driver's seat to the passenger's seat, **ITNCoastalCT** will be there to help make the transition with ease, grace and dignity.

The total cost of each trip will be based on distance and whether or not a reservation has been made in advance. All members will have deposit accounts and monthly statements will be mailed. No money will change hands in the car; no tipping will be allowed. Reduced rates and scholarships will be available in cases of financial need.

The Southwestern Connecticut Agency on Aging, the United Way of Coastal Fairfield County and the Connecticut Department of Social Services have each awarded a \$25,000 grant to **ITNCoastalCT**. A part-time assistant project manager and a Westport office will advance **ITNCoastalCT** to its start-up phase this fall.

For further information, to become a member, to volunteer as a driver or to help raise funds, please contact Leslie Wolf, Project Manager, at 203-856-3737 or leslie2of8@aol.com.

Open Caption Performance at the Wilton Playshop

On Sunday, May 2, at 2 p.m., the Wilton Playshop on Lover's Lane will present *The Italian American Reconciliation: A Folk Tale* by John Patrick Shanley. As part of a celebration of the sixtieth anniversary of the Connecticut Speech-Language-Hearing Association. This twenty-third special production at the Playshop is designed for theatergoers who have hearing loss. Open Captioning enables the audience to view the dialog on a screen at the front of the stage as the actors on stage are saying their lines. A reception will follow the performance.

The Wilton Playshop production will run through May 8. For tickets call 203-762-7629.

Ogden House invites you to...

Watercolor Art, taught by Sandra Bacher, on Tuesday mornings at 8:45 a.m. Participants may enroll in the course at any time. Cost for Wilton residents: \$27 for six classes.

Chair Yoga, conducted by Liz Wendell, on Tuesday afternoons at 2 p.m. Liz combines breath and movement of the body incorporating twisting exercises and meditation. Drop-in fee: \$4 per class.

Decorative Painting, taught by Mary Barts, takes place on Mondays at noon. Painting is done in the folk-art style using contemporary products and techniques. Cost for Wilton residents: \$27 for six classes.

Please call Betty at 203-762-8035 to register.

NEW COMPUTER COURSES

Check out the new course descriptions on the enclosed brochure. There's something for everyone!!!

New! "Quick Picks"

These are 1 1/2-hour courses on a specific topic.

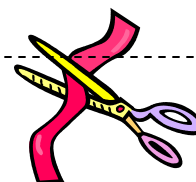
Use the form below to register. Class size is limited.

Register today!

Mail the form below and your check payable to TOWN OF WILTON to:

Comstock Computer Learning Center, Comstock Community Center,

180 School Road, Wilton, CT 06897



Name: _____

Address: _____

Phone: _____

E-Mail: _____

For information, please call Andrea Ragusa's voice mail at 203-762-8445 or 203-834-6410 and leave a message. Your call will be returned as soon as possible.

X	COURSE TITLE	DATES	Fee
	INTRODUCTION TO COMPUTER FUNDAMENTALS	May 10 and 14	\$25
	INTRODUCTION TO BASIC WORD (2007)	May 18 and 20	\$25
	WORD 2007 GRAPHICS	May 24 and 26	\$25
	ADVANCED GRAPHICS IN WORD 2007	June 8 and 10	\$25
	GETTING AROUND THE INTERNET	Call for dates.	\$35
	BASIC EXCEL	June 11 and 18 (9:30-Noon)	\$30
	CUSTOMIZE YOUR WORD 2007 PROGRAM	June 14	\$10
	USE WINDOS ACCESSORY "PAINT"	June 15	\$10
	USE WINDOWS ACCESSORY "NOTE PAD"	June 16	\$10
	MAKE YOUR OWN QUICK PART IN WORD 2007	June 17	\$10

"The Area's Premier Assisted Living Community"

AT CANNONDALE
The Greens

*Printing costs for this issue of
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generously underwritten by*

BULK RATE
U.S. POSTAGE PAID
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WILTON, CT

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

GUIDE TO SENIOR SERVICES

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

Lauren Hughes 203-834-6238
Coordinator, Senior Services

Lizabeth Doty 203-834-6240
Coordinator, Senior Activities

Andrea Ragusa .. 203-762-8445 or 203-834-6410
Comstock Computer Learning Center

Sharon Powers 203-834-6238
Office Assistant

Meals-on-Wheels 203-762-0566

Dial-A-Ride 203-834-6235

Town-to-Town 203-299-5180

FISH (medical transportation) 203-834-3737

AARP 203-866-0435

RUOK (Are You OK?) 203-834-6238 or 834-6260

Mid-Fairfield Hospice 203-762-8958

Nursing and Home Care 203-762-8958

Parks and Rec Department 203-834-6234

Quassy Annual Picnic

June 23, 10 a.m. to 3 p.m.

Quassy Amusement Park

Lunch includes

*Baked Scrod, Chicken Francais, Baked Potato,
Tossed Garden Salad, Mixed Vegetables, Hot Rolls,
Beverages, and Cake*

Featuring

Island Rhythm of John Banker

Quassy Queen Cruise

Horseshoes, Bocce

All-Day Ride Pass

**\$40 includes lunch and transportation
from the Wilton Senior Center**

Reservations: 203-834-6240 by June 1