



CORRIDORS

NOVEMBER 2016

Moving Forward: Some Alternatives and Ideas

presented by Synergy HomeCare

Monday, November 14, 1:00 p.m., Senior Center Lounge

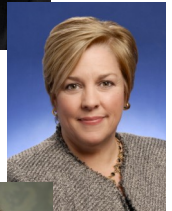
Synergy HomeCare will host a panel presentation on "Moving Forward: Some Alternatives and Ideas" on Monday, November 14, at 1:00 p.m. at the Senior Center. The following panelists will provide timely information for current and future consideration:

- Jay Kiley, Owner and Regional Director of Synergy HomeCare, representing non-medical homecare;
- Ann Fowler Cruz, Cohen and Wolf elder law attorney, presenting legal options in planning for future years;
- Danielle Ancona Ramos, Therapeutic Recreation Director and Dementia Care Coordinator at Wilton Meadows Health Care, representing rehabilitation facilities and nursing homes; and
- Christy Perone, Director of Admissions at Brookdale Wilton, representing assisted living alternatives.

A complimentary lunch provided by The Greens at Cannondale, Synergy HomeCare, and Brookdale Wilton will be available at noon in the café. The panel discussion begins at 1:00 p.m. Reservations: 203-834-6240.



*Jay
Kiley*



*Ann
Fowler
Cruz*



*Danielle
Ancona
Ramos*



*Christy
Perone*

Stop Worrying—Start Living: Surviving Retirement

presented by OneSource Senior Living

Wednesday, November 16, 6:00 p.m., Senior Center Lounge

On Wednesday, November 16, at 6:00 p.m., the Senior Center will host an educational seminar by OneSource Senior Living focused on surviving retirement.

Retirement provides a chance to enjoy the fruits of one's labor. However, a pleasurable retirement requires proactive and thorough advance planning. Volunteers with OneSource Senior Living will address five key questions that every person should ask before retirement:

1. What's the grand plan?
2. Do you have the cash?
3. Should you move?
4. When should you sell your home?
5. Have you made an estate plan?

Should you attend this workshop? If you're a

senior, an adult child of seniors, a "Boomer," a caregiver serving aging family members, or just curious, this workshop's for you. Although approaching retirement may be overwhelming at first, if you answer these five questions, you're well on your way to generating a solid retirement plan. You'll be happy you did!

OneSource Senior Living is a Connecticut-based non-profit organization committed to informing and engaging the aging community by approaching challenges through a coordinated consideration of both longevity and retirement planning.

This is an educational event only; no services or products will be sold. Although this is a free seminar, registration is necessary in order to prepare the workshop materials. Please call the Senior Center (203-834-6240) to reserve a place.

Open Enrollment Period Medicare Part D October 15 to December 7

For Medicare beneficiaries, November is the time to get the help you need to **choose or change** your prescription drug plan. It is strongly recommended that you review your plan annually as plan coverage and drug costs often change for the coming year. You have the following opportunities for a one-on-one meeting with an advisor:

The Wilton Department of Social Services is pleased to offer Wilton seniors the opportunity to meet with Ellen Abend, a CHOICES Volunteer, to review their Medicare Part D plans. Appointments are being scheduled for Thursdays from 10:00 a.m. to 1:00 p.m. during the current open enrollment period which ends on December 7.



Ellen Abend

On Monday, November 7, representatives from the Southwestern Connecticut Agency on Aging (SWCAA) will meet one-on-one with individuals in the Senior Center Technology Room regarding the Medicare Part D prescription drug program. Appointments are available between 10:00 a.m. and 2:00 p.m. for any Medicare beneficiary who has Medicare Part A or Part B or both.

Call Debbie Wolyniec at Wilton Social Services (203-834-6238) to schedule an appointment.

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)



The Wilton Social Services Department is available to help you apply for assistance with your heating bills. Approximate income guidelines for eligibility state that a single individual may earn no more than \$33,880; a couple's maximum income may not exceed \$44,305. Income includes wages, social security, pension, rental income, child support, and interest.

