



# CORRIDORS

SEPTEMBER-OCTOBER 2015

## Introducing Brookdale Wilton

*(Formerly Brookdale Place of Wilton)*

Please join the festivities on Thursday, September 17, from 4 p.m. to 7 p.m. in celebration of the Brookdale's name change. Brookdale Place of Wilton will now be known as BROOKDALE WILTON. The ribbon-cutting ceremony is scheduled for 5:30 p.m. Take part in tours of the residential facility PLUS a light dinner PLUS

the sixth annual silent auction to benefit the Alzheimer's Association. Tempting auction items will include gift cards from local restaurants and hair salons, jewelry, artwork, hotel stays and gift baskets. Brookdale Wilton is located at 96 Danbury Road in Wilton.

"We are excited about the change of name which demonstrates both our strong connection to the Wilton community and our broad nationwide mission to provide seniors with the highest quality care, service and living accommodations," said Wendy Kaufman, Executive Director of the facility since December 2011. Brookdale acquired the senior living facility on Route Seven in Wilton in 2009. The nation's largest operator of senior living services with approximately 1,150 facilities in 46 states, Brookdale is headquartered near Nashville, Tennessee.



Wendy Kaufman now oversees a staff of approximately 70 to 75 who serve a resident population of about 75. "At Brookdale Wilton you know that the people who work here have a passion for helping seniors and finding solutions to their needs," she explained. "Associates have always

provided exemplary care for our residents and that will not change. We are proud of the care we have provided in Wilton in the past and look forward to continuing to provide and elevate that level of care in the future as part of the Brookdale family." Studio and one-bedroom apartments are currently available. There is no waiting list.

With personal bonds to the town of Wilton as a Wilton High School graduate and a current member of the Kiwanis Club of Wilton, Wendy is dedicated to the best interest of her Brookdale seniors, twenty-five percent (25%) of whom come from Wilton or have family connections in Wilton.

Reservations requested: Brookdale Wilton at 203-761-8999.

The Alzheimer's Association is the world's leading voluntary health organization devoted to Alzheimer's research, care, and support. Its mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. Its vision is a world without Alzheimer's. Visit [www.alz.org](http://www.alz.org).

**Join the first Wilton Senior Center Team!**

**Lizabeth Doty, Team Leader**

**Walk to End Alzheimer's 2015**

**Sunday, October 4**

**Calf Pasture Beach Park, Norwalk**

**Registration: 9:00 a.m.**

**Register at [www.alz.org/walk](http://www.alz.org/walk) or call 888-272-3900 or pick up an entry form at the Senior Center.**

# PROGRAMS AT THE SENIOR CENTER- -

## Wilton Garden Club

First Tuesday

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.

## Comstock Writers Group

First and Third Wednesday

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.

## Studio Knitting

Second Tuesday and Fourth Monday

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

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

## Monday Movies (resumes Sept. 28)

Mondays, noon to 2:15 p.m.

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

## Introduction to Bridge Lessons

Tuesdays beginning October 20, 1:00 p.m. to 3:00 p.m.

\$95 for the ten-week series

Bridge combines mental exercise of the reasoning faculties, short- and long-term memory centers, planning and collation skills, social interaction techniques, and a host of other mental calisthenics useful in everyday life. You will experience this entertaining and mentally demanding team game from its beginning steps to more advanced concepts by playing the game! ***This class is for the player with very little or no bridge experience.*** Dan DeVlieg, Instructor.

## Intermediate Bridge

Fridays beginning Sept. 18, 1:30 p.m. to 3:30 p.m.

\$75 for the eight-week series



Once you know how to play bridge, it is time to learn how to play it well! This course is ideal for the person who used to play bridge but has not done so for years and needs to get up-to-date on the latest advances in this forever-evolving game, for

the person who plays bridge but feels developmentally stalled and needs help getting to the next level of proficiency, or for the moderately experienced social and/or duplicate bridge players. Dan DeVlieg, Instructor.

## Open Bridge with Dan

Wednesdays, 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 scored independently, permitting comparison of individual scores. For all levels of playing. This is not a sanctioned game. Dan DeVlieg will supervise.

