



# CORRIDORS

JANUARY-FEBRUARY 2015

## Are You at Risk for Prediabetes?

Now's your chance to find out and do something about it! Mary Ann Genuario, Health and Fitness Director for the Wilton Family YMCA, is spearheading a new Diabetes Prevention Program. You can reduce your risk for type 2 diabetes and gain tools for healthy living by attending this program. About 79 million American adults have prediabetes. People with prediabetes are likely to develop type 2 diabetes within ten years, unless they take action to prevent or delay the disease. The good news is that lifestyle changes such as eating healthier, increasing physical activity and losing a modest amount of weight can prevent or delay development of type 2 diabetes. With the YMCA's Diabetes Prevention Program, you can work with others in a small-group setting to learn how to adopt habits that will improve your overall health and well-being while reducing your risk.

Diabetes and its associated complications cost the our national economy approximately 198 billion dollars annually. Diabetes is the leading cause of kidney failure, non-traumatic lower-limb amputations, and new cases of blindness among adults in the United States. The risk for stroke and heart attack is two to four times higher in individuals with diabetes. Diabetes accounts for 17% of all deaths for those over 25 years of age.

The YMCA'S Diabetes Prevention Program (YDPP) is designed for overweight adults (18+) with prediabetes, confirmed by blood tests and/or the determination of risk factors. (See the "At Risk" questionnaire on page 2

The YDPP is an Individualized evidenced-based program that focuses on lifestyle changes. The goal for each participant is to reach approximately a 7% loss of body weight,

to maintain that weight loss through reduction of fat grams in the diet and to perform around 150 minutes per week of physical activity.



Mary Ann Genuario

Led by a trained lifestyle coach in a classroom setting, the program is delivered over a 12-month period, beginning with 16 weekly sessions followed by monthly maintenance. Groups of 8 to 15 people meet weekly to discuss and educate themselves on strategies to achieve a healthier lifestyle. New classes will meet on Monday, January 5, at 6:15 p.m.; Wednesday, January 7, at 1 p.m.; and Saturday, January 17, at 9 a.m.

There is a small cost for the program, open to both YMCA members and non-members. Financial aid is available for those who qualify. United Healthcare subscribers may have program coverage under their health care plan.

For additional information, contact Mary Ann Genuario at [magenuario@wiltonymca.org](mailto:magenuario@wiltonymca.org) or 203-762-8384 ext.282.



**SENIOR CENTER WINTER CLOSINGS**

**When in doubt, call! Call 203-834-6240 after 7 a.m. and listen to the recording for specific information regarding the day's activities at the Senior Center.**

**We do not follow the school's closings.**

# Prediabetes: Are You at Risk?

Prediabetes means your blood glucose (sugar) is higher than normal but not yet at diabetes levels. Diabetes can cause heart attack, stroke, blindness, kidney failure, and loss of feet or legs. But type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out if you are at high risk for developing this serious disease.

## Did you know that being overweight is a strong risk factor for diabetes?

Eighty percent of people who have type 2 diabetes are considered overweight (BMI=25 or more). Therefore, people who are overweight are at high risk for developing diabetes. Does your weight exceed that shown on the following chart?

### At Risk Weight Chart

Height (feet/ inches)	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"
Weight (pounds)	128	132	136	141	145	150	155	159	164	169	174	179	184

If you answered yes, please answer these quick questions.

### At Risk Questions:

- Are you over the age of 45?
- Are you fairly inactive? Two days or less of physical activity per week?
- Do you have a parent or sibling with diabetes?
- Were you diagnosed with gestational diabetes during pregnancy or did you give birth to a baby weighing more than nine pounds?
- Have you been told you have high blood pressure?
- Have you been told you have high cholesterol?
- Have you been told you have prediabetes?

If you answered “yes” to two or more “At Risk Questions” and you answered “yes” under “At Risk Weight Chart” you could be at risk for prediabetes or diabetes. You can reduce your diabetes risk and gain tools for healthy living through the YMCA’s Diabetes Prevention Program.

