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Wilton Commons Breaks Ground



Pictured above (left to right): Paul Haynes, President, Haynes Construction; Buck Griswold, Campaign Manager, Wilton Commons; Catherine Smith, Commissioner, State of Connecticut, Department of Economic and Community Development; Ken Dartley, Board Member, Wilton Commons; Dannel P. Molloy, Governor, State of Connecticut; William F. Brennan, First Selectman, Town of Wilton; George Ciaccio, Chairman, Wilton Commons; Jim Evans, Architect, Evans and Contadina; and Lynn Haig, Chairwoman, Mutual Housing Authority Board of Directors. *Photo by Capitol PhotoInteractive*

Wilton Commons, Inc., together with the Mutual Housing Association of Southwestern Connecticut, Inc. (MHA), Governor Dannel P. Malloy and Wilton First Selectman William Brennan, broke ground on Wilton Commons Phase I on Wednesday, April 11.

Wilton Commons Phase I, a 51-unit affordable senior living community, will offer qualifying seniors one-bedroom apartments and amenities including on-site staff, social events and activities, and handicapped accessibility. Construction is expected to be completed in the summer of 2013. "Under the leadership of George Ciaccio and the Wilton Commons, Inc., Board, two local miracles happened to make this groundbreaking a reality," said MHA Ex-

ecutive Director Nancy Hadley. "First, the Town provided land with a long-term ground lease for the buildings to be constructed. Second, over 200 local Wilton individuals, families and businesses raised contributions of \$5 to \$150,000 to fill a \$2 million funding gap. This is incredible. Here the good people of Wilton are helping their own seniors."

Over a decade ago, Wilton Commons, Inc. discovered that over 2,145 or 12.2% of Wilton's population in 2000 were 65 years of age or older with 233 of those seniors having already applied for Wilton's Elderly Property Tax Relief program. From this need for an affordable and mutually

Continued on page 2

Continued from page 1

beneficial solution arose Wilton Commons, Inc., a non-profit, grassroots venture organized by George Ciaccio and a 16-strong committee of concerned citizens. Their goal over the past ten years has been to raise funds and convince their legislators and fellow Wilton residents that there is a need for affordable senior housing.

In addition to securing funding, Wilton Commons, Inc., entered into an 85-year lease agreement with the Town of Wilton, securing a 4.8 acre parcel of land just north of the Wilton Teen Center for \$1 per year, a commitment valued at over \$2 million. "The Town and its citizens recognized that making 4.8 acres of land available for Wilton Commons had the potential to make this project feasible," Wilton First Selectman William Brennan said. "Wilton will serve as a model in our state and in other communities by utilizing a public-private partnership approach to make the dream of an affordable senior living community a reality."

The total project cost is over \$10 million and is being funded by \$2.6 million from the National Equity Fund, \$2.1 million from Connecticut Housing Finance Authority (CHFA), \$3.2 million secured by the State of Connecticut Department of Economic and Community Development (DECD), and over \$2 million raised from more than 200 contributors by Wilton Commons, Inc., under the leadership of E. Bulkeley Griswold. "For far too long we turned our backs on developing affordable housing to allow our citizens to remain in their commu-

nities when they grew older," Governor Malloy said. "We must restore state funding so our citizens can feel good about staying in the communities where they raised their families."

Wilton Commons' developer is the Mutual Housing Association of Southwestern Connecticut, Inc. The architect is Evans and Contadino Associates in Stamford. Haynes Construction Company in Seymour is the project's contractor.

"Our seniors will have affordable, attractive, safe, easily-accessible homes and a built-in community that includes friends and neighbors," Ciaccio said. "Just imagine what Wilton Commons will mean to the more than four dozen individuals and couples who will move in."

The Wilton Commons Board has formed a resident selection committee as this development is financed using Low Income Housing Tax Credits. The Internal Revenue Service regulations will guide the resident selection process. A formal announcement of the resident selection process will be made in early summer 2012.

A second phase of 23 units, estimated to cost an additional \$4.6 million, will include congregate services and will be completed when congregate elderly capital funding becomes available through Governor Malloy's housing initiative. For more information, visit www.WiltonCommons.org.

Garden Festival at The Greens on May 19

On Saturday, May 19, from 2:30 p.m. to 4:30 p.m., be prepared to have an afternoon to remember. The Garden Festival at The Greens at Cannondale is a free, family-friendly Open House and an inspiring experience for nature lovers of all ages.