## Tai Chi

Wednesdays, 10:30 a.m. to 11:30 a.m.

\$3 drop-in fee

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Tai Chi has been shown to prevent falls and improve the functioning of daily activities. Joe Alampi, Instructor.

## Enhance Fitness

Thursdays, 9:00 a.m. to 10:00 a.m.

\$3 drop-in fee

Wilton Family Y brings Enhance Fitness to the Senior Center on Thursdays. This class includes 30 minutes of endurance-type activity. Leslie Hinshaw, Instructor.

## Feldenkrais

Fridays, 10:00 a.m. to 11:00 a.m.

\$5 drop-in fee

Explore this exciting and innovative movement method designed to relieve pain, exercise your brain and teach you to move with greater comfort, ease, and fluidity. Cathy Paine, Instructor.

## BRIDGE GROUPS

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

**Encore Bridge:** Mondays, contact Maureen Turnier at 203-762-9386 to play.

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

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

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

# - - -CALL 203-834-6240 TO REGISTER

## Five Crowns

First and Third Tuesdays, 12:30 p.m.

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



## Jewelry Workshop with Viola Galetta

First and Third Fridays, 10:00 a.m. to noon

\$5 drop-in fee

No prior experience is necessary for this jewelry-making workshop. Enjoy the fun of making your own beaded jewelry. Select materials to match your own style.

## Tuesday and/or Thursday Yoga

Tuesdays, 11:00 a.m. to noon

Thursdays, 10:00 a.m. to 11:00 a.m.

\$3 drop-in fee

Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts this gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps your balance and focus.

## Free Downloads

Second Wednesday, 1:00 p.m., in the Senior Center

BYOD - Bring your own device and follow along as Melissa Baker demonstrates how to obtain free downloadables available through the Wilton Library.

- September 9, eBooks and Audiobooks
- October 14, Music

You will learn about the Library's streaming jazz and classical music (Naxos Music Library) and downloadable popular music (Hoopla Digital), all available 24/7 from Wilton Library for patrons with Wilton Library cards.

Registration: [www.wiltonlibrary.org](http://www.wiltonlibrary.org) or 203-762-3950.

## Line Dance Fusion

Mondays, 10:30 a.m. to 11:30 a.m.

\$3 drop-in fee

This program blends traditional dance steps with elements of modern line dancing. This is a great form of exercise and social interaction. Beatriz Araujo, Instructor.

## Photo Book Workshop

Mondays, September 28, October 5, 19, 26

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

\$45 fee

Organizing photos can be an intimidating and time-consuming task. Linda Thomas and Sharon Gialo of LT Organizer will help you "tackle" this task. They will guide you every step along the way to creating a digital photo book. Now's your chance to get started in time to have a beautiful gift for the holidays. The cost of the hardcover photo book, depending upon the type of book ordered, will be payable to the instructor.

## Bingo

Thursdays, Noon

Join the fun and the challenges afforded by playing a variety of bingo games...60 different configurations to be exact! Fee: 25 cents per card. Winner takes all!

## A Fresh Eye with Kathy Engstrom

Senior Center Lounge from 10:30 to 12:30 p.m.

Fee: \$10 per session. Registration required prior to each session.

Kathy Engstrom, owner of A Fresh Eye, LLC, is a former professional organizer. She currently specializes in home decorating, staging houses for resale, and move management. Each presentation is independent of the others.

## "Stage Your Home to Sell!"

Friday, October 2

Would you like to sell your home quickly ... and at top dollar? Stage it! Staging is the process of preparing your house so it speaks emotionally to the buyer, not only by making your home look terrific, but also by helping the buyer envision living in the home. Learn the tricks of the trade and decide what needs to be done to make sure your home appeals to potential buyers.

## "Interior Design"

Friday, October 9

Would you like to transform an ordinary room into a space that lives beautifully? The goal of our interior design class is to show you how to achieve your desired effect with minimal additional purchases. We use your existing furnishings and accessories to create warmth and harmony and flow. Bring pictures of the room you will be working on – from all angles – and a floor plan of the room (hand-drawn is fine). Learn basic design theory and then plan your rooms.

