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Wilton Social Services Welcomes Sarah Heath



Sarah Heath, Director
Wilton Social Services

Sarah Heath comes to Wilton with a depth of experience. Most recently Sarah was with the Town of Westport's Department of Human Services for nearly ten years. She started as a part-time social worker, became the Assistant Director and most recently was the Director.

As Westport's Director of Human Services, Sarah played a key role in coordinating the newly-formed Commission on People with Disabilities. During her time in Westport, she worked with the Westport Police and Fire Departments and the United Way of Coastal Fairfield County. She also helped coordinate the Safer Homes Task Force.

Before Westport, Sarah was the Director of Weston Youth Services where she helped coordinate parenting programs, provided counseling, developed afterschool programs and worked with the schools and police.

Sarah has a Master's degree from Fairfield University in Counseling and a Master's degree from Southern Connecticut State University in Recreation Administration and Supervision. Her undergraduate degree from New York University included a major in English and a minor in Spanish. Sarah is also a Connecticut State Licensed Professional Counselor.

Sarah enjoys the outdoors including skiing, hiking, and running, on the rare occasions when she finds some spare time. She resides in Fairfield with her two children, ages 11 and 12, and three dogs.

MEDICARE BOOT CAMP

Thursday, May 18, 7:00 p.m. to 8:30 p.m., Wilton Library Brubeck Room

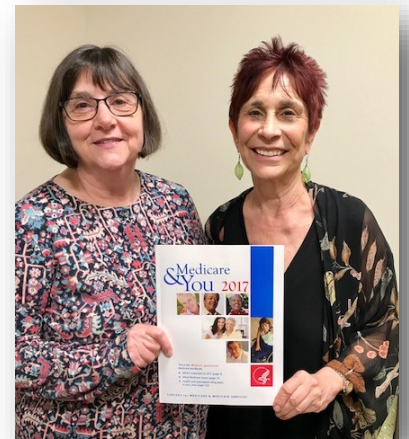
How do you sign up for Medicare? When do you become eligible? What are your options?

Join a community conversation which will provide information for those who will be new to Medicare in the near future. Learn the "ins and outs" of Medicare enrollment and how to avoid mistakes that can be costly. Most important, bring questions of your own.

There will be brief presentations by Nancy Lombard, Long Term Options Specialist and CHOICES counselor for the Southwestern Connecticut Agency on Aging,* and Lauren Hughes, Coordinator of Senior Services for the Wilton Department of Social Services.

Register with the Wilton Library at 203-762-6334.

**Southwestern Connecticut Agency on Aging is a trusted source of comprehensive information about services and programs for older adults in Fairfield County.*



*Choices Counselor
Ellen Abend (L) and
Lauren Hughes LCSW (R)
display Medicare and You 2017.*

SENIOR CENTER ACTIVITIES

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, social interaction, and just plain FUN!

Beatriz Araujo, Instructor.

BEMOVED!

Tuesdays, 9:45 a.m. to 10:45 a.m.

\$5 drop-in fee

BeMoved® is a dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly movement experience that improves the quality of a person's movement. The class starts with a warm-up and easy-to-follow therapeutic movements and concludes with a cooldown that brings the workout full circle, leaving participants feeling rejuvenated. Phyllis Hirschfield, 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.

THURSDAY LUNCH

Thursdays, 12 noon, \$3

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

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.

STUDIO KNITTING

Tuesday, May 9 and 23; June 13 and 27

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

Wednesday, May 3 and 17, June 7 and 21

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.

FELDENKRAIS

Fridays, 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.

BRIDGE GROUPS

If you like to join other seniors in an afternoon of bridge, 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 Mike, Wednesdays, 10:00 a.m. to 12:00 p.m., \$5 drop-in fee. Michael Hess supervises. This is not a sanctioned game.

JEWELRY WORKSHOP

Friday, May 5 and 19, June 2 and 16

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.

WILTON LIBRARY FREE DOWNLOADS

Wednesday, May 10 and June 14, 1:00 p.m.

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.

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

THE HISTORY AND HEALTH BENEFITS OF TEA

Sponsored by SYNERGY Homecare
Presented by Fairfield-based Bigelow Tea
Monday, May 22, 2:00 p.m.

The Senior Center will host a presentation on the history and health benefits of tea. The guest speaker, a consultant from Bigelow Tea, will discuss the history of tea, different methods of tea processing and the health benefits for those who drink tea on a regular basis.



