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## COMSTOCK RENOVATION PROJECT

The primary goal of the Comstock renovation project is to extend the useful life of this community facility and town asset for another twenty years.

Now home to the Wilton Senior Center and the Wilton Food Pantry while providing offices and program space for Wilton's Parks and Recreation Department and Department of Social Services and also serving as a primary emergency center of the Town, the building (or more precisely 77.5% of it) was constructed in 1955 and 1957 as the Strong Comstock School. That 1950's portion is essentially unchanged since built. In 1997 a two-story addition was constructed. A new roof has recently been completed, Wi-Fi technology provided, and a generator installed.

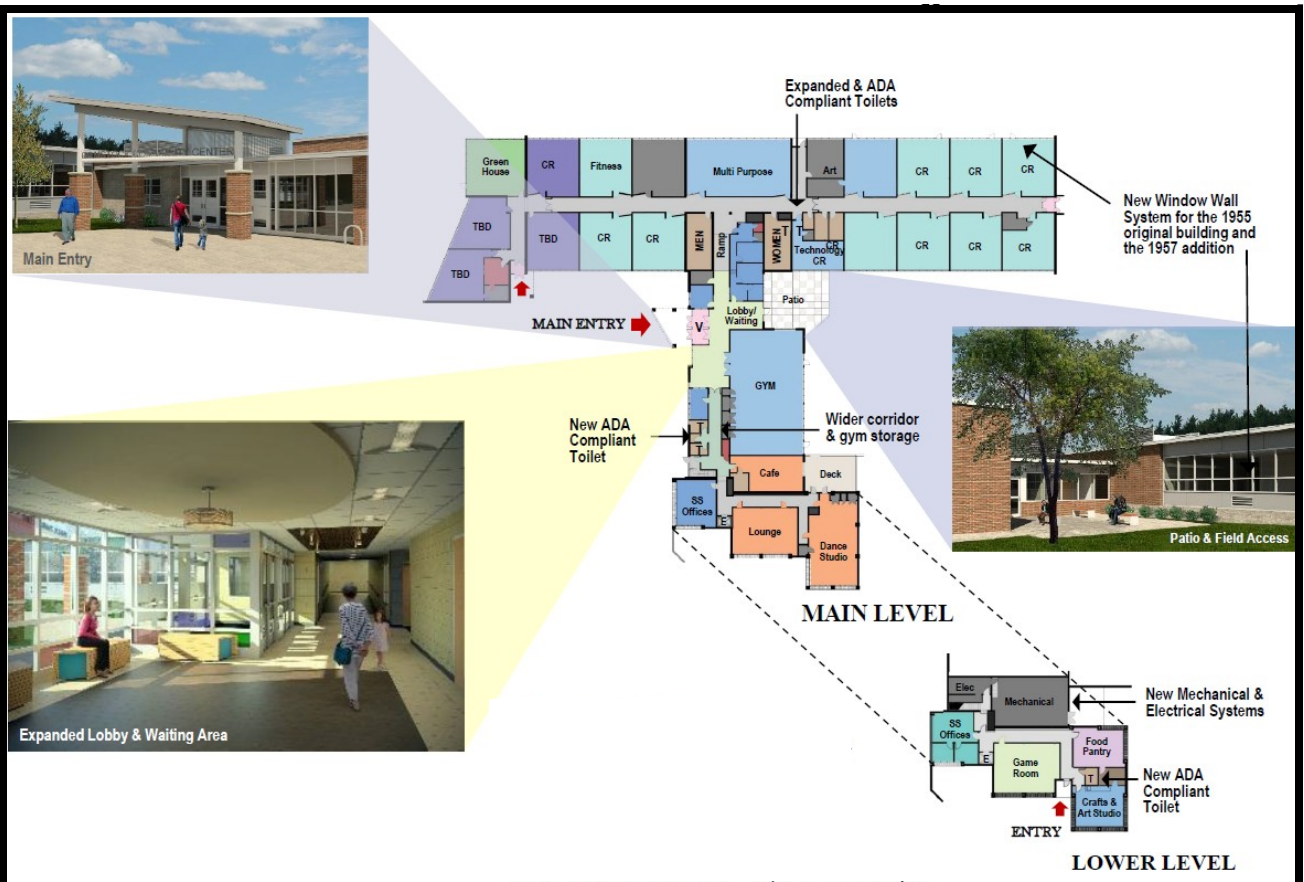
For project details, please see the enclosed brochure.

