



# CORRIDORS

SEPTEMBER-OCTOBER 2017

## Martha Link Walsh and the Art of Papercutting

Monday, October 23, 11:00 a.m.  
Senior Center Lounge



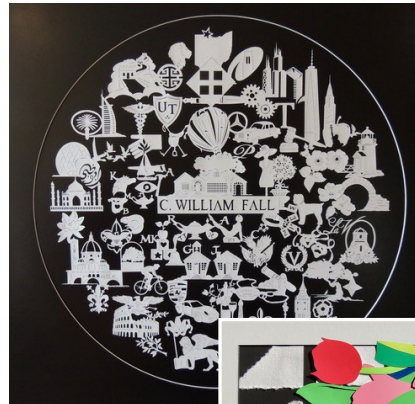
The ancient art of papercutting has been practiced the world over by folk artists, graphic designers, contemporary fine artists, and book illustrators. The traditional papercutting is designed and cut from a single piece of paper using positive and negative space to represent the image, pattern or design. Scissors, knives, or dies are used to accommodate the varying thicknesses of paper.

Without formal art training, Martha Link Walsh found her life's work by accident. She has spent over 40 years studying the art form traditions of China, Poland, Germany, and Switzerland, as well as those of individuals around the globe. As a result, her style of papercutting has a distinct personal style. Her inspiration comes from her surroundings: the seasons, nature, music, history, symbols, and her connection to people. These influences produce complex, multi-dimensional layers of meaningful representation.

Martha has been featured in *Colonial Homes*, *Victoria*, *Early American Life*, *Shoreline Women*, and *Ink*, and her work has been exhibited around the country. Her commissioned designs have included commercial logos, town seals, soji screens, lampshade patterns and fabric and quilt designs. Annually she creates a unique cutting for the Gandhi Peace Award recipient as well as her annual Christmas Gift-Giver design. Her book **A Papercut Christmas—The Legends of the Gift-Giver** is testament to her love of

the holiday, the art form, and story telling. It is the freedom to create that inspires Martha in her work. Her greatest satisfaction comes from working with people in the creation of a special image or unique visual story.

The ancient art began, hand-cut, one-of-a-kind, with one piece of paper, designed with one purpose in mind, and given from the heart. This tradition continues through the artwork of Martha Link Walsh.



← This 70th birthday present was commissioned by the wife of C. William Fall. It includes representations of family, pets, hobbies, work associates and travels.



← In Victorian times the tulip symbolized true love.

Martha will present the Art of Papercutting in the Senior Center Lounge on Monday, October 23, at 11:00 a.m. She will demonstrate her papercutting techniques and provide insights into her design process which makes each piece one-of-a-kind. A collection of her work will be available for viewing.

Poland's Star Man (St. Nick) travels through town. ↓



Register at 203-834-6240. Space is limited.

# 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

Wednesday, October 4 and 18  
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 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.

## Monday Movies

Mondays, noon to 2:15 p.m.

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

## 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.

BeMoved! (No class on September 12 and October 24)

Tuesdays, 9:45 a.m.; \$5 drop-in fee

BeMoved is a dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly experience that improves the quality of a person's movement. Each class focuses on a different musical dance genre using continuous, engaging dance combinations to inspire anyone from first-time dancer to professional. Phyllis Hirschfield, Instructor.

## 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.

## 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.

## 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.

## 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.

## Studio Knitting

Tuesdays, 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.

## Five Crowns

Tuesdays, 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.

## Chinese Mah Jongg

Second Tuesday of the month at 1:30 p.m.

Fourth Tuesday of the month at 12:30 p.m.

Kay Chann supervises the Chinese Mah Jongg. 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 203-544-7414 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, and "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.



### Planning for Longevity

Monday, September 25

2:00 p.m., Senior Center Lounge

- ⇒ You planned for buying a house.
- ⇒ You planned for raising a family.
- ⇒ You planned for retirement.
- ⇒ Have you planned for longevity?

What are the resources available and the strategies people use to stay in control as they live longer? What are the hazards to avoid? Paul Doyle of Oasis Senior Advisors will discuss the resources, strategies and costs of living longer and which paths to take and which to avoid. Paul looks forward to answering your questions. RSVP 203-834-6240.



