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Senior Center Volunteers Honored on June 17

On Wednesday, June 17, the Wilton Senior Center will honor and thank its volunteers at a noon luncheon at Ogden House. More than 100 volunteers will be invited to the festivities.

The Senior Center has come a long way since 1973 and the basement room in Center School that was 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-goers. Cis Cohen was named the first official volunteer director. Dorothy Wright and Jody Heussner followed in her footsteps.

In 1983 the group moved to Ogden House where they paid rent to use the great room, library, kitchen, and craft room for activities. In 1992 came the next move to Comstock where a single room, the present day Café, was dedicated to seniors. Several years later, the name changed from



Garden Club volunteers Leslie Hinshaw and Melinda Wolcott take a break during the monthly Garden Therapy Luncheon.

Wilton Adult Center to Wilton Senior Center. The first town-employed coordinator, Marie Key, was hired in 1990 for 14 hours per week. Usage of the Senior Center increased under the direction of successor coordinators Tessa Donnelly and Jan MacEwen. Lizabeth Doty became the first fulltime coordinator in 2002.

In 2010, First Selectman Bill Brennan designated space at the Comstock Community Center for the exclusive use of the Senior Center rooms which became the café, lounge, game room, and crafts and arts studio. The new space was dedicated in March 2011.

There has been one constant in all the years of transition: the volunteers. Volunteers have contributed time and talent regardless of where the Senior Center was located or how much space the Senior Center occupied. Whether leading a book discussion, giving a series of talks, planting flowers, painting, conducting an activity, or preparing a meal, volunteers have contributed to making the Senior Center a place with stimulating and creative opportunities for the social, physical, emotional, and intellectual enrichment of Wilton senior citizens.



Sharon Powers

Social Service's Sharon Powers Retires in July

Sharon Powers will retire from her position as Administrative Secretary in Wilton's Social Services Department on July 1 after 15 years as a Town employee. Sharon started in the Town Clerk's office and then moved to the First Selectman's office before joining Social Services in 2008.

When asked why she was retiring now, Sharon said "It is just time. My husband has been retired for several years. Now it is my turn. We look forward to moving south to Georgia to be closer to family and old friends. The winters are milder, the cost of living is more affordable,

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SENIOR CENTER ACTIVITIES

ENHANCE FITNESS

Thursday, 9:00 a.m. to 10:00 a.m.

\$3 drop-in fee

Wilton Family Y brings Enhance Fitness to the Senior Center on Thursdays. This class includes 30 minutes of endurance-type activity. Leslie Hinshaw, Instructor.

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 4, 12:30 p.m.

Murder in Green Meadows by Douglas Post

Andrea Ragusa, Moderator

Copies of the play are available in the Senior Center cafe. Call the Senior Center to register.

BOOK DISCUSSION

Tuesday, May 26, 11:00 a.m.

How It All Began by Penelope Lively

Barbara Jones, Discussion Leader

Lunch (\$3) at noon

Reservations required; call the Senior Center.



Left to Right: Wilton Library Executive Director, Elaine Tai-Lauria, along with Michael Bellacosa, Whitney Jane-way, and Eleanor Cilo recap April's book discussion after lunch in the Senior Center cafe.

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

Tuesday, May 12 and June 9; Monday, June 22

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

Basic instruction will be provided for projects. The company will be great. Lizabeth Doty, Instructor.

COMSTOCK WRITERS GROUP

Wednesdays, May 6 and 20, June 3 and 17

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

Are you interested in reading and writing? Here's a group for you! Leading the group is Magdalen Livesey, an editor and writer living in Wilton.

TAI CHI

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

\$3 drop-in fee

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

BRIDGE GROUPS

If you 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.

If you prefer a morning game, come to Open 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

Most 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.

All activities take place at the Senior Center unless otherwise noted. For reservations, call the Senior Center at 203-834-6240.

JEWELRY WORKSHOP

Fridays, May 1 and 15, June 5 (only one class in June)

10:00 a.m. to noon

\$5 drop-in fee

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

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.

LINE DANCE FUSION

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

\$3 drop-in fee

This program blends traditional dance steps with elements of modern line dancing. This is a great form of exercise and social interaction. Beatriz Araujo, Instructor.

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 2015 tax bills are reminded that Friday, 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 203-563-0122 if you have any questions.

INSOMNIA



Having difficulty falling sleep or staying asleep? Did you know that six to seven hours of sleep, not eight hours is considered optimal; that some of us are born with a "weaker sleep system" but that we can learn how to strengthen our sleep system; that our thoughts and behaviors are the most common cause of sleep disorders and that we can be taught techniques to change these?