### IMPORTANT DATES

Public Information Session  
**Thursday, May 1, 7:00 p.m.**  
Comstock Community Center  
Room 13

Annual Town Meeting  
**Tuesday, May 6, 7:30 p.m.**  
Middlebrook School Auditorium

Adjourned Town Meeting Vote  
**May 10, 9:00 a.m. to 6:00 p.m.**  
Wilton High School, Clune Center  
Dial-A-Ride available on Saturday,  
May 10. Call 203-834-6235.



Lizabeth Doty, Senior Activities Coordinator, Town of Wilton  
Comstock Community Center, 180 School Road, Wilton, CT 06897 203-834-6240

# ***SENIOR CENTER ACTIVITIES***

## **ENHANCE FITNESS**

Monday (9:15 a.m.) and Thursday (9:00 a.m.)

\$3 drop-in fee

Wilton Family Y brings Enhance Fitness to the Senior Center on Mondays and Thursdays. 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. Laura Mars and Leslie Hinshaw, Instructors.

## **FELDENKRAIS**

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

\$5 drop-in fee

Explore this exciting and innovative movement method designed to relieve pain, exercise your brain and teach you to move with greater comfort, ease, and fluidity. Cathy Paine, Instructor.

## **PLAY READING**

Monday, May 5, 12:30 p.m.

RED is a play by American writer John Logan about artist Mark Rothko and his assistant Ken working in a New York studio during 1958-59. The play is about art, an artist, and the act of creation. While painting a group of murals for the Four Seasons Restaurant Mark gives orders to Ken. Ken questions Rothko's theories of art and his decision to work on such a commercial project. RED won the 2010 Drama League Award for Distinguished Production of a play. The play also won six Tony awards. Copies of the play are available in the Senior Center cafe. Call the Senior Center to register.

## **BOOK DISCUSSION**

Tuesday, May 27, 11:00 a.m.

Lunch (\$3) at noon; with Barbara Jones

**FIRST LADY OF THE CONFEDERACY – VARINA DAVIS'S CIVIL WAR** by Joan Cashin

In this biography, historian Joan Cashin has accessed material pertaining to Varina Davis that has never before appeared in print. As the wife of Jefferson Davis, she was referred to as the "First Lady" of the Confederacy. However, her loyalties were conflicted and she was criticized in print for her doubts

about the Confederacy's ability to win the war. Although loving, her marriage to Jefferson Davis was tumultuous. She was a complex woman, highly educated and considered by her peers as one of the great conversationalists of her time. In a complicated life, she went from birth in antebellum Natchez, Mississippi, in 1826 to her death in urban New York City in 1906. Reservations required; call the Senior Center.



**SCRABBLE, CHESS, BACKGAMMON, MAH JONGG, BILLIARDS, BOCCI, CARDS**

Why not get together with others who enjoy the challenges of these games? All boards and supplies are available at the Senior Center. Assemble your own group and call the Senior Center to reserve what you need for your activity.

## **THURSDAY LUNCH**

Most Thursdays, 12 noon, \$3

Join other seniors for lunch on Thursday. Seating is limited. Reservations required. Chef Karen White.

## **COMSTOCK KNITTERS AND CRAFTERS**

May 13, June 3 (the first Tuesday instead of the second) and 23

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

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

## **COMSTOCK WRITERS GROUP**

May 7 and 21, June 4 and 18

10:00 a.m. to 11:30 a.m.

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

**All activities take place at the Senior Center unless otherwise noted.**

**For reservations, call the Senior Center at 203-834-6240.**

# SENIOR CENTER ACTIVITIES

## TAI CHI

Wednesdays, 11:30 a.m. to 12:30 p.m.

\$3 drop-in fee

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Practicing Tai Chi leads to relaxation of the body and mind, improves flexibility and balance, and enhances energy and general well-being. Tai Chi has been shown to prevent falls and improve the functioning of daily activities. Julieanne Camhi, Instructor.

## JEWELRY WORKSHOP

May 2 and 16, June 6 and 20

10:00 a.m. to noon

\$5 drop-in fee

Beads, beads, beads! No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Select materials to match your own style. Make gifts for relatives and loved ones. Class size limited. Viola Galetta, Instructor.

## TUESDAY AND/OR THURSDAY YOGA

Tuesdays, 11:00 a.m. to noon

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

\$3 drop-in fee

Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts this gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps your balance and focus. Classes include warm-ups, breathwork (pranayama), yoga postures (asanas), relaxation and meditation. Leave class feeling refreshed and alive!

## LINE DANCE FUSION

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

\$3 drop-in fee

This program blends traditional dance steps with elements of modern line dancing. Waltz, mambo Italiano, Charleston, Lambada, samba electric slide and tango, all rolled into one, keep your feet moving and your heart pumping. This is a great form of exercise and social interaction. Beginners as well as experienced dancers are welcome. Beatriz Araujo, Instructor.

