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INSOMNIA

Tuesdays, July 14, 21, 28, and August 4
10:00 a.m. to 11:30 a.m., Senior Center Lounge

Having difficulty falling sleep or staying asleep? Did you know that six to seven hours of sleep, not eight hours, is considered optimal; that some of us are born with a "weaker sleep system" but that we can learn how to strengthen our sleep system; that our thoughts and behaviors are the most common cause of sleep disorders and that we can be taught techniques to change these?

Join Cathy Pierce, LCSW, Director of Social Services, and Lauren Hughes, LCSW, Coordinator of Senior Services, for a four-week educational seminar in understanding insomnia and learning how to develop techniques to help improve your sleep.

The seminar will be based on the work of Gregg D. Jacobs, PH.D., an insomnia specialist from the Sleep Disorder Center at UMass Memorial Medical Center. Dr. Jacobs has developed a Cognitive Behavioral Therapy program for treating insomnia, and this four-week seminar will draw on his model. To enroll please call Social Services, 203-834-6238.

RENTER'S REBATE

October 1 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, 2014; have rented in Connecticut for at least one year; and have income for 2014 of less than \$34,600 if single and \$42,200 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, 2014. Totally Disabled renters must also bring proof of disability.

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

FREE EVENTS

Although the events listed here are complimentary, registration is recommended in order to make the necessary preparations. Call the Senior Center at 203-834-6240 to reserve a place.

Brookdale Place of Wilton will host a complimentary summer picnic on Wednesday, July 23, at noon, complete with entertainment. Brookdale Place is located at 96 Danbury Road.

Laurel Ridge Health Care Center of Ridgefield will host a Lunch and Learn on Monday, July 27, 12:15 p.m. Arthur Gottlieb, LCSW, will take the audience on a photographic history of the Statue of Liberty from her first designs to her post on Liberty Island. Laurel Ridge is located at 642 Danbury Road, Ridgefield.

The Greens at Cannondale will host a complimentary lunch and bingo on Thursday, July 30, at noon. The Greens is located at 435 Danbury Road.

Wilton Meadows Healthcare and Rehabilitation will host a complimentary lunch and bingo on Thursday, August 20, at noon. Wilton Meadows is located at 439 Danbury Road.

Five Crowns anyone? Come and participate in this newly-formed group playing Five Crowns card game. Don't know what it is? Come and learn! The group will begin meeting on Tuesday, August 4, at 12:30 p.m., in the Senior Center.

NOTICE

In the course of the Renovation Project, individual rooms in the Senior Center and Social Services wing of the building may, from time to time, become unavailable for public use. All Senior programs and the room assignments will be posted at or on the entrance doors. We appreciate your understanding and patience.

Lizabeth Doty, Senior Activities Coordinator, Town of Wilton
Comstock Community Center, 180 School Road, Wilton, CT 06897 203-834-6240
Read Corridors on the Town website at www.wiltonct.org.

SENIOR CENTER ACTIVITIES THROUGH THE SUMMER

Call 203-834-6240 unless otherwise noted. See the calendars for additional activities.

THURSDAY LUNCH AND BINGO

Most Thursdays, the Senior Center hosts a noon lunch prepared by Chef Karen White. After lunch, ten games of Bingo are held in the Game Room. Lunch is \$3. Come for either or both!

ENHANCE FITNESS

Thursdays, 9:00 a.m.; \$3 drop-in fee per class
The hour-long class includes 30 minutes of endurance-type activity and specific strengthening exercises for legs, trunk, arms and shoulders. The class is taught by Leslie Hinshaw, instructor at the Wilton Y.

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 per class
Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts a gentle yoga class that warms up all the joints of your body, stretches and strengthens your muscles.

FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m.; \$5 drop-in fee per class
Do you limit yourself without even knowing it? It's time to take charge of your own comfort and discard the movement patterns that hold you back. 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.

TAI CHI

Wednesdays, 10:30 a.m. to 11:30 a.m., \$3 drop-in fee per class
Joe Alampi teaches these easy-to-absorb, effective, short sets of motions (forms) appropriate for any age. Tai Chi has been shown to prevent falls and improve the daily functioning of seniors.

LINE DANCING

Mondays, 10:30 a.m. to 11:30 a.m., \$3 drop-in fee per class
Beatriz Araujo teaches line dancing as a great form of exercise and social interaction. Beginners as well as experienced dancers are welcome. Summer's a great time to learn a new exercise in the air-conditioned dance studio.