### Genealogy with Kevin Cleary October 27 11:00 a.m. Senior Center Lounge

*Lunch and presentation sponsored by Right at Home*

Have you ever wondered where your family migrated from or where your second cousins are today? With the help of the computer and a vast data base of information you may be able to find these answers. Genealogy is not just about your grandmother! It can help you search for anyone. Find out what became of a teenage buddy or reconnect with a college roommate. Come to this complimentary lunch and presentation to get a taste of what genealogy is all about. Call the Senior Center for reservations at 203-834-6240. Limited enrollment.

***Right at Home provides care for people who do not need an institutional setting, but still need some assistance to live at home.***

Thursday Lunch, Thursdays, Noon, \$3  
Enjoy a light lunch in the Senior Center café. Reservations preferred when you're coming for the first time. Call 203-834-6240.

Bingo, 12:45 p.m.

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

## WEDNESDAY LUNCH

Local religious and civic organization teams prepare a delicious lunch every month. Open to all Wilton seniors, lunch (\$3) takes place at the Ogden House, 100 River Road, at noon and is followed by entertainment or an educational program. Mark this year's schedule on your calendar!

Date	Prepared by
Sept. 20	Wilton Woman's Club
Oct. 18	Temple B'Nai Chaim and the Turnover Shop
Nov. 15	Senior Center/Parks and Rec
Dec. 13	Wilton Woman's Club
Jan. 17	Wilton Congregational Church
Feb. 21	Wilton Congregational Church
Mar. 21	Temple B'Nai Chaim and the Turnover Shop
April 18	Our Lady of Fatima
May 16	Wilton Presbyterian Church
June 6	Volunteer Lunch



### A Place for Mom presents "How Not to Wait for the Emergency" Wednesday, October 4 12:00 p.m., Senior Center Lounge

"How Not to Wait for the Emergency" is an educational talk presented by Lance Galassi from **A Place For Mom**. Lance will explain the differences among the categories of nursing home, assisted living facility, and home care while going over the advantages and disadvantages of each. He will also highlight the difference in cost plus ways to make the choice more affordable.

**A Place For Mom** has been in business for over fifteen years. They help over 200,000 families a year and at NO COST! Don't let the name fool you; they also help men. Invite your adult children to this presentation. It will educate them on the many available options for Mom and/or Dad. RSVP 203-834-6240.



## Michael Hess North American Bridge Champion

Senior Center Bridge Director Mike Hess returned home from the summer North American Bridge Championships **victorious**. Mike and fellow bridge teammates defeated 22 teams from across the country in the competition to win the Goldman Flight A Knockouts that took place in Toronto from July 19 to July 23.

Mike is a gold life master with more than 2,700 master points. The 85 points he received from winning this tournament will advance him toward the goal of 3,500 points that he needs for the next level of sapphire life master. His team, which plays out of the Newtown Bridge Club, represented District 25 of the New England Bridge Conference, American Contract Bridge League.

Mike has been mentoring and teaching bridge for 30+ years. A number of his bridge hands have appeared in the New York Times, the Cincinnati Enquirer, and the Alder Syndicate of more than 70 newspapers.

Mike directs the bridge program at the Wilton Senior Center. He also teaches at Rolling Hills Country Club, Wilton Continuing Education, and Westport Continuing Education, and instructs private groups.



## 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.

## INSTRUCTIONAL BRIDGE OPPORTUNITIES

### Introduction to Bridge Lessons

Fridays, October 6 to November 17, 11:30 a.m. to 1:15 p.m.

\$70 for the seven-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. Mike Hess, Instructor.

### Intermediate Bridge

Fridays, September 8 to October 27, 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. Mike Hess, Instructor.

### Open Bridge

Wednesdays, 10:00 a.m. to 12:00 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. Mike Hess, Supervisor.

## St. Matthew's Episcopal Church Senior Lunches

St. Matthew's Episcopal Church will be hosting luncheons for seniors during the coming year. Lunches will take place at noon at St. Matthew Church on October 19, January 18, February 15, March 15, and April 19. St. Matthew's is located at 36 New Canaan Road.

If you would like to attend a luncheon, please email Kim at [kimbo1@optonline.net](mailto:kimbo1@optonline.net) or call 203-515-4778 to place a reservation.