## "Conquer the Clutter!"

Friday, October 16

Are you frustrated by losing things because they are buried in the clutter? Are piles taking over your space? Are your closets getting scary? Do you want to get things organized, but just don't know where to begin? Learn how to bring order to your chaos. Learn how to attack your clutter, decide what is important and what can be discarded, and create systems to help things function more smoothly and maintain order going forward.

## Chair Yoga at Ogden House

Liz Wendell will teach gentle chair yoga on Tuesdays, beginning September 8, 2:00 p.m. to 3:00 p.m. Fee: \$3 per class. To register for either class, please call Betty at 203-762-8035.



# Plays for Reading

Come join the Play Reading group on Monday, October 5, to kick off the new season with an introductory reception in the Game Room. Andrea Ragusa moderates the play reading and discussion group at the Senior Center on the first Monday of every month from 12:30 p.m. to 3:00 p.m. 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 in advance at the Senior Center.

On October 5, two short plays are on tap. "Hands Across the Sea" by Noel Coward and "Sorry, Wrong Number" by Louise Fletcher.

"Hands Across The Sea" is a short comic play that is part of a ten-play cycle written to be performed across three nights. The plays were billed as "Tonight at 8:30" and were performed in cycles of three. The main characters were based on good friends of Coward who were always having cocktail parties in a stylish flat in London.

"Sorry, Wrong Number" is about Leona Stevenson, the spoiled, bedridden daughter of a wealthy businessman and the wife of Henry Stevenson. One day while listening to what seemed to be a crossed telephone connection she hears two men planning a woman's murder.

Additional plays for the coming season are "Proof" by David Auburn; "Good People" by David Lindsay Aubaire; "Five Women Wearing the Same Dress" by Alan Ball; "You Can't Take It with You" by Moss Hart and George S. Kaufman; "All My Sons" by Arthur Miller; "It's Only a Play" by Terrence McNally; and "Love, Loss, and What I Wore" by Nora and Delia Ephron.



*Pleased with the new brick pillars and canopy plus progress with the new sidewalk, Steve Giannetta and Judy Zucker look forward to re-opening the main entrance of the Comstock Community Center in mid-September. Steve is Turner Construction Company's Project Manager; Judy is chairman of the Comstock Renovation Building Committee.*

## Shakuhachi Flute Performance Friday, October 16, 11:15 a.m. Senior Center Lounge

Chris Merwin is an instrumentalist and lecturer who specializes in multi-cultural music. He has been playing the guitar for twenty-nine years along with studying music and instruments of other cultures for the past nineteen years.

One of Mr. Merwin's main instruments and deep passions is the shakuhachi, a bamboo flute from Japan. The shakuhachi was once used strictly for Zen meditation music but is now used for Japanese classical and folk music as well. Mr. Merwin has studied in Japan and at home and plays all three styles of shakuhachi music.

Reservations: 203-834-6240; Fee: \$5.

## Hearing Loss Association of America SW Connecticut Chapter

The next meeting of the Hearing Loss Association of America (HLAA), SW Connecticut Chapter, will take place on Tuesday, October 13, from 1:30 p.m. to 3:00 p.m. at the Norwalk Senior Center, 11 Allen Road, Norwalk. Gary Hare from Hearing Loop Systems of Connecticut will present the latest information about induction hearing loops which improve the overall performance of many hearing aids. This meeting begins the seventeenth season of the SW Connecticut Chapter. These meetings are free and open to the public. Visit [www.heareez.org](http://www.heareez.org) for more information.

## VISITING NURSE AND HOSPICE OF FAIRFIELD COUNTY

Visiting Nurse and Hospice of Fairfield County will hold two flu clinics at the Senior Center, 180 School Road.

Tuesday, September 29, 10 a.m. to 11:30 a.m.  
Tuesday, November 3, 10 a.m. to 11:30 a.m.

Visit [www.visitingnurse.net](http://www.visitingnurse.net) for additional information and flu clinic sites.