There is also a liquid assets test. Liquid assets include checking and savings accounts, CDs, stocks/shares, bonds, annuities, certificates of deposit, and individual retirement accounts. The purpose of the liquid assets test is to ensure that winter heating assistance dollars go to households most in need, that is, to people who lack the financial means to heat their home. For homeowners, the first \$15,000 in liquid assets, and for other households, the first \$12,000 in liquid assets, is disregarded. Any amount over that limit, is added to the annual gross income, for a total that must be below the income guidelines.

The program officially begins November 10. Applications may be completed ahead of time. For more information or to schedule an appointment, contact Sarah Muccio at Wilton Social Services (203-834-6238). New documentation is required each year.

VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY SEEKS HOSPICE VOLUNTEERS

Visiting Nurse & Hospice of Fairfield County is seeking caring and sensitive Wiltonians who will serve as hospice volunteers. Visiting Nurse and Hospice volunteers visit terminally ill patients and their families and provide emotional support, respite care and companionship. In training, hospice volunteers develop the skills they will need to work with patients and families.

Those who are interested may register for a five-session hospice volunteer training course beginning Monday, December 5, and continuing through Friday, December 9, from 10:00 a.m. until 1:30 p.m. each day at the offices of Visiting Nurse & Hospice of Fairfield County in Suite 114 at the Health and Wellness Center at I-Park, 761 Main Avenue (Route 7)

near the intersection of Kent Road on the Norwalk / Wilton town line.

"Hospice volunteers play a vital role in supporting our patients and their families," said Laurie Petrasanta, Volunteer Coordinator for Visiting Nurse & Hospice of Fairfield County. "They help patients live their last days in peace with dignity and grace. Hospice volunteers also work closely with grieving families to help them through the bereavement process. There is a great sense of satisfaction in becoming a hospice volunteer."

For more information or to register for the five-session training course, contact Volunteer Coordinator Laurie Petrasanta at 203-834-6341, extension 316.



COMSTOCK COMPUTER LEARNING CENTER

180 School Road

Andrea Ragusa, Coordinator

Classes from 10:00 a.m. to Noon

Call Andrea at 203-762-8445 to register.

Word Basics for Beginners

This class is for people who are new to word processing and want to learn the basics and get started. It introduces vocabulary, concepts and features. Topics will include windows operations, using the toolbar and creating and formatting documents. Some prior use of the mouse and knowledge of the keyboard is required. Keyboarding practice handout is included. Taught by Andrea Ragusa on Thursday, November 3. Fee: \$10.

Internet Basics for Beginners

This introductory course begins with an overview, followed by the concepts and terminology needed to get you googling and searching the web for specific information, as well as to download information and pictures. Also covers email (Gmail) attachments, save, and print. Some prior use of the mouse and knowledge of the keyboard is required. Keyboarding practice handout is included. Taught by Andrea Ragusa on Thursday, November 10. Fee: \$10.

WORD 2010/2013

Learn the functions of changing margins, paper size and orientation, printing, saving, page numbering, spell checker, grammar checker, and thesaurus as part of setting up documents, letters, and invitations. Specific questions beyond the basics will be addressed. Taught by Catherine Myers on Tuesday and Wednesday, November 15 and 16. Fee: \$20.

WORD 2010/2013 Graphics

Have fun with software opportunities such as borders for paragraphing and full page, inserting pictures and clipart, changing fonts, using the color wheel, and working with full page and half sheets. Word Art and shapes also will be incorporated in a book cover or art project of choice. Taught by Catherine Myers on Tuesday and Wednesday, December 13 and 14. Fee: \$20.

*On Tuesday, November 29, at 3:00 p.m. Stay at Home in Wilton will show the movie, **Florence Foster Jenkins**, in the Senior Center Lounge. This movie is the story of a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice. Plan to come and enjoy this delightful movie!*

Election Day Tuesday, Nov. 8, 6 a.m.-8 p.m.

The 2016 Presidential Election will take place on **Tuesday, November 8**, from 6:00 a.m. to 8:00 p.m. at all three Wilton polling places. In addition to President and Vice President, the ballot will include offices for U.S. Senate, U.S. Representative in Congress, State Senate, State Representative, and Wilton Registrars of Voters.

