



CORRIDORS

SEPTEMBER-OCTOBER 2016

VISITING NURSE AND HOSPICE OF FAIRFIELD COUNTY PRESENTS

The Conversation Project

Senior Center Lounge, 11:10 a.m.,
Thursdays, October 13, 20, and 27

Moderator: Christine Pfeffer, RN, MS, Director of Hospice



Christine Pfeffer

The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care. Many people are dying in a way they would not choose, and loved ones are left feeling bereaved, guilty, and uncertain. It's time to transform our culture from not talking about dying to talking about it. It's time to share the way we want to live as we near life's end. And it's time to communicate about the kind of care we want and do not want for ourselves.

The place for this to begin is at the kitchen table—not in the intensive care unit—with the people we love. Together we can make these difficult conversations easier. We can make sure that our wishes and those of our loved ones are expressed and respected. Have you had **the conversation** about end-of-life care?

The goals of the three-session workshop are to:

- demonstrate the importance of having the conversation;
- identify barriers to having the conversation; and
- develop a personal and professional plan of action.

Reservations: 203-834-6240.

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.

Join the Wilton Senior Center Team!

Lizabeth Doty, Team Leader

Walk to End Alzheimer's 2016

Sunday, September 18

Calf Pasture Beach Park, Norwalk

Registration: 9:00 a.m.

Register at www.alz.org/walk or call 888-272-3900
or pick up an entry form at the Senior Center.

MEDICARE ENROLLMENT ALERT

When you turn 65 you are required to enroll in Medicare Part A. If you are still working and covered under an insurance plan provided by your employer, you may postpone enrolling in Medicare Part B until you retire, but you are still required to activate your Medicare Part A. This is a simple process that may be completed online by going to www.Medicare.gov or you may call Lauren Hughes at the Wilton Department of Social Services, 203-834-6238. She will be happy to assist you.

The enrollment period begins three months before the month of your 65th birthday and extends for three months after the month of your 65th birthday. If you do not enroll during this period, even if you are still covered under your employer's insurance, you risk future financial penalties.



U.S. Presidential Election Tuesday, November 8, 6:00 a.m. to 8:00 p.m.

The 2016 Presidential Election will take place on **Tuesday, November 8, 2016**, 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 section 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 <http://www.wiltonct.org/departments/Voter/voter2.asp>.

Please note: Miller Driscoll School is NOT a polling place anymore.

BRIDGE GROUPS



If you would like to join other seniors in an afternoon of bridge, call the organizers listed below:

Encore Bridge: Mondays at 1:00 p.m., contact Maureen Turnier at 203-762-9386 to play.

Duplicate Bridge: First Wednesday of the month at 1:00 p.m., contact Lois Bruce at 203-762-5818 to play.

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

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

Contract Bridge: Fridays at 1:30 p.m., contact Sharon Frost at 203-762-9708 to play.

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

Voter Registration Deadline

November 1, 2016, is the mail-in and in-person deadline to register to vote. Mailed applications must be received or postmarked by this date. The in-person deadline is 8:00 p.m. at the Wilton Town Hall on this date.

Election Day Registration

New Wilton residents may register to vote on election day from 6:00 a.m. to 8:00 p.m. at Wilton Town Hall. Voters must provide proof of residence and identity. Be prepared to spend extra time registering and casting your ballot.

Absentee Ballots

If you are unable to appear at the polls anytime between 6:00 a.m. and 8:00 p.m. on Election Day because of absence from town, physical disability, illness, military service, or religious prohibitions, you may apply for an absentee ballot. Download the application by visiting the town website at <http://www.wiltonct.org/departments/Voter/voter5.html> or call the Town Clerk's office at 203-563-0106. Absentee ballots become available on October 7.

Questions?

