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## *The Dogs of Camelot Stories of the Kennedy Canines* Thursday, May 17, 11:00 a.m. Senior Center Lounge

Meet Dr. Margaret Reed, nationally acclaimed animal training professional, Wilton resident for 49 years, and coauthor of the recently published book, *The Dogs of Camelot: Stories of the Kennedy Canines*. Coauthored by Joan Lownds, this meticulously researched book traces President Kennedy's profound bond with animals from his early childhood to his presidency when he brought an unparalleled canine corps to the White House.

Through comprehensive and detailed study, the authors set the historical record straight for the first time about the origins of all the pets of Camelot and what happened to them after the president's assassination. The authors conducted an extensive interview with former White House gardener Irvin Williams who adopted the Kennedy dog Pushinka after the family left the White House. Through rich, previously unknown historical research, the book paints a compelling and endearing portrait. These tales shed new light on the life

of the Kennedys, their compassion, and their character. The humanity of the Kennedy family was perhaps best shown through their deep affection for their beloved pets.



*Margaret "Peggy" Reed, PhD*

Dr. Reed recalls meeting President Kennedy and his dogs when she was a little girl on vacation in Hyannis Port. Today she is a member of the John F. Kennedy Library and Museum President's Council and she sits on the board of Cornell University's James A. Baker Institute for Animal Health.

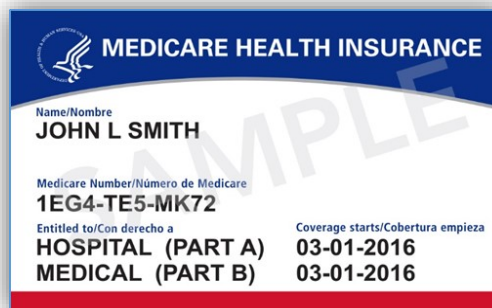
Lunch will be served in the Senior Center Café at noon. Reservations: 203-834-6240. Please let us know if you plan to stay for lunch (\$3) when you make your reservation.

## MEDICARE SCAM ALERT

Presentation by Lisa Alhabal, Senior Medicare Patrol Coordinator  
Thursday, May 31, 11:00 a.m., Senior Center Lounge

The Southwestern Connecticut Agency on Aging administers the Senior Medicare Patrol (SMP) Program for Southwestern Connecticut. The SMP program is responsible for helping seniors prevent, detect, and report Medicare fraud and informing seniors and their caregivers of scams in their area.

Starting April 1, Medicare beneficiaries will be issued new Medicare cards. The process will continue from April 1, 2018, to April 1, 2019. It



is important that you know that scammers are now targeting Medicare beneficiaries by calling and stating that they are from the Social Security Administration, Medicare or the Center for Medicare and Medicaid Services (CMS). The scammer may state that he is calling to inform you that

you will be receiving a new Medicare card and that he needs to confirm your current Medicare number and effective dates. If you get a call like this, **DO NOT** give any of your personal information over the phone. *Continued on pg. 10*

# 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.



*Beatriz Araujo*

## 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.

## JEWELRY WORKSHOP

Friday, May 4 and 18, June 1, 15, and 29

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.

## STUDIO KNITTING

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

Basic instruction will be provided for projects. The company will be great. 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.



*Joe Alampi*

## 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.

## THURSDAY LUNCH

Thursdays, 12 noon, \$3 (except June 21)

Join other seniors for lunch in the café on most Thursdays. Seating is limited. Reservations required. Elizabeth Chambers, Chef.

## THURSDAY BINGO

Thursdays, 12:45 p.m., 25 cents per card (except June 21)

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

## COMSTOCK WRITERS GROUP

Wednesday, May 23, June 6 and 20

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

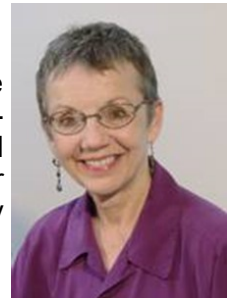
Are you interested in reading and writing? Here's a group for you! Leading the group is Magdalen Livesey, an editor and writer living in Wilton.

## 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.



*Cathy Paine*

## FIVE CROWNS

Tuesdays, 12:30 p.m.

Five Crowns is a progressive rummy-style card game. It has spades, hearts, diamonds, clubs, and stars! It can be played by two to seven players. It's easy to learn and lots of fun to play. Call Nerina Klobas at 203-210-5624 for details.