## RIDGEFIELD VISITING NURSE ASSOCIATION

RVNA will hold two flu clinics in Wilton this fall. RVNA has three types of flu vaccine available, including the high-dose for people 65+ and Prevnar 13, a pneumonia vaccine. All RVNA flu clinics are staffed by trained and experienced nurses. RVNA accepts Medicare and most major insurances for payment.

Friday, October 30, 10:00 a.m. to noon  
Wilton Commons, 21 Station Road  
Monday, November 2, 11:00 a.m. to 1:00 p.m.  
Wilton YMCA, 404 Danbury Road

# Books for Discussion

Michael Bellacosa from the Wilton Library has prepared an exceptional reading series for the coming year at the Senior Center. Each session begins at 11:00 a.m. on the fourth Tuesday of the month. Lunch (\$3) is served at noon. Books are on reserve at the Wilton Library. Brochures describing the entire 2015-2016 season are available at the Senior Center and the Library.

## Tuesday, September 22

### Discussion Leader - Judson Scruton

***The Poets Laureate Anthology***, edited by Elizabeth Hun Schmidt

*The Poets Laureate Anthology* brings together a sampling of the works of the 43 "poets laureate" of the United States from the inception of the position in 1937 until the book's publication in 2010. Collected and edited by Elizabeth Hun Schmidt, the former poetry editor of *The New York Times Book Review*, the volume includes brief introductions to each of the poets as well as an inviting foreword by poet Billy Collins.

## Tuesday, October 27

### Discussion Leader - Melissa Baker

***Cloud Atlas*** by David Mitchell

*Cloud Atlas*, an intriguing novel by David Mitchell that was short-listed for the 2004 Booker Prize, is really a set of six interwoven novellas spanning hundreds of years and thousands of miles in time and space. From a 19<sup>th</sup> century Pacific voyage à la Melville to a near-future dystopia, the novel criss-crosses the world.

Mark your calendars:

November 24, Ray Rauth leads ***The Sixth Extinction:***

***An Unnatural History*** by Elizabeth Kolbert

January 26, Karen Tatarka leads ***The Picture of Dorian Gray*** by Oscar Wilde

February 23, Elaine Tai-Lauria leads ***Macbeth*** by William Shakespeare

March 22, John Ragognetti leads ***To Kill a Mockingbird*** by Harper Lee

April 26, Miwako Ogasawara leads ***The Post-Office Girl*** by Stefan Zweig

May 24, Michael Bellacosa leads ***Judgment of Paris: California vs. France and the Historic 1976 Paris Tasting that Revolutionized Wine*** by George Taber

**Stay at Home in Wilton and Wilton Library bring back  
The Great American Songbook  
Saturday, September 12, 5:00 p.m. at the Wilton Library**

We're at the piano again! This concert features songs from the 30s through the 60s with superb pianist, singer, composer, recording artist and raconteur Dr. Joe Utterback. There is no charge. Reservations are highly recommended and can be made through Wilton Library at 203-762-3950.



## KEEP LEARNING: YOUR BRAIN IS A TERRIBLE THING TO WASTE!

If you are age 50 or older, you're invited to join more than 800 people in a variety of over forty day-time, non-credit courses. Most classes start in mid-September in the non-profit Lifetime Learners Institute at nearby Norwalk Community College. Subjects include *Health, Music, History, Arts, Language, Religions, Travel, Literature, Science, Culture, Genealogy, Movies, Current Events, and Computers*. All two-hour classes meet only once a week, without stress or tests, and run from 4 to 8 weeks. Classes meet at 1 p.m. and/or 3 p.m. Monday thru Thursday and at 10 a.m. on Friday, followed by a special guest presentation at 1 p.m. each Friday. Each course costs only \$30, with a 12-month \$50 membership. Catalog and membership application are available online at [www.lifetimelearners.org](http://www.lifetimelearners.org) or by calling 203-857-3330. Norwalk Community College is located at 188 Richards Avenue in Norwalk.

### OPEN HOUSE by LifetimeLearners at NCC

Friday, September 18, 1:00 p.m.