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



BRAIN BOWL

September 21, 12:45 p.m., at
Ogden House
October 4, 1:30 p.m., at the Senior
Center

Put your cognitive skills to the test and exercise your mind with Brookdale Wilton's Brain Bowl. Come for fun and challenging group brain workouts and compete for prizes with Christy Perone, Sales and Marketing Manager, and Glika Hatzioannidis, Activities Director of Brookdale Wilton.

PROGRAMS AT THE SENIOR CENTER

Wilton Garden Club

First Tuesday of the month beginning in October

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 of the month

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 and fourth Tuesday of the month

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

Mondays, noon to 2:15 p.m.

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

Open Bridge

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 play. This is not a sanctioned game.

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.

Bingo

Thursdays, noon

Join the fun and the challenges afforded by playing over 60 different bingo game configurations. Fee: 25 cents per card. Winner takes all!

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.

Five Crowns

First, third, and fifth Tuesday of the month, 12:30 p.m.

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

Jewelry Workshop with Viola Galetta

First and third Friday of the month, 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.

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.

Chinese Mah Jongg

Second and fourth Tuesday of the month

Kay Chann supervises the players of Chinese Mah Jongg during this gathering. If you would like to learn how to play, Kay will be happy to instruct you. Come and see the game in action. Call Kay at 203-762-9026 for information regarding the group.

American Mah Jongg

Wednesdays, 1:00 p.m.

American Mah Jongg is different from Chinese Mah Jongg in several ways.

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





Come join the Play Reading group on Monday, October 3, to kick off the new season with an introductory reception in the Café. Andrea Ragusa moderates the play reading and discussion group at the Senior Center on the first Monday of every month, beginning in October, 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.

Monday, October 3 (two plays)

TRIFLES by Susan Glaspell

Written in 1916 and first performed by the Provincetown Players, the play is loosely based on true events of the time. It tells the story of the investigation into the murder of John Wright. The sheriff and his men carry on the official investigation and the female friends of the wife carry on their own investigation. The women discuss past pains and losses that parallel those that Mrs. Wright has suffered. The play symbolizes how men run women's lives controlling and silencing them as John Wright silenced his wife.

THE UGLY DUCKLING by A. A. Milne

This one-act play written around 1941 features Princess Camilla who is very plain or appears to be so because of a spell put on her at birth. According to the spell only the eyes of a true love will reveal Camilla's beauty. Her parents plan to marry her to a prince from a far-away place who doesn't know what she looks like. Prince Simon doesn't feel he is handsome enough to marry a princess. This comedy involves an insanely dull-witted pair of pretend prince and princess.

Our Lady of Fatima Forum Caring for the Elderly

Our Lady of Fatima Church is hosting a forum on Tuesday, September 20, in the church hall from 5:30 p.m. to 7:30 p.m. on services available to the elderly.

Forum participants include representatives from Meals on Wheels, Wilton Dial-a-Ride, Wilton Meadows Rehabilitation and Health Care Center, The Greens at Canondale, Stay at Home in Wilton, Elder Support Services, Gregory & Adams, and Wilton Social Services. The forum is free and open to the public. RSVP by September 15, 203-762-3928.

NEWS from STAY AT HOME IN WILTON

Tuesday, September 20

Experience 19th century Electric Paris at the Bruce Museum

Step back in time to the 1800's, and see The City of Lights when 20,000 gaslights lit up Paris. A French lunch will follow in Greenwich. Meet at the commuter lot, north of Orem's, at 10 a.m. for carpools.

Thursday, September 29

RVNA Quick Nutritious Meals Lunch & Learn

Join Meg Whitbeck, RVNA Dietitian and Nutrition Educator, for tips on meals that boost energy and strengthen the immune system. The program includes a cooking demonstration, tour of the facility, and a healthy lunch. 11:30 a.m. to 1:30 p.m. Cost: \$23. Location: 27 Governor Street, Ridgefield

Thursday, October 13

Stay at Home in Wilton Informational Brunch

Be our guest! Come learn about member benefits and volunteer opportunities. Board members and volunteers will be available to answer questions. 10 a.m. to noon at WEPCO, 48 New Canaan Road.

