



CORRIDORS

SEPTEMBER-OCTOBER 2012

The Live Well Program A Free Health~Promotion Program for Older Adults Wilton Senior Center

Fridays, September 21 and 28; October 5, 12, 19, and 26
9:30 a.m.-12:00 p.m.

Live Well brings great news for adults age 60 or older with one or more conditions such as arthritis, diabetes, high blood pressure, anxiety, depression, heart or lung disease, asthma, cancer or chronic pain... and their caregivers. It's a nationwide, evidence-based health promotion program developed by Stanford University to help adults living with chronic conditions manage their health and maintain active, fulfilling lives.



This series is designed to energize both older adults with chronic health conditions and those who care for them. Led by two trained facilitators, the workshops cover new topics each week and provide opportunities for interaction and group problem solving.

Workshops encourage participants and caregivers to:

- Find practical ways of dealing with pain and fatigue;
- Discover easy exercises that will improve or maintain strength and energy;
- Learn the appropriate use of medications;
- Improve nutritional choices;
- Talk effectively with family, friends and health professionals;
- Understand new treatment choices; and
- Feel better about life.

Live Well is sponsored by the Southwestern Connecticut Agency on Aging, the Connecticut Department of Social Services Aging Services Division and the Connecticut Department of Public Health.

Join the free 2 ½-hour workshops held each week for a series of six weeks. Set your own goals and develop a step-by-step plan to improve your health and your life.

Space is limited. Please call 203-834-6240 to register. For more information visit www.swcaa.org and click on "Benefits and Services" and "Live Well Program."

Wilton Commons Update

After nearly ten years of planning, patience, and prayer, Wilton Commons broke ground on April 11. Governor Malloy attended the celebration. The next day construction began for 51 units of affordable senior housing. The foundation is now complete. The decorating committee is deciding on carpets, tiles, and paint. The building committee meets regularly on site.

a meeting to be held in Wilton by Mutual Housing Authority. Letters have been sent to all on the "interest list." Applications will be available from Mutual Housing around September 24 and must be completed and returned by October 25. For information on resident selection and applications call the Wilton Commons message center at Mutual Housing 203-487-3633.

The resident selection process will be outlined at

George Ciaccio
Chairman, Wilton Commons

PROGRAMS AT THE SENIOR CENTER- -

TAI CHI

Wednesdays, 10:00 a.m. to 11:00 a.m., \$3 per class

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Practicing Tai Chi leads to relaxation of the body and mind, improves flexibility and balance, and enhances energy and general well-being. Tai Chi has been shown to prevent falls and improve the functioning of daily activities. Debbie Dong, Instructor.

MOVE, STRENGTHEN, AND STRETCH

Fridays, 10:00 a.m. to 11:00 a.m., \$3 per class

Visiting Nurse and Hospice of Fairfield County provides this light aerobic movement class. The exercises promote heart health with light weights for strength and gentle stretching to tone your body. Juli-
enne Camhi, Instructor.

ENHANCE FITNESS

Mondays, 9:15 a.m. to 10:15 a.m.; Tuesdays and Thursdays, 9:00 a.m. to 10:00 a.m.; \$3 per class

The Wilton Family Y conducts the one-hour class that includes 30 minutes of endurance-type activity and specific strengthening exercises for legs, trunk, arms and shoulders. Enhance Fitness helps to maintain and enhance cardio-respiratory fitness, muscle strength, balance and flexibility. Denise Suarez and Leslie Hinshaw, Instructors.

TUESDAY AND/OR THURSDAY YOGA

Tuesdays, 11:00 a.m. to noon; Thursdays, 10:00 a.m. to 11:00 a.m.; \$3 per class

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. Classes include warm-ups, breathwork (pranayama), yoga postures (asanas), relaxation and meditation. Leave class feeling refreshed and alive!

SKETCHING AND PAINTING

September 21 and October 19, 10:30 a.m. to noon, \$10 per class

Discover your hidden talent. Viola Galetta will instruct **beginners** in the basics of drawing still life, landscape, and even portrait. Students will experiment with acrylics and water colors in a relaxed atmosphere. No experience necessary. Please bring a sketchpad and soft pencil to the first class. (Available at Wal-Mart or art supplies stores.) Additional materials needed for future classes will be discussed during class time.

WILTON GARDEN CLUB ACTIVITIES

October 2, noon to 1:30 p.m., \$3 for lunch

The Garden Club serves a delectable lunch and presents a garden-related program. Programs include trips to local gardens, media presentations, and workshops in the Comstock greenhouse. The group meets on the first Tuesday of the month.

COMSTOCK KNITTERS AND CRAFTERS

September 11 and 24, October 9 and 22; 1:00 p.m. to 2:30 p.m.

Basic instruction will be provided for projects, and the company will be great. The coffee pot's always on. If you have a work in progress, bring it. If it's all new to you, just come and give knitting a try! We'll supply the practice materials. Not a knitter? Bring your own handiwork and enjoy the company. Lizabeth Doty, Instructor.