Bigelow Tea is a local Fairfield County company, but its brand and product are well-known across the globe. Founded in 1945 by Ruth Bigelow, the family-owned and operated company offers more than 100 varieties of herbal, seasonal and decaffeinated teas.

The event is free, but RSVP is required. For more information or to RSVP call the Senior Center 203-834-6240.



Register for one of AAA's **FREE**
Driving Improvement Programs!

Thursday, May 18
Saturday, June 24
Comstock Community Center
8:30 a.m. – 12:30 p.m.

Our Driver Improvement Program is aimed at experienced drivers who wish to improve their driving skills and review defensive driving basics. By completing this class drivers 60 years of age and older may qualify for a minimum 5% discount* on their auto insurance. In fact, some insurers provide that discount to experienced drivers as young as 55. We encourage you to check with your insurer to see what benefits they offer.

This course is taught by Sergeant David Hartman of the Wilton Police Department. A graduate of Wilton High School with 18 years experience in law enforcement, Sergeant Hartman was on the traffic division for five years, is a Field Training Officer, a Child Safety Seat Technician certified by the NHTSA and the day shift supervisor.

Register online by visiting www.aaa.com/driverimprovement or **call AAA** at 203-937-2595, ext. 8363 for more information.

PLEASE CONTACT YOUR INSURER IN ORDER TO DETERMINE WHAT AUTO INSURANCE BENEFIT, IF ANY, WOULD BE ASSOCIATED WITH THIS PROGRAM.

**The discount doesn't cover uninsured motorist, rental reimbursements, and towing and labor costs. Check with your insurer.*

<<<< Tennis Strategies >>>>

Win More Points, Have More Fun!
Friday, May 19, 11:00 a.m. to 12:00 noon
Senior Center Technology Room

Peter Engstrom, a USPTA Certified Teaching Professional, will present a classroom program on Singles and Doubles Tennis Strategy. Using multi-dimensional visual aids, he will review fundamental tactics and strategies aimed at helping players win more points and have more fun.



Peter Engstrom

Among topics to be covered are intimidating your opponents before and during play, serving strategies, the power of the "lob," when and how to "poach," approaching and playing the net, offensive and defensive player responsibilities, and bringing out the best in your doubles partner.

No equipment necessary...just an interest in tennis and a sense of humor. Fee: \$5. Call to register at 203-834-6240.

Wilton High School presents The Pajama Game

There are a limited number of complimentary senior citizen tickets available for the Saturday, May 20, 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.



BRAIN GAMES


*Sponsored by Wilton Meadows
Rehabilitation and Health Care Center and
The Greens at Cannondale*

- ⇒ Fact: Memory erodes as we get older. The hippocampus, the area of our brain responsible for building memory, loses 5% of its nerve cells with each passing decade.
- ⇒ Fact: There are many ways we can improve brain health...eating the right foods, getting enough sleep, exercising our bodies and exercising our brains.

Enjoy a delicious lunch of assorted wraps and salads followed by trivia, riddles, and word puzzles that are not only fun but good for you! Brain Games are an enjoyable and effective way to improve your brain health!

Thursday, June 29, 12 noon at the Senior Center
Call 203-834-6240 for reservations.