## AMERICAN MAH JONGG

Wednesdays, 1:00 p.m.

American Mah Jongg is different from Chinese Mah Jongg in several ways. American Mah Jongg utilizes racks, jokers, and "Hands and Rules" score cards, and has several distinct game-play mechanics. Come and see this game in action. In order to play, call Gale Roeder 203-762-3784 or Pat Wernig 203-762-1739.

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

# SENIOR CENTER ACTIVITIES

## 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.

Intermediate Bridge: Once you have been introduced to the fundamentals of bridge, Michael Hess will take you deeper into the complexities of the game. Enroll now for the eight-week series beginning Friday, September 21, by calling 203-834-6240.



*Mike Hess*

Open Bridge: 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.

## CHINESE MAH JONGG

Second Tuesday of the month at 1:30 p.m.

Fourth Tuesday of the month at 12:30 p.m.

Kay Chann supervises the Chinese Mah Jongg. If you would like to learn how to play, Kay will be happy to instruct you. Come and see the game in action. Call Kay at 203-544-7414 for information regarding the group.

## CHAIR YOGA



*Adriana Caravakis*

Second Friday of the month  
11:15 a.m. to 12:00 p.m.

Visiting Angels Senior Homecare sponsors this mindful session of chair yoga at no cost to the participants. The class will focus on proper breathing and muscle stretching.

Adriana Caravakis, 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 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 cool down that brings the workout full circle, leaving participants feeling rejuvenated. Phyllis Hirschfield, Instructor.



*Phyllis Hirschfield*

## BOOK DISCUSSION

at the Senior Center

Tuesday, May 22, 11:00 a.m.

Michael Bellacosa, Discussion Leader

**Reckless Endangerment: How Outsized Ambition, Greed, and Corruption Created the Worst Financial Crisis of Our Time** by Gretchen Morgenson and Joshua Rosner

Pulitzer Prize-winning *New York Times* business reporter Gretchen Morgenson and housing finance expert Joshua Rosner provide one of the best explanations of the causes of the 2008 financial crisis. With facts and data from previously untapped sources as well as Rosner's original research, this accessible analysis takes the reader behind the curtain at mortgage-finance behemoth Fannie Mae as well as the Federal Reserve, HUD, Congress, two presidents, and some of the biggest players on Wall Street. Reviewing the book, Stanford economics professor John Taylor wrote: "In a series of clearly written narratives with many names, dates and figures, [the authors] show that government officials took actions that benefited well-connected individuals, who in turn helped the government officials. This mutual support system thwarted good economic policies and encouraged reckless ones. It thereby brought on the crisis, sending the economy into a tailspin."

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

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

## Spring Has Sprung! Is Your Home Ready?

This is that magical time of year when Mother Nature reinvents herself. We love watching everything come to life after a long, cold winter.

It is also the time when people take a hard look at their homes and decide to tackle long-delayed projects. How nice it would be to have the inside bloom along with the outside!

What can you do to make this happen? Most of us feel so overwhelmed when we look at a large project that we just can't get started. There is an old adage that the way to eat an elephant is "one bite at a time."

Here are some bites you can take out of your elephant:

**Clean and declutter:** Just take one room at a time. Get rid of all the extra "stuff" that has accumulated and give each room a good cleaning.

**Paint:** It is amazing what a new paint job in a pretty updated color can do for a room. Are any of your rooms looking a bit tired? Wake them up with a new color.

**Window Treatments:** If you don't have a privacy issue and have a nice view, take everything off the windows and let the sun shine in. The view will be Mother Nature's artwork in the room. If you do need window treatments, keep them simple—side panels on a pretty rod. Roman shades and plantation shutters are fun options.

**Kitchens and Baths:** New faucets, light fixtures, handles and pulls on the cabinets and new towels in the bathroom will add sparkle without breaking the bank.



**Lamps:** New lampshades and bulbs are quick fixes that can brighten things up.

**Foyer:** Do your guests feel immediately welcome when they enter your home? Open your front door and what do you see? Perhaps a rug, mirror, small bench or chair. Flowers can create a warm, cheerful welcome.

**Rugs:** For a quick update to a living or family room add a new area rug that will define the conversation area.

**Pillows:** It is amazing what a couple of pretty new throw pillows can do to add sparkle to a room. This is an easy and inexpensive update.

Who knew eating an elephant could be so easy and so much fun. Happy Spring!