## 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 2017-2018 season are available at the Senior Center and the Library.

### Tuesday, September 26

**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. For this year’s discussion, we will read “Meditation at Lagunitas” and “Sonnet” by Robert Haas as well as Louise Bogan’s “Cartography,” “The Dragonfly,” and “Night.”

### Tuesday, October 24

**Discussion Leader – Barbara Jones**

***Louisa: The Extraordinary Life of Mrs. Adams* by Louisa Thomas**

With *Louisa: The Extraordinary Life of Mrs. Adams*, author Louisa Thomas presents an intimate biography of Louisa Catherine Adams, the wife of John Quincy Adams and the only foreign-born First Lady until Melania Trump. As the *San Francisco Chronicle* said about Louisa Adams: “she carved out a space where she shone as a wife, as a mother, a diplomatic consort, but also as an author of letters, poetry, translations and memoir.”

## THE HAMMERSTEINS

### A MUSICAL THEATRE FAMILY

presented by Oscar Hammerstein III

Thursday, September 28, 5:00 p.m.

The Village, 3 Farm Road, New Canaan, CT 06840  
A light supper will be provided.

Oscar Hammerstein III, grandson of Oscar Hammerstein II of Rodgers and Hammerstein fame, and author of **The Hammersteins**, will present a multi-layered portrait of the Hammerstein legacy. RSVP (seating is limited) to Mary Ntiri, Waveny Community Liaison at 203-594-5310 or [MNtiri@waveny.org](mailto:MNtiri@waveny.org).



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

On Wednesday, September 27, Rich Felitto of OneSource for Senior Living Inc. will present “**Keys to Unlocking Medicare Benefits**” at 6:00 p.m. in the Senior Center Café. Find answers to these questions:

- ◆ Do I have to sign up for Medicare? When should I sign up?
- ◆ When does my Medicare start? Should I keep my group health coverage?
- ◆ What is covered by Medicare? What are Part C and Part D?

Please register by calling the Senior Center 203-834-6240 or email [Lizabeth.Doty@wiltonct.org](mailto:Lizabeth.Doty@wiltonct.org). OneSource for Senior Living Inc. is a registered Connecticut-based 501c non-profit organization. Visit their website at [www.seniorlife123.org](http://www.seniorlife123.org).

On Thursday, October 12, CHOICES specialist Nancy Lombard from the Southwestern Connecticut Agency on Aging (SWCAA) will present “**What’s New with Medicare**” in the Senior Center Lounge from 1:00 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 6, 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 un-  
less otherwise noted.