MAY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30 Line Dance Fusion 11:30 Nature's Sketchbook 12:00 Movie 12:30 Play Reading 1:00 Bridge	2 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Five Crowns 2:00 Chair Yoga OH 7:30 Town Meeting WHS	3 9:30 Sewing OH 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jongg	4 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 Intermediate Bridge 1:30-3 Free Swim for Seniors Y
8 10:30 Line Dance Fusion 11:30 Nature's Sketchbook 12:00 Movie 1:00 Bridge	9 9:00 Men's Breakfast OREM'S 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:30 Mah Jongg 1:00 Studio Knitting 2:00 Chair Yoga OH	10 9:30 Sewing OH 9:30-1:30 Greenhouse Plant Pre-Sale 10:00 Open Bridge 10:00 Word Basics 10:30 Tai Chi 1:00 Mah Jongg 1:00 Library Downloads 3:30 Technology Help SAHW	11 10:00 Yoga 10:00 Col. Pencils 12:00 Lunch 12:45 Bingo 12:30-2 Blood Pressure Screening Y 6:00 Social Service Commission 6:00 Hearing Loss W	12 10:00 Feldenkrais 12:00-6:00 Plant Sale at the Wilton Green 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y
15 10:30 Line Dance Fusion 11:30-12:30 Blood Pressure Screening 11:30 Nature's Sketchbook 12:00 Movie 1:00 Bridge 2:15 WWC Book Discussion Elderly Tax Relief Deadline	16 9:45 BeMoved 10:00 Oil/Acrylics 10:00 Word Class 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 2:00 Chair Yoga OH	17 9:30 Sewing OH 10:00 Open Bridge 10:00 Comstock Writers 10:00 Word Class 10:30 Tai Chi 12:00 Lunch OH 12:45 Gentleman Songsters OH 1:00 Mah Jongg	18 8:30 AAA Driver Safety Course 10:00 Yoga 10:00 Colored Pencils 12:00 St. Matthew Lunch 6:00 Life Planning W 7:00 Medicare Boot Camp WL	19 10:00 Jewelry Workshop 10:00 Feldenkrais 11:00 Tennis Strategies 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y
22 10:00 Internet 10:30 Line Dance Fusion 11:30 Nature's Sketchbook 12:00 Movie 1:00 Bridge 2:00 Bigelow Tea Presentation	23 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Book Discussion 11:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg 1:00 Studio Knitting 2:00 Chair Yoga OH 3:00 Movie: Bucket List SAHW	24 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	25 10:00 Yoga 10:00 Colored Pencils 11:00 Walking Group SAHW 12:00 Lunch 12:45 Bingo	26 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y
May 29 Memorial Day  Senior Center Closed	30 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:30 Five Crowns 2:00 Chair Yoga OH	31 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	<div> <div>K</div> <div>E</div> <div>Y</div> </div> <div> SAHW Stay at Home in Wilton OH Ogden House VM Village Market W Wavenny Healthcare WHS Wilton High School WL Wilton Library Y Wilton Family Y </div>	

JUNE 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Senior Center Computer Courses</u></p> <p>May 10, Word Basics; May 16 and 17, Word Class May 22, Internet; June 13 and 14, Word Graphics</p> <p>Call Andrea Ragusa at 203-762-8445 for details. All classes take place in the Technology Room at the Senior Center at 10:00 a.m. Registration required.</p>			<p>1 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo</p>	<p>2 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p>5 10:30 Line Dance Fusion 11:30 Nature's Sketchbook 12:00 Movie 12:30 Play Reading 1:00 Bridge</p>	<p>6 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:30 Five Crowns 2:00 Chair Yoga OH</p>	<p>7 9:30 Sewing OH 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00 Volunteer Lunch OH 1:00 Duplicate Bridge 1:00 Mah Jongg</p>	<p>8 10:00 Yoga 12:00 Lunch 12:45 Bingo 12:30-2 Blood Pressure Screening Y 6:00 Social Service Commission</p>	<p>9 10:00 Feldenkrais 11:15 Chair Yoga 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p>12 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge</p>	<p>13 9:00 Men's Breakfast Orem's SAHW 9:45 BeMoved 10:00 Word Graphics 10:00 Oil and Acrylics 11:00 Yoga 1:00 Studio Knitting 12:30 Mah Jongg 2:00 Chair Yoga OH</p>	<p>14 10:00 Open Bridge 10:00 Word Graphics 10:30 Tai Chi 1:00 Mah Jongg 1:00 Library Downloads</p>	<p>15 10:00 Yoga 11:45 Western CT Geriatric Council 6:00 "How much sugar is too much?" W</p>	<p>16 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p>19 10:30 Line Dance Fusion 11:30-12:30 Blood Pressure Screening 12:00 Movie 1:00 Bridge</p>	<p>20 9:45 BeMoved 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 2:00 Chair Yoga OH</p>	<p>21 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 1:00 Mah Jongg</p>	<p>22 10:00 Yoga 11:00 Walking Group SAHW 12:00 Lunch 12:45 Bingo</p>	<p>23 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p>26 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge</p>	<p>27 9:45 BeMoved 11:00 Yoga 12:30-2 Blood Pressure VM 12:30 Mah Jongg 1:00 Studio Knitting 2:00 Chair Yoga OH 3:00 "Fun in the Sun" SAHW</p>	<p>28 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg</p>	<p>29 10:00 Yoga 12:00 Complimentary Lunch and Brain Games sponsored by Wilton Meadows and The Greens <u>at the Senior Center</u></p>	<p>30 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>



Chair Yoga

Join Adriana Caravakis from Visiting Angels Senior Homecare on the second Friday of the month beginning June 9 at 11:15 a.m. for a mindful session of chair yoga. The class will focus on proper breathing and muscle stretching.