Tuesday, October 25

Declutter & Get Organized Seminar

Alexis Boccanfuso, owner of Clutterphobe, will instruct a class on getting organized! This event is free. 3 p.m. to 5 p.m. at the Senior Center.




It's Time to BeMoved!

Tuesdays, 9:45 a.m. to 10:45 a.m.
beginning September 6
\$5 drop-in fee per class

BeMoved® is a new dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly movement experience that improves the quality of a person's movement. The class starts with a warm-up and easy-to-follow therapeutic movements that activate core strength and balance while improving flexibility and coordination. Each class focuses on a different musical dance genre using continuous, engaging dance combinations to inspire anyone from first-time dancer to professional. The class concludes with a cool down that brings the workout full circle, leaving participants feeling rejuvenated.

Phyllis Hirschfield is a certified licensed BeMoved® instructor and lifelong dancer. She is inspired by the participants in her BeMoved classes and loves sharing the revitalizing benefits with people of all ages and capabilities.



**COMSTOCK COMPUTER
LEARNING CENTER**

180 School Road
Andrea Ragusa, Coordinator
Classes from 10:00 a.m. to
Noon

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, October 6. 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 pic-

tures. 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 Wednesday, October 12. Fee: \$10.

WORD 2010/2013

Learn the functions of changing margins, paper size and orientation, printing, saving, page numbering, spell checker, grammar checker, thesaurus as part of setting up documents, letters, invitations. Specific advanced questions will be addressed. Taught by Catherine Myers on Tuesday and Wednesday, September 20 and 21. 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, October 4 and 5. Fee: \$20.

Call Andrea at 203-762-8445 to register.

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, when added to the annual gross income, must be below the income guidelines.

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

RENTER'S REBATE



September 30 is the deadline for elderly renters and totally disabled renters to file for the State of Connecticut's annual renter's rebate program. Under this program, they may be eligible for a rebate of up to \$900.

Elderly applicants must have been 65 years of age by December 31, 2015; have rented in Connecticut for at least one year; and have income for 2015 of less than \$35,200 if single and \$42,900 if filing married. There is no age requirement for totally disabled renters; however, all remaining requirements are the same as for elderly renters.

Eligible renters should come to the Assessor's Office between 9:00 a.m. and 4:00 p.m., Monday through Friday. Renters must bring proof of income, including their Federal 1040 tax return, Social Security 1099 statement, rent receipts and utility bills for the year ending December 31, 2015. Totally Disabled renters must also bring proof of disability.

If you have questions, please call Anna in the Assessor's office at 203-563-0121.



Scams Targeting the Elderly

by Officer Joseph Calorossi, Wilton Police Department

There are unscrupulous people who will try and get you to hand over your hard-earned money. I hope this article gives you pause should there be a phone call or email that you receive or should there be a knock at the door with an offer that seems too good to be true.

The internet has proven to be a tremendous asset to society and it is used for legitimate purposes in the vast majority of circumstances. There is, however, an underground network of criminals who use the internet to defraud honest citizens out of their savings. With a little digging online, a lot of your personal information is accessible to criminals. Some information may not be online but may be on your computer and the criminals just need you to grant access to it via the internet. They may obtain the information needed from you in the following ways:

- A phone call offering "updates" or "fixes" to your computer or software, requiring that you grant remote access to them.
- An e-mail with a website or link which would then allow a virus into your computer.
- An official-looking email from your bank, asking you to reply with sensitive information or to call a phone number.
- Old-fashioned theft of your mail, wallet, or check-books.

What should you do?

