



CORRIDORS

NOVEMBER
DECEMBER
2013

Feldenkrais® Awareness Through Movement® Begins November 1, 10:00 a.m., at the Senior Center

"Anyone who is subject to the grim tug of gravity might count themselves lucky that one day, about 50 years ago, Moshe Feldenkrais, in his late thirties, while standing on a wet submarine deck, slipped and aggravated an old knee injury. They should also be grateful to the doctors who told him he would never walk again without surgery (surgery that offered only a 50% cure rate), because Feldenkrais decided to fix himself, and invented a new treatment in the process. Feldenkrais was a remarkable man and a genius..." Dr. Norman Doidge for the *National Post*

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. The first session takes place on Friday, November 1, from 10 a.m. to 11 a.m. at the Senior Center and will continue on Fridays through December. There is a \$5 drop-in fee for each session. The lessons are gentle and deceptively simple. Yet they will challenge you to question your assumptions and change your perception of your own abilities.

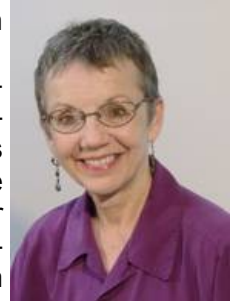
Do you limit yourself without even knowing it? Do other people try to tell you how you feel? It's time to take charge of your own comfort and discard the

movement patterns that hold you back. You are the only person living in your body. Why not make it a home you enjoy!

Instructor Cathy Paine, M.A., GCFT is an award-winning professional dancer and choreographer. For over 35 years, she danced in the United States, England, Germany, and Hong Kong. A movement coach with a Master's degree from UCLA and a Guild-Certified Feldenkrais Teacher, Paine has taught at the University of Maryland, Kenyon College, and Mary

Washington University.

Paine discovered the Feldenkrais Method® while searching for relief from arthritis pain in her hip. She has been a certified Feldenkrais practitioner since 1997, specializing in working with performing artists, athletes and seniors. Don't miss Paine's personal tale of recovery on page 6.



Cathy Paine

AVOID THE FLU! GET VACCINATED BEFORE FLU SEASON Sponsored by Visiting Nurse & Hospice

- ♦ Flu clinics are open to the public. No appointment is necessary.
- ♦ Anyone 3 years of age or older may receive a seasonal flu vaccine ("flu shot") at these clinics.
- ♦ Persons under age 18 must be accompanied by a parent or legal guardian.
- ♦ The vaccine cost is \$40. Cash, check, Medicare Part B, Aetna, and Anthem will be accepted as payment. You must bring your insurance card with you.
- ♦ Pneumonia vaccine will also be available to adults age 65 or older who have not previously received pneumonia vaccine since attaining age 65. The cost is \$80 and is billable to Medicare Part B.

Flu Info Line, 203-834-6341 ext. 444
www.visitingnurse.net

Senior Center,
180 School
Road
Tuesday,
November 5
(Election Day)
10:00 a.m. to
11:30 a.m.

Wilton Library,
137 Old Ridge-
field Road
Saturday,
November 9,
10:00 a.m. to
11:30 p.m.

Municipal Election--Tuesday November 5, 6 a.m.-8 p.m.

The 2013 Municipal Elections will take place on **Tuesday, November 5**, at three Wilton polling places from 6 a.m. to 8 p.m. Find your voting place—it might have changed this year!—and confirm your voter registration on the Wilton Registrars of Voters “Voter Look Up” page on the town website: <http://www.wiltonct.org/departments/Voter/voter2.asp>

Polling Places - Please note that the Miller Driscoll School is NOT a polling place.

District 1—Wilton High School Clune Center, 395 Danbury Road—serves the northern section of Wilton.

District 2—Cider Mill School Main Gym, 240 School Road—serves the Belden Hill and western section of Wilton.

District 3—Middlebrook School Main Gym, 131 School Road—serves the south section and River Road areas of Wilton.

Parking for voters with disabilities will be marked at each polling place. For those unable to leave their vehicles due to a physical disability, curbside voting is available upon request. Please contact the Wilton Registrars of Voters office for information at 203-563-0111.