## 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.

Chicago Bridge: Second Wednesday, contact Ann Byrne, 203-563-9191.

If you would prefer a morning game, come to Duplicate Bridge with Dan: Wednesdays, 10:00 a.m. to 12:30 p.m., \$5 drop-in fee. Dan DeVlieg supervises. This is not a sanctioned game.

## THURSDAY BINGO

Thursdays, 12:45 p.m., 25 cents per card

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



Sue McBrinn takes a moment between lunch and the Wilton High School Orchestra performance on Senior Day at Wilton High School to admire the Clune Center gallery artwork..

**All activities take place at the Senior Center unless otherwise noted.**

**For reservations, call the Senior Center at 203-834-6240.**

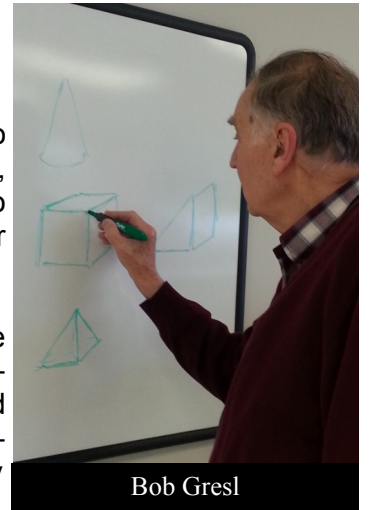


# NEW

## Sketching with Bob Gresl

This course covers a variety of basic drawing techniques related to producing a realistic sketch involving basic shapes, shadows, shading, perspective, and composition. The sessions are designed for those who have had no drawing experience or who would like to brush up on their sketching skills.

Bob Gresl moved to Wilton 1979 with his wife, Rita, and their two children. He managed the Ferro Corporation's manufacturing facility in Norwalk until his retirement. Bob's background in watercolor painting and in technical and freehand sketching facilitated his developing this sketching course. He taught the sketching course for over ten years at Norwalk Community College and created many covers for Lifetime Learners course catalogues.



Bob Gresl

Class meets from 10 a.m. to 12 p.m. on Tuesdays, June 3 to July 8. Fee for six-week session: \$50. Initial materials are included in this fee and will be waiting for you on June 3. Class size limited. Registration required. Call the Senior Center at 203-834-6240 to register.

## Pickleball Central in Wilton



Anne Richards demonstrates how to serve in Pickleball.

**Pickleball has arrived at Comstock!** This sport has been around for 50 years, and it has travelled across the country from Washington state where it all started. The game is played on a court the size of a badminton court with a net across the center of the court the height of a tennis net. The paddle is similar to a ping pong paddle and is made of solid wood or another strong but not heavy material. The

ball is a whiffle ball. This sport combines many aspects of badminton, tennis, and ping pong.

Pickleball is offered in the Comstock Community Center gym every Tuesday and Thursday morning through June 2 from 9:00 a.m. to 10:15 a.m. Since the sessions have already begun, there is a \$3 drop-in fee for each class. Come join the fun of this amazing sport and meet new people.

Call Jim Lewicki at 203-834-6234 for more information.

### Blood Pressure Screenings

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

Wilton Senior Center, 11 a.m. to noon  
Thursdays, May 1 and June 5

Village Market, 12:30 p.m. to 2 p.m.  
Tuesdays, May 27 and June 24

Wilton Family Y, 9 a.m. to 10:30 a.m.  
Wednesdays, May 14 and June 18

### Cholesterol Screenings

Tuesday, June 10  
8:30 a.m. to 10:30 a.m.  
Visiting Nurse & Hospice of Fairfield County  
761 Main Ave. (iPark), Norwalk

By appointment. Includes total cholesterol, HDL, LDL, triglycerides, glucose. Results in ten minutes. Allow a half hour for your appointment. Fasting recommended for 12 hours prior. Cost is \$25 cash or check. Call 203-762-8958 for an appointment.

### Shingles Vaccine

The shingles vaccine is available by appointment for adults age 60 and over. The cost is \$200 which includes administration fee. This vaccine is covered by most private insurance and through Medicare Part D. For more information, call Visiting Nurse and Hospice at 203-762-8958.