COMSTOCK WRITERS GROUP

September 5 and 19, October 3 and 17; 10:00 a.m. to 11:30 a.m.

Are you interested in reading and writing? Here's a group for you! Do you have family history or lore that you would like to record for future generations? Are you passionate about politics, the arts, travel, or gardening, any of which would provide plenty of material to write about? Leading the group is Magdalen Livesey, an editor and writer living in Wilton.

PLAY READING

October 1, 12:30 p.m. to 3:00 p.m.

Andrea Ragusa leads the play reading and discussion group at the Senior Center on the first Monday of the month. Participants are invited to take a role or just read along and join in the discussion of the play afterward. Copies of each play are available for pick-up at the Senior Center prior to the play reading date. The group will begin on October 1 with *Richard III* by William Shakespeare. In subsequent months the groups will read *The Seagull* by Anton Chekhov, *Private Lives* by Noel Coward, *The Cocktail Party* by T. S. Eliot, *Look Back in Anger* by John Osborne, *A Doll's House* by Henrik Ibsen, and *Rumors* by Neil Simon.

JEWELRY WORKSHOP

September 7 and October 5, 10:00 a.m. to 11:30 a.m., \$5 plus materials if needed

Beads, beads, beads! No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Select materials to match your own style. Make gifts for relatives and loved ones. Class size limited. Viola Galetta, Instructor.

- - -CALL 203-834-6240 TO REGISTER

SOUP AND "SUMPIN..." WITH CHEF ED
Tuesdays, Oct. 9, Nov. 13, Dec. 11;
11:15 a.m., \$5

Wilton's own Ed Raposa, who captains the cooking crew from Our Lady of Fatima Church, demonstrates creative ways to prepare delicious soups and something extra. Participants will have the opportunity to interact with Chef Ed during the demonstration and also enjoy the "fruits of his labor" at the end of the class. Class size is limited.



THURSDAY LUNCH

Thursdays, 12 noon, \$3

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

THURSDAY BINGO

Thursdays, 12:45 p.m., 25 cents per card

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

LINE DANCE FUSION

Mondays, 10:30 a.m. to 11:30 a.m., \$3

This program blends traditional dance steps with elements of modern line dancing. Waltz, mambo Italiano, Charleston, Lambada, samba electric slide and tango all rolled into one to keep your feet moving and your heart pumping. This is a great form of exercise and social interaction. Beginners as well as experienced dancers are welcome. Beatriz Araujo, Instructor.

BEGINNER BRIDGE LESSONS

Fridays beginning September 21, 1:30 p.m. to 3:30 p.m., \$75 for the eight-week series. Reservations required. Class size limited.

As our population ages gracefully, pursuits and interests that previously seemed unexciting are viewed in a different light. There is a shift away from punishing physical stress and toward the refinement and nourishing of the intellect. Bridge is a perfect example of this phenomenon. It combines mental exercise of the reasoning faculties, the short- and long-term memory centers, the planning and collation skills, social interaction techniques, and other mental calisthenics useful in everyday life. ***This class is for the player with very little or no bridge experience.***

DUPLICATE BRIDGE WITH DAN

Wednesdays (except the first Wednesday of the month) beginning September 26, 10:00 a.m. to 12:30 p.m., \$5 drop-in fee.

Duplicate Bridge is a form of contract bridge in which contestants play identical cards, with each deal being scored independently, permitting comparison of individual scores. For all level of playing. This is not a sanctioned game. Dan DeVlieg will supervise.

BRIDGE GROUPS

If you would like to join other seniors in an afternoon of bridge from noon to 3:00 p.m., call the organizers listed below:

Duplicate Bridge: First Wednesday of the month contact Lois Bruce at 203-762-5818.

Duplicate Bridge: Third Tuesday of the month contact Maureen Turnier at 203-762-9386.

Contract Bridge: Fridays, contact Eleanor Mihailidis at 203-762-8720.



Andrea Ragusa displays sample projects.

CARD STAMPING WORKSHOP

September 19, 9:30 a.m. to 11:30 a.m., \$10

Try your hand at something new! Learn and use the techniques of stamping to create assorted cards for all occasions. The instructor will provide information on basic stamping techniques along with time-saving tips and advice for turning your ideas into practical projects. Now's the time to prepare holidays cards or gift sets for loved ones. Materials supplied by the instructor. Class size limited. Class open to beginners as well as experienced "stampers." Subsequent classes take place on the third Wednesday of the month.



Meta Schroeter pencils her work.

Book Discussion

Barbara Jones from the Wilton Library has prepared a wonderful reading series for the coming year at the Senior Center. Each session begins at 11:00 a.m. Lunch (\$3) is served at noon. Please call the Wilton Library (203-762-3950) in advance to reserve a copy of the book.