Absentee Ballots

If you are unable to vote at the polls between 6 a.m. and 8 p.m. on Election Day, absentee ballots are now available. You may obtain an application for an absentee ballot by downloading and printing a copy from the town website at <http://www.wiltonct.org/departments/Voter/voter5.html> or by calling the Town Clerk's office at 203-563-0106.

New Election Laws Make Voting Easier

Election Day Registration

Eligible Connecticut residents who are not already registered to vote will now have the opportunity to register and cast a ballot on Election Day in the town where they live. In Wilton you will be able to register on Election Day by showing proof of identity and residence at the Wilton Town Hall. Although voters should still try to register ahead of time, Election Day registration offers an important protection for those who have missed the voter registration deadline or didn't have the chance to register earlier. Contact the Wilton Registrars of Voters at 203-563-0111 for more information.

Permanent Absentee Ballot

An eligible voter who is permanently physically disabled now may receive an absentee ballot automatically for each election, primary, or referendum held in the voter's town during the current calendar year. First, obtain and complete an application for an absentee ballot. Ask your physician or medical care provider for a letter certifying that you are unable to appear in person at your polling place to vote because of your disability. Submit both the application and the physician's letter to Wilton Town Clerk Bettye Ragnognetti.

Although Wilton's registrars of voters will contact you each year to confirm that you still live in Wilton, you do not need to re-apply for ballots or to contact your physician each year. Your absentee ballot should automatically arrive about one month before each election. State law requires that your doctor's certification containing your medical information remain private and confidential. Questions? Contact Wilton Town Clerk Bettye Ragnognetti at 203-563-0106.



Combining Quality, Compassion and Care

presents

Racing Today's SUPER YACHTS

Sailing vessels from 80 to 200 feet

Wednesday, December 4, 1 p.m. in the Senior Center Lounge
Jay Kiley, Presenter and Owner of Synergy Home Care

Come and hear local sailor Jay Kiley tell how the uber rich enjoy themselves and what it takes to win a Super Yacht Race. Hear about the boats, the exotic locations, the money, the rewards, and the dangers. Jay has raced in over 100 races all over the world.





Intimacy Issues
Tuesday, December 3
5:00 p.m. to 7:30 p.m.

Changes in the need for closeness and intimacy is an issue that surfaces when there is memory loss. This mini-workshop, conducted by a Certified Dementia Educator, will explore challenges that caregivers and spouses face with regards to sexuality and intimacy.

This workshop takes place at Visiting Nurse & Hospice's iPark office location at 761 Main Avenue Suite 114 (off Kent Road) on the Wilton-Norwalk border. Refreshments will be provided. No charge. Please call 203-762-8958 to register.

Let's Talk: Adult Children and their Parents

Tuesday, November 12
7:00 p.m. to 8:30 p.m.
Wilton Library Brubeck Room
137 Old Ridgefield Road

Don't miss this informative panel discussion featuring guest speaker Rev. Shannon White, author of *The Invisible Conversations with Your Aging Parents*. The program will offer practical advice about beginning conversations about sensitive issues related to aging. Panelists include local experts in the areas of elder law, end of life care, social work, and dementia.

Free and open to the public. Refreshments. Book signing to follow. Jointly sponsored by Wilton Library and Visiting Nurse & Hospice of Fairfield County.

BLOOD PRESSURE SCREENINGS

Complimentary and open to the public.
***Conducted by a registered nurse from
Visiting Nurse & Hospice of Fairfield County***

Wilton Senior Center, 11 a.m. to noon
Thursdays, November 7 and December 5

Village Market— There will be no clinics during November and December because of the holidays.

Wilton Family Y, 12:30 p.m. to 2:00 p.m.
Thursdays, November 21 and December 19



"Hope When Vision Fails"

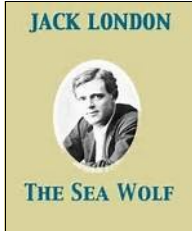
Macular degeneration and low vision are two urgent health and lifestyle conditions that affect older adults. The Greens at Cannondale will present an educational and demonstration seminar on the newest medical treatments, eyeglass options, and current research. The seminar is on Saturday, November 2, from 8:30 a.m. to 11:30 a.m. at The Greens at Cannondale, 435 Danbury Road, Wilton.