You'll see our new indoor greenhouse with its stand-up garden of fragrant herbs and its sparkling fountain. You'll be among the first to enjoy the local debut of Bird Tales, a program presented by the Audubon Society, with a guided tour along our path of arbors, shrubs, and flowers that make The Greens at Cannondale a bird-friendly habitat.

Garden enthusiasts will demonstrate new ideas in flower arranging. A horticulturist/therapist will describe how plants and gardening enrich the lives of seniors.

There will be flowers and plants for sale, refreshments, and entertainment. Youngsters will be shown how to plant pineapple tops, and everyone will learn how to make gardens, large or small, attract a variety of birds. Proceeds will be donated to the CT Alzheimer's Association. Please RSVP to The Greens at Cannondale, 435 Danbury Road, 203-761-1191 by May 15.

Community Health Series

The Greens at Cannondale will host the Community Health Series under the auspices of Norwalk Hospital. Presentations take place at the Greens at Cannondale, 435 Danbury Road, Wilton. Dinner is served at 5:30 p.m. Presentations begin at 6:00 p.m. Reservations required: 203-761-1191.

May 2 – Advances in the Treatment of Macular Degeneration by Jeffrey L. Oberman, M.D., Chief of Ophthalmology, Norwalk Hospital

Macular degeneration in the elderly is a major cause of blindness and visual impairment. The macula in the retina helps us read but can deteriorate with age causing blurred or distorted vision. Dr. Oberman will explain the types of macular degeneration, causes, symptoms and latest treatments.

May 9 – Sleep Disorders and Aging: Sleep Apnea, Sleep Deprivation, Restless Legs and More by Christopher Manfredi, D.O., Director of the Norwalk Hospital Sleep Disorders Center, 520 West Ave., Norwalk

Many people suffer from sleep disorders as they age. In addition to affecting overall quality of life, sleep problems can lead to health problems, motor vehicle accidents and depression. Insomnia affects one-third of adults and can become a chronic problem. People with insomnia complain of unrefreshing sleep or difficulty initiating or maintaining sleep. Sleep apnea is a condition associated with snoring and daytime drowsiness. This problem affects approximately nine percent of the adult male population and four percent of women. Narcolepsy is characterized by uncontrollable attacks of sleepiness. The good news is that help is available, and Dr. Manfredi will elaborate during his presentation.

May 16 – Are You at High Risk for Falls? Fall Prevention in the Elderly by Michael Marks, M.D., M.B.A., Vice President, Business Development, Norwalk Hospital; President, Norwalk Hospital Physicians & Surgeons

Falls are a leading cause of injury among older adults. Indoor falls are often associated with those who are frail and lead sedentary lifestyles, while outdoor falls are linked to those who are more active. According to Dr. Marks, some simple measures, such as understanding the side effects of medications and "fall-proofing" your home, can help keep you safe.



The Bows Have It!

Nancy Valente assists Helen Dawley in making a gift bow. Nancy demonstrated her bow-making tool for seniors gathered in the lounge at the Senior Center on April 2. Nancy's kit also includes a plastic container for ribbon spools and storage space for package embellishments.

EASE THE DISTANCE

Join care manager Laura Switzer, LCSW, and Eloise Barron, Director of Community Health and Wellness for the Ridgefield Visiting Nurse Association, at the Ogden House in Wilton on Wednesday, May 2, at 12:45 p.m. for their presentation on how to "Ease the Distance" between you and your adult children.



Laura Switzer, LCSW

If you are over 50, you need to have the conversation with your children about issues you will inevitably face as you age. Denying or "going it alone" could result in others making decisions for you and alienate the very people you care most about – your children. Find out about legal and financial papers needed; learn about Wilton's aging in place program and transportation options; start looking at other housing options should you not be able to stay in your home or need a place to rehabilitate. Get documents in order, get educated, and then share what you learn with those you love.

Laura Switzer is a geriatric care manager for the Ridgefield Visiting Nurse Association. For over 20 years she has helped families navigate the financial maze and healthcare systems for older seniors. She provides assistance to seniors and their families, consulting with those facing life changes and directing seniors to appropriate community resources.