### **BLOOD PRESSURE SCREENINGS**

Complimentary and open to the public.

***Conducted by a registered nurse from  
Visiting Nurse & Hospice of Fairfield County***

Wilton Senior Center, 11:00 a.m. to noon  
Thursday, February 5

Village Market, 12:30 p.m. to 2:00 p.m.  
Tuesdays, January 27 and February 24

Wilton Family Y, 12:30 p.m. to 2:00 p.m.  
Thursdays, January 8 and February 12



### **Cholesterol Screening**

**Visiting Nurse & Hospice  
761 Main Avenue, Suite 114, Norwalk**

Tuesday, February 10

8:30 a.m. to 11:30 a.m. by appointment only  
Includes total cholesterol, HDL, LDL, triglycerides and glucose. Simple finger stick with results within ten minutes. Allow thirty minutes for your appointment. Fasting recommended, but not necessary. Please call 203-762-8958 ext. 221. Cost: \$25, cash or check.



## PHOTO BOOK WORKSHOP

### By LT Organizing

Organizing photos can be an intimidating and time-consuming task. You may think you have to do it alone, but help is here! **THIS IS YOUR CHANCE TO START ORGANIZING YOUR PHOTOS!**

Linda Thomas, LT Organizer, and Sharon Gialo, Memory Engineer, will be here to help you get started. The class meets on Mondays from 10 a.m. to 11 a.m. in the Comstock Computer Learning Center. You may remain in the computer lab after class to continue your work.

- January 26 - ABCs of photo organizing. Bring your photos. Linda and Sharon will not only help you organize them but will also scan them into the computer for you.
- February 2 - Guided computer work in the computer lab. You will be taught how to drop your pictures into the photo book you have chosen.
- February 9 and 23 - Continue the work of adding your pictures to the book. Linda and Sharon will guide you every step of the way.

It's often "the start that stops us." Now's your chance to get started in time to have a beautiful book of remembrances. Sign up today! Fee: \$85 (includes all four class sessions and your photo book). The workshop is limited to four participants. Registration required; call 203-834-6240.

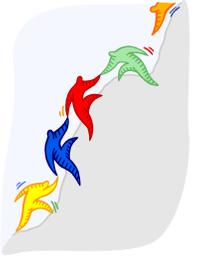
### Wilton Library presents "Free Downloads" Wednesday, January 14 and February 11 1:00 p.m., Senior Center Lounge

Wilton Library is pleased to bring you access to downloadable eBooks through our partnership with Library Connection and OverDrive. Wilton residents with a valid Wilton Library card will be able to download eBooks to their computers and/or portable devices without charge. Melissa Baker of the Wilton Library will demonstrate step-by-step how to download free material from their website.

Please contact Melissa Baker at 203-762-3950 to register for the session. Ms. Baker will tell you specifically what you need to bring in order to make your time productive.

## Wilton Social Services Department extends thanks to...

*Nineteen Wilton families, Wilton Kiwanis Club, Wilton Rotary Club, Wilton Children's Day School, Wilton Community Nursery School, Temple B'Nai Chaim, St. Matthew's Episcopal Church, Zion's Hill United Methodist Church, Wilton Presbyterian Church, the Town and Country Montessori School, 15 Girl Scout troops, Wilton Family Y, Coldwell Banker, Realty 7, Berkshire Hathaway Home Services, The Greens at Cannondale, Ridgefield VNA, the Wilton Mom's Club, the Wilton Newcomers Club, and Cub Scouts Pack 17 who in total provided 70 fabulous Thanksgiving dinner baskets and Stop and Shop gift cards for Wilton families, and the Wilton Woman's Club whose members provided invaluable assistance the day of the dinner basket delivery and distribution;*



*The Wilton Woman's Club who cooked and boxed more than 40 hot meals for Thanksgiving and Christmas for Wilton's seniors;*

*The Mother-Daughter Leadership group members who delivered the hot meals for Thanksgiving and Christmas Eve;*