Three experts, Dr. Davis Tom of New England Retina Associates; Dr. Randolph Kinkade, author of "Guide to Macular Degeneration Eyeglasses"; and Charlie Collins, author and founder of Vision Dynamics, will share their knowledge and answer questions. They will present new, attainable ways to help minimize the challenges and frustration caused by vision problems.

Seating is limited to the first 100 people who register. For more details, contact Tracy or Molly at Vision Dynamics at molly@VisionDynamics.com or 203-271-1944.

Laurel Ridge Health Center
642 Danbury Road (Rt. 7), Ridgefield

Memory Screening Day – If you or a loved one has experienced changes in memory, such as forgetting people's names, asking repetitive questions or confusion over daily routines, a confidential screening at no cost is recommended. A registered nurse and social worker will be available for screenings on November 19 from 10 a.m. to 2 p.m. by appointment only. This free, confidential memory screening program is part of the Alzheimer's Foundation's annual campaign to educate the public about successful aging, memory concerns, dementia, and caregiving. Memory screening is an important step toward finding out if a person has a memory problem that requires further diagnosis. Early detection may lead to opportunities for treatment and intervention, which can improve an individual's quality of life as they age. For more information or to schedule a confidential appointment, call Laurel Ridge at 203-438-8226 or visit www.nationalmemoryscreening.org,



BOOK DISCUSSION
with RAY RAUTH
at the Senior Center
Tuesday, November 26

THE SEA WOLF by Jack London

This psychological adventure novel was first published in 1904. The protagonist, an intellectual literary critic named Humphrey Van Weyden, survives an ocean collision and is rescued by Wolf Larsen, the powerful sea captain of a seal hunting schooner. Larsen has been described as a sociopath with exceptional physical strength and intelligence. Through being exposed to cruelty and brutality as a captive on Wolf Larsen's ship, Van Weyden is forced to become tough and self-reliant. The author is said to have been attacking Nietzsche's "superman" philosophy in writing this book. (Interestingly, Jack London was called "Wolf" by close friends and used a picture of a wolf on his bookplate.)

Discussion at 11 a.m.; lunch (\$3) at noon. Call 203-834-6240 for reservations.

Self-Hypnosis Seminar
with Sonia Katz

Learn the simple steps of self-hypnosis with Sonia Katz. In a recent interview, Ms. Katz explained: "It is a skill that can be easily understood and implemented. I have used this knowledge for over 40 years and want to share this with you. Join me for a workshop of fun and relaxation whatever your age or experience. This is a positive step to improving the quality of your life. After all, hypnosis is really focused concentration."



Ms. Katz studied hypnosis with Dr. Brian Weiss, author of *Many Lives, Many Masters*. The primary cause of illness is stress. Ms. Katz will teach how to achieve relaxation through breathing techniques, guided meditation, and how to plant the proper suggestions in the unconscious mind in order to achieve goals.

The seminar takes place on Thursdays, November 7 and 21, and December 12 at 2 p.m., at the Senior Center. There is a \$5 drop-in fee; advance registration recommended 203-834-6240.

Play Reading
at the Senior Center



Monday, November 4, 12:30 p.m.

HARVEY is a 1944 play by Mary Chase who received the Pulitzer Prize for Drama for the work in 1945. Elwood P. Dowd claims to have a friend called Harvey who is a six-and-a-half-foot tall rabbit. When he begins to introduce his imaginary and invisible friend to guests at a society party, his sister Veta decides to have him committed to a sanitarium to save the family from future embarrassment. The doctors commit Veta instead of Elwood. When the truth comes out, the search is on for Elwood. A revival of this play opened in May 2012 at Studio 54 starring Jim Parsons as Elwood.

Monday, December 2, 12:30 p.m.

A LITTLE MURDER NEVER HURT ANYBODY by Ron Bernas was the winner of the Community Theatre Association of Michigan New Plays Competition. The play is a spoof of and love letter to the screwball comedies of the 1930's. This two-act piece featuring witty dialogue and slapstick comedy begins on New Year's Eve with the rich, bored Matthew promising to kill his rich, bored wife Julia so he can become a jet setter like his friend who recently lost his wife. During the year in which the play takes place, there are several mysterious deaths that occur on the grounds of the family estate. It seems that Matthew is successful in murdering everyone but Julia. The play ends with a nice bang!