Compassionate Communication: Connecting With Memory-Impaired Adults

A free workshop for caregivers and loved ones of those with memory impairment will be offered by Visiting Nurse & Hospice of Fairfield County on Tuesday, May 22, from 5:30 p.m. to 7:30 p.m. at 761 Main Ave., Suite 114, Norwalk. At this workshop you will learn:

- Practical approaches to improved communication with the goal of reducing stress and improving the overall quality of life for both the person with memory impairment and the caregivers.
- Important communication techniques including non-verbal gestures & touch.
- How to manage difficult behaviors and ensure safety in the home.
- Stress reduction techniques.

Facilitated by Dawn Pelazza, RN, Paraprofessional Supervisor with Visiting Nurse & Hospice of Fairfield County. Ms. Pelazza has been in the healthcare field for over 20 years. She is also a Dementia Educator for the Alzheimer's Association Education Conference Committee.

Refreshments will be offered. Space is limited. Please call 203-762-8958 to register.



BLOOD PRESSURE SCREENINGS

Complimentary and open to the public.
Sponsored by Visiting Nurse & Hospice

Wilton Senior Center, 11 a.m. to noon
Thursdays, May 3 and June 7

Village Market, 12:30 p.m. to 2 p.m.
Tuesdays, May 22 and June 26

Wilton Family Y, 9 a.m. to 10:30 a.m.
Wednesdays, May 16 and June 20

VISITING NURSES TEAM UP WITH DR. COUTURE TO PRESENT PROGRAM ON BONE HEALTH

May is National Osteoporosis Awareness and Prevention Month, and Visiting Nurse & Hospice of Fairfield County is teaming up with the Wilton Senior Center and Western Connecticut Health Network to present **Bone Up on Bone Health!** on Wednesday, May 16, at 12:45 p.m. at Ogden House, 100 River Road. The program, free and open to the public, will be presented by Dr. Carolyn Couture, a Wilton internist.



Dr. Carolyn Couture

"Osteoporosis is a major health threat that, if left untreated, can lead to significant disability due to fractures, immobility and pain," says Couture. "However, these problems can be largely prevented through proper prevention, diagnosis and treatment."

Dr. Couture will review risk factors for osteoporosis, how the disease can be prevented, and what to do if you are diagnosed with osteopenia or osteoporosis. The program will also include a demonstration of bone strengthening exercises by Julienne Camhi, Health Fitness Specialist with Visiting Nurse & Hospice of Fairfield County.

"A recent survey indicated that only 50 percent of adults recognized exercise as a method of osteoporosis prevention," notes Couture.

Participants will take a short bone health assessment. There will be giveaways and lunch is available at noon for \$3. For more information about the program and to register, call Lizabeth Doty at 203-834-6240.

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

Volunteers to be Honored on June 6

On Wednesday, June 6, the Wilton Senior Center will honor its volunteers at a noon luncheon at Ogden House.

The Senior Center has come a long way since 1973 when it was in a basement room in Center School and designated the Adult Social Center. In the years following, Adele MacGregor and Dot Tracey initiated a program of weekly luncheons prepared and served by the Wilton Presbyterian, Zion's Hill Methodist, Wilton Baptist, and Our Lady of Fatima churches. The Woman's Club supported the early venture by arranging programming for lunch-

where or how large the Senior Center was. So often we shy away from naming names because we're afraid of missing someone. Instead, we give a list of generic "thank you's" which fails to identify specific people or activities. This year we would like to "name names" and "name activities" in order to spotlight the contributions of many individuals in our community. Whether it be for leading a book discussion, giving a series of talks, planting flowers, painting, conducting



Ed Raposa



Tony Ragusa



Leslie Hinshaw

goers. Cis Cohen was named the first official volunteer director. Dorothy Wright and Jody Heussner followed in her footsteps.

The group moved to Ogden House in 1983 where they paid rent to use the great room, library, kitchen, and craft room for activities and then to Comstock Community Center in 1992. Here one room was dedicated to the Senior Center. Several years later, the name changed from Wilton Adult Center to Wilton Senior Center. The first town-employed coordinator, Marie Key, was hired in 1990 for 14 hours. Usage of the Senior Center increased under the direction of successor coordinators Tessa Donnelly and Jan MacEwen. Lizabeth Doty became the first full-time coordinator in 2002.