- Don't open emails from senders you don't know. Flag them as "junk" so that future ones won't show up in your inbox.
- Shred or otherwise destroy sensitive documents.
- Call and verify! If you receive an email and you doubt its legitimacy, call your bank or credit card company (or whomever it's claiming to be from). **DON'T CALL ANY PHONE NUMBER IN THE EMAIL.** Call a number for your bank that you **KNOW** is a legitimate number. Ask if the e-mail is legitimate. Financial institutions do not e-mail customers asking for sensitive personal information.
- Say "No thanks!" and hang up.

- Secure your belongings when you leave your car. Don't leave purses visible. Lock stuff in the trunk or take it with you.

Here are examples of common scams being used today.

"Your grandson is locked in a Mexican jail while on spring break..."

Grandparent receives a phone call from a "grandchild." "Grandchild" claims to have been traveling in a foreign country and has been arrested. "Grandchild" needs a sum of money wired ASAP to post bail and does not want to tell his or her parents. Sometimes, instead of a "grandchild" talking on the phone it is someone claiming to be an officer, lawyer, or doctor. The "bail" money may be requested in the form of your credit card information, bank account and routing numbers, physical withdrawal from your bank that a "courier" may come get or "money cards" (they're like gift cards) that you can buy at pharmacies. The perpetrator may ask you to provide the numbers on the money cards in order to provide access to the funds.

"There may be something wrong with your water pipes or electrical lines..."

Individuals posing as utility representatives may show up at your door looking official or unofficial and say they're from the water company, electrical company or somewhere else. They may report a "problem" with local water or electricity and ask you to turn on some faucets or light switches in your house. While you're distracted, they burglarize your home or they may ask you to come outside and show them something on the exterior of your home. Meanwhile a partner has entered your house and is stealing your money or possessions.

The utility companies will not send random people to your home; they will notify you first. Official representatives will drive an official vehicle with the company name on it and they will have a company badge and ID. If you encounter something like this, either contact the utility company directly or call the police. It's really no bother to us. We would rather take the time to ensure that you don't get taken advantage of than investigate it when you do.

"We are running a special on chimney cleaning..." or "We were in the neighborhood paving a driveway..."

A \$99 chimney cleaning quickly becomes \$1000 because they "found" a very dangerous situation in your chimney or furnace, and you have to pay because "legally they can't even put the system back together with it in such a hazardous state." Now you're panicked as there are parts of your furnace on the basement floor and it's ten degrees outside. So you pay up. Just say no. Don't even open the door.

The driveway paving scam will often involve a deal that seems too good to be true. A paving contractor had extra asphalt on the truck and will do your driveway "for cheap" just to get rid of the material. The scammers may dump the asphalt in your driveway and extort more money from you to spread it out. Alternately they will ask for more money for more material to finish the job, and they'll never return. It is okay for you to be suspicious and firm.

If you didn't request it, be very suspicious. The water company repairman, the driveway guy, the caller offering to update your Windows system on your computer. It's unfortunate that people are trying to take advantage of seniors. You should always trust that little voice in the back of your head. Trust your instincts and trust your gut feeling. If there is ANY DOUBT in your mind, hang up or close the door and call the Wilton Police. We want to know about it and we want to protect you.

Resources

Check your credit for free three times annually using www.annualcreditreport.com. You get one check per each of the three credit bureaus per year. I recommend doing one every four months or so to see if you now own a mystery yacht in the Caribbean or a house in Martha's Vineyard. Also, if you use a computer at home, have reputable and current anti-virus software installed on it.

For more information go to these websites or have someone help you:

<https://www.fbi.gov/scams-safety/fraud/seniors>

www.donotcall.gov (To place your phone number on a national "do not call list" for telemarketers)

<https://www.irs.gov/uac/Tax-Fraud-Alerts>

Be wary. Be safe. When in doubt, call the Wilton Police Department at 203-834-6260.



Circle of Caring group

This monthly session provides an opportunity for caregivers to connect and share. Meetings will be the first Thursday of each month, 1:30 p.m. to 2:30 p.m., beginning September 1.