Call 203-834-6240 to register.

BAPTIST CHURCH
THANKSGIVING LUNCH



The Wilton Baptist Church at 254 Danbury Road will treat the town's senior citizens to a bountiful Thanksgiving luncheon on **Wednesday, November 20**. All are welcome! Beginning at 11:30 a.m. with hot cider, this will be the 37th year of this generous gift at no cost to Wilton seniors. The luncheon feast includes roasted turkey, stuffing, side dishes, dessert, and salad.

Reservations: call the Senior Center at 203-834-6240 by Friday, November 15. **Do not call the Baptist Church. Dial-A-Ride will be available. To schedule a ride call 203-834-6235.**



Healing Day for Caregivers

Monday, November 18

11:00 a.m. to 3:30 p.m.

Refresh, Reflect, and Rejuvenate!

The Ridgefield Visiting Nurse Association, the Ridgefield Lyme Disease Task Force, and Integrative Health Coach Christel Autuori invite you to a healing day for caregivers, created to honor and support our community caregivers. If you care for a sick, aging or disabled family member, this free day filled with refreshing ideas, healthy tips and relaxation is for you.

Presentations will include:

- ♦ *Stretching/Gentle Yoga*— Christel Autuori, RDH, RYT, MA
- ♦ *Lighten Your Load*— Laura Switzer, LCSW, RVNA
- ♦ *The Health Benefits of Tea*— The Bigelow Tea Company
- ♦ *How to Eat Right on a Busy Schedule*— Sandra Novella, MS, RD, CD-N, Nutrition & Food Consultant
- ♦ *Tools/Techniques to Help You Care for Yourself so That You Can Care for Others*— Christel Autuori, Integrative Health Coach
- ♦ *HeartMath Stress Reduction with Reiki Master/teacher*— Ellie Kirk

Lunch will be provided; seating is limited to 35 guests. Registration is required. A confirmation ticket will be emailed to you. The event will take place at the Leir Retreat Center, 220 Branchville Road, Ridgefield.

R.S.V.P. RVNA at 203-438-5555 by November 6.

PARKS AND RECREATION NEWS

LUNCHEON

A holiday luncheon will take place on Friday, December 6, from noon to 1:30 p.m. at the Comstock Community Center. The cost is \$5. Reservations: 203-834-6234.

TRIP

December 14, A Day in New York City

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



Stay at Home in Wilton Veterans Day Celebration and Guest Speaker

Join Stay at Home in Wilton at the Senior Center Lounge on Thursday, November 7, at 11 a.m. for an advance celebration of Veterans Day featuring Anne James from the U.S. Department of Veterans Affairs. She will discuss VA pensions and answer questions on VA benefits.

Lunch will be provided by the Senior Center. Reservations are required for lunch. Cost: \$3

For reservations call Janet at 203-762-2600 or sign up on the sheet in the Senior Center Café. Need a ride? Call Janet. A Stay at Home volunteer will be glad to transport you. To learn more about Stay at Home in Wilton visit www.stayathomeinwilton.org.



Want to play Chess?

Meet up with fellow chess players at the Senior Center on Mondays at 1:30 p.m.

Call Ed Steiner for details.

203-722-8445 or rex256@icloud.com

Holiday Tea Cup Luncheon

Mark your calendar for a sweet date on Friday, December 20, at noon for a Holiday Tea Cup Luncheon sponsored by Laurel Ridge Health Care. Why tea cups? We have the tea cups and wanted to build a little gathering around them. Bring a tea cup and saucer and get it filled with delicious treats just in time for the holiday celebrations. Bonnie Leavy-Mello, Marketing Director for Laurel Ridge Health Care Center of Ridgefield, will host this complimentary luncheon.



Join us while we listen to holiday music, enjoy lunch, and "fill a tea cup!" Just bring your creativity. Space is limited; reservations required 203-834-6240.

Feldenkrais® and the Dancing Hip

A tale of recovery
by Cathy Paine, M.A., GCFT

I was a professional dancer, choreographer and teacher for over twenty years when I began to experience stabbing pains in my right hip. X-rays indicated early arthritis, a condition that affected my mother when she was the same age.