Over the past decade dreams of a new Senior Center facility, either as part of a new and improved Comstock Community Center or as a stand-alone building on School Road, have come and gone. There has been one constant in all the years of transition: the volunteers. These volunteers have contributed time and talent regardless of

an activity, or preparing a meal. Heartfelt thanks to Maureen Canary, Barbara Jones, Kathy Leeds, Miwako Ogasawara, David Ostergren, Ray Rauth, Judson Scruton, William Ziegler, Karen Tartell, Marge Anderson, Doris Majesky, Julie Fingeret, Sheryl Ryder, Ed Raposa, Dinah Reilly, Chris Anastasio, Ellen Mann, Jan MacEwen, JoAnne Loggiarto, Georgann Hoffman, Maria Vocke, Ximena Holzer, Dee Dee Fleitz, Pat Wernig, Julie West, Leslie Hueglin, Sally Pinkham, Tricia King, Barbara Hagani, Betsy Pettit, Joyce Ploder, Anita Kaplan, Kelly Healy, Carol Pinto, Lisa Spung, Chris Miller, Nea Martin, Laurie Mortensen, Gladys O'Neil, Sharon Sobel, Leslie Hinshaw, Melinda Wolcott, Judy Zucker, Inta Adams, Jerry Holdridge, Anne Richards, Peg Koellmer, Catherine Myers, Andrea Ragusa, Magdalene Livesey, David Petry, Eleanor Mihailidis, Tony Ragusa, Kay Chann, Sherman Poultney, Ned Greene, Navine Michaels, Del Overby, Sally Pinkham, Judy Rin, Daisy Smith, Maureen Turnier, Elizabeth Volatile, Mary Jo Zieman, Irla Landry, Lois Bruce, ...to be continued...

—Lizabeth Doty

ANNUAL TOWN MEETING on May 1 Adjourned Voting on May 5

May 1, Annual Town Meeting, 7:30 p.m., Clune Center Auditorium, Wilton High School

May 5, Adjourned Town Meeting Vote, 8 a.m. to 6 p.m., Clune Center Lobby, Wilton High School

Those eligible to vote in Wilton's Annual Town Meeting include:

- All registered voters, regardless of whether or not they own property in town.
- U.S. citizens—resident and nonresident—liable to the town for taxes on assessments (real property or motor vehicle) of at least \$1,000 on the October 1, 2011 Grand List. If you purchased property after October 1, 2011, you must be a registered voter to cast a ballot at the Annual Town Meeting.
- In all cases, you must be at least 18 years old and a U.S. citizen to vote. Don't forget to bring your ID.

We will be voting on the complete budget for the town and schools. There will also be six bonding questions this year.

You may register to vote at the Wilton Town Hall, Monday through Friday, from 8:30 a.m. to 4:30 p.m. Call 203-563-0111 to request a mail-in application, or download a voter registration application from the Wilton website <http://www.wiltonct.org>. If you wish to vote at the Town Meeting, the in-person voter registration deadline is May 1. Absentee ballots will be available from the Office of the Town Clerk at the Wilton Town Hall beginning on Wednesday, May 2, through Friday, May 4, from 8:30 a.m. to 4:30 p.m.



Instructor Dave Petry traces the route of Sherman's army as it makes it way to Savannah during the Civil War. This spring the Senior Center hosted the first of a series of media presentations on the battles of the Civil War. The next installment will take place in the fall.

COMSTOCK COMPUTER LEARNING CENTER

180 School Road
203-762-8445

Andrea Ragusa, Coordinator
Classes from 9:30 a.m. to 11:30 a.m.



Computer Fundamentals

This introductory course is for those with limited or no computer experience who would like to test the waters. It will include turning the computer on and off, using the mouse and keyboard, understanding the meaning of simple computer terms, opening and closing a program, and using the desktop. This is excellent preparation for Beyond Beginners Word 2007/2010. May 21 and 23, \$25.

Beyond Beginners—Word 2007/2010

Step into the present to acquaint yourself with the Word 2007 program. It has a different appearance from the Word version you may have been using. The familiar toolbars and menus from previous versions of Word are gone! This course will explore the Word Window, Office Button, Terminology, Ribbon Organization, Quick Access Toolbar, Document Views, plus commonly used features in Word. You will learn how to do the same things you've always done such as entering, changing, deleting, copying, pasting, underlining, aligning, saving, as well as inserting a bullet or number in text in a Word 2007 environment. May 29 and 31, \$25.