*Kathy Engstrom, A Fresh Eye, LLC  
Decorating and Color Consultant/Home Stager  
(203) 803-0995  
[kathy@afresheye.net](mailto:kathy@afresheye.net)*

### 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 2018 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.

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.



### Wilton High School Presents Rodgers and Hammerstein's **Cinderella**

A limited number of complimentary senior citizen tickets are available for the Sunday, May 20, matinee performance at the Clune Center at 3:00 p.m. Call 203-834-6240 to reserve complimentary tickets. Call Dial-a-ride at 203-834-6235 to schedule a ride. Tickets will be available for pick-up beginning Monday, May 14, in the Senior Center Cafe.



## Spring Clean Your Mind, Body & Home!

*learn.....experiment.....create*

Denise O'Hearn of Vibrant Moves will instruct you in the incredible benefits and uses of essential oils. Discover how pure and therapeutic essential oils can be used to uplift, detoxify, energize, and cleanse your mind, body and home! During each workshop you will create different products that you can start using immediately to support your body and mind and naturally clean your home.

Wednesday, May 23, 11:30 a.m. to 1:00 p.m.

Create four rollers with fragrances for different areas of your life: balance and calm, daily immune support, discomfort and tension, and energy and focus.

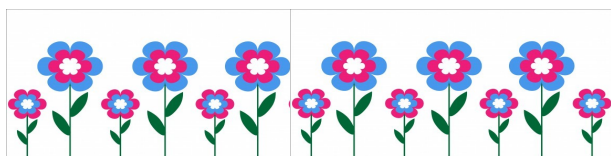
Wednesday, June 13, 11:30 a.m. to 1:00 p.m.

Nontoxic spring cleaning! Create an all-purpose counter-top spray, window cleaner, all natural soft scrub, and foaming hand soap.

Each workshop includes all materials needed to make the products: bottles, ingredients, and essential oils. Fee: \$30 per person for each workshop. Register at [Support@vibrantmoves.com](mailto:Support@vibrantmoves.com) or 203-210-5780.



*Denise O'Hearn*



### **WILTON GARDEN CLUB** **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 9, from 9:30 a.m. to 1:30 p.m. Members of the Garden Club will be on hand to sell 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 11, from 12:00 p.m. to 6:00 p.m. and Saturday, May 12, 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.



### **2018 Annual Town Meeting, May 1** **★ Town Budget and Questions for Voters ★**




Wilton's Registrars of Voters office reminds all registered voters that the 2018 Annual Town Meeting and budget referendum will be held on **Tuesday, May 1**, in the Wilton High School Clune Center Auditorium at 7:30 p.m. Voting follows immediately in the Clune Center lobby after the meeting is adjourned. Voting will continue on **Saturday, May 5**, in the Clune Center lobby, 8:00 a.m. to 6:00 p.m.

Absentee ballots are available 8:30 a.m. to 4:30 p.m. starting on Wednesday, May 2, through Friday, May 4, in person at the Town Clerk's office. Ballots must be returned to the Town Clerk by 4:30 p.m. on Friday, May 4.

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, may vote if they own real property or a motor vehicle valued at \$1000 or more on Wilton's last completed Grand List.

Contact the Registrars of Voters office at 203-563-0111 or visit [www.wiltonct.org](http://www.wiltonct.org).