My doctor said the arthritis would probably not worsen (as in my mother's case), but in any event, dancing wouldn't affect it one way or the other. I could dance without fear of damaging my hip joint - if I could ignore the pain. For six months I kept working. But I was in pain, unhappy and very worried about the future.

It was at this point that a longtime friend and colleague (and, unbeknownst to me, *Feldenkrais* practitioner) noticed me limping in rehearsal. She asked what was wrong and, after I explained, offered to give me a *Feldenkrais* lesson.

As I lay on her table, she lightly pressed, lifted and rolled various parts of me. Afterward, I felt very relaxed, but my hip was still painful. My friend asked me to walk a little bit, and began asking questions about how I was protecting myself from the pain. She suggested some possible adjustments to my thinking and my movement exploration. As I continued to walk, concentrating on the new information, I suddenly noticed that my hip pain had completely disappeared.

What became clear was that my own thinking habits had completely wiped out a whole range of movement possibilities. I was unknowingly stifling my own natural creativity and curiosity. What a realization for a creative artist!

Now, over twenty years later, I am a certified *Feldenkrais* practitioner and movement teacher. I delight in the freedom, spontaneity and specificity that the *Feldenkrais Method* calls forth in my work and in my life. I look forward to learning, growing, and improving for the rest of my life.

Ogden House

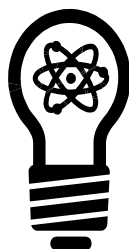
Liz Wendell will teach gentle chair yoga on Tuesdays, 2 p.m. to 3 p.m. Fee: \$3 per class. To register for the class, please call Betty at 203-762-8035.

MEDICARE PART D APPOINTMENTS

This year open enrollment for Medicare Part D began October 15 and ends December 7. On Thursday, November 7, representatives from the Southwestern Connecticut Agency on Aging will be at the Senior Center meeting with individuals regarding the Medicare Part D prescription drug program.

Appointments are available for any Medicare beneficiary who has Medicare Part A or Part B or both. November is the time to get the help you need to choose or change your prescription drug plan. Schedule an appointment through Sharon Powers, 203-834-6238.

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)



The Wilton Social Services Department is available to help you apply for assistance with your heating bills. Income guidelines for eligibility state that a single individual may earn no more than \$31,815.69; a couple's maximum income may not exceed \$41,605.12. Income includes wages, social security, pension, rental income, child support and interest. Homeowners must have less than \$10,000 not including retirement income if under 59 1/2 and renters less than \$7,000 including retirement income if under 59 1/2. For more information or to schedule an appointment, call Social Services at 203-834-6238.



Tax Help

AARP Connecticut is recruiting volunteers to help other state residents prepare and file their returns in the tax season ahead. AARP Foundation Tax-Aide offers free face-to-face help for low- to moderate-income taxpayers, especially those age 60-plus. In Connecticut, more than 580 trained volunteers helped nearly 33,000 residents file their 2012 tax returns at 95 sites, including libraries and senior and community centers.

Volunteers are needed not only to prepare tax returns but also to greet people, maintain computers, manage the program and translate. Orientation will be held in December and January. For details, go to aarp.org/taxvolunteer.