## ANNUAL TOWN MEETING May 6 Adjourned Voting on May 10

May 6, Annual Town Meeting, 7:30 p.m., Middlebrook School Auditorium

May 10, Adjourned Town Meeting Vote, 9 a.m. to 6 p.m., Clune Center Lobby, Wilton High School

Wilton's Registrars of Voters Carole Young-Kleinfeld and Tina Gardner remind all registered voters that the 2014 Annual Town Meeting and budget referendum are approaching. The meeting will take place on Tuesday, May 6, at the Middlebrook School Auditorium at 7:30 p.m. followed immediately by adjourned voting in the school cafeteria. If you can't attend the Tuesday evening meeting, adjourned voting continues on Saturday, May 10, at the WHS Clune Center, 9 a.m. to 6 p.m. This year, there will be six additional **Yes/No** questions on the ballot for voters, one of which is the proposed renovation of Comstock Community Center. Here's a summary of the questions as currently drafted by the Board of Selectmen:

- Question 1: Town Budget as recommended by Board of Finance or as amended by the Town Meeting
- Question 2: Acquisition of an engine-tanker fire truck, \$595,000
- Question 3: Road restoration, \$3,464,000
- Question 4: Renovations and improvements at Comstock Community Center, \$9,900,000
- Question 5: Renovations and Improvements at Ambler Farm, \$250,000
- Question 6: District-wide school security system upgrades, \$500,000
- Question 7: Installation of an oil tank for WHS generator back-up, \$60,000

View a sample ballot online at the Registrars of Voters Department at [www.wiltonct.org](http://www.wiltonct.org). Absentee ballots are available starting on Wednesday, May 7, through Friday, May 9, in person at the Town Clerk's office.

All registered Wilton voters are eligible to vote on the budget and additional questions. Also, U.S. citizens, at least 18 years old, resident or nonresident, who own real property or a motor vehicle valued at \$1000 or more on Wilton's last completed Grand List may vote at the 2014 Annual Town Meeting.

Contact Carole or Tina in the Registrars of Voters office at 203-563-0111 for more information.



Join your Wilton neighbors and other green-minded friends at the third Wilton Go Green Festival on Sunday, May 4, from 11 a.m. to 4 p.m. at the Wilton Town Green and Wilton Library. The day's activities will include fun and educational issues such as sustainable food, transportation, land and water use, building and energy savings, and recycling.

### **DON'T MISS—**

- A visit from Atka, the Wolf Conservation Center's ambassador wolf sponsored by Deloitte
- Westport Electric Car Club Rally
- 80 sustainable exhibitors
- Live music throughout the day
- Healthy food and snacks
- Family activities

Hosted by Wilton Go Green, Inc. and the Wilton Library Association, the festival is sponsored by Energize Connecticut with funding provided by the Clean Energy Finance & Investment Authority Grant, Deloitte, Ring's End, Apple Blossom School, Bankwell in Wilton, Realty Seven, Nod Hill Soap, Next Step Living, and Winters Brothers Waste System CT.

Visit [www.wiltongogreen.org](http://www.wiltongogreen.org) for more information.

## COMSTOCK COMPUTER LEARNING CENTER

Call Andrea Ragusa, Coordinator, at 203-762-8445 to register.  
Classes from 9:30 a.m. to 11:30 a.m. unless otherwise noted.

### Facebook Fundamentals

This workshop given by WHS "Students for Seniors" Club provides an overview of Facebook. You will explore how to set up a Facebook account, upload photos, find friends, set statuses, and message others. This one-hour workshop will be offered on two different days: May 27 and June 3 at 3:00. Fee: \$15.

### Picasa Photo Workshop

Want to do something with all those pictures currently on your computer... or those photos in your future? Google's Picasa software lets you organize, edit, and upload your photos in quick, easy steps, and the software is free! **Picasa** is an image organizer and image viewer for organizing and editing digital photos, plus an integrated photo-sharing website. Taught by Bill Brautigam; May 20. Fee: \$20.

### 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 and how to develop graphics to enhance the book's material. Learn 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. Taught by Catherine Myers; May 5 and 6; Fee: \$30.

### Word Graphics

This is a Word Program for the person who wishes to become creative in its use. Learn how to insert pictures and clipart and alter them by enlarging, cropping, and changing their shapes and position in the document. Step into the world of graphics that Word offers for using artistic text, borders, drawing, color, and special effects. Come with an idea and the course will show you how to develop it in Word 2007 or with instructions to use with Word 2010, which has more and different graphics. Taught by Catherine Myers; June 16 and 17; Fee: \$30.

### Getting Around The Internet

This introduction to use of the Internet begins with an overview followed by the concepts and terminology needed to get you "surfing the web" for specific information and fun. Use of the mouse and knowledge of the keyboard are required. Students learn to use Google and Yahoo to search for and download information and pictures. The course also covers attaching images and documents to email (Yahoo!), managing favorites, save, and print. Taught by Andrea Ragusa; June 10. Fee: \$20.