JEWELRY WORKSHOP

Fridays July 17, August 7 and 21, 10:00 a.m. to 12:00 p.m.; \$5 drop-in fee per class
Viola Galetta conducts this jewelry-making workshop. No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Select materials to match your own style.

STUDIO KNITTING

July 14 and 27, August 11 and 24, 1:00 p.m. to 2:30 p.m.
Basic instruction will be provided for projects; the company will be great, too. Not a knitter? Bring your own handiwork and enjoy the camaraderie.

BRIDGE GROUPS

If you would like to join other seniors in an afternoon of bridge from noon to 3 p.m., call the organizers listed below:
Duplicate Bridge: First Wednesday of the month; contact Lois Bruce at 203-762-5818.
Duplicate Bridge: Third Tuesday of the month contact; Maureen Turnier at 203-762-9386.
Open Bridge: 10:00 a.m. on Wednesdays. During the summer, this activity is not supervised.
Contract Bridge: Fridays, contact Eleanor Mihailidis at 203-762-8720.

Free Summer Music and Arts Festival at The Greens

July 12, 2:00 p.m. Catfish Band outdoor concert

July 19, 3:15 p.m. Billy Michael

July 26, 3:00 p.m. Classical violin with Tom Aalfs

July 29, 5:00 p.m. Yachting with Jay Kiley

August 2, 3:00 p.m. Chuck Mahoney on Guitar

August 4, 2:00 p.m. Piano, Trumpet and Drums

August 9, 3:00 p.m. Bill O'Connor

August 12, Current Trends in Knee and Hip Replacement with Dr. Anthony Viola, 5:30 p.m. dinner, 6:30 p.m. presentation

August 18, 11:00 a.m. to 2:00 p.m., Shopping with Leslie's Jewelry and Gift Show

August 30, 2:00 p.m., Billy Michael

These events are free and open to the public. Call the Greens at 203-761-1191 to let them know you are coming. The Greens is located at 435 Danbury Road



Lifetime Learners

The non-profit Lifetime Learners Institute at Norwalk Community College reminds people over age 50 that more than 40 daytime courses will begin on September 16. A descriptive fall catalog will be available in mid-August. To request a free copy and membership information, call 203-857-3330 or visit lifetimelearners.org.

JULY 2015

Monday	Tuesday	Wednesday	Thursday	Friday
OH Ogden House WM Wilton Meadows G Greens at Cannondale VM Village Market B Brookdale	LR Laurel Ridge Y Wilton Family Y	1 10:00 Open Bridge 10:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg	2 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo	3 Senior Center Closed for Fourth of July
6 10:30 Line Dancing 11:30 Coffee and... 1:00 Bridge	7 11:00 Yoga 12:30 Mah Jongg 2:00 Chair Yoga OH	8 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	9 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:45 Bingo	10 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y
13 8:00 Foxwoods Casino 10:30 Line Dancing 11:30 Coffee and... 1:00 Bridge	14 10:00 Insomnia Seminar 11:00 Yoga 1:00 Studio Knitting 2:00 Chair Yoga OH 2:00 Mah Jongg	15 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	16 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo	17 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y
20 10:30 Line Dancing 11:30 Coffee and... 1:00 Bridge	21 10:00 Insomnia Seminar 11:00 Yoga 12:00 Duplicate Bridge 12:30 Mah Jongg 2:00 Chair Yoga OH	22 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	23 9:00 Enhance Fitness 10:00 Yoga 12:00 Brookdale Annual Picnic B	24 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y
27 10:30 Line Dancing 12:15 Statue of Liberty Presentation LR 1:00 Bridge 1:00 Studio Knitting	28 10:00 Insomnia Seminar 11:00 Yoga 12:30-2 Blood Pressure at Village Market VM 12:30 Mah Jongg 2:00 Chair Yoga OH	29 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 5:00 Yachting with Jay Kiley G	30 9:00 Enhance Fitness 10:00 Yoga 12:00 Greens at Cannondale Lunch G	31 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y

Glenn Miller Orchestra

The Glenn Miller Orchestra is coming to Ridgefield!