NOVEMBER 2013

Monday	Tuesday	Wednesday	Thursday	Friday
KEY OH Ogden House Y Wilton Family Y WL Wilton Library G The Greens WM Wilton Meadows VM Village Market VNH Visiting Nurse & Hospice LR Laurel Ridge Health Care BP Brookdale Place SAHW Stay at Home in Wilton All activities are held at the Senior Center unless otherwise noted.	100 River Road 203-762-8035 404 Danbury Road 203-762-8384 137 Old Ridgefield Rd. 203-762-3950 435 Danbury Road 203-761-1191 439 Danbury Road 203-834-0199 Old Ridgefield Road 203-762-7283 761 Main Ave., Norwalk 203-762-8958 642 Danbury Rd., Rdgfld 203-438-8226 99 Danbury Road 203-761-7999 203-762-3950			1 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
	4 9:15 Enhance Fitness 10:30 Line Dancing 12:00 Movie 12:30 Play Reading 1:30 Mah Jongg 1:30 Chess	5 Election Day 9:45 Renew 10:00 Oil/Acrylics 10-11:30 Flu Clinic 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH	6 9:30 RSVP 10:00 Writers 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Duplicate Bridge 1:30 Mah Jongg 2:30-3:30 Congressman Jim Himes answers questions on the Affordable Care Act	7 10-2 Medicare Part D Appointments 9:00 Enhance Fitness 9:30 I Can Draw 10:00 Yoga 11:00 Anne James 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 2:00 Self-Hypnosis
	11 Veteran's Day Senior Center Closed	12 9:30 Basic Word 9:45 Renew 10:00 Oil/Acrylics 11:00 Yoga 1:00 Japanese Woodblock Printing 1:00 Comstock Knitters and Crafters 2:00 Mah Jongg 2:00 Chair Yoga OH 7:00 Let's Talk VNH	13 9:30 RSVP 10:00 Tai Chi 10:00 Duplicate Dan 11-1 RSVP Craft Boutique OH 12:00 Lunch OH Program: Hoot Owls 12:00 Chicago Bridge 1:30 Mah Jongg	14 9:00 Enhance Fitness 9:30 I Can Draw 10:00 Yoga 12:00 Lunch 12:45 Bingo 5:30 Social Services Commission
	18 9:15 Enhance Fitness 9:30 Memoir Research 10:30 Line Dancing 11:00 Healing Day for Caregivers RVNA 12:00 Movie 1:30 Mah Jongg 1:30 Chess	19 9:30 Memoir Research 10:00 Oil/Acrylics 10-2 Memory Screening LR 11:00 Yoga 12:00 Duplicate Bridge 1:00 Danbury Raid 2:00 Chair Yoga OH	20 9:30 RSVP 9:30 Card Stamping 10:00 Writers 10:00 Tai Chi 10:00 Great Decisions 10:00 Duplicate Dan 11:30 Thanksgiving Lunch, Baptist Church 1:30 Mah Jongg	21 9:00 Enhance Fitness 9:30 Picasa 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:45 Bingo 2:00 Self-Hypnosis
	25 9:15 Enhance Fitness 10:30 Line Dancing 12:00 Movie 1:00 Comstock Knitters and Crafters 1:30 Mah Jongg 1:30 Chess	26 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30 Mah Jongg 2:00 Chair Yoga OH 3:00 SAHW Meets	27 9:30 RSVP 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH 1:30 Mah Jongg	28 Thanksgiving Day Senior Center Closed
				29 Senior Center Closed



DECEMBER 2013

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:15 Enhance Fitness 10:30 Line Dancing 11:00 COPD Presentation 12:00 Movie 12:30 Play Reading 1:30 Mah Jongg 1:30 Chess	3 10:00 Oil/Acrylics 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH 5:00 Intimacy Issues VN	4 9:30 RSVP 10:00 Tai Chi 10:00 Writers 10:00 Duplicate Dan 12:00 Duplicate Bridge 1:00 Racing Today's Super Yachts 1:30 Mah Jongg	5 9:00 Enhance Fitness 10:00 Yoga 10:00 Encore International 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	6 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 12:00 Parks and Rec Holiday Lunch 1:30 Beginner Bridge 1:30-3 Free Sr Swim
9 9:15 Enhance Fitness 9:30 Word Graphics 10:30 Line Dancing 12:00 Movie 1:30 Mah Jongg 1:30 Chess	10 9:30 Word Graphics 10:00 Oil/Acrylics 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Mah Jongg 2:00 Chair Yoga OH	11 19:30 RSVP 0:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH Program: Treblemakers 12:00 Chicago Bridge 1:30 Mah Jongg	12 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo 2:00 Self-Hypnosis 5:30 Social Services Commission	13 10:00 Feldenkrais 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
16 9:15 Enhance Fitness 10:30 Line Dancing 12:00 Movie 1:30 Mah Jongg 1:30 Chess	17 10:00 Oil/Acrylics 11:00 Yoga 12:00 Duplicate Bridge 2:00 Chair Yoga OH	18 9:30 RSVP 9:30 Card Stamping 10:00 Tai Chi 10:00 Writers 10:00 Duplicate Dan 12:00 Lunch OH Program: Firefighters Lunch/Middlebrook Singers 1:30 Mah Jongg	19 9:00 Enhance Fitness 10:00 Yoga 11:45 Senior Network Council 12:30-2 Blood Pressure Screening Y	20 10:00 Feldenkrais 10:30 Sketching and Painting with Viola 12:00 Holiday Tea Cup Luncheon 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
23 9:15 Enhance Fitness 10:30 Line Dancing 12:00 Movie, It's a Wonderful Life 1:00 Comstock Knitters and Crafters 1:30 Mah Jongg 1:30 Chess	24 10:00 Oil/Acrylics 11:00 Yoga 12:30 Mah Jongg 2:00 Chair Yoga OH	25 Christmas Senior Center Closed	26 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo	27 10:00 Feldenkrais 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
30 9:15 Enhance Fitness 10:30 Line Dancing 12:00 Movie 1:30 Mah Jongg 1:30 Chess	31 10:00 Oil/Acrylics 11:00 Yoga 2:00 Chair Yoga OH	January 1, 2014 New Year's Day Senior Center Closed	January 2, 2014 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	January 3, 2014 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Sr Swim