# SEPTEMBER 2017




Monday	Tuesday	Wednesday	Thursday	Friday
<div>Walk to End Alzheimer's</div> <div>WestConn Westside Campus</div> <div>Sept. 10 8:30 sign-in</div>	<div>OH</div> Ogden House <div>Y</div> Wilton YMCA <div>WL</div> Wilton Library <div>G</div> The Greens <div>WM</div> Wilton Meadows <div>VM</div> Village Market <div>VNH</div> Visiting Nurse & Hospice <div>BW</div> Brookdale Wilton <div>SAHW</div> Stay at Home in Wilton <div>WCE</div> Wilton Continuing Ed <div>RVNA</div> Ridgefield Visiting Nurse <div>HS</div> Wilton Historical Society	<div>100 River Road</div> <div>404 Danbury Road</div> <div>137 Old Ridgefield Road</div> <div>435 Danbury Road</div> <div>439 Danbury Road</div> <div>Old Ridgefield Road</div> <div>761 Main Ave., Norwalk</div> <div>99 Danbury Road</div> <div>395 Danbury Road</div> <div>27 Governor Street</div> <div>224 Danbury Road</div>	<div>203-762-8035</div> <div>203-762-8384</div> <div>203-762-3950</div> <div>203-761-1191</div> <div>203-834-0199</div> <div>203-762-7283</div> <div>203-762-8958</div> <div>203-761-7999</div> <div>203-423-3225</div> <div>203-834-7694</div> <div>203-438-5555</div> <div>203-762-7257</div>	<div>1</div> <div>10:00 Jewelry Work-shop</div> <div>10:00 Feldenkrais</div> <div>12:00 Bridge</div> <div>1:30 Bridge</div>
<div>4</div> <div>Senior Center Closed</div> <div>LABOR DAY</div>	<div>5</div> <div>9:45 BeMoved</div> <div>11:00 Yoga</div> <div>12:30 Five Crowns</div> <div>1:00 Studio Knitting</div> <div>2:00 Chair Yoga OH</div>	<div>6</div> <div>9:30 Sewing OH</div> <div>10:00 Open Bridge</div> <div>10:30 Tai Chi</div> <div>12:00-5:00 Farmer's Market HS</div> <div>1:00 Duplicate Bridge</div> <div>1:00 American Mah Jongg</div>	<div>7</div> <div>10:00 Yoga</div> <div>11-12 Blood Pressure Screening</div> <div>12:00 Lunch</div> <div>12:45 Bingo</div>	<div>8</div> <div>10:00 Feldenkrais</div> <div>12:00 Bridge</div> <div>1:30 Intermediate Bridge Classes Begin</div>
<div>11</div> <div>10:30 Line Dancing</div> <div>11:30 Colored Pencil Painting</div> <div>12:00 Movie</div> <div>1:00 Encore Bridge</div>	<div>12</div> <div>9:00 Men's Breakfast at Orem's SAHW</div> <div>9:45 No BeMoved Today</div> <div>10:00 Acrylics/Oil Begins</div> <div>11:00 Yoga</div> <div>12:00 Healthy Cook. RVNA</div> <div>12:30 Five Crowns</div> <div>1:00 Studio Knitting</div> <div>1:30 Chinese Mah Jongg</div> <div>2:00 Chair Yoga OH</div>	<div>13</div> <div>9:30 Sewing OH</div> <div>9:30 Watercolor Wkshp</div> <div>10:00 Open Bridge</div> <div>10:30 Tai Chi</div> <div>12:00-5:00 Farmer's Market ends today HS</div> <div>1:00 American Mah Jongg</div> <div>1:00 Library Downloads</div>	<div>14</div> <div>10:00 Beginning Portraiture</div> <div>10:00 Yoga</div> <div>12:00 Lunch</div> <div>12:45 Bingo</div> <div>12:30-2:00 Blood Pressure Screening VM</div> <div>12:30 Colored Pencils Portrait</div> <div>6:00 SS Commission</div>	<div>15</div> <div>10:00 Feldenkrais</div> <div>10:00 Jewelry Workshop</div> <div>12:00 Bridge</div> <div>1:30 Intermediate Bridge</div>