The session takes place at the Senior Center.



Have Fun in the Sun!

June 27, 3:00 p.m., Senior Center Lounge

Connecticut pharmacist, Diane Corba, will present a skin cancer prevention talk. Learn how to reduce your risk of skin cancer at any age by using good sun protection. The program is sponsored by Stay at Home in Wilton. It is free and open to the public.

Senior Center Volunteers Honored on June 7



On Wednesday, June 7, at noon the Wilton Senior Center and Wilton Social Services will honor and thank its volunteers at a luncheon at Ogden House. More than 100 volunteers are 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 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. Elizabeth 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. These rooms became the café, lounge, game room, and crafts and arts studio. The new space was dedicated in March 2011.

As a result of the Comstock Renovation Project completed a year ago, the Senior Center has been refurbished with new ceiling tiles and energy-efficient lighting; enhanced handicap accessibility and security; improved heating, ventilation, and air-conditioning; remodeled café and kitchen; and additional restrooms.

There has been one constant throughout the years: the volunteers who 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's senior citizens.

Thank you, Open House!

Open House has been in business at 9 Center Street, since 1983! It is owned by Brian Perry who lives in Wilton with his family. Brian took over ownership following the passing of his mother, an original founder and long-time Wilton resident.

Along with only a handful of stores, Open House is one of the "old timers" still in business in Wilton Center. Open House hosts many community events for charitable organizations such as Breast Cancer Relay for Life, the Wilton Crisis Center, Visiting Nurse & Hospice of Fairfield County, and People to People.

Recently Open House contributed items for a "Bingo Extravaganza" at the Senior Center. This was just one in a series of contributions of jewelry, home accessories, stationery, papers goods, and gifts which Open House have been donated to the Senior Center over the years.

On behalf of the Wilton seniors, I would like to thank Open House for its continued support of the activities at the Senior Center.

Elizabeth Doty, Senior Activities Coordinator

MAY 15 DEADLINE

Elderly and Disabled Tax Relief

Elderly Wilton homeowners and totally disabled homeowners who have NOT YET applied for tax relief benefits on their July 2017 tax bills are reminded that Monday, **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.



Chief John Lynch chats with Marie Dotson at the annual Police Luncheon. Each year the Wilton Police sponsor a luncheon for the senior citizens of Wilton. This year's luncheon took place on April 19 at Ogden House.

News from the Wilton Y

Diabetes Prevention Classes at the Wilton Y

If you have one or more of the following conditions, you could be at high risk of developing Type 2 Diabetes:

- ◆ Overweight
- ◆ High blood pressure
- ◆ Family history of diabetes
- ◆ Elevated blood sugar
- ◆ High cholesterol
- ◆ Gestational diabetes

If you are at high risk of developing Type 2 Diabetes, the YMCA's Diabetes Prevention Program will help you make lifestyle changes, improve your overall health and well-being and reduce your chances of developing the disease.

Prediabetes is a potentially reversible condition that often leads to diabetes. If you have been diagnosed with prediabetes, or believe you may be at risk for developing the disease, the YMCA's Diabetes Prevention Program can help you develop a healthier lifestyle.

Based on the Center for Disease Control and Prevention's National Diabetes Prevention Program the Y's program consists of 16 weekly sessions followed by monthly maintenance sessions for one year.

BINGO at the Wilton Y

Monday, May 1, 11:00 a.m. in the Meeting House
Sponsored through a partnership with The Greens at Cannondale...a fun morning of bingo including snacks.

For additional information, contact Y Health & Fitness Director Mary Ann Genuario at 203-762-8384 ext. 282 or magenuario@riverbrookymca.org

BOOK DISCUSSION

at the Senior Center

Tuesday, May 23, 11:00 a.m.

Michael Bellacosa, Discussion Leader

Lunch (\$3) at noon; reservations, 203-834-6240.