Come experience the World-Class Glenn Miller Orchestra at the Ridgefield Playhouse on Saturday, July 11, at 7:30 p.m. The Glenn Miller Orchestra was formed in 1956, and the 18-members ensemble continues the tradition of legendary band leader Glenn Miller. Special guest Howard Williams, one of the original member of the New Glenn Miller Band, will be in a VIP seat listening to all the timeless music that has special meaning to him: *Moonlight Serenade, A String of Pearls, Chattanooga Choo-Choo, At Last, In the Mood, Stardust, and Tuxedo Junction*. Original photos from Mr. William's private collection will be on display in the lobby before the show. Tickets are \$38 and include a wine and cheese tasting in the lobby from 6:30 p.m. to 7:15 p.m. Laurel Ridge Health Care Center and Ridgefield Crossings have collaborated to bring this outstanding show to the Ridgefield Playhouse. For tickets, call the box office at 203-438-5795 or visit ridgefieldplayhouse.org.

PARKS AND REC TRIPS

Foxwoods Casino, Monday, July 13

Depart: 8:00 a.m.; Return: 5:00 p.m.

Newport On Your Own, Monday August 3

Depart: 8:30 a.m.; Return: 5:00 p.m.

Resident Fee: \$30; Non-Resident: \$40
(transportation)

Mohegan Sun Casino, Monday, August 17

Depart: 8:45 a.m.; Return: 5:00 p.m.

Resident Fee: \$25.00; Non-Resident: \$35.00
(transportation only)

Call 203-834-6234

AUGUST 2015

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 Newport On-Your-Own Trip 10:30 Line Dancing 11:30 Coffee and... 1:00 Bridge	4 10:00 Insomnia Seminar 11:00 Yoga 12:30 Five Crowns 2:00 Piano, Drums, and Trum-pets G 	5 10:00 Open Bridge 10:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg	6 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo	7 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y
10 10:30 Line Dancing 1:00 Bridge	11 11:00 Yoga 1:00 Studio Knitting 2:00 Mah Jongg	12 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 5:30 Current Trends in Knee and Hip Replacement G	13 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:45 Bingo	14 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y
17 8:45 Trip to Mohegan Sun Casino 10:30 Line Dancing 11:30 Coffee and... 1:00 Bridge	18 11:00 Yoga 11-2 Jewelry Shopping G 12:00 Duplicate Bridge 12:30 Five Crowns	19 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	20 9:00 No Enhance Fitness Today 10:00 Yoga 12:00 Wilton Meadows Lunch WM	21 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim
24 10:30 Line Dancing 1:00 Bridge 1:00 Studio Knitting	25 11:00 Yoga 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg	26 10:30 Tai Chi 10:00 Open Bridge 1:00 Mah Jongg	27 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo	28 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y
31 10:30 Line Dancing 1:00 Bridge	<i>Five Crowns Anyone?</i> <i>Start playing on Tuesday, August 4, 12:30 p.m.</i>			

Bereavement Support Groups
Visiting Nurse and Hospice of Fairfield County
Health and Wellness Center at I-Park
761 Main Ave., Norwalk.

Loss of a Spouse Weekly on Wednesdays 1:30 – 3 p.m.
with Nanette Greene, MA, LPC 7/8/15 - 8/26/15
for those grieving the loss of a spouse.

Loss of a Parent Weekly on Thursdays 6:00 – 7:30 p.m.
with Rev. Karen Judd, LCSW 7/9/15 - 8/27/15
for adults grieving the loss of a parent.

Loss of a Child Weekly on Wednesdays 2:30 – 4:00 p.m.
with Laurie Petrasanta, MS, BSW 6/24/15 - 8/12/15
for adults grieving the loss of a child.

Caregiver Support Weekly on Tuesdays 1:00 – 2:30 p.m.
with Laurie Petrasanta, MS, BSW 6/16/15 - 8/4/15
for those who are caring for an ill loved one.

Loss of a Loved One Weekly on Tuesdays 6 – 7:30 p.m.
with Rev. Karen Judd, LCSW 7/7/15 - 8/25/15
for adults grieving the loss of a loved one.

Loss of a Pet Weekly on Thursdays 3:00 – 4:30 p.m.
with Rev. Karen Judd, LCSW 8/13/15 - 8/20/15
for adults grieving the loss of a beloved pet.

These programs are free-of-charge and open to the public but pre-registration is required. For more information, call Rev. Karen Judd at Visiting Nurse & Hospice of Fairfield County, 203-762-8958, ext. 255.

BLOOD PRESSURE SCREENINGS
Sponsored by Visiting Nurse & Hospice
of Fairfield County

Blood Pressure Screenings are conducted by a Registered Nurse. They are free of charge and open to the public unless otherwise noted. No appointment is necessary. Screening dates are listed in the calendars.