<div>18</div> <div>10:00-11:30 VNH Flu Clinic</div> <div>10:30 Line Dancing</div> <div>11:30 Colored Pencil Painting</div> <div>11:30-12:30 Blood Pressure Screening</div> <div>12:00 Movie</div> <div>1:00 Encore Bridge</div>	<div>19</div> <div>9:45 BeMoved</div> <div>10:00 Acrylics/Oil</div> <div>11:00 Yoga</div> <div>12:00 Duplicate Bridge</div> <div>12:00 Healthy Cook. RVNA</div> <div>12:30 Five Crowns</div> <div>1:00 Studio Knitting</div> <div>2:00 Chair Yoga OH</div>	<div>20</div> <div>9:30 Sewing OH</div> <div>9:30 Watercolor Wkshp</div> <div>10:00 Open Bridge</div> <div>10:30 Tai Chi</div> <div>11:00 Jewelry Sale OH</div> <div>12:00 Lunch OH</div> <div>12:45 Police Canine Baso and handler Officer Eric Patenaude OH</div> <div>1:00 American Mah Jongg</div>	<div>21</div> <div>9:00 Walking Club SAHW</div> <div>10:00 Beginning Portraiture</div> <div>10:00 Yoga</div> <div>12:00 Lunch</div> <div>12:30 Colored Pencils Portrait</div> <div>12:45 Bingo</div>	<div>22</div> <div>10:00 Feldenkrais</div> <div>12:00 Bridge</div> <div>1:30 Intermediate Bridge</div>
<div>25</div> <div>9:30 Coffee and Clay</div> <div>10:30 Line Dancing</div> <div>11:30 Colored Pencil Painting</div> <div>12:00 Movie</div> <div>1:00 Encore Bridge</div> <div>2:00 Planning for Longevity</div> <div>4:30 Dr. Gawande Live Simulcast</div>	<div>26</div> <div>9:45 BeMoved</div> <div>10:00 Acrylics/Oil</div> <div>10:00 Microsoft Word</div> <div>11:00 Yoga</div> <div>11:00 Book Discussion</div> <div>12:00 Lunch</div> <div>12:00 Healthy Cook. RVNA</div> <div>12:30-2:00 Blood Pressure Screening VM</div> <div>12:30 Chinese Mah Jongg</div> <div>12:30 Five Crowns</div> <div>1:00 Studio Knitting</div> <div>2:00 Chair Yoga OH</div> <div>3:00 Meeting SAHW</div>	<div>27</div> <div>9:30 Sewing OH</div> <div>9:30 Watercolor Wkshp</div> <div>10:00 Open Bridge</div> <div>10:00 Microsoft Word</div> <div>10:30 Tai Chi</div> <div>1:00 American Mah Jongg</div> <div>6:00 Keys to Unlocking Medicare Benefits</div> <div>6:15 Tools of Communication RVNA</div>	<div>28</div> <div>10:00 Beginning Portraiture</div> <div>10:00 Yoga</div> <div>12:00 Lunch</div> <div>12:45 Bingo</div> <div>12:30 Colored Pencils Portrait</div> <div>5:00 "The Hammersteins" at Waveny Village, New Canaan</div>	<div>29</div> <div>10:00 Feldenkrais</div> <div>12:00 Bridge</div> <div>1:30 Intermediate Bridge</div> <div>Renter's Rebate Deadline</div>