### Basic Word

This course is designed for seniors who are interested in learning the basics of the powerful word processing program "Word." You will learn windows operations, using the toolbar, creating & formatting documents, deleting, copying, pasting, underlining, highlighting, printing and saving documents, using different types and sizes of fonts. Taught by Andrea Ragusa; May 12 and 13. Fee: \$30.




Enjoy dancing? Come and learn some "Latin Moves" with instructor Beatriz Araujo. This four-week dance-a-thon will get you up and moving to the Latin beat. Each class introduces you to a new rhythm to keep you moving and learning. The class meets from 11:45 a.m. to 12:30 p.m. on Mondays, June 2, 9, 16, and 23. No partner is necessary. Fee for all four classes: \$25. Class size limited. Register at 203-834-6240.

**Lunch and Bingo**  
*compliments of*  
**Wilton Meadows  
Rehabilitation and  
Health Care Center**

**June 26 at 11:30 a.m.**  
**WM Dining Room**  
**Reservations: 203-834-6240.**

# MAY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<b>K</b> OH Ogden House <b>Y</b> Y Wilton Family Y <b>WL</b> WL Wilton Library <b>E</b> G The Greens at Cannondale <b>WM</b> WM Wilton Meadows <b>VM</b> VM Village Market <b>VNH</b> VNH Visiting Nurse & Hospice <b>B</b> B Brookdale <b>LR</b> LR Laurel Ridge		<b>Gentleman Songsters entertain at Ogden House Wednesday, May 14</b>  <b>There will be a Jewelry Party before lunch at noon in the Great Hall.</b>	<b>1</b> 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Dr. Gupta LR 12:00 Basic Drawing 12:00 Lunch 12:45 Bingo 7:00 Comstock Public Info Session	<b>2</b> 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30 Inter Bridge 1:00-3 Free Swim for Seniors Y 5-7 Stay at Home Celebration Ambler Farm
<b>5</b> 9:15 Enhance Fitness 9:30 Memoirs 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie 12:30 Play Reading	<b>6</b> 9:30 Memoirs 10:00 Painting 10:30 Positivity 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH 7:30 Town Meeting and Voting	<b>7</b> 10:00 Duplicate with Dan 10:00 Comstock Writers 11:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg 5:00 Caregiver Course LR	<b>8</b> 9:00 Enhance Fitness 10:00 Yoga 12:00 Basic Drawing 12:00 Lunch 12:45 Bingo  5:30 Social Service Commission	<b>9</b> 10:00 Feldenkrais 12:00 Bridge 1:30 No Inter Bridge Today 1:30-3 Free Swim for Seniors Y  Voting Tomorrow 9 a.m. to 6 p.m. Clune Center
<b>12</b> 9:15 Enhance Fitness 9:30 Basic Word 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie	<b>13</b> 9:30 Basic Word 10:00 Painting 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH 2:00 Mah Jongg	<b>14</b> 9-10:30 Blood Pressure Screening Y 10:00 Duplicate with Dan 11:30 Tai Chi 12:00 Chicago Bridge 12:00 Lunch OH Program: Gentleman Songsters 1:00 Mah Jongg 5:00 Caregiver Course LR	<b>15</b> 9:00 Enhance Fitness 10:00 Yoga 12:00 Basic Drawing 12:00 St. Matthew Lunch  Elderly Tax Relief Deadline	<b>16</b> 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Inter Bridge 1:30-3 Free Swim for Seniors Y
<b>19</b> 9:15 Enhance Fitness 10:30 Line Dance Fusion 12:00 Movie:	<b>20</b> 9:00 Mindful Aging 9:30 Picasa 10:00 Painting 11:00 Yoga 12:00 Duplicate Bridge 2:00 Chair Yoga OH	<b>21</b> 10:00 Duplicate with Dan 10:00 Comstock Writers 11:30 Tai Chi 1:00 Mah Jongg 5:00 Caregiver Course LR	<b>22</b> 9:00 Enhance Fitness 10:00 Yoga 12:00 Basic Drawing 12:00 Lunch 12:45 Bingo	<b>23</b> 10:00 Feldenkrais 12:00 Bridge 1:30 Inter Bridge 1:30-3 Free Swim for Seniors Y
 <b>May 26 Memorial Day</b>  <b>Senior Center Closed</b>	<b>27</b> 10:00 Painting 11:00 Book Discussion 11:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg 2:00 Chair Yoga OH 3:00 Facebook 3:00 Stay at Home	<b>28</b> 10:00 Duplicate with Dan 11:30 Tai Chi 1:00 Mah Jongg 5:00 Caregiver Course LR	<b>29</b> 9:00 Enhance Fitness 10:00 Yoga 12:00 Basic Drawing 12:00 Lunch 12:45 Bingo	<b>30</b> 10:00 Feldenkrais 12:00 Bridge 1:30 Inter Bridge 1:30-3 Free Swim for Seniors Y