# MAY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH 7:30 Town Meeting WHS	<b>2</b> 9:30 Sewing OH 10:00 Open Bridge 10:00 Watercolor 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 American Mah Jongg	<b>3</b> 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	<b>4</b> 10:00 Jewelry Workshop 10:00 Feldenkrais 11-2 Free Swim Y 12:00 Bridge 1:30 Intermediate Bridge
<b>7</b> 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge	<b>8</b> 9:00 Men's Breakfast at Orem's SAHW 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting 1:30 Chinese Mah Jongg 2:00 Chair Yoga OH	<b>9</b> 9:30 Sewing OH 9:30-1:30 Greenhouse Plant Pre-Sale 10:00 Open Bridge 10:00 Watercolor 10:30 Tai Chi 1:00 American Mah Jongg 1:00 Library Downloads	<b>10</b> 10:00 Yoga 12:00 Lunch 12:45 Bingo 12:30-2 Blood Pressure Screening Y 2:00 and 5:30 Care-giver Support BE 6:00 Social Service Commission	<b>11</b> 8:30 AAA Driver Improvement Course 10:00 Feldenkrais 11-2 Free Swim Y 11:15 Chair Yoga 12:00-6:00 Plant Sale at the Wilton Green 12:00 Bridge 1:30 Intermediate Bridge
<b>14</b> 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge 2:15 Advance Medical Directives	<b>15 Tax Relief Deadline</b> 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH 2:00 Five Building Blocks for Successful Aging BE 6:00 Live to be 100! W	<b>16</b> 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 10:00 Watercolor 12:00 Lunch OH 12:45 Gentleman Songsters OH 1:00 American Mah Jongg	<b>17</b> 10:00 Yoga 11:00 The Dogs of Camelot with Peggy Reed 12:00 Lunch 12:45 Bingo 5:30 Five Building Blocks for Successful Aging BE	<b>18</b> 10:00 Jewelry Workshop 10:00 Feldenkrais 11-2 Free Swim Y 12:00 Bridge 1:30 Intermediate Bridge
<b>21</b> 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge 2:15 WWC Book Discussion	<b>22</b> 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 Chinese Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH 5:30 Strokes BE	<b>23</b> 9:30 Sewing OH 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 11:30 Essential Oils Workshop 1:00 American Mah Jongg	<b>24</b> 10:00 Yoga 10:00 Schenck's Island Plant Walk SAHW 12:00 Lunch 12:45 Bingo	<b>25</b> 10:00 Feldenkrais 11:00 Playing Smarter Tennis with Peter Engstrom 11-2 Free Swim Y 12:00 Bridge 1:30 Intermediate Bridge
May 28 Memorial Day  Senior Center Closed	<b>29</b> 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH	<b>30</b> 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 American Mah Jongg	<b>31</b> 10:00 Yoga 11:00 Medicare Scam Alert 12:00 Lunch 12:45 Bingo	



# JUNE 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>K</b>  <b>E</b>  <b>Y</b>	<b>OH</b> Ogden House <b>Y</b> Wilton YMCA <b>WL</b> Wilton Library <b>VM</b> Village Market <b>VNH</b> Visiting Nurse & Hospice <b>BE</b> Bridge by EPOCH <b>SAHW</b> Stay at Home in Wilton <b>RVNA</b> Ridgefield Visiting Nurse <b>W</b> Waveny Life Care	100 River Road 404 Danbury Road 137 Old Ridgefield Road Old Ridgefield Road 761 Main Ave., Norwalk 123 Richards Ave., Norwalk  27 Governor Street 3 Farm Road, New Canaan	203-762-8035 203-762-8384 203-762-3950 203-762-7283 203-762-8958 203-523-0510 203-423-3225 203-438-5555 203-594-5310	<b>1</b> 10:00 Jewelry Workshop 10:00 Feldenkrais 11-2 Free Swim Y 12:00 Bridge 1:30 Intermediate Bridge
<b>4</b> 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge	<b>5</b> 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH	<b>6</b> 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00 Volunteer Lunch OH 1:00 Duplicate Bridge 1:00 American Mah Jongg	<b>7</b> 8:30 AAA Driver Improvement Course 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	<b>8</b> 10:00 Feldenkrais 11-2 Free Swim Y 11:15 Chair Yoga 12:00 Bridge 1:30 Intermediate Bridge
<b>11</b> 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge	<b>12</b> 9:00 Men's Breakfast Orem's SAHW 9:45 BeMoved 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting 1:30 Chinese Mah Jongg 2:00 Chair Yoga OH 6:00 How Much Fat is Too Much Fat? W	<b>13</b> 10:00 Open Bridge 10:30 Tai Chi 11:30 Essential Oils Workshop 1:00 American Mah Jongg 1:00 Library Downloads	<b>14</b> 10:00 Yoga 11:00 Tips on Fall Prevention 12:00 Lunch 12:45 Bingo 12:30-2 Blood Pressure Screening Y 2:00 and 5:30 Caregiver Support BE 6:00 Social Service Commission	<b>15</b> 10:00 Feldenkrais 10:00 Jewelry Workshop 11-2 Free Swim Y 12:00 Bridge 1:30 Intermediate Bridge
<b>18</b> 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge	<b>19</b> 9:45 BeMoved 10:00 Oil and Acrylics 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH	<b>20</b> 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 1:00 American Mah Jongg	<b>21</b> 10:00 Yoga 11:45 Western CT Geriatric Council	<b>22</b> 10:00 Feldenkrais 11-2 Free Swim Y 12:00 Bridge 1:30 Intermediate Bridge
<b>25</b> 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge	<b>26</b> 9:45 BeMoved 10:00 Oil and Acrylics 11:00 Yoga 12:30-2 Blood Pressure VM 12:30 Five Crowns 12:30 Chinese Mah Jongg 1:00 Studio Knitting 2:00 Chair Yoga OH 3:00 New Treatments for Stroke and TIAs SAHW	<b>27</b> 10:00 Open Bridge 10:30 Tai Chi 1:00 American Mah Jongg	<b>28</b> 10:00 Yoga 10:00 New Canaan Nature Center Walk SAHW 12:00 Lunch 12:45 Bingo 2:00 and 5:30 Benefits of Fresh Air and Sunshine BE	<b>29</b> 10:00 Feldenkrais 10:00 Jewelry Workshop 11-2 Free Swim Y 12:00 Bridge 1:30 Intermediate Bridge