All activities take place  
at the Senior Center un-  
less otherwise noted.

# OCTOBER 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:30 Coffee and Clay 10:30 Line Dancing 11:30 Colored Pencil Painting 12:00 Movie 1:00 Encore Bridge	<b>3</b> 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 1:00 Studio Knitting 2:00 Chair Yoga OH 7:00 Women's Nutrition RVNA	<b>4</b> 9:30 Sewing OH 9:30 Watercolor Wkshp 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00 Lunch and "How Not to Wait for an Emergency" 1:00 Duplicate Bridge 1:00 American Mah Jongg 3:30 Tech Help SAHW	<b>5</b> 10:00 Beginning Portraiture 10:00 Yoga 10:00 Word Graphics 11:00-12:00 Blood Pressure Screening 12:00 Lunch 12:30 Colored Pencils Portrait 12:45 Bingo	<b>6</b> 10:00 Feldenkrais 10:00 Jewelry Workshop 11:30 Introduction to Bridge 12:00 Bridge 1:30 Intermediate Bridge
<b>9</b> Senior Center Closed Columbus Day  8:45-Noon Cholesterol Screening VNH	<b>10</b> 9:00 Men's Breakfast at Orem's SAHW 9:45 BeMoved 10:00 Acrylics/Oil 10:00 Microsoft Word Basics 11:00 Yoga 11:30 Cholesterol Challenge RVNA 12:30 Five Crowns 1:00 Studio Knitting 1:30 Chinese Mah Jongg 2:00 Chair Yoga OH 7:00 Women's Nutrition RVNA	<b>11</b> 9:30 Sewing OH 9:30 Watercolor Wkshp 10:00 Open Bridge 10:30 Tai Chi 1:00 American Mah Jongg 1:00 Library Downloads	<b>12</b> 10:00 Beginning Portraiture 10:00 Yoga 10:00 Internet Basics 12:00 Lunch 12:30-2:00 Blood Pressure Screening VM 12:30 Colored Pencils Portrait 12:45 Bingo 1:00 Medicare Update with Nancy Lombard 6:00 SS Commission	<b>13</b> 10:00 Feldenkrais 11:30 Introduction to Bridge 12:00 Bridge 1:30 Intermediate Bridge
<b>16</b> 10:30 Line Dancing 11:30 Colored Pencil Painting 11:30-12:30 Blood Pressure Screening 12:00 Movie 1:00 Encore Bridge	<b>17</b> 9:45 BeMoved 10:00 Acrylics/Oil 11:00 Yoga 11:30 Cholesterol Challenge RVNA 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH 7:00 Women's Nutrition RVNA	<b>18</b> 9:30 Sewing OH 9:30 Watercolor Wkshp 10:00 Comstock Writers 10:00 Open Bridge 10:30 Tai Chi 11:00 SVP Boutique OH 12:00 Lunch OH 1:00 American Mah Jongg	<b>19</b> 9:00 Walking Club SAHW 10:00 Beginning Portraiture 10:00 Yoga 12:00 St. Matthew's Lunch 12:30 Colored Pencils Portrait 1:30 Tools for Caregivers RVNA	<b>20</b> 10:00 Feldenkrais 10:00 Jewelry Workshop 11:30 Introduction to Bridge 12:00 Bridge 1:30 Intermediate Bridge
<b>23</b> 10:30 Line Dancing 11:00 Papercutting with Martha Link Walsh 11:30 Colored Pencil Painting 12:00 Movie 1:00 Encore Bridge	<b>24</b> 9:45 No BeMoved Today 10:00 Acrylics/Oil 11:00 Yoga 11:00 Book Discussion 11:30 Cholesterol Challenge RVNA 12:00 Lunch 12:30 Chinese Mah Jongg 12:30-2 Blood Pressure Screening VM 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH 3:00 Living Life SAHW 7:00 Women's Nutrition RVNA	<b>25</b> 9:30 Sewing OH 9:30 Watercolor Wkshp 10:00 Open Bridge 10:30 Tai Chi 1:00 American Mah Jongg	<b>26</b> 10:00 Beginning Portraiture 10:00 Yoga 12:00 Lunch 12:45 Bingo 12:30 Colored Pencils Portrait 1:30 Tools for Caregivers RVNA	<b>27</b> 10:00 Feldenkrais 11:00 Genealogy with Kevin Cleary 11:30 Introduction to Bridge 12:00 Bridge 1:30 Intermediate Bridge
<b>30</b> 10:30 Line Dancing 11:30 Colored Pencil Painting 12:00 Movie 1:00 Encore Bridge	<b>31</b> 9:45 BeMoved 10:00 Acrylics/Oil 11:00 Yoga 11:30 Cholesterol Challenge RVNA 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH 3:00 Halloween Party SAHW	<div> <b>Jewelry Sale</b>            Ogden House            100 River Road              September 20            11:00 a.m. to 2:00 p.m.         </div> <div> <b>SENIOR VOLUNTEER PROGRAM</b>  <i><b>SVP Boutique</b></i>            Wednesday, October 18            11:00 a.m. to 1:00 p.m., Ogden House            Proceeds benefit the charitable works of SVP.            Lunch (\$3) is served at noon.         </div>		



# Wilton Municipal Election

## Tuesday, November 7, 6:00 a.m. to 8:00 p.m.



Wilton's 2017 Municipal Election will take place on **Tuesday, November 7, 2017**, from 6:00 a.m. to 8:00 p.m. at all three Wilton polling places. Voters will elect local officials to the Board of Selectmen, Board of Education, Board of Finance, Board of Assessment Appeals, Planning and Zoning Commission, Constables, and Zoning Board of Appeals.

### 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 [www.wiltonct.org/departments/Voter/voter2.asp](http://www.wiltonct.org/departments/Voter/voter2.asp).

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

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.

### **CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)**

The Wilton Social Services Department has begun assisting with applications for the Connecticut Energy Assistance Program. The Energy Assistance Program helps offset the winter heating costs of Connecticut's lower-income households. The program does not start until November, but applications may be taken early. Appointments will be available on Mondays, Wednesdays, and Fridays between 9:00 a.m. and 3:00 p.m. Please call Phoebe Musico, Adult and Family Social Worker, at 203-834-6238 for questions regarding documentation requirements or to make an appointment.

The income limits for this program are:

\$34,366.28 for a household of 1  
\$44,940.52 for a household of 2  
\$55,514.76 for a household of 3  
\$66,089.00 for a household of 4

### Voter Registration Deadline

October 31, 2017 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 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 6.