# JUNE 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:15 Enhance Fitness 10:30 Line Dance Fusion 11:30 Coffee and... 11:45 Latin Moves 12:00 Movie	<b>3</b> 10:00 Sketching with Bob Gresl 11:00 Yoga 1:00 Comstock Knitters and Crafters (note date change) 2:00 Chair Yoga OH 3:00 Facebook	<b>4</b> 9:00 New York On your Own 9:30 Sewing OH 10:00 Comstock Writers 10:00 Duplicate Bridge 11:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg	<b>5</b> 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Basic Drawing 12:00 Lunch 12:45 Bingo	<b>6</b> 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Sr Swim Y
<b>9</b> 9:15 Enhance Fitness 10:30 Line Dance Fusion 11:30 Coffee and... 11:45 Latin Moves 12:00 Movie	<b>10</b> 8:30-10:30 Cholesterol Screening VNH (by appointment only) 9:30 Internet 10:00 Sketching with Bob Gresl 11:00 Yoga 2:00 Chair Yoga OH 2:00 Mah Jongg	<b>11</b> 10:00 Duplicate Bridge 11:30 Tai Chi 12:00 Chicago Bridge 12:00 Volunteer Luncheon OH 1:00 Mah Jongg	<b>12</b> 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo	<b>13</b> 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Sr Swim Y
<b>16</b> 9:15 Enhance Fitness 9:30 Word Graphics 10:30 Line Dance Fusion 11:30 Coffee and... 11:45 Latin Moves 12:00 Movie	<b>17</b> 9:00 Graceful Aging 9:30 Word Graphics 10:00 Sketching with Bob Gresl 11:00 Yoga 12:00 Duplicate Bridge 2:00 Chair Yoga OH	<b>18</b> 9-10:30 Blood Pressure Screening Y 10:00 Comstock Writers 10:00 Duplicate Bridge 11:30 Tai Chi 1:00 Mah Jongg	<b>19</b> 9:00 Enhance Fitness 10:00 Yoga 11:45 Western CT Geriatric Council	<b>20</b> 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30-3 Free Sr Swim Y
<b>23</b> 9:15 Enhance Fitness 10:30 Line Dance Fusion 11:30 Coffee and... 11:45 Latin Moves 12:00 Movie 1:00 Comstock Knitters and Crafters	<b>24</b> 7:00 Philadelphia On your Own 10:00 Sketching with Bob Gresl 11:00 Yoga 12:30-2 Blood Pressure VM 12:30 Mah Jongg 2:00 Chair Yoga OH 3:00 Stay at Home	<b>25</b> 10:00 Duplicate Bridge 11:30 Tai Chi 1:00 Mah Jongg	<b>26</b> 9:00 Enhance Fitness 10:00 Yoga 11:30 Complimentary Lunch and Bingo WM	<b>27</b> 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Sr Swim Y
<b>30</b> 9:15 Enhance Fitness 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie	<div> <i>It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself. Ralph Waldo Emerson</i> </div> <div> <b>Annual Volunteer Lunch</b>  <b>Wednesday, June 11</b>  <b>Ogden House Great Room</b>  <b>Noon</b> </div>			



**Laurel Ridge Health Care Center, 642 Danbury Road (Rte 7), Ridgefield**



**Prevention and Management of Hip and Knee Arthritis**

Thursday, May 1, noon

Dr. Sanjay K. Gupta, a board-certified orthopaedic surgeon with Orthopaedic Specialists of CT, will discuss how to keep your hips and knees healthy and pain free through the aging process. Dr. Gupta is Co-Director of the Joint Replacement Program and attending physician at Danbury Hospital (Western Connecticut Health Network) with expertise in adult hip and knee surgery. His special interests are in hip resurfacing and revision, minimally invasive joint replacement and arthroscopic surgery. The program is free and open to the public. A light complimentary lunch is included. Reservations required: 203-438-8226.

**Caregiver Course, Wednesdays, 5:00 p.m.**

The Alzheimer's Association partners with Laurel Ridge Health Care Center to present a four-part course for caregivers. In order to receive a certification of completion, you must attend all four sessions. Each session is a stand-alone presentation for those who wish to drop in.