Tuesday, September 25

Discussion Leader - Judson Scruton

THE WILD IRIS by Louise Gluck

Louise Gluck, U.S. Poet Laureate 2003-2004, won the Pulitzer Prize for Poetry for *The Wild Iris* in 1993. She has received many other awards including the Bollingen Prize for Poetry in 2001 and numerous fellowships from the Guggenheim and Rockefeller Foundations. In this book Gluck uses a highly symbolic structure placing parallel thoughts between flowers of a garden and the gardener/poet and between the poet/gardener and an unnamed god. Through this structure the reader senses the human situation of being caught between the material and spiritual worlds. Louise Gluck currently teaches at Yale where she is the Rosencranz Writer-in-Residence for 2012-2013.

Tuesday, October 23

Discussion Leader - Maureen Canary

AND FURTHERMORE by Judi Dench

Anyone who has seen the movie *The Best Exotic Marigold Hotel* or watched *As Time Goes By* on television

will enjoy this warmhearted memoir by Dame Judi Dench. One of the foremost stage, screen, and television actresses of our time, she has been awarded many honors for performances on stage and screen. In this book, described in *Booklist* as a "comfortably chatty memoir," she reminisces about her personal and professional life as an internationally renowned actress. Considering the idea of retirement she says, "You retire to do the things you really want to do. Well, I am doing things I want to do now." Dench was named a Dame of the British Empire in 1988, and, as stated in the *UK Daily Mail*, "There ain't nothing like this dame!"

For your future planning:

November 27, Ray Rauth leads *The Sun Also Rises* by Ernest Hemingway; January 22, William Ziegler leads *The Rector of Justin* by Louis Auchincloss; February 26, David Ostergren leads *The Greater Journey: American in Paris* by David McCullough; March 26, Karen Tartarka leads *An American Tragedy* by Theodore Dreiser; April 23, Miwako Ogasawara leads *The Housekeeper and the Professor* by Yoko Ogawa; and May 28, Barbara Jones leads *The Man in the White Sharkskin Suit* by Lucette Lagnado.



Lunch is served at noon following the discussion.

U.S. Presidential Election--Tuesday, November 6, 6 a.m.-8 p.m.

The 2012 Presidential Election, including offices for U.S. Senate, Representative in Congress, State Senate, State Representative, and Registrar of Voters will take place on **Tuesday, November 6**, at all three polling places (listed below) 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.



Deadlines for Registration

October 23—Mail-in deadline to register to vote.

October 30—In-person deadline to register to vote by visiting Town Hall, 9 a.m.-8 p.m.

Absentee Ballots

If you are unable to vote at the polls between 6 a.m. and 8 p.m. on Election Day, absentee ballots become available on October 5. 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.

Questions? Contact Registrars of Voters Carole Young-Kleinfeld and Tina Gardner at 203-563-0111.

MEDICARE 2013 UPDATE INFORMATION SESSION

THURSDAY, OCTOBER 4, 2:00 P.M.

Representatives from the Southwestern Connecticut Agency on Aging will present information regarding updates in the Medicare program for 2013. Come to the Senior Center lounge and hear about the latest changes which may affect you. This information is a MUST for anyone who has Medicare or takes care of someone who has Medicare. Please call to reserve your place: 203-834-6238. A minimum of 10 participants is required for the presentation.

MEDICARE PART D APPOINTMENTS

THURSDAY, NOVEMBER 8, 10 A.M. TO 2 P.M.

Representatives from the Southwestern Connecticut Agency on Aging will be at the Comstock Community Center on November 8 from 10 a.m. to 2 p.m. to meet with individuals regarding the Medicare Part D prescription drug program. The open enrollment period this year for Medicare Part D is from October 15 to December 7. Take this opportunity to get the help you need to choose or change your prescription drug plan.

Appointments are available for any Medicare beneficiary who has Medicare Part A or Part B or both. You must book an appointment through Sharon Powers, 203-834-6238.

Secretary of the State Denise Merrill To Visit Wilton League September 21



The Wilton League of Women Voters opens its fall season with a luncheon and a visit from Secretary of the State Denise Merrill on Friday, September 21, at the Silver Spring Country Club in Ridgefield. Secretary

Merrill's presentation will include her observations about women in government and future changes to our state's elections procedures.

The event begins at 11:15 a.m. and includes social time and a brief business meeting. Members and friends of the League are invited. Reservations required. The cost is \$35, payable by check to the Wilton LWV, PO Box 71, Wilton, CT 06897 by September 14. For more information, contact Linda Fein, Wilton LWV, at 203-762-5606

My Children Are Worried About Me

Wednesday, September 19

12:45 p.m. at Ogden House

Do you sometimes feel that your adult children have become your parents? You are not alone. Many older adults voice concerns that their adult children are overly worried about them. This can lead to unnecessary stress in their relationships.