## Advance Medical Directives

*Understanding the Concept*  
Monday, May 14, 2:15 p.m.  
Senior Center Lounge

Community Health Nurse Katherine Lasberg, JD, BSN, RN, from Visiting Nurse & Hospice of Fairfield County will discuss advance directives, including living wills and power of attorney.

Explore the concept of preparing advance health care decisions regarding your personal medical care. Advance Medical Directives will help guide your family members and your healthcare providers in honoring your wishes concerning medical treatment if you are unable to communicate.

Reservations: 203-834-6240.



### LIVE TO BE 100!

May 15, 6:00 p.m.

Dr. Edward Schuster, Cardiologist at Stamford Hospital, will discuss how to live to be 100 years old! Please join us for this **FREE** community event. Bring your questions and learn more about how to live your lives in a way that will promote longevity. Light dinner will be served at 5:30 p.m.

### FAT: HOW MUCH IS TOO MUCH?

June 12, 6:00 p.m. to 7:00 p.m.

Please join Barbara Schmidt, MS, RDN, CDN, instructor of Norwalk Hospital's successful "Transformations" Weight Loss program, for an informative discussion on how much fat is too much fat to use when cooking. This is a **FREE** community event. Light dinner will be served at 5:30 p.m.

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](mailto:MNtiri@Waveny.org) to RSVP.

## STAY AT HOME IN WILTON



Sunday, May 13, 3:00 p.m.

### A Special Mother's Day Piano Concert and Reception at the Wilton Library

Stay at Home in Wilton and the Wilton Library are pleased to bring Dr. Joe Utterback back to Wilton. "Dr. Joe" is a celebrated American jazz pianist, composer, and recording artist whose performances are featured at Tony Awards dinners in New York City and festivals throughout the United States. His high-energy piano jazz delights audiences. Joe infuses familiar blues, ballads, Broadway, and jazz with a captivating, dynamic style. This event is sponsored by Bankwell. No charge. Reservations required for guaranteed seating. Contact the Wilton Library: 203-762-6334.

Thursday, May 24, 10:00 a.m.

### Schenck's Island Plant Walk

You don't want to miss this month's walk with conservationist/botanist Donna Merrill who will talk about the variety of plants and vegetation found on Schenck's Island. No charge. Walkers meet at Schenck's Island. An optional lunch will follow. Reservations recommended: 203-762-2600.

Tuesday, June 26, 3:00 p.m.

### New Treatments for Strokes and TIA's

Neurologist Dr. Daryl Story will discuss TIA and stroke treatment strategies, intervention, and prevention. Learn how to identify the cause of strokes and TIA's and how to prevent recurrence. This event is sponsored by Lang's Pharmacy. No charge. Healthy snacks will be served. Location: Senior Center Lounge. Reservations recommended: 203-762-2600.

Thursday, June 28, 10:00 a.m.

### New Canaan Nature Center Walk

Walk the trails of the New Canaan Nature Center with us! Located on 40 acres, the nature center features unusual habitat diversity, a live Birds of Prey Exhibit, a variety of gardens, a Greenhouse and a Visitors Center. No charge. Walkers meet at the Wilton Commuter Lot on Route 7 north of Orem's. Lunch will follow. Reservations required: 203-762-2600.