"The Next Step....Senior Solutions"

This panel discussion will examine the decisions older people face and the choices available to help them maintain independence. Tuesday, September 13, 7:00 p.m. to 8:30 p.m.

Music Therapy lecture

Join a certified music therapist for this lecture on what music therapy is, how it works, and how it can benefit you or your loved ones. Thursday, September 15, at 1:30 p.m. and again at 7:00 p.m.

Diabetes Prevention program

RVNA is hosting the Regional YMCA's Diabetes Prevention Program designed for adults with prediabetes to help them avoid becoming diabetic. Sessions held in a group setting and led by a trained lifestyle coach begin Tuesday, October 4, at 6:30 p.m. Anyone with interest or questions may contact Lisa O'Connor, Regional YMCA's Program Coordinator, at 203-775-4444 x135 or loconnor@regionalymca.org.

"Cholesterol Challenge"

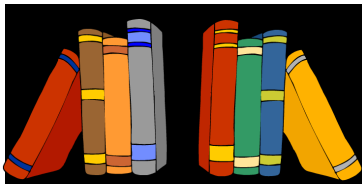
This six-week interactive workshop will show you how you can bring your cholesterol down naturally with nutrition education and heart healthy cooking techniques. Thursdays, October 27 to December 8, 11:00 a.m. to 12:30 p.m. Fee of \$175 includes before and after cholesterol blood tests, food tastings, and recipes. Sign up at 203-438-5555.

Flu and Pneumonia Clinics

RVNA is offering drop-in office hours in its offices at 27 Governor Street in Ridgefield for flu and pneumonia vaccines, including high dose influenza vaccine (recommended for ages 65+) and Prevnar 13. Drop-in hours on Monday, Tuesday, Thursday and Friday are 8:30 a.m. to 4:30 p.m. On Wednesdays, September 21 to November 16, drop-in hours are 8:30 a.m. to 6:00 p.m. On Saturdays in October drop-in hours are 9:30 a.m. to 12:00 p.m.

RVNA is holding two flu and pneumonia clinics in the Wilton area this fall:

- ◆ Georgetown Fire Department on Monday, October 3, from 11:00 a.m. to 1:00 p.m.
- ◆ Wilton YMCA, Tuesday, October 4, 5:00 p.m. to 7:00 p.m.



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 2016-2017 season are available at the Senior Center and the Library.

Tuesday, September 27

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, 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 who held the position from 2001 to 2003. In its review *Booklist* said that “the nearly 500 poems map a great republic of the imagination.” We will read Frost’s “The Silken Tent,” Eberhart’s “Coast of Maine,” Untermeyer’s “Upon Washington Bridge,” and Jacobsen’s “Hourglass.”

Tuesday, October 25

Discussion Leader – Sandy Soson

Great Expectations by Charles Dickens

Dickens’ masterpiece *Great Expectations* is one of his most accessible (and short!) novels and has been read and re-read with great pleasure by millions of people since its publication in 1861. The quintessential Victorian novel, it tells the coming-of-age story of the rural orphan Pip as he makes his way up through the ranks of London society. Along the way we meet some of the most memorable characters in English literature such as Joe the blacksmith, Mr. Pumblechook, Abel Magwitch the convict, Estella, and Miss Havisham. In an 1861 review *The Atlantic* said, “The very title of this book indicates the confidence of conscious genius” and that “the most famous novelist of the day, watched by jealous rivals and critics, could hardly have selected it, had he not inwardly felt the capacity to meet all the expectations he raised.”



Keep Learning: Your brain is a terrible thing to waste!