Join Cathy Pierce, LCSW, Director of Social Services, and Lauren Hughes, LCSW, Coordinator of Senior Services, for a four-week educational seminar in understanding insomnia and learning how to develop techniques to help improve your sleep.

The initial meeting of the seminar will be on Tuesday, July 14, from 10 a.m. to 11:30 a.m. in the Senior Center Lounge. The group will meet at the same time on the next three consecutive Tuesdays, July 21, July 28, and August 4 and will be limited to eight participants.

The seminar will be based on the work of Gregg D. Jacobs, PH.D., an insomnia specialist from the Sleep Disorder Center at UMass Memorial Medical Center. Dr. Jacobs has developed a Cognitive Behavioral Therapy program for treating insomnia and this four-week seminar will draw on his model.

The first session will be focused on sleep education, separating the facts about sleep from popular myths and misconceptions which can be detrimental to a good night's rest. In the second week, we will address sleep medications and sleep scheduling techniques. Participants will leave with homework in the form of a sleep chart to help track their personal sleep patterns. The third week's session will cover stimulus control techniques or how to create the optimal internal and external environment for sleep. In the final session we will cover relaxation and sleep hygiene techniques so that you can learn to fall asleep more easily and stay asleep longer.


To enroll please call Sharon Powers, 203-834-6238.

NOTICE

In the course of the Renovation Project, individual rooms in the Senior Center and Social Services wing of the building may, from time to time, become unavailable for public use. All Senior programs and the room assignments will be posted at or on the entrance doors. We appreciate your understanding and patience.

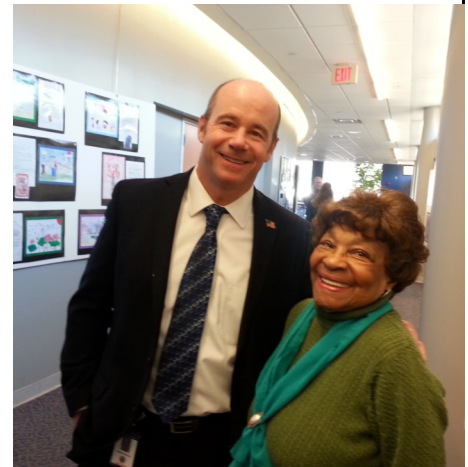
Lizabeth Doty, Coordinator, Senior Activities

MAY 2015

Monday	Tuesday	Wednesday	Thursday	Friday
K BNK Bankwell E BRD Brookdale Y GR The Greens at Cannondale LR Laurel Ridge OH Ogden House VM Village Market VNH Visiting Nurse & Hospice				1 10:00 Jewelry Work-shop 10:00 Feldenkrais 12:00 Bridge 1:30 Inter Bridge 1:00-3 Free Swim for Seniors Y
4 9:30-11 Blood Pressure WHD 10:00 Digital Photo book 10:30 Line Dance Fusion 12:00 Movie 12:30 Play Reading	5 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH 7:30 Town Meeting and Voting Middlebrook School	6 9:30 Sewing OH 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg	7 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	8 10:00 Feldenkrais 12:00 Bridge 1:30 Inter Bridge 1:30-3 Free Swim for Seniors Y Voting Tomorrow 9 a.m. to 6 p.m. Clune Center WHS
11 10:00 Digital Photo book 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie 1:00 Memory: It's Pretty Amazing!	12 11:00 Yoga 12:10 Health Care Directives 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH 2:00 Mah Jongg	13 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 12:00 Chicago Bridge 1:00 Mah Jongg 1:00 Library Downloads	14 9-12 Memory Screening 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo 12:30-2 Blood Pressure Screening Y 5:30 Social Service Commission	15 10:00 Feldenkrais 10:00 Jewelry Work-shop 10:30 Organizing 12:00 Bridge 1:30 Inter Bridge 1:30-3 Free Swim for Seniors Y Elderly Tax Relief Deadline
18 10:00 Digital Photo book 10:30 Line Dance Fusion 12:00 Movie	19 11:00 Yoga 12:00 Duplicate Bridge 2:00 Chair Yoga OH	20 9:00 NY On Your Own 9:30 Sewing OH 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00 Lunch OH with the Gentleman Songsters 1:00 Mah Jongg 3-4:30 Blood Pressure BNK	21 9:00 Enhance Fitness 10:00 Yoga 12:00 Basic Drawing 12:00 St. Matthew Lunch	22 10:00 Feldenkrais 12:00 Bridge 1:30 Inter Bridge 1:30-3 Free Swim for Seniors Y
 May 25 Memorial Day Senior Center Closed	26 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 Stay at Home	27 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	28 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo	29 10:00 Feldenkrais 12:00 Bridge 1:30 Inter Bridge 1:30-3 Free Swim for Seniors Y