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



### **Welcome Phoebe Musico, L.C.S.W. Adult and Family Social Worker**

Phoebe Musico, Adult and Family Social Worker, joined the Social Services Department in May 2017. Phoebe earned her Master's in Social Work from Fordham University and holds a Bachelor's degree in Human Development and Family Studies from the University of Connecticut. Prior to coming to Social Services, Phoebe worked for three years at Operation Hope's homeless shelter in Fairfield to assist clients in overcoming barriers to housing and accessing resources. Before she was a shelter social worker, Phoebe spent about a year working with children with an autism diagnosis in a classroom setting and five years as a care manager at the Southwestern Connecticut Agency. Through her social work internships and volunteer experience, she has also worked in a nursing home, outpatient mental health clinic, and a drop-in center for people experiencing homelessness. Phoebe is a Licensed Clinical Social Worker in the state of Connecticut.



## **SENIOR CENTER TECHNOLOGY**

180 School Road

Andrea Ragusa, Coordinator, 203-762-2445

Classes from 10:00 a.m. to 12:00 p.m.

### **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 are required. Keyboarding practice handout is included. Taught by Andrea Ragusa on Tuesday, October 10. 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 downloading information and pictures. Also learn how to email (Gmail) attachments, save, and print. Some prior use of the mouse and knowledge of the keyboard are required. Keyboarding practice handout is included. Taught by Andrea Ragusa on Thursday, 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, and thesaurus as part

of setting up documents, letters, and invitations. Specific advanced questions will be addressed. Taught by Catherine Myers on Tuesday and Wednesday, September 26 and 27. 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 Thursday, October 3 and 5. Fee: \$20.

### **Free Downloads**

BYOD - Bring your own device to the Senior Center 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 enjoyment for patrons with Wilton Library cards. Presented by Wilton Library for seniors at the Senior Center. Registration is strongly suggested: [www.wiltonlibrary.org](http://www.wiltonlibrary.org) or 203-762-3950. Taught by Melissa Baker on the second Wednesday of the month, 1:00 p.m. to 2:30 p.m.

## **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](http://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 65<sup>th</sup> birthday and extends for three months after the month of your 65<sup>th</sup> 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.

## **RENTER'S REBATE**

Elderly renters and totally disabled renters have until September 29, 2017 to file for the State of Connecticut 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, 2016; have rented in Connecticut for at least one year, and have income for 2016 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, 2016. Totally disabled renters must also bring proof of disability.

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



Join us for the following programs that will take place at the Ridgefield Visiting Nurse Association (RVNA) offices located at 27 Governor Street in Ridgefield. Please sign up in advance by email at [info@ridgefieldvna.org](mailto:info@ridgefieldvna.org) or by calling 203-438-5555. Pre-payment of fees, where indicated, is required.

**Tools of Communication Across Generations –** Wednesday, September 27, 6:15 p.m.

In this panel discussion we will explore refreshing and effective strategies for caregivers, and ways to turn caregiving stress into an opportunity. Learn communication techniques that promote and enhance growth, healing and transformation. There is no charge for this event. Panelists will be Dr. David Davis, author of *Support the Caregiver*; Kathie Nitz, inspirational speaker and life/relationship coach; and Barbara Newland, CDP, CAPS, RVNA Community Wellness Director.

**Powerful Tools for Caregivers –** Thursdays, October 19 through November 30 (no class on Thanksgiving), 1:30 p.m. to 4:00 p.m.

This is a comprehensive six-week, self-care educational program for family caregivers. It will provide participants with tools and strategies to better cope with the unique challenges that they face. This program is free. Participants are expected to attend all six sessions. Each participant will receive a copy of *The Caregiver Handbook*.

Taught by Barbara Newland, CDP, CAPS, RVNA Community Wellness Director and Maria Jordan, MSW, CAPS, RVNA Volunteer.

The following offerings are taught by Meg Whitbeck, MS, RDN, RVNA Registered Dietitian and Nutrition Educator:

**Healthy Cooking for Diabetes –** Tuesdays, September 12, 19 and 26, 12:00 p.m. to 1:30 p.m. Learn how to control diabetes with healthy cooking strategies. Learn new, low-cost and easy recipes. \$23 per class or \$59 for all three.