The non-profit Lifetime Learners Institute at the nearby Norwalk Community College invites people over age 50 to participate this fall in one or more courses from a variety of 40 day-time, non-credit classes. These classes, starting in mid-September, will keep you active mentally, physically, and socially. Subjects include Comedy, Health, Music, History, Economics, Art, Politics, Religions, Travel, Literature, Science, Culture, Genealogy, Philosophy, and Current Events. These classes meet only once a week for four to eight weeks without stress or tests. Classes meet in the afternoon Monday through Thursday. On Friday there is a morning class followed at noon by refreshments and a one-hour special guest presentation. To request a FREE detailed course catalog phone anytime 203-857-3330 or see www.lifetimelearners.org

Medicare.gov

The Official U.S. Government Site for Medicare

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


On Monday, October 24, Nancy Lombard, CHOICES specialist 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 program will contain useful information for all Medicare beneficiaries, particularly those seniors new to Medicare. Advance registration is not required.

On Monday, November 7, 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 10:00 a.m. and 2:00 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. It is strongly recommended that you review your plan annually as plan coverage and drug costs often change for the coming year. In order to attend this session you must schedule an appointment through the Social Services office, 203-834-6238. Speak with either Debbie or Lauren.

All activities take place
at the Senior Center
unless otherwise noted.

SEPTEMBER 2016



Monday	Tuesday	Wednesday	Thursday	Friday
OH Ogden House Y Wilton YMCA WL Wilton Library G The Greens WM Wilton Meadows VM Village Market VNH Visiting Nurse & Hospice BW Brookdale Wilton SAHW Stay at Home in Wilton WCE Wilton Continuing Ed RVNA Ridgefield Visiting Nurse A.	100 River Road 404 Danbury Road 137 Old Ridgefield Road 435 Danbury Road 439 Danbury Road Old Ridgefield Road 761 Main Ave., Norwalk 99 Danbury Road 395 Danbury Road 27 Governor Street	203-762-8035 203-762-8384 203-762-3950 203-761-1191 203-834-0199 203-762-7283 203-762-8958 203-761-7999 203-423-3225 203-834-7694 203-438-5555	1 10:00 Yoga 11:00-12:00 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	2 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30 Bridge
5 Senior Center Closed 	6 9:45 BeMoved 11:00 Yoga 12:30 Five Crowns 2:00 Chair Yoga OH	7 9:30 Sewing OH 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00-5:00 Senior Center Display at Farmer's Market 1:00 Duplicate Bridge 1:00 Mah Jongg	8 10:00 Yoga 12:00 Lunch 12:45 Bingo 12:30-2:00 Blood Pressure Screening VM 2:00 Eliminate Stress	9 10:00 Feldenkrais 12:00 Bridge 1:30 Bridge
12 10:30 Line Dancing 12:00 Movie 1:00 Encore Bridge	13 9:00 Stay at Home Men's Breakfast at Orem's 9:45 BeMoved 10:00 Acrylics/Oil 11:00 Yoga 12:30 Mah Jongg 1:00 Studio Knitting 2:00 Chair Yoga OH 7:00 The Next Step...Senior Solutions RVNA	14 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:00 Library Downloads 1:00 Pet Portraits	15 10:00 Drawing 10:00 Yoga 11:10 Aging Myths According to Melody 12:00 St. Matthew's Lunch 12:30 Pencil Drawing	16 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Bridge Walk for Alzheimer's, Sunday, Sept. 18 Calf Pasture Beach
19 9:30 Coffee and Clay 10:00-11:30 VNH Flu Clinic 10:30 Line Dancing 11:30-12:30 Blood Pressure Screening 12:00 Movie 1:00 Encore Bridge	20 9:45 BeMoved 10:00 Acrylics/Oil 10:00 Word Course 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 2:00 Chair Yoga OH 5:30 Caring for the Elderly Forum OLF	21 9:30 Sewing OH 10:00 Open Bridge 10:00 Word Course 10:00 Comstock Writers 10:30 Watercolor 10:30 Tai Chi 12:00 Lunch OH 12:45 Brain Bowl sponsored by Brookdale Wilton OH 1:00 Mah Jongg 1:00 Pet Portraits	22 10:00 Drawing 10:00 Yoga 12:00 Lunch 12:45 Bingo 12:30 Pencil Drawing	23 10:00 Feldenkrais 12:00 Bridge 1:30 Bridge
26 9:30 Coffee and Clay 10:30 Line Dancing 12:00 Movie 1:00 Encore Bridge	27 9:45 BeMoved 10:00 Acrylics/Oil 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2:00 Blood Pressure Screening VM 12:30 Mah Jongg 1:00 Studio Knitting 2:00 Chair Yoga OH 3:00 Stay at Home	28 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 10:30 Watercolor 1:00 Mah Jongg 1:00 Pet Portraits	29 10:00 Drawing 10:00 Yoga 12:00 Lunch 12:45 Bingo 12:30 Pencil Drawing	30 10:00 Feldenkrais 12:00 Bridge 1:30 Bridge Renter's Rebate Deadline