Pepsico Theatre, East Campus

*Special presentation of the story of a three-year, around-the-world sailboat adventure by local residents, the Kuhnners.*

## MEDICARE UPDATE

This year open enrollment for Medicare Part D begins October 15 and ends December 7.

On Thursday, October 8, Nancy Lombard from the Southwestern Connecticut Agency on Aging (SWCAA) will present "What's New with Medicare" in the Senior Center Lounge from 1:30 p.m. to 3:00 p.m. This is a general meeting; no appointment is necessary for this presentation.

On Thursday, November 5, representatives from 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 a.m. and 2 p.m. 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. In order to attend this session you must schedule an appointment through the Social Services office, 203-834-6238.

**Stay at Home's Afternoon at the Movies is Back!  
Tuesday, September 22, 3:00 to 5:00 p.m.  
Wilton Senior Center Lounge**

Join us for ***Woman in Gold*** starring Helen Mirren as Maria Altmann, an octogenarian Jewish refugee, who takes on the Austrian government to recover artwork she believes rightfully belongs to her family. Admission is free. Ice cream and popcorn will be served.

# SEPTEMBER 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<b>KEY</b> <b>WL Wilton Library</b> <b>LR Laurel Ridge</b> <b>BRD Brookdale</b> <b>VM Village Market</b> <b>Y Wilton Family Y</b>	<b>1</b> 11:00 Yoga 12:30 Five Crowns	<b>2</b> 10:00 Open Bridge 10:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg	<b>3</b> 9:00 Enhance Fitness 10:00 Yoga 12:00 Bingo 11-12 Blood Pressure Screening	<b>4</b> 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Swim for Seniors Y
<b>7</b> Labor Day Senior Center Closed	<b>8</b> 9:00 Stay at Home Men's Breakfast at Orem's 11:00 Yoga 1:00 Studio Knitting 2:00 Mah Jongg 2:00 Chair Yoga OH 6:00 Book Talk WL	<b>9</b> 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:00 Library Downloads	<b>10</b> 9:00 Enhance Fitness 10:00 Yoga 12:00 Bingo 12:30-2 Blood Pressure Screening Y	<b>11</b> 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Swim for Seniors Y
<b>14</b> 10:30 Line Dancing 11:30 Coffee and... 1:00 Encore Bridge	<b>15</b> 10:00 Acrylics/Oil 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 2:00 Chair Yoga OH	<b>16</b> 9:30 Sewing OH 10:00 Open Bridge 10:00 Writers 10:30 Tai Chi 12:00 Lunch and Feldenkrais Demonstration OH 1:00 Mah Jongg	<b>17</b> 9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 12:00 St. Matthew's Lunch 4:00 to 7:00 Alzheimer's Auction BRD 5:30 Ribbing Cutting Ceremony BRD	<b>18</b> 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge Begins 1:30-3 Free Swim for Seniors Y
<b>21</b> 10:30 Line Dancing 11:30 Coffee and... 11:30-12:30 Blood Pressure Screening 1:00 Encore Bridge	<b>22</b> 10:00 Acrylics/Oil 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg 2:00 Chair Yoga OH 3:00 Movie	<b>23</b> 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	<b>24</b> 9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 12:00 Bingo 12:30 Portraits 5:00 Orthopaedic Surgery Lecture LR	<b>25</b> 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y
<b>28</b> 10:00 Photo Book Workshop 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Studio Knitting 1:00 Encore Bridge	<b>29</b> 10:00 Acrylics/Oil 10-11:30 Flu Clinic 11:00 Yoga 2:00 Chair Yoga OH	<b>30</b> 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	<b>Walk to End Alzheimer's 2015</b> <b>Sunday, October 4</b> <b>Calf Pasture Beach Park, Norwalk</b> <b>Registration: 9:00 a.m.</b>  <b><i><u>This weekend!</u></i></b>	

## What We Talk About When We're Over 60

*reading, book-signing, and conversation*

**September 8, 6:00 p.m., Wilton Library**

*What We Talk About When We're Over 60* is an anthology of 30 essays written by women who have been around long enough to have something to say. Intelligent, funny, bawdy, or deeply moving, the selections in *What We Talk About* remind readers that despite Gloria Steinem's famous prediction, women do not necessarily become invisible once they reach a certain age.