***The Yankee Division in the First World War: In the Highest Tradition* by Michael Shay**



The Yankee Division was a core component of the American Expeditionary Forces (AEF) sent to France to fight in World War I. Composed of units from all of the New England states, the AEF's nickname highlights this geographic connection. The Division's reputation has been enhanced by the research of Wiltonian Michael Shay. In addition to standard military records from the National Archives, Shay's sources included personal records, letters, and diaries of the Division's soldiers. Military historian and World War I expert Dr. Mark Grotelueschen said: "Michael Shay has mined an impressive collection of personal accounts to tell the story of the AEF's most controversial division."

News from Waveny Healthcare

HEARING LOSS AND DEMENTIA – IS THERE A CONNECTION?

Thursday, May 11, 6:00 p.m.

Join Dr. Andrew Parker, Medical Director of Parker Ear Nose and Throat and Chief of Norwalk Hospital's ENT/Head & Neck Surgery Department, for a discussion on research indicating a surprising connection between hearing loss and dementia. Dr. Parker's staff will be on-site to conduct free hearing screenings on a walk-in basis prior to his presentation.

LIFE PLANNING

Thursday, May 18, 6:00 p.m.

Elder law attorney Lyn Eliovson will present an outline of life planning and will answer questions.

SUGAR – HOW MUCH IS TOO MUCH?

Thursday, June 15, 6:00 p.m.

Join Dr. Maria Asnis of Stamford Health Medical Group (Endocrinology) for a free and informative community event on how sugar affects our organs and bodies. How much sugar is too much?

These events take place at The Village at Waveny, 3 Farm Road, New Canaan. Contact Waveny at [203-594-5310](tel:203-594-5310) or MNTiri@Waveny.org to RSVP.

PLAY READING

at the Senior Center

Copies of the plays are available in the Senior Center cafe. Andrea Ragusa, Moderator.



Monday, May 1, 12:30 p.m.

12 INCOMPETENT JURORS by Ian McWethy

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

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

THE FLATTERING WORD by George Kelly

This play, considered either a sketch or a one-act play, features a charming array of comedic characters. Mary, a vicar's wife, is visited by an old school friend who is now a well-known actor. Mary's husband is opposed to the world of theatre and wants nothing to do with "stage folks." The theme of the play focuses on the intriguing idea that you can cure a person of prejudice by flattery and comparing him to an actor.

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

**BULK POSTAGE
U.S. POSTAGE PAID
PERMIT NO. 11
WILTON, CT**

GREENHOUSE SALE

Buy directly from the greenhouse at the Comstock Community Center!



The Wilton Garden Club's greenhouse will be open to the public on Wednesday, May 10, from 9:30 a.m. to 1:30 p.m. Members of the Garden Club will be selling annuals, herbs, hanging baskets, planted patio containers, tabletop creative baskets, gardens under glass and more.

This is a presale event before the Garden Club's 78th annual Mother's Day plant sale on Friday, May 12, from 12:00 p.m. to 6:00 p.m. and Saturday, May 13, from 10:00 a.m. to 2:00 p.m., rain or shine, at the Wilton Town Green.

The Wilton Garden Club Annual Mother's Day Plant Sale is the club's major fundraiser of the year. Profits realized at this sale enable the club to continue its efforts in Wilton beautification projects, civic activities like Senior Garden Therapy, maintaining Old Town Hall, scholarships, Youth Gardening, Conservation and many other philanthropic contributions to the community.

2017 Annual Town Meeting Coming Soon Town Budget and Questions for Voters

Wilton's Registrars of Voters Carole Young-Kleinfeld and Annalisa Stravato remind all registered voters that the 2017 Annual Town Meeting and budget referendum are approaching—Tuesday, May 2, in the Wilton High School Clune Center Auditorium at 7:30 p.m. Adjourned voting follows immediately in the Clune Center Lobby. Adjourned voting will continue on Saturday, May 6, at the WHS Clune Center, from 8:00 a.m. to 6:00 p.m. for those who cannot attend the Tuesday evening meeting.

At this time we anticipate that there will be additional **Yes/No** questions on the ballot for voters. The Town will post a sample ballot online on the town website, on the Registrars of Voters page at www.wiltonct.org. Absentee ballots are available starting on Wednesday, May 3, through Friday, May 5, 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 of age, resident or nonresident, may vote if they own real property—or a motor vehicle—valued at \$1,000 or more on Wilton's last completed Grand List.

Contact the Registrars of Voters office at 203-563-0111 for more information.