Flu Season is fast approaching and Visiting Nurse & Hospice of Fairfield County is here to help!

Monday, September 19
Wednesday, November 2
10:00 a.m. to 11:30 a.m.
Senior Center

Flu clinics are conducted on a first-come, first-served basis and are open to anyone age 4+ years. If under age 18, you must be accompanied by a parent or legal guardian.

The cost of flu vaccine is \$45, payable by cash or check or it can be billed directly to Medicare Part B, Aetna, Anthem, Connecticare, Fallon, Harvard Pilgrim, Multi Plan, Unicare, Wellcare or HealthyCT. High dose vaccine is available for those over age 65. The cost is \$60.

Please bring your insurance card and wear short sleeves or sleeves that can be easily rolled up.

For more information, call our Flu Info Line at 203-762-8958, ext. 444 or call 203-762-8958 to speak to a nurse.

Cholesterol screening

Visiting Nurse & Hospice of Fairfield County will offer a cholesterol screening on Monday, October 10, at the agency's offices in Suite 114 of the Health and Wellness Center at iPark, 761 Main Avenue, Norwalk. The screening is by appointment only and will be held from 8:45 a.m. until noon.

Screening includes total cholesterol, HDL, LDL, triglycerides and glucose, as well as blood pressure and body mass calculation. It involves a simple, finger-stick blood test and results will be available within 10 minutes. A private health counseling session with a registered nurse will be provided.

The cost is \$30, payable by cash or check. Fasting for 12 hours prior to the test is suggested but not required.

For information or to schedule an appointment, call 203-762-8958. For information on Visiting Nurse & Hospice of Fairfield County, visit www.visitingnurse.net.

Eliminate Stress and Learn to Relax

Thursday, September 8, 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."



Sonia Katz

Ms. Katz studied hypnosis with Dr. Brian Weiss, author of *Many Lives, Many Masters*. Ms. Katz will teach you how to plant the proper suggestions in the unconscious mind in order to achieve a deep state of relaxation—and take control of your life.

The workshop will take place on September 8 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.



Aging Myths According to Melody

**Thursday, September 15
11:10 a.m.
Senior Center Lounge**

Did you know that there are over six million people over age 85? There are many myths about aging and what older people can and cannot do. Join Melody Matheny Orpen RN, Community Health Nurse from Visiting Nurse and Hospice of Fairfield County, as she shares tips on how to stay young at heart—and body too.



Free Downloads

Second Wednesday of the month
1:00 p.m. to 2:30 p.m.
Senior Center Technology Room

BYOD - Bring your own device and follow along as Melissa Baker demonstrates how to obtain free downloadables available through the Wilton Library. There is something for everyone and hours of enjoy-

ment for patrons with Wilton Library cards. Presented by Wilton Library for seniors at the Senior Center. Registration is strongly suggested. Wilton Library, 137 Old Ridgefield Road, Wilton; www.wiltonlibrary.org; 203 762-3950.

- September 14: Download eBooks and Audio books onto your mobile device or computer.
- October 12: Download popular magazines onto your mobile device or computer.

All activities take place
at the Senior Center
unless otherwise noted.