Organize Your Memoir Research and Prepare it for Publication

Become an Author! This course will provide comprehensive information as to options for printing when preparing a memoir for print in book form. It will outline how to set up your copy in order to have continuity among the pages, graphics to enhance the book's material, and practical points which will save you money when you take the manuscript to a professional printer or local UPS Store. This is not a research course; it is a workshop to help you organize before you get started. June 11 and 13, 9:30 a.m. to noon, \$25.

Follow-Up Memoir Class

This class is only for those who have taken Organize Your Memoir Research. June 20, \$15.

MAY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
May 19 Musical at Wilton High School 5:00 p.m. Special seating for seniors. Call the Senior Center for more information.	1 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH 6:30 Caregiver Group LR 7:30 Annual Town Meeting	2 9:30 RSVP 10:00 Tai Chi 10:00 Comstock Writers 12:00 Duplicate Bridge 12:00 Lunch OH Program: Ease the Dis- tance 1:30 Mah Jongg 6:00 Advances in Macular Degeneration G	3 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg 6:00 Arthritis Treatments B	4 10:00 Jewelry Workshop 10:00 Move, Strengthen, and Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
7 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie: Strangers on a Train 12:30 Play Reading with Andrea	8 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH 2:00 RSVP Volunteer Recognition Gathering	9 9:30 RSVP 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH Program: Gentlemen Songsters 1:30 Mah Jongg 6:00 Sleep Disorders G	10 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg 5:30 Social Service Commission	11 10:00 Move, Strengthen, and Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
14 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie: Adam's Rib	15 Deadline for Elderly Tax Relief Filing 9:00 Enhance Fitness 10:30 Chess 10:30 Pool/Billiards 11:00 Yoga 12:00 Duplicate Bridge 2:00 Chair Yoga OH	16 9-10:30 Blood Pressure Screening Y 9:30 RSVP 10:00 Comstock Writers 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH Program: Dr. Carolyn Couture Bone Health 1:30 Mah Jongg 6:00 Fall Prevention G	17 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 12:00 St. Matthew's Lunch 1:30 Mah Jongg	18 10:00 Move, Strengthen, Stretch 10:30 Sketching and Painting with Viola 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y <i>Tomorrow: 10:00, Hear- ing Loss Meeting; 2:30, Garden Festival G</i>
21 9:15 Enhance Fitness 9:30 Computer Funda- mentals 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie: I Confess	22 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2 Blood Pres- sure Screening VM 2:00 Chair Yoga OH 5:30 Compassionate Communication VNH	23 9:30 RSVP 9:30 Computer Funda- mentals 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH Program: The Treble- makers 1:30 Mah Jongg	24 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	25 10:00 Move, Strengthen, and Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y
28 Memorial Day Senior Center Closed 	29 9:00 Enhance Fitness 9:30 Beyond Beginners Computer 10:30 Pool/Billiards 11:00 Yoga 2:00 Chair Yoga OH	30 7:00 NY Trip 9:30 RSVP 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH Program: Kristen Cu- sato, Alzheimer's Assn. 1:30 Mah Jongg	31 9:00 Enhance Fitness 9:30 Beyond Beginners Computer 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	KEY to the calendars on page 8.

JUNE 2012

Monday		Tuesday		Wednesday		Thursday		Friday	
KEY	OH	Ogden House	100 River Road	203-762-8035	<i>Events are held at the Senior Center unless otherwise indicated.</i>	1 10:00 Move, Strengthen, Stretch 10:00 Jewelry Workshop with Viola 12:00 Bridge 1:30-3 Free Sr Swim Y			
	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	96 Danbury Road	203-761-8999					
LR	Laurel Ridge	642 Danbury Rd.	203-438-8226						
4 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie: Guys and Dolls 12:30 Play Reading with Andrea		5 9:00 Enhance Fitness 10:30 Pool/Billiards 10:30 Chess 11:00 Yoga 2:00 Chair Yoga OH		6 9:30 RSVP 10:00 Comstock Writers 10:00 Tai Chi 12:00 Duplicate Bridge 12:00 Volunteer Lunch OH 1:30 Mah Jongg		7 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg		8 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y	
11 9:15 Enhance Fitness 9:30 Organize Your Memoirs 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie: Woman of the Year		12 7:00 Philadelphia Trip 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 1:00 Comstock Knitters 2:00 Chair Yoga OH		13 9:30 RSVP 9:30 Organize Your Memoirs 10:00 Tai Chi 12:00 Lunch OH Program: Patriotic Songs with Bill Kohler 1:30 Mah Jongg		14 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 12:00 St. Matthew's Lunch 1:30 Mah Jongg 5:30 Social Service Commission		15 9:30-11 Blood Pressure Screening OH 10:00 Move, Strengthen, Stretch 10:30 Sketching and Painting with Viola 12:00 Bridge 1:30-3 Free Sr Swim Y	
18 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, The Manchurian Candidate		19 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 10:30 Chess Lessons 12:00 Duplicate Bridge 2:00 Chair Yoga OH		20 9-10:30 Blood Pressure Screening Y 9:30 Organize Your Memoirs Follow-Up 9:30 RSVP 10:00 Tai Chi 10:00 Comstock Writers 1:30 Mah Jongg		21 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 11:45 Wilton Senior Council B 1:30 Mah Jongg		22 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y	
25 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie: A Hole in the Head 1:00 Comstock Knitters and Crafters		26 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure VM 2:00 Chair Yoga OH		27 9:30 RSVP 10:00 Tai Chi 1:30 Mah Jongg		28 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg		29 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y	