Elaine Abrams, RN, Community Health Coordinator at Visiting Nurse & Hospice of Fairfield County notes that "those interactions can be stressful, depending on previous relationship issues, the involvement of siblings, geographical distance." According to Abrams both the adult child and the aging parent may first need to assess the degree of closeness in their relationships in order to move forward. "Working through feelings, being as open and honest as you can, is often the first step."

Visiting Nurse & Hospice of Fairfield County will present *My Children Are Worried About Me* at Ogden House on Wednesday, September 19, beginning at 12:45 p.m. The program is free of charge and open to the public. It will be facilitated by Kristin Carpenter, LCSW, Clinical Social Worker who will discuss common worries that older adults and their adult children experience and offer sound approaches to managing intergenerational stress, including "mutual dependency." Participants will have an opportunity to share their personal experiences.

For more information about the program, call Lizabeth Doty at 203-834-6240.

***When you go to the polls on November 6,
do you really know where you're going??***

Check out your voting district at www.wiltonct.org

**Registrar of Voters
Find Your Voting District**

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 \$31,863; a couple's maximum income may not exceed \$41,667. Income includes wages, social security, pension, rental income, child support and interest. Homeowners must have less than \$10,000 in savings including IRAs and renters less than \$7,000. For more information or to schedule an appointment, call Social Services at 203-834-6238.



On Sunday, September 23, at 1:30 p.m., Stay at Home in Wilton, Inc. will host a special program at the Wilton Historical Society at 224 Danbury Road featuring the current exhibit that explores architects' work to pre-

serve antique homes while bringing them into the 21st Century. The exhibit demonstrates the craftsmanship and viability of homes built even 200 years ago. The afternoon event will feature two speakers with close ties to the history of Wilton:

Richard Bergmann, curator of this Historical Society exhibit, has worked on a wide-range of commercial, ecclesiastical, residential, restoration, and adaptive reuse projects. He gathered a team of 11 leading architectural firms from the region to explore how historic homes are being preserved, protected, and restored while being adapted for life in these modern times.



Robert Bergman



Bob Russell

Robert Russell authored the first comprehensive history of Wilton: *Wilton Connecticut – Three Centuries of People, Places and Progress* in 2004, after serving as Wilton's First Selectman from 1993 to 1999. Bob will talk about how historical houses have figured in the evolution of Wilton into the bustling suburb of today.

In addition to the exhibits of local antique homes, there will be opportunities to see Walter R.T. Smith's display of tools and building techniques that help owners of antique dwellings accurately date their properties. Everyone is welcome and refreshments will be served.

Stay at Home in Wilton also invites the public to an informative get-together on Tuesday, September 25, at 3:00 p.m. at the Wilton Senior Center to hear about programs for seniors. Both Scott Kieras of the Parks and Recreation Department and Lizabeth Doty of the Wilton Senior Center will describe programs of special interest to older adults. No reservations are needed. Light refreshments will be served. Learn about the Senior Center and even take a tour if you have not been there before.

Stay at Home in Wilton membership is open to all Wilton residents who seek help in staying in their own homes and enjoying the fellowship of other Wilton residents. For more information, please go to www.stayathomeinwilton.org or call 203-423-3225.

Wilton's Bicentennial Revisited Hosted by Bob Russell Thursday, October 11, 10:00 a.m. Senior Center Lounge

"Wilton was for many years the unsettled northern domain of Norwalk, known as Pimpewaug. After 1700, settlers began to move north. In 1726, the population was sufficient to create a separate parish. The name Wilton was chosen (we could have been Pimpewaug!). It was another 76 years, in 1802, when Wilton achieved independence as an incorporated town.

For Wilton's Bicentennial in 2002, it was decided to create a living documentary of Wilton history as remembered by long-time residents. Thirty-two people were interviewed in 2000, some for over an hour each. This then had to be edited down to 90 minutes. Many old photographs were added, David and Maureen Canary did the narration, and background music was supplied by the Brubecks. A grand showing was held in January 2002 to kick off the celebration festivities.

Many of you will remember these people and their stories, and we hope you will enjoy seeing it again in Wilton's 110th year." Call the Senior Center at 203-834-6240 to reserve a place at this showing of Wilton's Bicentennial memories presented by former first-selectman Bob Russell.

St. Matthew's Senior Luncheons

St. Matthew's Episcopal Church, 36 New Canaan Road, will resume its monthly luncheons on Thursday, September 20, at noon. Open to all seniors, luncheons take place on the third Thursday of every month. To make your lunch reservation, please call Ellen Lewis at 203-762-7400. Donation: \$3.

MONDAY MOVIES

Mondays, 12:00 p.m.

Bring your lunch and enjoy quality features in the comfort of the Senior Center lounge.