Stay at Home in Wilton hosts talks and walks throughout the year. To learn more about Stay at Home in Wilton membership benefits and volunteer opportunities, contact Janet Johnson at 203-762-2600 or visit [www.stayathomeinwilton.org](http://www.stayathomeinwilton.org).





**Nutrition and Lifestyle for  
Weight Management**  
**A six-week series for all ages**

Select the series of your choice:

Tuesday evenings, May 15 to June 19, 6:30 p.m. to 8:00 p.m. Open to all.

———OR———

Thursday afternoons, May 17 to June 21, 2:00 p.m. to 3:30 p.m. Women only.

This new goal-oriented series will help you make and meet a well-defined goal. It will include

- Hands-on individual goal setting and goal achieving
- Weekly themes and education
- Private weekly weigh-ins
- Group sharing of successes, setback, stories and resources.

Presented by Meg Whitbeck, MS, RDN, RVNA Registered Dietitian and Nutrition Educator. Fee: \$129. Pre-registration and payment are required. Register at 203-438-5555 or [intake@ridgefieldvna.org](mailto:intake@ridgefieldvna.org).

This series takes place at the Ridgefield Visiting Nurse Association (RVNA) located at 27 Governor Street, Ridgefield.

**<<<< Playing Smarter Tennis >>>>**  
**Tips to Win More Points and Have More Fun!**  
**Friday, May 25, 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 Play. Using three-dimensional visual aids, he will review fundamental tactics and tips aimed at helping players win more points and have more fun.



*Peter Engstrom*

Among the topics to be covered are how to intimidate your opponents, serving with confidence (Double faulting is not a sin!), the power of the "lob," when and how to "poach," playing the net, court position and movement, offensive players responsibilities, defensive players responsibilities, bringing out the best in your doubles partner, and tennis etiquette.

All participants will be offered a complimentary, one-hour, on-court lesson on the stroke of their choice. This will be scheduled during the last week of May or the first week of June.

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

***Bridges by EPOCH Presents***

Strokes: The Basics

Neurologist Dr. Daryl Story

Tuesday, May 22, 5:30 p.m.

Join us for an important presentation about what happens in the brain during a stroke. Understand the symptoms and what to do if you recognize that a stroke is occurring. Dr. Story will also discuss recent statistics, treatments, and ways to minimize your risk.

The following programs are offered twice for your convenience.

Five Building Blocks for Successful Aging

Linda Ziac, President of The Caregiver Resource Center, and Thomas Smith, President of Aging Workforce Solutions

Tuesday, May 15, 2:00 p.m. and

Thursday, May 17, 5:30 p.m.

Learn the secrets of aging successfully. From understanding the aspects of aging and talking with loved ones to exploring care and financial options, you'll leave with the tools you need to be confident as you age.

Benefits of Fresh Air & Sunshine

Thursday, June 28, 2:00 p.m. and 5:30 p.m.

When Florence Nightingale prescribed fresh air and sunshine to army hospital wards, the number of lives she saved was astonishing. Learn about the physical and mental benefits of Nightingale's wonder drug as well as tips for keeping your loved one safe outdoors.

Caregiver Support Group

Thursdays, May 10 and June 14, 2:00 p.m. and 5:30 p.m.

Join us each month to catch up with dementia care experts and other caregivers who understand the unique challenges you face.

*All events are held at Bridges by EPOCH, 123 Richards Avenue, Norwalk. Call 203-523-0510 or visit [www.BridgesbyEPOCH.com](http://www.BridgesbyEPOCH.com) to RSVP.*



## DRIVER IMPROVEMENT PROGRAM

**Lower your auto insurance costs and improve your driving skills!**

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

**Friday, May 11  
Thursday, June 7**

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

Register online by visiting [www.aaa.com/driverimprovement](http://www.aaa.com/driverimprovement) or **call AAA** at 203-937-2595, ext. 4684 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 motor coverage, rental reimbursements, and towing and labor costs. Check with your insurer.*

## **Tips for Fall Prevention Thursday, June 14, 11:00 a.m. Senior Center Lounge**

Susan Pinto of Brookdale Wilton will offer tips on preventing falls. She will review statistics relating to falls, explain the major causes, and describe how seniors may avoid falling.

Reservations: 203-834-6240.

## FREE DOWNLOADS

presented by the Wilton Library  
at the Senior Center  
1:00 p.m. to 2:30 p.m.