Polling places

District 1—Wilton High School, 238 Danbury Road—serves the northern section of Wilton.

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

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

You can find your voting place and confirm your voter registration on the Wilton Registrars of Voters "Voter Look Up" page on the town website at www.wiltonct.org/departments/Voter/voter2.asp.

For absentee voting, call Wilton Town Clerk at 203-563-0106. For general voting questions, contact your registrars at registrars@wiltonct.org or 203-563-0111.

Eliminate Stress and Learn to Relax

Thursday, November 10, 2 p.m. to 3 p.m.

To awaken the sleeping teacher inherent in all of us, 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."

The workshop will take place on November 10 at 2 p.m. in the Senior Center Lounge. Participants sit in chairs (straight back or sofa style) for the gathering. Preregistration is required: 203-834-6240. There is no fee for this workshop.

Play Reading

with Andrea Ragusa
Senior Center Café



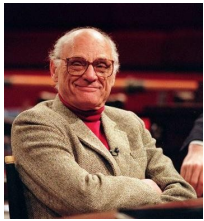
Monday, November 7, 12:30 p.m.

DOUBT, A PARABLE by John Patrick Shanley

The play is set in a fictional church school in the Bronx in 1964. Sister Aloysius, the school principal, insists upon constant vigilance. She harbors a deep mistrust towards her students, staff, and society in general. When Sister Aloysius learns that Father Flynn has met with the school's first African American student, she suspects that some sexual misconduct has occurred. She confronts Father Flynn with her suspicions; he threatens to remove her from her position at the school. Sister Aloysius then attempts to blackmail the priest. This play won the 2005 Pulitzer Prize for Drama and the Tony Award for Best Play.

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

THE PRICE by Arthur Miller



Arthur Miller

This 1968 play takes place in the attic of a brownstone apartment building in New York City. It deals with family dynamics, relationships, the price of furniture, and the price of one's decisions. The Franz brothers have not spoken to each other in many years. Victor is a police sergeant who is approaching his fiftieth birthday and looking forward to retirement. Walter is a successful doctor who walked out on the family to concentrate on medicine and become a doctor. The New York Times wrote that "*The Price* is one of the most engrossing and entertaining plays that Miller has ever written."

Reservations: 203-834-6240.

November is National Alzheimer's Disease Awareness Month

The Wilton Library will present an informational panel discussion on the medical implications of Alzheimer's disease on Wednesday, November 16, from 7:00 p.m. to 8:30 p.m. at the Library, 137 Old Ridgefield Road. RSVP: Wilton Library at 203-762-6334 or www.wiltonlibrary.org

A Free SCORE workshop

SWOT

A Business Tool to Compete and Win

Monday, November 14

6:00 p.m. to 8:00 p.m.

WEPCO Complex, 48 New Canaan Road

For years businesses have used a tool called SWOT to construct a strategy for the business to compete effectively. The acronym stands for Strengths, Weaknesses, Opportunities, and Threats. The tool calls for a business leader to convene a small group of internal managers (or vendors or customers) each with its own functional expertise to consider the business with respect to its internal Strengths and Weaknesses (SW) and external Opportunities and Threats (OT). From these observations, the business builds a business strategy that maximizes strengths and leverages external opportunities while minimizing or improving weaknesses and shielding the business from external threats.

This workshop will present the right way to do a SWOT analysis and will illustrate its use with several examples.

The presenter, John Harmon, is a SCORE volunteer. He is Managing Director of Adulant Consulting Services which advises small- and medium-size businesses on strategies for growth and operating excellence. John has held senior leadership and executive positions in sales marketing, quality management, strategic planning, and new business development at Eastman Kodak, The Gartner Group, and Pitney Bowes.

Please register on the website for SCORE, www.SCOREFairfieldCounty.org/workshops or call the office at 203-831-0065.

HOLIDAY LUNCHEON



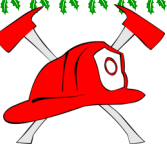
A holiday luncheon will take place on Friday, December 2, from 12:00 p.m. to 1:30 p.m. at the Comstock Community Center. The lunch is sponsored by the Wilton Parks and Recreation Department. The cost is \$5. Reservations: 203-834-6234.