**Cholesterol Challenge –** Tuesdays, October 10 through November 14, 11:30 to 1:00 p.m. Begin this six-week program with a weigh-in and a check of your cholesterol, blood glucose and blood pressure levels. Learn cooking techniques and healthy eating strategies to bring your cholesterol down naturally. Food demonstrations and tastings are included in every class. We will test your numbers again at the end of the program to check your progress. \$195 for six classes, including all biometric screenings, recipes and tastings.

**Women's Nutrition & Lifestyle for Weight Management – A group series for women of all ages.** Tuesday evenings, October 3 through November 28 (no class on October 31), 7:00 p.m. to 8:30 p.m. Learn how your body changes throughout life and how to work with these changes to achieve health. Set personal goals. Discuss strategies, get support and encouragement, and be held accountable for the changes you wish to see in yourself. \$159, including recipes, resources and tastings.

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



The non-profit Lifetime Learners Institute at the nearby Norwalk Community College invites people 50 years of age and older to participate this fall in one or more courses from a variety of 40 daytime, 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 call 203-857-3330 or see [www.lifetimelearners.org](http://www.lifetimelearners.org)

**Join the Walk to End Alzheimer's**

**Sunday, September 10**  
Western Connecticut State University  
Westside Campus, Danbury  
8:30 a.m. Registration

**Sunday, October 8**  
Calf Pasture Beach Park, Norwalk  
9:00 a.m. Registration

Register at [www.alz.org/walk](http://www.alz.org/walk).

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.



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

## **Flu Clinics**

**Monday, September 18  
Wednesday, November 1  
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 and older. If under age 18, you must be accompanied by a parent or legal guardian. The cost of flu vaccine is \$50, payable by cash or check or it can be billed directly to Medicare Part B, Aetna, Anthem, Connecticare, Harvard Pilgrim, Multi Plan, or Well-care. High dose vaccine is available for those age 65 and over. The cost is \$68. 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**

On Monday, October 9, Visiting Nurse & Hospice of Fairfield County will offer cholesterol screening 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.

Call 203-762-8958 for information or to schedule an appointment.



## **Live Simulcast featuring Dr. Atul Gawande on Community, Choice, and Living Life with a Purpose as We Age!**

### **September Events**

September 12, 9:00 a.m. Men's Monthly Breakfast at Orem's Diner

September 12 at 1:30 p.m. and September 26 at 12:30 p.m. Mah Jongg at the Senior Center. No charge.

September 21, 9:00 a.m. Walking Club: Meet at the Autumn Ridge Lot off Sharp Hill Road. No charge.

September 25, 4:30 p.m. to 6:30 p.m. A Special Live Simulcast from Boston with Dr. Atul Gawande speaking on the "Value of Community, Choice and Living Life with a Purpose" followed by a wine and hors d'oeuvre reception at the Wilton Historical Society, 224 Danbury Road. Reservations required. Space is limited. No charge.

### **October Events**

October 4, 3:30 p.m. to 4:30 p.m. Tech Help at the Senior Center. No charge. Reservations required.

October 10, 9:00 a.m. Men's Monthly Breakfast at Orem's Diner

October 10 at 1:30 p.m. and October 24 at 12:30 p.m. Beginners Mah Jongg at the Senior Center. No charge.

October 19, 9:00 a.m. Walking Club: Meet at Merwin Meadows. No charge.

October 24, 3:00 p.m. Talk: Being Mortal and Living Life with a Purpose, Senior Center. No charge.

October 31, 3:00 p.m. Halloween Costume Party and Bingo in the Senior Center Game Room. No charge.

Events are sponsored by Stay at Home in Wilton. You don't need to be a member to participate. Please call for guaranteed seating. Space is limited. Contact Janet Johnson at 203-762-2600 or visit [www.stayathomeinwilton.org](http://www.stayathomeinwilton.org).

**RSVP: 203-762-2600**

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

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Our services include:

- ~ Healthcare in your home to complete your recovery
- ~ Out-patient rehabilitation at Rehab by RVNA to get you back to the things you love (physical, occupational, and speech therapies)
- ~ Home health aides that help seniors to remain safely at home

So no matter your diagnosis or situation, **RVNA is your VNA. Call us today for care you can count on.**



27 Governor Street | Ridgefield, Connecticut | 203.438.5555 | [ridgefieldvna.org](http://ridgefieldvna.org)  
Medicare-Certified Home Health Care Agency