NEWS YOU CAN USE...

PLAY READING, 12:30 p.m.

Monday, May 7 - *The Playboy of the Western World* by John Millington Synge (Part 2) will be moderated by Andrea Ragusa. The play focuses on the reception given to Christy Mahon as he wanders into a small Irish village, declaring that he has just murdered his father. The villagers initially embrace Christy, determining that his courageous act has made him "the playboy of the western world." Their vision of him, however, soon changes.

Monday, June 4 - *The Circle* by W. Somerset Maugham will be moderated by Andrea Ragusa. Lady Kitty had abandoned her stuffy life with a titled husband to run away with a young adventurer. She watches as her daughter Elizabeth entangles herself in the same situation Lady Kitty had encountered thirty years before. Despite her experience, Lady Kitty is unable to convey to Elizabeth the sorrow, pain, and heartaches she herself has encountered. This play represents a lasting contribution to the theatre by an important twentieth-century writer. Call 203-834-6240 to sign up.

SKETCHING AND PAINTING FOR ALL

Discover the hidden talent you may have. Viola Galetta will instruct beginners in the basics of drawing still life, landscape, and even portrait. Students will experiment with acrylics and water colors in a relaxed atmosphere. No experience necessary. Please bring a sketchpad and soft pencil.

Date: May 18 and June 15 at the Senior Center

Time: 10:30 a.m. to noon

Fee: \$10 drop-in fee per class

BOOK DISCUSSION

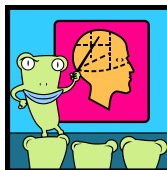
Tuesday, May 22, 11:00 a.m. at the Senior Center

Discussion Leader – Barbara Jones

Every Day by the Sun: A Memoir of the Faulkners of Mississippi by Dean Faulkner Wells

In this memoir Dean Faulkner Wells tells the story of the Faulkners of Mississippi whose family included pioneers, war veterans, murderers, the builder of the first railroad in north Mississippi, the founding president of a bank, four pilots (all brothers) and the Nobel Prize winner, William Faulkner. She examines the close relationship between William Faulkner and her father, Dean Swift Faulkner, a barnstormer who was killed in an airplane accident four months before she was born. After the tragedy, William Faulkner (who

had given his brother the airplane) helped to raise his niece. The book offers a rare glimpse into a very private family and into the culture and society of Oxford, Mississippi, from the 1920's to the civil rights era. Lunch (\$3) at noon. Call 203-834-6240 for reservations.



ST. MATTHEW'S LUNCHEON

St. Matthew's Episcopal Church, 36 New Canaan Road, will serve its next senior luncheons on May 17 and June 14. May's featured topic is "Brain Agility: Keeping a Healthy & Youthful Brain."

Fitness for your brain? You bet! Learn how simple it is to keep your brain healthy through daily "workouts." This topic is presented by Elaine Abrams, MPH, RN, CHES, Registered Nurse & Certified Health Educator, and Marcie Link, LCSW, Clinical Social Worker, both with Visiting Nurse & Hospice of Fairfield County. These luncheons are open to all seniors. To make your lunch reservation, please call Ellen Lewis at 203-762-7400. Donation: \$3

OGDEN HOUSE

Liz Wendell teaches gentle chair yoga on Tuesdays from 2:00 p.m. to 3:00 p.m. in the Ogden House living room. The exercises focus on breathing and body movement while integrating mind and body through meditation. Come any Tuesday. Fee: \$3 per class. New students welcome. Call Betty at 203-762-8035.