Sept. 10	Adam's Rib
Sept. 17	Hollywood: An Empire of Their Own
Sept. 24	The Big Chance
Oct. 1	Nancy Drew...Reporter
Oct. 15	Biography: Clint Eastwood
Oct. 22	My Big Fat Greek Wedding
Oct. 29	Ronald Reagan: A Legacy Remembered

SEPTEMBER 2012

Monday

Tuesday

Wednesday

Thursday

Friday

OH	Ogden House	100 River Road	203-762-8035
Y	Wilton Family Y	404 Danbury Road	203-762-8384
WL	Wilton Library	137 Old Ridgefield Rd.	203-762-3950
G	The Greens	435 Danbury Road	203-761-1191
WM	Wilton Meadows	439 Danbury Road	203-834-0199
VM	Village Market	Old Ridgefield Road	203-762-7283
VNH	Visiting Nurse & Hospice	761 Main Ave.	203-762-8958
B	Brookdale	96 Danbury Road	203-761-8999
LR	Laurel Ridge	642 Danbury Rd. Ridg	203-438-8226

55 Alive by AARP

Adult driving education course

Friday, October 5

8:30 a.m. to 12:30 p.m.

Comstock Community Center

Register: Parks and Rec 203-834-6234

\$12 for AARP members

\$14 for non-AARP members.

3 Labor Day Senior Center closed	4 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga	5 8:30-11:30 Cholesterol Screening VNH (by ap- pointment only) 10:00 Tai Chi 10:00 Comstock Writers 12:00 Duplicate Bridge 1:30 Mah Jongg	6 9:00 Enhance Fitness 10:00 Yoga 10:00 Diva JEVAS 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	7 10:00 Jewelry Workshop 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y
10 9:15 Enhance Fitness 10:30 Line Dance Fu- sion 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, Adam's Rib 3:00 "I'm Not Ready Yet" drama G	11 9:00 Enhance Fitness 9:30 Beginning Com- puter 10:30 Pool/Billiards 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH	12 10:00 Tai Chi 1:30 Mah Jongg 2:00 Cole Pater Extrava- ganza G	13 9:00 Enhance Fitness 9:30 Beginning Com- puter 10:00 Diva JEVAS 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch 12:45 Bingo	14 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y 4:00 Book Signing by Dorothy Wickenden, Exec. Dir. The New Yorker G
17 9:15 Enhance Fitness 10:30 Line Dance Fu- sion 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, Holly- wood: An Empire of their Own	18 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 12:00 Duplicate Bridge 1:00 Conversations with Women: Money Habitudes 2:00 Chair Yoga OH	19 8 Painless Move B 9-10:30 Blood Pressure Screening Y 9:30 RSVP 9:30 Card Stamping 10:00 Tai Chi 10:00 Comstock Writers 12:00 Lunch OH Program: Kristin Carpen- ter, VNH 1:30 Mah Jongg	20 9:00 Enhance Fitness 10:00 Yoga 10:00 Diva JEVAS 11:00 Wii Bowling 12:00 St. Matthew Lunch	21 9:30 Picasa 9:30 Live Well 10:00 Move, Strengthen, Stretch 10:30 Sketching and Painting with Viola 11:15 LWVoters at Silver Spring CC 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
24 9:15 Enhance Fitness 10:30 Line Dance Fu- sion 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, The Big chance 1:00 Comstock Knitters and Crafters	25 9:00 Enhance Fitness 9:30 Organize your Memoirs 11:00 Yoga 11 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure VM 2:00 Chair Yoga OH 3:00 Stay at Home Meets	26 9:30 RSVP 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH Program: Elaine Tai- Lauria, Wilton Library 1:30 Mah Jongg	27 9:00 Enhance Fitness 9:30 Organize your Memoirs 10-12 Flu Shots 10:00 Diva JEVAS 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch 12:45 Bingo	28 9:30 Live Well 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y 1:30 Beginner Bridge