JUNE 2015

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30-11 Blood Pressure WHD 10:00 Digital Photo book 10:30 Line Dance Fusion 12:00 Movie	2 11:00 Yoga 2:00 Chair Yoga OH	3 9:30 Sewing OH 10:00 Comstock Writers 10:00 Open Bridge 10:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg	4 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	5 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Sr Swim Y
8 8:45-11:30 Cholesterol Screening VNH (by appointment only) 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie	9 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH 2:00 Mah Jongg	10 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:00 Library Downloads	11 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo 12:30-2 Blood Pressure Screening Y 5:30 Social Service Commission	12 10:00 Feldenkrais 10:30 Room Transformation 12:00 Bridge 1:30-3 Free Sr Swim Y
15 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie	16 7:00 Philadelphia On Your Own 11:00 Yoga 12:00 Duplicate Bridge 2:00 Chair Yoga OH	17 10:00 Comstock Writers 10:00 Open Bridge 10:30 Tai Chi 12:00 Volunteer Lunch-eon OH 1:00 Mah Jongg 3-4:30 Blood Pressure BNK	18 9:00 Enhance Fitness 10:00 Yoga 11:45 Western CT Geriatric Council	19 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Sr Swim Y
22 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie 1:00 Comstock Knitters and Crafters	23 11:00 Yoga 12:30-2 Blood Pressure VM 12:30 Mah Jongg 2:00 Chair Yoga OH 3:00 Stay at Home	24 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	25 9:00 Enhance Fitness 10:00 Yoga 11:30 Complimentary Lunch and Bingo WM	26 10:00 Feldenkrais 12:00 Bridge 12-2 Sharon's Retirement Reception 1:30-3 Free Sr Swim Y
29 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie	30 11:00 Yoga 2:00 Chair Yoga OH	<div> <p>Thank You Wilton High School!</p> <p><i>WHS Principal Robert O'Donnell poses with Alfreda Moseley during the Fifth Annual Senior Appreciation Day on April 2 at Wilton High School. Frank "Chip" Gawle and members of the Fine and Culinary Arts Departments hosted an afternoon of food, fun, and music for senior citizens in appreciation for their contributions to the town over the years.</i></p> </div>		



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

June 25 at 11:30 a.m.
Reservations: 203-834-6240

PARKS AND RECREATION

TRIPS ON YOUR OWN

Wednesday, May 20, 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 16, 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

Wilton High School

presents the Alan Jay Lerner musical

Camelot

There are a limited number of complimentary senior citizen tickets available for the Saturday, May 16, matinee performance at 4:00 p.m. Call 203-834-6240 to reserve complimentary tickets. Call Dial-a-ride at 203-834-6235 to schedule a ride. Call Wilton High School at 203-762-0381 for further information.

Chair Yoga at 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.



Celebrate Memorial Day with Stay at Home in Wilton

Celebrate Memorial Day by marching in the parade with Stay at Home in Wilton. Learn about the community of Stay at Home while enjoying the holiday with your fellow Wiltonians! Meet at Wilton Center at 9:30 a.m. on May 25 to join the parade group.

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

Blood Pressure Screenings

Complimentary and open to the public.

Sponsored by Visiting Nurse & Hospice

Wilton Senior Center, 11 a.m. to noon
First Thursday of the Month

Village Market, 12:30 p.m. to 2 p.m.
Fourth Tuesday of the Month

Wilton Family Y, 12:30 p.m. to 2:00 p.m.
Second Thursday of the Month

Wilton Health Department, 9:30 a.m. to 11:00 a.m.
Town Hall Annex, First Monday of the Month

Bankwell, 3:00 p.m. to 4:30 p.m.
Third Wednesday of the Month

Cholesterol Screening

Monday, June 8

8:45 a.m. to 11:30 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 \$30 cash or check. Appointment: Call 203-762-8958 ext. 312.



ANNUAL TOWN MEETING

Wilton's Annual Town Meeting will be held at Middlebrook School on Tuesday, May 5, at 7:30 p.m., with voting on the town budget immediately after the meeting. If you can't make it to the Tuesday meeting, voting will continue all day on Saturday, May 9, at the Wilton High School Clune Center from 9 a.m. to 6 p.m. The ballot will contain four questions: one for the town budget and three proposed bonding items. Absentee ballots are available in person from the Wilton Town Clerk from Wednesday, May 6, through Friday, May 8. For information, contact your Registrars of Voters at the Wilton Town Hall at 203-563-0111.