Bring your own device and follow along as Melissa Baker demonstrates the **free digital services** that are available 24/7 from Wilton Library. There is something for everyone and hours of enjoyment for patrons with Wilton Library cards.

Wednesday, May 9

Topic: eBooks and eAudiobooks

**OverDrive**  
leading digital media services



Wednesday, June 13

Topic: eMagazines

**rb digital**



### REMEMBER:

Bring your device, your Wilton Library card, and your passwords. Registration is required.

Call 203-762-3950 or visit

[www.wiltonlibrary.org](http://www.wiltonlibrary.org).

### MEDICARE SCAM ALERT from Page 1

**HANG UP** and call your SMP at 1-800-994-9422. The office of the Inspector General wants to know what areas are receiving these phone calls.

If you have moved and not yet changed your address with the Social Security Administration, it is **IMPERATIVE** that you do so. Your new Medicare card will be mailed to the last address that the Social Security Administration has on file.

The SMP Program is always looking for volunteers to help spread the word about how Medicare beneficiaries can help protect themselves from being victims of Medicare fraud and abuse and Medicare scams. As a volunteer you can distribute flyers in your town, set up an exhibit, or conduct presentations. The next SMP Foundations Training is scheduled for May 23, from 10:00 a.m. to 3:00 p.m. at the SWCAA offices, 1000 Lafayette Blvd, Bridgeport. If you are interested in becoming a volunteer please contact Lisa Alhabal, SMP Coordinator, at 203-814-3618. You must speak with Lisa Alhabal in order to enroll in the program.

## Volunteers Honored on June 6

On Wednesday, June 6, at noon the Wilton Senior Center and Wilton Social Services Department 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 lunchgoers. 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 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. 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. These rooms became the café, lounge, game room, and crafts and arts studio. The new space was dedicated in March 2011.

At that time the food pantry was expanded and moved to the lower level. Open four days a week, the pantry is staffed by a cadre of senior volunteers.

At their helm is Del Overby, who assigns the monthly volunteers to their shifts. In addition to working in the pantry, several volunteers make a weekly pick-up and delivery from the Village Market while another group of volunteers from the Woman's Club makes a weekly trip to the Lower Fairfield Food Bank in Stamford to shop for pantry supplies. Without the tireless commitment of the pantry volunteers, the Social Services Department would not be able to provide this essential service.

As a result of the Comstock Renovation Project in 2016, the Senior Center was refurbished with new ceiling tiles and energy-efficient lighting; enhanced handicap accessibility and security; improved heating, ventilation, and air-conditioning; remodeled café and kitchen; new technology room to replace the "old computer room" which was absorbed into the new lobby; and additional restrooms.

There has been one constant throughout the years: the volunteers who have contributed time and talent to the Senior Center and the Social Services Department, whether leading a book discussion, giving a series of talks, planting flowers, painting, conducting an activity, preparing a meal, or staffing the food pantry.

Spring is in the air. Taking a walk on a Town trail? Watching a game at a town field? Enjoying a warm spring day at a town park? Take SeeClickFix along with you to report

**SeeClickFix**

non-emergency issues - such as trees down across a trail, playground equipment problem at the schools, or litter in the parks - which will be reported directly to the appropriate Town of Wilton department to be addressed and resolved.

With free SeeClickFix web-based and mobile app tools, Town of Wilton residents can provide the appropriate Town of Wilton departments with pictures, videos, specific descriptions, and more — valuable information needed to get the job done efficiently. Residents can also view, comment on, and vote to fix problems submit-

ted by their neighbors and create their own "watch areas" to receive notifications about all the issues reported in their neighborhood, enabling them to follow the progress of all service requests — not just the ones they report. In addition, the SeeClickFix platform provides officials with a centralized issue management system to manage issues from creation to resolution — engaging town residents throughout the process.

The SeeClickFix mobile app is available for download on [Android](#), [iPhone](#) and [Blackberry](#). In addition to the mobile apps, citizens can send reports to the Town of Wilton website at [www.wiltonct.org](http://www.wiltonct.org).

Wilton Senior Center  
Comstock Community Center  
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Wilton, CT 06897

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Transportation	Laundry
Personal care and grooming	Meal preparation
Errands and grocery shopping	Medication reminders
Light housekeeping	Companionship

HomeCare by RVNA caregivers are dedicated to the comfort and security of our customers and their families. **Call HomeCare by RVNA at 203.438.5555 to learn more.**



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Medicare-Certified Home Health Care Agency