A Day to Remember! Maggie Robertson, WHS year-book editor, and Ellen Nolan, a 45-year resident of Wilton, pose for the camera. Mrs. Nolan, whose four children graduated from Wilton High school, participated in a day of fine arts at the school on April 5. This was the second annual gathering at which the senior citizens were honored by the Fine and Performing Arts Departments for their contributions to the town of Wilton.

Photo by Ann McDonald

NEWS YOU CAN USE...

MOVE, STRENGTHEN, AND STRETCH

Attention, active seniors! Visiting Nurse and Hospice brings Julianne Camhi to the Senior Center on Friday mornings from 10 a.m. to 11 a.m. until the end of June. Each class combines light aerobic movement for heart health with light weights for strength and gentle stretching to tone your body. Move at your own pace. Fee: drop-in, \$3 per class.

ENHANCE FITNESS

Wilton Family Y brings the Enhance Fitness program to the Senior Center. The one-hour class includes 30 minutes of endurance-type activity and specific strengthening exercises for legs, trunk, arms and shoulders. Enhance Fitness helps to maintain and enhance cardio-respiratory fitness, muscle strength, balance and flexibility.

The morning class is taught by Denise Suarez and Leslie Hinshaw, instructors at the Wilton Y. It takes place on Monday (9:15), Tuesday (9:00), and Thursday (9:00). Fee: drop-in, \$3 per class.

HEALTH CENTER AT MEADOW RIDGE

Each year, the U.S. government rates health centers and skilled nursing facilities throughout the nation based on a five-star rating system. Only a few health

centers in the Fairfield County area hold top ratings. The Health Center at Meadow Ridge has received the prestigious five stars. The Skilled Nursing Center provides short-term rehabilitation and long-term nursing care on a Medicare and private pay basis. If you are planning a joint replacement, why not schedule a tour of the Health Center's short-term rehabilitation facility. Call Carol Burns at 203-544-7733, ext. 509.

HEARING LOSS ASSOCIATION

On Saturday, May 19, the Hearing Loss Association of America, Southwestern CT Chapter will present a round table discussion on "Surviving the Stress of Hearing Loss" from 10 a.m. to noon at the United Covenant Church, 68 Westport Road, Wilton. For more information visit <http://www.heareez.org> or call Alan Gould, President, at 203-762-8269.



RSVP HONORS VOLUNTEERS MAY 8

Established in 1971 and now one of the largest senior volunteer organizations in the nation, RSVP engages more than 296,000 people age 55 and older in a diverse range of volunteer activities. In our local community, Wilton volunteers work with RSVP Coordinator Del Overby who, for over 35 years, has been coordinating volunteers and volunteer opportunities. Wilton RSVP members volunteer at the library for the book sale, assist with Kindergarten registration, facilitate the flow of people at the flu clinics, read to children in Norwalk, direct traffic for the Norwalk Wilton Tree Alliance, assist with surveying people, volunteer at the Turnover Shop, make handcrafted items for clients of Visiting Nurse and Hospice, NEON, and Family and Children's Agency and volunteer with the ambulance corps.

This year, the Volunteer Recognition gathering will take place at the Senior Center on May 8 at 2:00 p.m.

SCRABBLE AND CHESS

Want to get together with others who enjoy the challenges of playing scrabble or chess? Come to the Senior Center on Mondays at noon. The Game Room is ready and waiting along with deluxe scrabble and chess sets.

MOVIE TIME

Movie Time is back! Bring a brown bag lunch and enjoy a movie in the comfort of the new Senior Center Lounge on Mondays at noon. Movie titles are listed in the calendars on pages 7 and 8.



Comstock Knitters and Crafters Barbara Holdridge, Andrea Ragusa, and Florence Messemer peruse yarn donated to the Senior Center. Members of the group distribute the yarn to community organizations who knit for charity.

NEWS YOU CAN USE...

LAUREL RIDGE, 624 Danbury Road, Ridgefield

On Tuesday, May 1, from 6:30 p.m. to 7:30 p.m. a Caregiver's Support Group meets at Laurel Ridge, 624 Danbury Road, Ridgefield. This group is for individuals caring for someone with Alzheimer's disease or other forms of dementia. Caregivers come together and share information, give and receive mutual support, and exchange coping strategies. RSVP 203-438-8226.