- ♦ May 7, Tania Paparazzo, MSW, Alzheimer's Association, will present an overview of the association's programs and services and Dr. Stephen Jones, CSO/Director, Outpatient Center for Healthy Aging at Greenwich Hospital, will discuss the basics of memory loss relating to Alzheimer's Disease.
- ♦ May 14, Mary Underwood of Maplewood Senior Living will discuss communication techniques, behavior challenges and safety of loved ones.
- ♦ May 21, Marianne Haynes, LCSW, of Laurel Ridge Health Care Center, will have a conversation about family dynamics, community resources, and keeping the caregiver healthy.
- ♦ May 28, Anne Fowler-Cruz, elder law attorney with Cohen and Wolf, will present legal and financial issues associated with caregiving.

The program is free and open to the public. A light complimentary dinner is included. Reservations required: 203-438-8226.

***Wilton High School***

*presents the Rodgers and Hammerstein musical*

***Oklahoma!***

*There are a limited number of complimentary senior citizen tickets available for the Saturday, May 17, matinee performance at 4:00 p.m. Call 203-834-6240 to reserve tickets. Call Dial-a-ride at 203-834-6235 to schedule a ride.*



**Brookdale Place, 96 Danbury Road**

You are invited to a spring Fashion Show at Brookdale Place Wilton on Saturday, May 3, from 2:30 p.m. to 4:00 p.m. Residents, staff, and family members will be wearing the new spring fashions from Dress Barn. Door prizes and raffles will benefit the Alzheimer's Association. Entertainment is provided while you munch on finger sandwiches and drink champagne. RSVP: Christy Perone at 203-761-8999.

**Ogden House, 100 River Road**

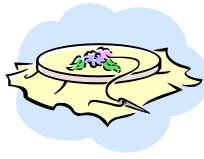
Liz Wendell teaches gentle chair yoga on Tuesdays from 2:00 p.m. to 3:00 p.m. in the Ogden House living room. The exercises focus on breathing and body movement while integrating mind and body through meditation. Come any Tuesday. Fee: \$3 per class. New students welcome. Call Betty at 203-762-8035.

**Elderly and Disabled Tax Relief  
May 15 Deadline**

by David Lisowski, Town Assessor

Elderly Wilton homeowners and totally disabled homeowners who have NOT yet applied for tax relief benefits on their July 2014 tax bills are reminded that Thursday, May 15, is the last day applications will be accepted in the Assessor's Office. The application deadline will not be extended.

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.



*The Wilton Historical Society Presents*

## ***Teaching a New Generation How to Stitch***

Taught by the Fairfield County Chapter of the  
Embroiderers' Guild of America

Saturday, May 31 and June 14  
2 p.m. to 3:30 p.m.

These embroidery workshops are a wonderful opportunity for your grandchildren to discover the world of embroidery. The program consists of two sessions taught by an experienced principal teacher with at least two aides. All volunteers are members of the Embroiderers' Guild of America and are talented embroiderers in their own right. The students will finish their projects during the two classes and will be given a certificate of completion. The workshop is appropriate for children in grades 4 and up.

Please call the Wilton Historical Society at 203-762-7257 to register.

*Sponsored by the  
Christine Dartley Memorial Fund*

## **PARKS AND RECREATION \*TRIPS ON YOUR OWN\***

### **Sunday, May 18, Boston On Your Own**

Let us drive you to Boston where you can sightsee and shop at Quincy Market, tour Faneuil Hall, and sightsee at the harbor. Enjoy a leisurely day on your own. Depart from Comstock at 7 a.m.

Wilton resident, \$25; Non-resident, \$35.

### **Wednesday, June 4, 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.

Wilton resident, \$25; Non-resident, \$35.

### **Tuesday, June 24, 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.

Wilton resident, \$30; Non-resident, \$40.

See the Parks and Rec brochure at [www.wiltonparksandrec.org](http://www.wiltonparksandrec.org)

## ***Mindful Aging***

Tuesday, May 20  
9:00 a.m. to 10:45 a.m.  
in the Dance Studio

Would you like to...

- feel more PEACEFUL?
- relax COMPLETELY?
- learn how to TAME your "monkey mind"?

In this workshop you will...