Editor Sherri Daley and contributor Leslie Beatus will read selections from the essays and talk about why the book exists and how it affected the women who wrote it. Attendees will be encouraged to talk about their own experiences and current social attitudes. Gentlemen are enthusiastically invited to contribute to the conversation. Copies of the book will be available for sale. Registration: [www.wiltonlibrary.org](http://www.wiltonlibrary.org); or 203-762-3950.

# OCTOBER 2015

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## **Save-the-date for Destination Wellness Expo**

Celebrate healthy living at the Ridgefield Chamber of Commerce Second Annual *Destination Wellness Expo* on **Saturday, November 7, from 10 a.m. to 2 p.m.**, at the Ridgefield Recreation Center, 195 Danbury Road, Ridgefield. For more information, visit [www.ridgefieldchamber.org](http://www.ridgefieldchamber.org) or call 203-438-5992.

**1**  
9:00 Enhance Fitness  
9:30 Drawing  
10:00 Yoga  
11-12 Blood Pressure Screening  
12:00 Bingo  
12:30 Portraits

**2**  
10:00 Feldenkrais  
10:00 Jewelry Workshop  
10:30 Stage Your Home  
12:00 Bridge  
1:30 Intermediate Bridge  
1:30-3 Free Swim for Seniors Y

**5**  
10:00 Photo Book Workshop  
10:30 Line Dancing  
11:30 Coffee and...  
12:00 Movie  
12:30 Play Reading Reception/Reading  
1:00 Encore Bridge

**6**  
10:00 Acrylics/Oil  
11:00 Yoga  
12:00 Garden Club Lunch and Activity  
12:30 Five Crowns  
2:00 Chair Yoga OH

**7**  
9:30 Sewing OH  
10:00 Open Bridge  
10:00 Writers  
10:30 Tai Chi  
12:00 Duplicate Bridge  
1:00 Mah Jongg

**8**  
9:00 Enhance Fitness  
9:30 Drawing  
10:00 Yoga  
12:00 Bingo  
12:30-2 Blood Pressure Screening Y  
12:30 Portraits  
1:30 Medicare Update

**9**  
10:00 Feldenkrais  
10:30 Interior Design  
12:00 Bridge  
1:30 Intermediate Bridge  
1:30-3 Free Swim for Seniors Y

**12**  
Columbus Day  
Senior Center Closed



**13**  
9:00 Stay at Home Men's Breakfast at Orem's  
10:00 Acrylics/Oil  
11:00 Yoga  
1:00 Studio Knitting  
1:30 Hearing Loss Norwalk  
2:00 Mah Jongg  
2:00 Chair Yoga OH

**14**  
9:30 Sewing OH  
10:00 Watercolor  
10:00 Open Bridge  
10:30 Tai Chi  
1:00 Mah Jongg  
1:00 Library Downloads

**15**  
9:00 Enhance Fitness  
9:30 Drawing  
10:00 Yoga  
12:00 St. Matthew's Lunch  
12:30 Portraits

**16**  
10:00 Feldenkrais  
10:00 Jewelry Workshop  
10:30 Conquer the Clutter  
12:00 Bridge  
1:30-3 Free Swim for Seniors Y

**19**  
10:00 Photo Book Workshop  
10:30 Line Dancing  
11:30 Coffee and...  
11:30-12:30 Blood Pressure Screening  
12:00 Movie  
1:00 Encore Bridge

**20**  
10:00 Acrylics/Oil  
11:00 Yoga  
12:00 Duplicate Bridge  
12:30 Five Crowns  
1:00 Introduction to Bridge Begins  
2:00 Chair Yoga OH

**21**  
9:30 Sewing OH  
10:00 Watercolor  
10:00 Open Bridge  
10:30 Tai Chi  
12:00 Lunch and SVP Boutique at OH  
1:00 Mah Jongg  
1:00 Library Downloads  
5:00 Alz. Caregiver LR