OCTOBER 2012

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:15 Enhance Fitness 9:30 Beyond Beginners 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie, Nancy Drew... Reporter 12:30 Play Reading with Andrea	2 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 12:00 Garden Club Activity and Lunch 1:00 Investing 101 2:00 Chair Yoga OH	3 9:30 Getting Around the Internet for 50+ 9:30 RSVP 10:00 Tai Chi 10:00 Comstock Writers 12:00 Lunch OH Program: Art Horn 12:00 Duplicate Bridge 1:30 Mah Jongg	4 9:00 Enhance Fitness 10:00 Yoga 10:00 Diva JEVAS 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg 2:00 Medicare 2013 Update	5 8:30 AARP Driving 9:30 Live Well 10:00 Jewelry Workshop 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y 1:30 Beginner Bridge
8 Columbus Day Senior Center closed 9-11 Flu Shots at Comstock Community Center	9 9:00 Enhance Fitness 9:30 Word Graphics 10:30 Pool/Billiards 11:00 Yoga 11:15 Chef Ed 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH	10 9:30 RSVP 10:00 Tai Chi No Duplicate with Dan 12:00 Lunch OH Program: WWC Bingo 1:30 Mah Jongg	11 9:00 Enhance Fitness 9:30 Word Graphics 10:00 Yoga 10:00 Diva JEVAS 10:00 Bob Russell 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	12 9:30 Live Well 10:00 Move, Strengthen, Stretch 12:00 Bridge 12:00 Lunch and Learn with Kristin Cusato B 1:30-3 Free Sr Swim Y No Beginner Bridge
15 9:15 Enhance Fitness 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, Biography: Clint Eastwood	16 9:00 Enhance Fitness 9:30 Beyond Beginners 10:30 Pool/Billiards 10:30 Overcoming Worry and Fear 11:00 Yoga 12:00 Duplicate Bridge 1:00 Estate Planning 2:00 Chair Yoga OH	17 9-10:30 Blood Pressure Screening Y 9:30 Card Stamping 10:00 Tai Chi 10:00 Duplicate Dan 10:00 Comstock Writers 12:00 Lunch OH 1:30 Mah Jongg	18 9:00 Enhance Fitness 9:30 Beyond Beginners 10:00 Yoga 10:00 Diva JEVAS 11:00 Wii Bowling 12:00 St. Matthew Lunch 1:30 Mah Jongg	19 9:30 Live Well 9:30 Basic Excel 10:00 Move, Strengthen, Stretch 10:30 Sketching and Painting with Viola 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
22 9:15 Enhance Fitness 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, My Big Fat Greek Wedding 1:00 Comstock Knitters and Crafters	23 Mail-in deadline to vote 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 11 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure, VM 2:00 Chair Yoga OH 3:00 Stay at Home Meets	24 9:30 RSVP 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH Program: "Always Best Care" with Stuart Wallerstein 1:30 Mah Jongg	25 9:00 Enhance Fitness 10:00 Yoga 10:00 Diva JEVAS 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg 3-5 Octoberfest B Deadline for Wilton Commons Applications	26 9:30 Live Well 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
29 9:15 Enhance Fitness 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, Ronald Reagan: A Legacy Remembered	30 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 12:00 Lunch and Learn with First Selectman Bill Brennan (Complimentary Lunch) 2:00 Chair Yoga OH In-person deadline to register to vote by visiting Town Hall	31 Halloween 9:30 RSVP 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH 1:30 Mah Jongg	TO FINTE FIND YOUR VOTING DISTRICT <u>www.wiltonct.org</u> ⇒ Registrar of Voters ⇒ Find Your Voting District <i>Be sure to include your house number along with the street name.</i>	

SEASONAL FLU VACCINE CLINICS

Sponsored by Visiting Nurse & Hospice

- Flu clinics are open to the public. No appointment is necessary.
- Flu vaccine is administered by Registered Nurses.
- Anyone 3 years 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.
- Cost for the vaccine is \$38. Cash, check, Medicare Part B, Aetna, and Anthem will be accepted as payment. You must bring your insurance card with you. No Managed Medicare other than Anthem or Aetna.
- 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 billable to Medicare Part B.

Senior Center, 180 School Road

Thursday, September 27

Tuesday, November 6 (Election Day)

10 a.m. to noon

Comstock Community Center, 180 School Road

Monday, October 8 (Columbus Day)

9 a.m. to 11:00 a.m.

Wilton YMCA, 404 Danbury Road

Saturday, November 3, 9 a.m. to 11 a.m.

Wilton Library, 137 Old Ridgefield Road

Friday, November 25, 10:30 a.m. to 1:00 p.m.

Flu Info Line, 203-834-6341 ext. 444

www.visitingnurse.net

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

Cholesterol Screening
Visiting Nurse & Hospice
761 Main Avenue, Suite 114,
Norwalk

Wednesday, September 5

8:30 a.m. to 11:30 a.m.

Includes total cholesterol, HDL, LDL, triglycerides and glucose. Twelve-hour fasting recommended, but not required. **By appointment only.** Please call 203-762-8958. Cost: \$25, cash or check.

Overcoming Fear and Worry

Tuesday, October 16. 10:30 a.m.

Wilton Senior Center

Feeling anxious or nervous is a common emotion and a normal reaction to stress. But when anxiety becomes frequent and affects daily tasks, social life, and relationships, it becomes a disorder. An anxiety disorder causes feelings of fear, worry, apprehension, or dread that are excessive or disproportional to the problems or situations that are feared. Some individuals may avoid social situations, and lose interest in normal daily activities. Loss of sleep, alcohol abuse and depression have been linked to untreated anxiety.

"Older adults may not recognize the symptoms or consequences of chronic, untreated anxiety," says Marcie Link, LCSW, Clinical Social Worker with Visiting Nurse & Hospice of Fairfield County. "Or they may not seek treatment because they have suffered symptoms of anxiety for most of their lives and believe the feelings are normal."

Link notes that a number of factors contribute to anxiety problems including a family history, trauma, unresolved grief, certain medications or extreme stress. More women than men suffer from anxiety. Common fears about aging often exacerbate anxiety. It can also lead to cognitive impairment, disability, poor physical health, sleep or memory problems, depression and a poor quality of life.