OCTOBER 2016



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:30 Line Dancing 11:00-1:00 RVNA Flu Clinic at Georgetown Fire Dept. 12:00 Movie 12:30 Play Reading Reception/Reading 1:00 Encore Bridge	4 9:45 BeMoved 10:00 Acrylics/Oil 10:00 Word Graphics 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Five Crowns 1:30 Brain Bowl sponsored by Brookdale Wilton 2:00 Chair Yoga OH 5:00-7:00 RVNA Flu/Pneumonia Clinic Y	5 9:30 Sewing OH 10:00 Word Graphics 10:00 Open Bridge 10:00 Comstock Writers 10:00 Watercolor 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jongg 1:00 Pet Portraits	6 10:00 Drawing 10:00 Yoga 10:00 Word Basics 11:00-12:00 Blood Pressure Screening 12:00 Lunch 12:30 Pencil Drawing 12:45 Bingo	7 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Bridge
10 10:30 Line Dancing 12:00 Movie 1:00 Encore Bridge 	11 9:00 Stay at Home Men's Breakfast at Orem's 9:45 BeMoved 10:00 Acrylics/Oil 11:00 Yoga 12:30 Mah Jongg 1:00 Studio Knitting 2:00 Chair Yoga OH	12 9:30 Sewing OH 10:00 Watercolor 10:00 Open Bridge 10:00 Internet Basics 10:30 Tai Chi 1:00 Mah Jongg 1:00 Library Downloads 1:00 Pet Portraits	13 10:00 Drawing 10:00 Yoga 11:10 The Conversation Project, Part I 12:00 Lunch 12:30-2:00 Blood Pres- sure Screening VM 12:30 Pencil Drawing 12:45 Bingo	14 10:00 Feldenkrais 12:00 Bridge 1:30 Bridge
17 10:30 Line Dancing 11:30-12:30 Blood Pres- sure Screening 12:00 Movie 1:00 Encore Bridge	18 9:45 BeMoved 10:00 Acrylics/Oil 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 2:00 Chair Yoga OH	19 9:30 Sewing OH 10:00 Watercolor 10:00 Comstock Writers 10:00 Open Bridge 10:30 Tai Chi 11:00 SVP Boutique OH 12:00 Lunch OH 12:45 Christine Pfeffer of VNH OH 1:00 Mah Jongg 1:00 Pet Portraits	20 10:00 Drawing 10:00 Yoga 11:10 The Conversation Project, Part II 12:00 St. Matthew's Lunch 12:30 Pencil Drawing	21 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Bridge
24 10:30 Line Dancing 12:00 Movie 1:00 Encore Bridge 1:30 Medicare Update with Nancy Lombard	25 9:45 BeMoved 10:00 Acrylics/Oil 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30 Mah Jongg 12:30-2 Blood Pressure Screening VM 1:00 Studio Knitting 2:00 Chair Yoga OH 3:00 Stay at Home— DeClutter Seminar	26 9:30 Sewing OH 10:00 Watercolor 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:00 Pet Portraits	27 10:00 Drawing 10:00 Yoga 11:10 The Conversation Project, Movie 12:00 Lunch 12:45 Bingo 12:30 Pencil Drawing	28 10:00 Feldenkrais 12:00 Bridge 1:30 Bridge
31 10:30 Line Dancing 12:00 Movie 1:00 Encore Bridge	SENIOR VOLUNTEER PROGRAM <i>SVP Boutique</i> Wednesday, October 19 11:00 a.m. to 1:00 p.m., Ogden House Proceeds benefit the charitable works of SVP. Lunch (\$3) is served at noon.		<u>Chair Yoga at Ogden House</u> Liz Wendell will teach gentle chair yoga on Tuesdays, beginning Sep- tember 6, 2:00 p.m. to 3:00 p.m. Fee: \$3 per class. To register, call Betty at 203-762-8035.	

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

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