*The Wilton Garden Club for preparing the beautiful centerpieces and Pat Russo of the Wilton Rotary Club for delivering the centerpieces to seniors;*

*The interfaith community, who shopped for gifts for 16 seniors and who delivered those gifts;*

*"Holiday helpers" from the ranks of individual residents, community-based service clubs, local businesses, churches and Temple B'Nai Chaim who provided 98 Wilton children (pre-schoolers to high school seniors), with presents and gift certificates to brighten their Hanukkah and Christmas holidays;*

*Young's Nursery for the donation of Christmas trees to 5 Wilton families;*

*Ambler Farm for the donation of Christmas trees to 4 families;*

*Realty 7 for the donation of Christmas trees to 5 families.*

**Your generosity made this holiday season a happy time for our Wilton neighbors in need.**

## BOOK DISCUSSION

at the Senior Center

Discussion at 11:00 a.m.; lunch (\$3) at noon. Call 203-834-6240 for reservations.

**Tuesday, January 27**

**Discussion Leader - Richard Duffee**

**THE SPIRIT LEVEL** by Richard Wilkinson and Kate Pickett

Robert Reich, former U.S. Secretary of Labor, states in a foreword to this complex book, "Most American families are worse off today than they were three decades ago....This rapid trend towards inequality in America marks a significant reversal of the move toward income equality that began in the early part of the twentieth century and culminated during the middle decades of the century." The coauthors of this groundbreaking work, based on years of research, provide hard evidence for their conclusions. *Publisher's Weekly* in giving this book a Starred Review states, "Wilkinson and Pickett make an eloquent case that the income gap between a nation's richest and poorest is the most powerful indicator of a functioning and healthy society." Both Wilkinson and Pickett are British academics.



**Tuesday, February 24**

**Discussion Leader - David Ostergren**

**THE MAN HE BECAME: HOW FDR DEFIED POLIO TO WIN THE PRESIDENCY** by James Tobin

In this thoughtful and moving book, James Tobin tells the story of how polio changed Franklin Roosevelt and made him the extraordinary person and president he became. Through a careful examination of original documents involving Roosevelt's case, Tobin relates what happened to the thirty-nine-year-old Roosevelt in the summer of 1921. He also examines the polio virus itself and how it affects its victims. He dispels the notion that Roosevelt deceived the public about his condition and tells the story of how Roosevelt, despite great opposition from Eleanor and others, purchased the run-down resort of Warm Springs and made it into a haven for those afflicted with paralysis. When Roosevelt said "...the only thing Americans had to fear was fear itself" he was drawing on his own experience.

## Play Reading at the Senior Center

Call 203-834-6240 to register. Copies of the play are available in the Senior Center café.

**Monday, January 5, 12:30 p.m.**

**BLITHE SPIRIT** by Noel Coward

This is a comic play which takes its title from Shelley's poem "To a Skylark." The play centers on the novelist Charles Condomine who invites an eccentric medium and clairvoyant, Madame Arcati, to his house to conduct a séance. He hopes to gather material for his next book. The scheme backfires when he is haunted by his annoying and temperamental deceased wife, Elvira. After the séance, Elvira continues to disrupt Charles's marriage to his second wife, Ruth. Ruth cannot see or hear the ghost. "Blithe Spirit" has been adapted for film, television, radio and a musical called "High Spirits."

**Monday, February 2, 12:30 p.m.**

**THE LADY FROM THE SEA** by Henrik Ibsen

Marriage and freedom is the subject of this symbolic play. Ellida, the daughter of a lighthouse keeper, grew up on the open sea. Married to Dr. Wangel, she lives in the mountains in a small Norwegian town. The doctor has two daughters, Bolette and Hilde, by his previous wife who is deceased. Ellida and the doctor had a son, who died as a baby. This has put a big strain on their marriage. Dr. Wangel is concerned about Ellida's mental health and invites Arnholm, his daughters' former tutor, to help her. Arnholm thinks that Bolette is waiting for him, and he proposes. Bolette agrees to marry him because she sees this as her only way to get out into the world.