"Fortunately, there are good treatment options for persons experiencing anxiety including medication, talk therapy, and stress reduction techniques," says Link.

"Overcoming Fear and Worry," a one-hour program at the Wilton Senior Center beginning at 10:30 a.m. on October 16, will review signs of an anxiety problem, how and where to find help, and general prevention tips. Complimentary lunch will be served following the program. For more information about the program and to register, call the Wilton Senior Center 203-834-6240.

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, September 6 and October 4

Village Market, 12:30 p.m. to 2 p.m.
Tuesdays, September 25 and October 23

Wilton Family Y, 9 a.m. to 10:30 a.m.
Wednesdays, September 19 and October 17



Lunch and Learn with our First Selectman Bill Brennan

Come to the Senior Center on Tuesday, October 30, at noon for a complimentary "Lunch and Learn" with First Selectman Bill Brennan.

Mr. Brennan is currently serving his fourth term as Wilton's First Selectman. He previously served on the Wilton Board of Finance, Board of Assessment Appeals, Board of Trustees of the Wilton Library and the Wilton Historical Society, and Advisory Board of the Wilton Bank. As First Selectman Mr. Brennan has implemented new policies to insure cost effective management of the town. He encouraged the development of a revised plan of conservation and development, including a new Village District plan. Mr. Brennan's leadership and vision have helped to improve Wilton Center, create a restructured town government, start construction of Wilton Commons, improve our roads and school facilities over the next five years, and expand and refurbish the Wilton Senior Center.

Mr. Brennan holds a B.S. degree from Fordham University and MBA from the University of New Haven with post graduate study at Cambridge University, New York University, and Harvard. After active military service as an officer in the U.S. Air Force, Mr. Brennan was honorably discharged with the rank of Captain.

Mr. Brennan will fill us in on "what's new in Wilton" and field questions from participants. Reservations: 203-834-6240.

BROOKDALE PLACE

Call Christy Perone 203-761-8999 to reserve your place at the events below:

- "The Painless Move," a panel that includes attorney Mike LaMagna, social worker Valerie Juleson, and homecare specialist Laura Incerto, will deal with the pains and perils of moving. Wednesday, September 19, 8:00 a.m.; complimentary breakfast included.
- "Lunch and learn" with Kristen Cusato, Southwestern Regional director of the Alzheimer's Association Connecticut Chapter. Ms. Cusato will speak on the warning signs of dementia. Friday, October 12, at noon.
- Celebrate "Octoberfest" from 3:00 p.m. to 5:00 p.m. on Thursday, October 25. Complimentary potato pancakes, sausages, and beer top the menu.



Conversations With Women: A Financial Seminar Series on Starting the Conversation About Estate and Financial Planning

These free, one-hour workshops are for women by women. Join the conversation to learn how to take action in managing your financial future. Workshops begin at 1:00 p.m. in the Senior Center lounge. Call 203-834-6240 to register.

Money Talks: So why doesn't anyone talk about money? Tuesday, September 18

Join us for this fun and engaging game, "Money Habitudes." In this interactive game you will uncover your personal relationship with money as well as your financial tendencies-- discover how your strengths and weaknesses determine your financial choices. Learn ways to open up the "money talk" in your life with yourself and the ones you love. There are no right or wrong answers; everyone wins and everyone can play!

Investing 101: Saving With Sense; Tuesday, October 2, with Laurie Stefanowicz and Jenn Bond Huisking, Catamount Wealth Management

There are so many different investment products and account types out there that could confuse the average investor. Investors should know exactly what is in their portfolio and how their investments are working for or against them. In this seminar, we will discuss the differences in the many investment vehicles, their advantages and disadvantages; how to research a stock or fund; key strategies to achieve both growth and income in your portfolio.

What's the State of Your Estate? A Woman's Guide to Estate Planning; Tuesday October 16

Women live longer than men by an average of 4.9 years; women control three-fourths of the world's wealth, and women statistically give twice as much to charity than men. More financial decisions and assets are being inherited by women every day. But how many women have a role in their financial plan? In this seminar learn why it is important to prepare an estate plan that makes arrangements for the future and illustrates your wishes when leaving a legacy to those you love. The choices are yours; shouldn't the decisions be also?



The Connecticut Money School (CMS) provides complimentary financial education for adults and seniors. Their mission is to provide an opportunity for everyone to become financially stable and successful.

COMSTOCK COMPUTER LEARNING CENTER

180 School Road — Andrea Ragusa, Coordinator

Classes from 9:30 a.m. to 11:30 a.m. Call Andrea at 203-762-8445 to register.



Computer Fundamentals

This introductory course is for those with limited or no computer experience who would like to test the waters. It will include turning on the computer, using the mouse and keyboard, understanding simple computer terms, opening and closing a program, and using the desktop. This is excellent preparation for Beyond Beginners Word 2007/2010. Taught by Andrea Ragusa; Sept. 11 and 13; \$30.