CHRISTMAS HOLIDAY CELEBRATION

On Wednesday, December 18, the Wilton Career Fire Fighters Local 2233 will serve a turkey dinner with all the trimmings at an Ogden House luncheon. This wonderful tradition began in 1985 as a way for the fire fighters to thank seniors for their years of support. Volunteers from Our Lady of Fatima Church, under the direction of Ed Raposa, will prepare the meal, compliments of the fire fighters. Lunch is served at noon; guests are encouraged to come early to socialize. The Middlebrook Singers under the direction of Susan Kelly and Janet Nobles, as well as the Flute Choir conducted by Jennifer Ginsberg, will provide entertainment. Middlebrook's Student Council, coordinated by Bill Gerundo and Tom Koch, will treat the participants to homemade delights. Reservations: 203-834-6240.



BECOME A HOSPICE VOLUNTEER!

Visiting Nurse & Hospice of Fairfield County offers a unique medical/holistic program of compassionate, at-home health care for people with terminal illnesses. Our goal is to enhance the quality of life for both patient and family so that every remaining day can be lived in dignity and grace.

Volunteers are an integral part of our hospice team. Volunteers provide essential family support as empathic and non-judgmental listeners, providing respite time for weary caregivers or simply holding a hand. Each volunteer assignment is unique.

Volunteers are required to attend a five-class training course and are provided on-going support and supervision by the Volunteer Coordinator.

To register and schedule an interview, please contact Chris Urpin, Volunteer Coordinator, at 203-762-8958 ext. 316 or urpinc@visitingnurse.net

Surviving family members must wait one year post death before serving as a hospice patient care volunteer.

January Fashion Show

Join us for a fashion show at Ogden House on Wednesday, January 8, at 1 p.m. in the Great Hall, 100 River Road.



Ogden House Program Coordinator Betty Castillo will collaborate with Sharon Sobel, President of the Turnover Shop, on this event. The Turnover Shop in Wilton will provide fashions modeled by Ogden House and Wilton residents. Everything modeled is for sale at bargain prices. Additional items from the Turnover Shop will also be available for sale.

Call and reserve your place for lunch at 203-834-6240.

The 1777 DANBURY RAID and The BATTLE of RIDGEFIELD

Tuesday, November 19
1 p.m. in the Senior Center Lounge
Edward Hynes, Presenter

In the spring of 1777 the British landed a force of 1,800 men on Compo Beach with the goal of confiscating or destroying the Patriots' supply of tents and other provisions stashed in Danbury. As the British marched to Danbury the Patriots mustered their forces under the command of Major General David Wooster and Brigadier Generals Benedict Arnold and Gold Selleck Silliman.



This presentation follows the British on their four-day raid and the Patriots' attempt to deny them safe return to their ships. As the conflict nears its conclusion in what is known today as Westport, you will feel the white-knuckle emotion of the men on both sides fighting for their lives and their countries.