- explore the power of the mind and how it effects our daily lives
- learn the basics of meditation
- rest deeply in Restorative Yoga postures



*Denise O'Hearn*

***These yoga workshops are for  
you! No yoga experience is  
necessary. Fee: \$20 per  
workshop. Space is limited.  
Reserve your place at  
203-834-6240.***

**[www.vibrantmoves.com](http://www.vibrantmoves.com)**

## ***Graceful Aging***

Tuesday, June 17  
9:00 a.m. to 10:45 a.m.  
in the Dance Studio

Would you like to...

- be more JOYFUL?
- have more ENERGY?
- feel more BALANCED both mentally and physically?

In this workshop you will...

- release tension and realign the body through breath and movement
- learn ways to weave simple and nourishing routines into your busy day



## Stay at Home in Wilton celebrates its Fourth Anniversary

May 2 - 5:00 p.m. to 7:00 p.m. at Ambler Farm, 257 Hurlbutt Street, **Fourth Anniversary Celebration** hors d'oeuvres and wine reception. You will meet the Board, donors, members, and volunteers of Stay at Home in Wilton. You will also have the opportunity to socialize with members and ask questions. RSVP: 203-762-9303.

May 13 and June 10 - 9:00 a.m. Men's Breakfast  
All men are invited to join the men of Stay at Home in Wilton for their monthly breakfast get-together at Orem's Diner. RSVP: 203-762-9303.

### May 26 - Memorial Day Parade

Celebrate Memorial Day by marching in the parade with Stay at Home in Wilton alongside Al Wood's antique truck. Learn about the community of Stay at Home while enjoying the holiday with your fellow Wiltonians!

Stay at Home in Wilton is dedicated to supporting Wilton Seniors who choose to "age in place". For less than a dollar a day, members receive a number



*Ned Greene waves the flag while Al Wood drives his antique car in the Memorial Day Parade last year.*

of services including transportation, light household repairs, referrals for reputable vendors, informative seminars, social activities, and calls in the event of a town emergency. Stay at Home provides seniors with the option of staying in their own home, neighborhood and the community they love.

**Stay at Home in Wilton, Inc.**  
**PO Box 46, Wilton, CT 06897**  
**Contact: 203-423-3225**  
**Email: [info@shwil.org](mailto:info@shwil.org)**  
**Visit: [www.stayathomeinwilton.org](http://www.stayathomeinwilton.org)**



## Summer and Song at The Greens

The May Concert Series features wonderful programs and performers each Sunday at 3:00 p.m. at The Greens at Cannondale, 435 Danbury Road.

**May 4,** Conroy Warren, Calypso style singer, with a delightful tropical beat.

**May 11,** Jane Shelly and Pat Spencer, with a beautiful flute and piano program.

**May 18,** John Gould, multi-talented vocalist and pianist.

**May 25,** Armelle Penta, whose Patriotic Operatic Salute is thrilling!

**June 22,** The annual Talent Show, "From Our Hearts To Yours" is musical theater at its best. The theme is Love; the music is everyone's favorite love songs. The Talent Show takes place on Sunday, June 22, 3:00 p.m. at Trackside, 15 Station Road. Both the Sunday concerts and the Talent Show are free and open to the public.

## 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
Comstock Computer Learning Center	
Sharon Powers .....	203-834-6238
Office Assistant	
Code Red Registration .....	203-834-6410
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 .....	203-762-0033
RUOK (Are You OK?) .....	203-834-6238 or 834-6260
Visiting Nurse & Hospice .....	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





**Turning Point  
Estate Services, LLC.**



Turning Point provides a full suite of property-related solutions, each tailored to your specific situation. Because their expertise and services encompass the many facets of life transitions, they can become your single point of contact throughout the entire transition process. From beginning to end, they handle your needs with the utmost care and attention to detail.

Targeted toward families, executors, and trustees who face closing down an estate and disbursing personal property, this service provides closure using a systematic, careful approach to the handling of all items. When seniors downsize or move to assisted living, the thought of confronting the items and/or property left behind can be overwhelming. The professionals at Turning Point work closely with families as well as facilities to determine which personal belongings will be kept and moved and which will be sold, donated, or discarded. Often there is a need to provide a "facelift" to properties or to address critical issues before a property is positioned for

sale. Turning Point is a licensed, home-improvement contractor that can recommend and implement repairs to improve the value and marketability of your property.

Services provided are unique to each situation. Proposals are based on a thorough assessment of the property, contents, grounds, client needs and budget. Turning Point services often pay for themselves via enhanced property valuations, expedited time to market, and by saving you time and travel expenses.

**Turning Point Estate Services, LLC**

Peter Schattenfield  
112 Pipers Hill Road  
Wilton, CT 06897  
Telephone: (203) 388-8092

[www.TurningPointRE.com](http://www.TurningPointRE.com)

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

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