On Wednesday, May 16, the public is invited to a "Continent to Continent Journey Travelogue" presentation by Nancy Ratan at 2:30 p.m. Light refreshments will be served. RSVP Bonnie Leavy-Mello at 203-438-8226.

BROOKDALE PLACE, 96 Danbury Road, Wilton

On Thursday, May 3, at Brookdale Place Wilton, 96 Danbury Road, Wilton, from 6 p.m. to 7:15 p.m. Hope Street Pharmacy will present "Arthritis – Newest Treatment Guidelines." Grzegorz Rdzak, PharmD, will discuss the current state of the disease and how to prevent it together with an overview of medications used in treatment. A light dinner will be provided at 6 p.m. before the presentation. RSVP to Christy Perone at 203-761-8999.

PARKS AND RECREATION TRIPS ON YOUR OWN

Sunday, May 20, Boston On Your Own

Let us drive you to Boston where you can sightsee and shop at Quincy Market. Enjoy this leisurely day on your own. Depart from Comstock at 7 a.m.

Wednesday, May 30, New York On Your Own

Spend the day in the city on your own where you can shop, visit museums, or just walk around and take in the sights. Drop off is at the Metropolitan Museum or at mid-town Manhattan. Depart from Comstock at 9 a.m.

Tuesday, June 12, Philadelphia On Your Own

Enjoy the history this old city offers: the Liberty Bell, Independence Hall, the Betsy Ross House and more. Visit the Philadelphia Museum of Art, the Rodin museum, Franklin Institute or the Natural History Museum... all within walking distance of each other. Depart from Comstock at 7 a.m.

Transportation for each trip:
Wilton resident, \$25; Non-resident, \$35.

See the Parks and Rec brochure at www.wiltonparksandrec.org

Elderly and Disabled Tax Relief Deadline, May 15

by David Lisowski, Town Assessor

Elderly Wilton homeowners and totally disabled homeowners who have NOT yet applied for tax relief benefits on their July 2012 tax bills are reminded that Tuesday, May 15, 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 cannot exceed \$75,000. Proof of income must accompany the application in the form of a completed 2011 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.

BRIDGE GROUPS

If you would like to join other seniors in an afternoon of bridge from noon to 3 p.m., call the organizers listed below:

Duplicate Bridge: First Wednesday 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.

DUPLICATE BRIDGE WITH DAN: Wednesdays (except the first Wednesday of the month) 10:00 a.m. to 12:30 p.m., \$5 per session. Dan DeVlieg will supervise. This is not a sanctioned game.

SUPERVISED BEGINNERS: Fridays, 1:30 p.m. to 3:30 p.m., \$10 per session. Dan DeVlieg will supervise. Reservations required. Call Elizabeth Doty at 203-834-6240.

CODE RED™

Emergency Communication Made Easy.

Code Red, through Emergency Communications Network (ECN), allows citizens to be notified about a public emergency. It also sends on-going messages updating citizens on the status of emergency operations. Code Red Messages will be sent at 10 a.m. and 5 p.m. daily during an emergency.

1. Register on the Town of Wilton website. Go to www.wiltonct.org and click on the words "Code Red" in the far left column. Follow the instructions after you fill in the appropriate information on the community notification enrollment form —OR—
2. Call the Code Red telephone line at the Senior Center. Just call 203-834-6410 and leave your information on the voice mail.

REGISTER TODAY!!!

GUIDE TO SENIOR SERVICES

Catherine Pierce203-834-6238
Director, Social Services, and Municipal Agent for the Elderly

Lauren Hughes203-834-6238
Coordinator, Senior Services

Lizabeth Doty203-834-6240
Coordinator, Senior Activities

Andrea Ragusa203-762-8445
Comstock Computer Learning Center

Sharon Powers203-834-6238
Office Assistant

Code Red Registration203-834-6410

Meals-on-Wheels203-762-0566

Dial-A-Ride203-834-6235

Town-to-Town203-299-5180

FISH (medical transportation)203-834-3737

AARP203-866-0435

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

Visiting Nurse & Hospice203-762-8958

Parks and Rec Department203-834-6234

Wilton Family Y203-762-8384

Wilton Library203-762-3950

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

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