Edward Hynes, CFA, is a native of Wilton and lives in Norwalk. He and his wife have traveled extensively to battlefields around the country and overseas. In addition to his interest in history, Ed works as a Merrill Lynch Financial Advisor in Westport.



Welcome to **SENIOR COMMUNITY DAY**

We Would Like to Thank Our Major Sponsors

**VISITING NURSE & HOSPICE
OF FAIRFIELD COUNTY**

BROOKDALE PLACE OF WILTON

**RVNA
RIDGEFIELD VISITING
NURSE ASSOCIATION**

NORWALK HOSPITAL

**THE GREENS AT CANNONDALE
WILTON MEADOWS
REHABILITATION & HEALTH CARE**

*Thanks also to all our other sponsors
who helped make this event possible*



COMSTOCK COMPUTER LEARNING CENTER

180 School Road

Call Andrea Ragusa 203-762-8445 to register.

Classes from 9:30 a.m. to 11:30 a.m.

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; Nov. 21. 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; Nov. 18 and 19; 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 do it in Word 2007 or with instructions to use with Word 2010, which has more and different graphics. Taught by Catherine Myers; Dec. 9 and 10; Fee: \$30.

Getting Around The Internet: Age 50+

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; Nov. 22. Fee: \$20

Juniors for Seniors

Need help with your computer? Confused with your new iPad? Don't know how to use your phone? Juniors to Seniors can help! Wilton High School Junior Neal Sarup and members of Juniors to Seniors can offer one-on-one assistance to help you navigate these devices. Get individual attention to YOUR electronic problems. Call Neal at 203-762-7751 to set up a time to meet at the Senior Center and get your electronic problems solved!

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, aligning, printing and saving documents, using different types and sizes of fonts. Taught by Andrea Ragusa; Nov. 12 and 15. Fee: \$30.

SENIOR COMMUNITY DAY

On September 15, Comstock Community Center was filled with over forty organizations which serve the senior population in Wilton and surrounding towns. Since the first Senior Community Day in 2005, hundreds of seniors and their adult children have learned about what is available in our community to assist the aging population. Through the proceeds from this event over the years, the Senior Center has purchased new furniture and window shades for its expanded space.

On behalf of the Senior Day Community Planning Committee, thank you to all who helped make this event possible. Enjoy the pictures of the event on page 10. It was a great afternoon.

Lizabeth Doty

R.S.V.P.

(Retired and Senior Volunteer Program)

Holiday Boutique

Wednesday, November 13

11 a.m. to 1 p.m.

Ogden House, 100 River Road, Wilton

Proceeds buy needed supplies for hand-crafted projects that are donated to the community. The public is encouraged to attend.

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

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a week! Download eBooks
or audiobooks, watch films,
and listen to classical or jazz
music, all for free through
the library's website. For
more information call the
Wilton Library at 203-762-
3950 or visit the website at
www.wiltonlibrary.org.*

Japanese Woodblock Printing

Tuesday, November 12
1 p.m. in the Senior Center Lounge
Larry George, Presenter



Most of us have seen a Japanese woodblock print. It is an artistic creation that is sometimes not relevant to the western art world.

However, Japanese woodblock prints have had an important impact on western art, literature, and music. What the Japanese were doing around 1750 impacted the western art world more than one-hundred years later.

This session is an attempt to explain the impact of Japanese woodblock printing, of the nuances of artistic expression, and the glorious mostly impressionist rendering of the world the artists saw in the context of the world in which they lived.

GUIDE TO SENIOR SERVICES

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

Lauren Hughes203-834-6238
Coordinator, Senior Services

Lizabeth Doty203-834-6240
Coordinator, Senior Activities

Andrea Ragusa203-762-8445
Comstock Computer Learning Center

Sharon Powers203-834-6238
Office Assistant

Meals-on-Wheels203-762-0566

Dial-A-Ride203-834-6235

Town-to-Town203-299-5180

FISH (medical transportation)203-834-3737

AARP203-866-0435

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

Visiting Nurse & Hospice of Fairfield County....
.....203-762-8958

Parks and Rec Department203-834-6234

Wilton Family Y203-762-8384

Wilton Library203-762-3950

Stay at Home in Wilton203-762-3950