**22**  
9:00 Enhance Fitness  
9:30 Drawing  
10:00 Yoga  
12:00 Bingo  
12:30 Portraits

**23**  
10:00 Feldenkrais  
12:00 Bridge  
1:30 Intermediate Bridge  
1:30-3 Free Swim for Seniors Y

**26**  
10:00 Photo Book Workshop  
10:30 Line Dancing  
12:00 Movie  
1:00 Studio Knitting  
1:00 Encore Bridge

**27**  
10:00 Acrylics/Oil  
11:00 Yoga  
12:00 Book Discussion  
12:00 Lunch  
12:30 Mah Jongg  
12:30-2 Blood Pressure Screening VM  
1:00 Introduction to Bridge  
2:00 Chair Yoga OH  
3:00 Stay at Home

**28**  
9:30 Sewing OH  
10:00 Watercolor  
10:00 Open Bridge  
10:30 Tai Chi  
1:00 Mah Jongg  
5:00 Alzheimer's Caregiver's Session LR

**29**  
9:00 Enhance Fitness  
9:30 Drawing  
10:00 Yoga  
12:00 Bingo  
12:30 Portraits

**30**  
10:00 Feldenkrais  
12:00 Bridge  
1:30 Intermediate Bridge  
1:30-3 Free Swim for Seniors Y

## **Fall Harvest Festival**

**Sunday, October 18, 11 a.m. to 3:00 p.m.**

**Wilton Meadows Rehabilitation  
and Health Care Center  
439 Danbury Rd., Rt. 7, Wilton**

Local vendors will display a variety of products for sale including fresh produce, plants, jewelry, syrups, oils, and baked goods. An Oktoberfest-themed food buffet will be available free of charge. Youngsters will enjoy the Kiddie Corner with petting zoo, pumpkin painting, and crafts. This event is open and free to the community. Please come shop, eat, and enjoy!



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

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These programs at Laurel Ridge Health Center are open to the public and free with registration. A complimentary dinner is available at 5 p.m. with the lecture starting at 5:30 p.m. Seating is limited; Reservations, 203-438-8226. Laurel Ridge is located at 642 Danbury Road, Ridgefield.

**Robotic-Assisted Joint Replacement Lecture  
Thursday, September 24**

Find out about current techniques and latest innovations used to ensure proper positioning of joint replacement implants. As part of National Rehabilitation Awareness week, Dr. Sanjay K. Gupta will discuss surgical advances that improve the patient experience through innovations with robotics. Whether you have just started exploring treatment options or are currently looking for an orthopedic surgeon to discuss knee or hip replacement, this free lecture can help you understand what is available to you. Dr. Gupta is a board certified orthopedic surgeon with Orthopaedic Specialists of CT, located in Brookfield, with expertise in adult hip and knee surgery. His special interests are hip resurfacing and revision, minimally invasive joint replacement and arthroscopic surgery.

**Living with Alzheimer's (Middle Stage): Course For Caregivers  
Wednesdays: October 21, October 28, and November 4.**

The Alzheimer's Association offers a three-part course covering strategies to provide safe, effective and comfortable care in the middle stage of the disease. Guest speakers will discuss understanding and responding to dementia-related behaviors, effective communication strategies, and resources available to caregivers. Learn how to decode behavioral messages, identify common triggers, and employ different techniques that are helpful during this stage of the disease.

**SENIOR VOLUNTEER  
PROGRAM**

Senior Volunteer Program (SVP) helps people age 55 and older find volunteer opportunities to match their skills and interests. When you volunteer for the SVP, you receive the benefits of staying active and meeting new people while knowing that you're using a lifetime of experience to make your mark. Call Dell Overby, Wilton Coordinator, at 203-762-0520 for more information.

**SVP**

**Boutique**

**Wednesday, October 21  
11:00 a.m. to 1:00 p.m.**

**Ogden House**

**Proceeds benefit the charitable works of SVP.**

**Lunch (\$3) is served at noon.**