NEW

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. "Picasa" is a blend of the name of Spanish painter Pablo Picasso, the phrase *mi casa* for "my house," and "pic" for pictures. Taught by Bill Brautigam; Sept. 21; \$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, graphics to enhance the book's material, and 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; Sept. 25 and 27; \$30.

Getting Around The Internet: Age 50+

This course is an introduction to use of the Internet. It 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 is required. Students learn to use Google and Yahoo! effectively to search for and download information and pictures. Also covers attaching images and documents to email (Yahoo!), managing favorites, save, and print. Taught by Andrea Ragusa; Oct. 3; \$20.

Beyond Beginners

Acquaint yourself with Word 2007. It has a different appearance from the Word version you may have been using. The familiar toolbars and menus from previous versions of Word are gone! This course will explore the Word Window, Office Button, Terminology, Ribbon Organization, Quick Access Toolbar, Document Views, plus commonly used features in Word. You will learn how to do the same things you've always done such as entering, changing, deleting, copying, pasting, underlining, aligning, saving, as well as inserting a bullet or number in text in a Word 2007 environment. Taught by Catherine Myers; Oct. 16 and 18; \$30.

Basic Excel

This course will introduce the basics of this popular spreadsheet program including essential vocabulary, concepts and features. Become familiar with entering, editing, and formatting numerical and text data. Experiment with basic database capabilities. Learn to design meaningful, attractive and useful spreadsheets. (Worksheets included) Taught by Lizabeth Doty; Oct. 19; \$25.

Lifetime Learners Institute Celebrating 20 Years at Norwalk Community College

Lifetime Learners has announced its Fall 2012 schedule of daytime classes, most starting the week of September 10. This non-profit adult educational organization for people over 50, headquartered at Norwalk Community College, will offer two-hour courses in history, language, the arts, literature, music, health, opera, sports, movies, mysteries, books, memoirs, current events, computers, etc. Join LLI and enjoy participating in learning without stress or tests! This year LLI is offering a record 51 courses!

Daytime classes meet only once a week for 2 hours for four to eight weeks. You can select one or two classes for each day at either 1:10 p.m. and/or 3:10 p.m. Monday through Thursday or on Friday mornings at 10 a.m.



to noon. On most Fridays there is a "Brown Bag Lunch & Learn" program which includes a noontime social hour with refreshments and a 1 p.m. special guest presentation for one hour on a different subject of general interest each week. These Friday afternoon programs are free to all LLI members, as is the use of the College's Wellness Fitness Center.

Annual membership dues valid through May 2013: \$40. Each course: \$25. Help with registration will be available week days from 10 a.m. to noon in room W102, West Campus. Detailed Fall Course catalogs will also be available to visitors. To receive one by mail, leave a phone message at 203-857-3330, or view the catalogue on www.lifetimelearners.org.

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

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*"The Area's Premier Independent/Assisted Living Community"
435 Danbury Road, Wilton, CT 06897*

Celebrate Assisted Living Week, September 9-15

To kick off their celebration of National Assisted Living Week, The Greens at Cannondale is having a not-to-be-missed Art Show on Sunday, September 9, from 2 p.m. to 4 p.m. Meet the talented artists at The Greens. "Art for the Ages" will include sketching, clay and pottery, jewelry, mosaics, painting, various crafts--- an amazing selection of beautifully designed original creative work. A wine and cheese reception will conclude with Portuguese Folk Dancing performed in the dining room at 3:30 p.m.

At 3 p.m. on Monday, September 10, actors will present a play regarding the decision to place Mom in a care facility entitled "I'm Not Ready Yet." This presentation will be followed by a panel of professionals including Barbara Newland, Admissions Counselor and Marketing Director; Eleanora Tornatore-Mikesh, Executive Director; and Catherine Pierce LCSW, Director of Wilton Social Services and Municipal Agent to the Elderly.

Tuesday, September 11, highlights a musical tribute to the armed forces, writing letters and preparing care packages for our service people. At 2 p.m. on Wednesday, September 12, Gretchen Yengst (who happens to be a relative of Cole Porter) celebrates a "Cole Porter Extravaganza" with slides, music, and stories.

On Friday, September 14, at 4 p.m. in the Media Center, Dorothy Wickenden, executive director of *The New Yorker* since 1996, will sign copies of her novel, "Nothing Daunted," which details the unexpected education of two society girls in the West. One of these society girls was her grandmother.



Dorothy Wickenden

The Greens is also offering free evaluations of Memory and Cognitive Ability. If you can't tell if your occasional memory lapses are something to worry about, if your spouse can't be left alone any more, if your dad has become quieter having difficulty following conversations, or if you've always been great with numbers and now find doing calculations is difficult... schedule a free screening at The Greens. For more information, contact the Intake Coordinator at 866-695-9627.

The Greens publishes a monthly newsletter. If you would like to receive this publication, call 203-761-1191. The Greens at Cannondale is located at 435 Danbury Road, Wilton.