Wilton Parks and Rec Wilton Senior Center THANKSGIVING LUNCH

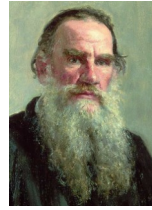
The Wilton Parks and Recreation Department and the Senior Center will treat the town's senior citizens to a bountiful Thanksgiving luncheon on Wednesday, November 16, at the newly-renovated Comstock Community Center. All Wilton senior citizens are welcome! Socializing begins at 11:30 a.m. followed by a Thanksgiving lunch at noon. The luncheon feast includes roasted turkey, stuffing, side dishes, and dessert.

Reservations: call the Senior Center at 203-834-6240 by Thursday, November 10. To schedule a ride with Dial-A-Ride call 203-834-6235.



Fire Fighters Host Luncheon

On Wednesday, December 14, at noon 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 the Wilton Woman's Club will prepare the meal, compliments of the fire fighters. Guests are encouraged to come early to socialize. The Middlebrook Singers and Flute Choir will provide entertainment. Middlebrook's Student Council members will treat the participants to homemade delights. Reservations: 203-834-6240.



Leo Tolstoy

Book Discussion
with Ray Rauth
at the Senior Center
Tuesday, November 22, 11:00 a.m.

The Death of Ivan Ilyich by Leo Tolstoy

One of the finest examples of the novella form, Tolstoy's *The Death of Ivan Ilyich* is a brief work that is both profound and provocative. Written in 1886 following Tolstoy's crisis of faith and religious conversion, the book is an examination of the meaning of life and death. Ivan Ilyich is a senior magistrate living an apparently good life until the inevitability of his approaching death confronts him and causes him to consider two major dichotomies: the artificial versus the authentic life and the outer, physical life versus the inner, spiritual life. These considerations lead him to an awakening which allows him to move past his suffering, in effect conquering death and experiencing pure joy. In his lectures on Russian literature, Nabokov said of the book: "this is really the story not of Ivan's Death but the story of Ivan's Life...Life with a capital L."

Lunch (\$3) is served at noon. Reservations: 203-834-6240.



Sunday Music Series at The Greens at Cannondale

The Greens at Cannondale invites you to a Sunday afternoon music series during the month of November. Each presentation begins at 3:00 p.m., free, and open to public.
November 6, *Sounds of Chris Coogan*
November 13, *Back to the 50s with Chuck Mahoney*
November 20, *Fun and Frolic with Billy Michael*
November 27, *Musically Speaking with Lou Patrick*



Stay at Home in Wilton, the Perfect Gift

Although you love the holidays, you probably don't need any more stuff! You have all the scarves, mittens, and personalized coffee mugs you can use.


A Stay at Home in Wilton Gift Certificate is a gift you can open 365 days of the year. You may find yourself suddenly

needing a ride and not wanting to impose on family or friends. How about that leaky faucet or sagging curtain rod? No worries... Stay at Home in Wilton is ready to assist. In addition there are many wonderful events you won't want to miss. An annual membership is only \$360 for a single and \$480 for a couple. It's a great gift to give or receive.

For holiday gift certificates, contact **Janet Johnson, Executive Coordinator, at 203-762-2600** by Monday, December 19, for guaranteed delivery.



NOVEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>KEY</p> <p>OH—Ogden House Y—Wilton Family Y VM—Village Market</p>	<p>1</p> <p>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</p>	<p>2</p> <p>9:30 Sewing OH 10:00 Watercolors 10:00 Open Bridge 10-11:30 Flu Clinic 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jongg</p>	<p>3</p> <p>10:00 Drawing 10:00 Yoga 10:00 Word Basics 10-1 Medicare Part D Ap- pointments 11-12 Blood Pressure Screening 12:00 Lunch 12:30 Pencil Drawing 12:45 Bingo</p>	<p>4</p> <p>10:00 Jewelry Work- shop 10:00 Feldenkrais 12:00 Bridge 12:00 Intro to Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p><i>Items handmade by members of the Senior Volunteer Program are for sale in the Senior Center Lounge this week.</i></p>				
<p>7</p> <p>10-2 Medicare Part D Appointments 10:30 Line Dance Fu- sion 12:00 Movie 12:30 Play Reading, <i>Doubt, A Parable</i> 1:00 Encore Bridge</p>	<p>8 Election Day</p> <p>9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 1:00 Studio Knitting 12:30 Mah Jongg 2:00 Chair Yoga OH</p>	<p>9</p> <p>9:30 Sewing OH 10:00 Writers 10:00 Open Bridge 10:00 Watercolors 10:30 Tai Chi 1:00 Mah Jongg 1:00 Library Downloads</p>	<p>10</p> <p>10:00 Drawing 10:00 Yoga 10:00 Internet Basics 10-1 Medicare Part D Ap- pointments 12:00 Lunch 12:30 Pencil Drawing 12:30-2 Blood Pressure Screening Y 12:45 Bingo 2:00 Stress Reduction 6:00 Social Services Com- mission</p>	<p>11</p> <p>Senior Center Closed</p> <p>Veterans Day</p> 
<p><i>Items handmade by members of the Senior Volunteer Program are for sale in the Senior Center Lounge this week.</i></p>				
<p>14</p> <p>10:30 Line Dance Fu- sion 12:00 Complimentary Lunch 1:00 Moving Forward: Some Alternatives and Ideas by Synergy HomeCare 1:00 Encore Bridge 6:00 SWOT Presenta- tion at WEPCO</p>	<p>15</p> <p>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</p>	<p>16</p> <p>9:30 Sewing OH 10:00 Word Class 10:00 Open Bridge 10:00 Watercolors 10:30 Tai Chi 11:30 Thanksgiving Lunch 1:00 Mah Jongg 6:00 Surviving Retirement by OneSource Senior Liv- ing</p>	<p>17</p> <p>10:00 Drawing 10:00 Yoga 10-1 Medicare Part D Ap- pointments 12:30 Pencil Drawing</p>	<p>18</p> <p>10:00 Jewelry Work- shop 10:00 Feldenkrais 12:00 Bridge 12:00 Intro to Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p>21</p> <p>10:30 Line Dance Fu- sion 11:30-12:30 Blood Pressure Screening 12:00 Movie 1:00 Encore Bridge</p>	<p>22</p> <p>9:45 BeMoved 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30 Mah Jongg 12:30-2 Blood Pres- sure Screening VM 1:00 Studio Knitting 2:00 Chair Yoga OH</p>	<p>23</p> <p>9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg</p>	<p>24 Thanksgiving Day Senior Center Closed</p> 	<p>25 Senior Center Closed</p>
<p>28</p> <p>10:30 Line Dance Fu- sion 12:00 Movie 1:00 Encore Bridge</p>	<p>29</p> <p>9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:30 Five Crowns 2:00 Chair Yoga OH 3:00 Stay at Home Movie</p>	<p>30</p> <p>9:30 Sewing OH 10:00 Watercolors 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg</p>	<p>FLU CLINIC Wednesday Nov. 2 10:00 a.m. to 11:30 a.m.</p>	



DECEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday	
<div> GUIDE TO WILTON SENIOR SERVICES </div>	<div> Social Services: 203-834-6238 Catherine Pierce, Director, Social Services Lauren Hughes, Coordinator, Senior Services Sarah Muccio, Adult and Family Social Worker Patricia Kapsinow, Benefits Counselor </div> <div> Senior Center: 203-834-6240 Lizabeth Doty, Coordinator, Senior Activities Andrea Ragusa, Computer Learning Center </div>		<div> 1 10:00 Drawing 10:00 Yoga 10-1 Medicare Part D Appointments 11-12 Blood Pressure Screening 12:00 Lunch 12:30 Pencil Drawing 12:45 Bingo </div>	<div> 2 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 12:00 Parks and Rec Holiday Lunch 12:00 Intro to Bridge 1:30-3 Free Sr Swim Y 1:30 Intermediate Bridge </div>	
	<div> 5 10:30 Line Dance Fusion 12:00 Movie 12:30 Play Reading, <i>The Price</i> 1:00 Encore Bridge </div>	<div> 6 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:00 Garden Club and Activity 12:30 Five Crowns 2:00 Chair Yoga OH </div>	<div> 7 9:30 Sewing OH 10:00 Open Bridge 10:00 Writers 10:30 Tai Chi 1:00 Mah Jongg 1:00 Duplicate Bridge </div>	<div> 8 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:45 Bingo </div>	<div> 9 10:00 Feldenkrais 12:00 Bridge 12:00 Intro to Bridge 1:30-3 Free Sr Swim Y 1:30 Intermediate Bridge </div>
	<div> 12 10:30 Line Dance Fusion 12:00 Movie 1:00 Encore Bridge </div>	<div> 13 9:45 BeMoved 10:00 Oil/Acrylics 10:00 Word Graphics 11:00 Yoga 12:30 Mah Jongg 1:00 Studio Knitting 2:00 Chair Yoga OH </div>	<div> 14 9:30 Sewing OH 10:00 Word Graphics 10:00 Open Bridge 10:30 Tai Chi 12:00 Lunch OH: Fire Fighters Lunch/ Middlebrook Singers 1:00 Library Downloads 1:00 Mah Jongg </div>	<div> 15 10:00 Yoga 11:45 Connecticut Geriatric Meeting </div>	<div> 16 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 12:00 Intro to Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y </div>
	<div> 19 10:30 Line Dance Fusion 11:30-12:30 Blood Pressure Screening 12:00 Movie 1:00 Encore Bridge </div>	<div> 20 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 2:00 Chair Yoga OH </div>	<div> 21 9:30 Sewing OH 10:00 Open Bridge 10:00 Writers 10:30 Tai Chi 1:00 Mah Jongg </div>	<div> 22 10:00 Yoga 12:00 Lunch 12:45 Bingo by Synergy HomeCare </div>	<div> 23 10:00 Feldenkrais 12:00 Bridge 12:00 Intro to Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y </div>
	<div> 26 Senior Center Closed </div>	<div> 27 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:30 Mah Jongg 12:30-2 Blood Pressure Screening VM 1:00 Studio Knitting 2:00 Chair Yoga OH </div>	<div> 28 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg </div>	<div> 29 10:00 Yoga 12:00 Lunch 12:45 Bingo </div>	<div> 30 10:00 Feldenkrais 12:00 Bridge 12:00 Intro to Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y </div>

GUIDE TO WILTON SENIOR SERVICES

Meals-on-Wheels..... 203-762-0566
 Dial-A-Ride 203-834-6235
 Town-to-Town..... 203-299-5180
 FISH (medical transportation)..... 203-834-3737
 AARP 203-866-0435
 RUOK (Are You OK?)..... 203-834-6238 or 834-6260

Visiting Nurse & Hospice 203-762-8958
 Parks and Rec Department..... 203-834-6234
 Wilton Family Y 203-762-8384
 Wilton Library 203-762-3950
 Stay at Home in Wilton 203-423-3225

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

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Waveny LifeCare Network
Leading Fuller Lives 

A full continuum of eldercare to anticipate every need.



MEMORY CARE
ADULT DAY
OUTPATIENT REHAB
INDEPENDENT LIVING
SHORT-TERM STAYS
SKILLED NURSING
ASSISTED LIVING
GERIATRIC EVALUATION
COMPANION SERVICES
HOMECARE
CARE MANAGEMENT

As needs and preferences change, we'll have the answer.

At Waveny LifeCare Network, person-centered care is at the heart of our non-profit mission. Like a river, our comprehensive continuum of programs, services and residential choices flows fluidly to benefit those we serve. And, our residents enjoy long-range confidence knowing they have priority access to our entire continuum of care, including Waveny Care Center – our 5-star Medicare and Medicaid accredited skilled nursing facility, should their personal or financial needs ever change. We welcome older adults from all areas. To discover more or arrange for a tour of our award-winning New Canaan campus, call us at **203.594.5200** or visit us online at **waveny.org**.

Waveny LifeCare Network
Leading Fuller Lives 