Memory: It's Pretty Amazing!

Monday, May 11, 1:00 p.m. to 2:00 p.m., Senior Center

Presented by Melody Matheny-Orpen, RN, and

Marcie Carlson, LCSW, of Visiting Nurse and Hospice

Memory is amazing! Why one person remembers everything that happens and another forgets your name immediately after you have been introduced is part of ongoing research. Have you ever walked into a room and then couldn't remember why you were there? Have you searched the house for your keys and then found them in the handbag you just turned inside out? Have you forgotten the name of a favorite movie star only to wake up in the middle of the night remembering "Cary Grant?" Is it simply forgetfulness or something more serious?

Nurse Matheny-Orpen and Ms. Carlson will speak on memory and how it works. Tips will be offered for improving your memory and coping with changes in your memory. You may also sign up for free memory screening three days later on Thursday, May 14, from 9:00 a.m. to noon, at the Senior Center.

Health Care Decisions—It's Your Choice May 12, 12:10 p.m., Senior Center

Director of Hospice for VNH Christine Pfeffer, RN, MS, will discuss how important it is to stay informed and to advise your health care providers and family members of your decisions concerning your care. Ms. Pfeffer will give an overview of the different categories of care: preventive, acute, palliative, and hospice. Goals of treatment change as we age, and we need to keep current on these changes. Hand-outs will include information on advanced directives, living wills, and power of attorney for health care decisions. A light lunch will be served. Reservations: 203-834-6240.

WILTON LIBRARY FREE DOWNLOADS

Wednesday, May 13, 1:00 p.m.

Free Downloads – Films

Wednesday, June 10, 1:00 p.m.

Free Downloads - eBooks and Audiobooks

Bring your own device (BYOD) and follow along as Melissa Baker demonstrates downloads available through the Wilton Library. There is something for everyone and hours of enjoyment for patrons with Wilton Library cards. Presented by Wilton Library at the Senior Center. Registration is strongly suggested. Call the Wilton Library at 203-762-3950 or visit www.wiltonlibrary.org.



Volunteer Yolanda Bonomo dishes out her signature chicken salad entree for luncheon participants of the monthly Book Discussion sponsored by the Wilton Library and the Senior Center. The next discussion takes place on Tuesday, May 26, at the Senior Center.

Sharon Powers Retires, continued from page 1

and it is a very pretty area. It's a better choice for retired people in many ways than remaining in Connecticut."

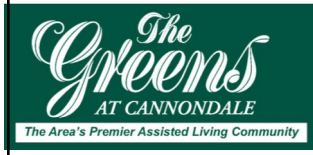
Sharon plans to volunteer, swim, and enjoy her new surroundings for a while before entertaining the thought of part-time employment. Sharon will be missed by everyone who has gotten to know her over the past 15 years. Her friendly and helpful ways will be missed by the Social Services clients, Senior Center participants, and staff. We wish Sharon the best of everything as she begins a new chapter in her life.

A reception for Sharon will be held at Friday, June 26, from Noon until 2:00 p.m. at the Senior Center. A light lunch will be available. Reservations appreciated: 203-834-6238.

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

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Back by Popular Demand!

Time to get "A Fresh Eye" with Kathy!

Kathy Engstrom, owner of A Fresh Eye, LLC, is a former professional organizer. She currently specializes in home decorating, staging houses for resale, and move management. Ms. Engstrom will offer two presentations in these areas at the Senior Center. Enjoy a fun, interactive class. Each presentation is independent of the other. Take either session or both sessions! Sessions take place in the Senior Center Lounge from 10:30 a.m. to 12:30 p.m. Fee: \$5 per session. Registration: 203-834-6240.

"Conquer the Clutter!"

Friday, May 15, 10:30 a.m.

Are you frustrated by losing things because they are buried in the clutter? Are piles taking over your space? Are your closets getting scary? Do you want to get things organized, but just don't know where to begin? Kathy will help you start bringing order to your chaos. In this class she will teach you how to

attack your clutter, decide what is important and what can be discarded, and create systems to help things function more smoothly and maintain order going forward.

"Transform a Room – Redesign It!"

Friday, June 12, 10:30 a.m.

Would you like to transform an ordinary room into a space that lives beautifully? The goal of the Room Transformation class is to show you how to achieve your desired effect with minimal additional purchases. Kathy will use your existing furnishings and accessories to create warmth and harmony and flow. Bring pictures of the room you will be working on – from all angles – and a floor plan of the room (hand-drawn is fine). Kathy will share basic design theory and then as a class activity the group will work with a few members of the class to come up with design plans for their rooms.