As the play continues, Ellida must deal with the return of a sailor to whom she was once engaged. Now her choice is between him and her husband.

*The Wilton Chapter of the Connecticut Poetry Society will hold a poetry reading with open mic at the Weston Senior Center on Monday, February 9, at 12:30 p.m. Chapter poets will read selections from their poetry. Attendees will be invited to read their poems in an open mic session immediately afterwards.*



*Refreshments will be served. The Weston Senior Center is at the Hurlbutt Elementary School, 9 School Road in Weston. Call 203-222-2608 for more information.*

# JANUARY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i><b>Prediabetes Classes are forming now at the Wilton Y. Call Mary Ann Genuario, Health and Fitness Director at 203-762-8384 x282 for more information.</b></i></p>			<p><b>1</b> New Year's Day Senior Center Closed</p>	<p><b>2</b> 10:00 Jewelry Work- shop 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Sr Swim Y</p>
<p><b>5</b> 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie 12:00 Bridge 12:30 Play Reading</p>	<p><b>6</b> 9:00 PEO 10:00 Oil/Acrylic 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH</p>	<p><b>7</b> 9:30 Sewing OH 10:00 Open Bridge 10:00 Writers 11:30 Tai Chi 12:00 Dup Bridge 1:00 Watercolor 1:00 Mah Jongg</p>	<p><b>8</b> 9:00 Enhance Fit- ness 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pres- sure Screening Y 12:45 Bingo 5:30 Social Services Commission</p>	<p><b>9</b> 9:30 Knitting 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p><b>12</b> 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie 12:00 Bridge</p>	<p><b>13</b> 9:00 Men's Brunch 10:00 Oil/Acrylic 10:30 Encore Meet- ing 11:00 Yoga 1:00 Comstock Knit- ters and Crafters 1:00 Intro to Bridge 2:00 Mah Jongg 2:00 Chair Yoga OH</p>	<p><b>14</b> 9:30 Sewing OH 10:00 Watercolor 10:00 Open Bridge 11:30 Tai Chi 1:00 Library Downloads 1:00 Mah Jongg</p>	<p><b>15</b> 9:00 Enhance Fit- ness 10:00 Yoga 10:00 Ladies Brunch at Orem's 11:45 St. Matthew Church Lunch</p>	<p><b>16</b> 9:30 Knitting 10:00 Feldenkrais 10:00 Jewelry Work- shop 11:15 Chris Merwin Music Presentation 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p><b>19</b> Martin Luther King Holiday  Senior Center Closed</p>	<p><b>20</b> 10:00 Oil/Acrylic 11:00 Yoga 12:00 Dup Bridge 1:00 Intro to Bridge 2:00 Chair Yoga OH</p>	<p><b>21</b> 9:30 Sewing OH 10:00 Writers 10:00 Watercolor 10:00 Open Bridge 11:30 Tai Chi 12:00 Lunch OH 12:45 Destination Las Vegas 1:00 Mah Jongg</p>	<p><b>22</b> 9:00 Enhance Fit- ness 10:00 Yoga 12:00 Lunch 12:00 Encore Book Club 12:45 Bingo</p>	<p><b>23</b> 9:30 Knitting 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p><b>26</b> 10:00 Digital Photo Book 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie 12:00 Bridge 1:00 Comstock Knit- ters and Crafters</p>	<p><b>27</b> 10:00 Oil/Acrylic 11:00 Yoga 11:00 Book Discus- sion 12:00 Lunch 12:30-2 Blood Pres- sure Screening VM 12:30 Mah Jongg 1:00 Intro to Bridge 2:00 Chair Yoga OH 3:00 SAHW Movie</p>	<p><b>28</b> 9:30 Sewing 10:00 Open Bridge 11:30 Tai Chi 1:00 Mah Jongg</p>	<p><b>29</b> 9:00 Enhance Fit- ness 10:00 Yoga 12:00 Lunch 12:45 Bingo</p>	<p><b>30</b> 9:30 Knitting 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>

# FEBRUARY 2014

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

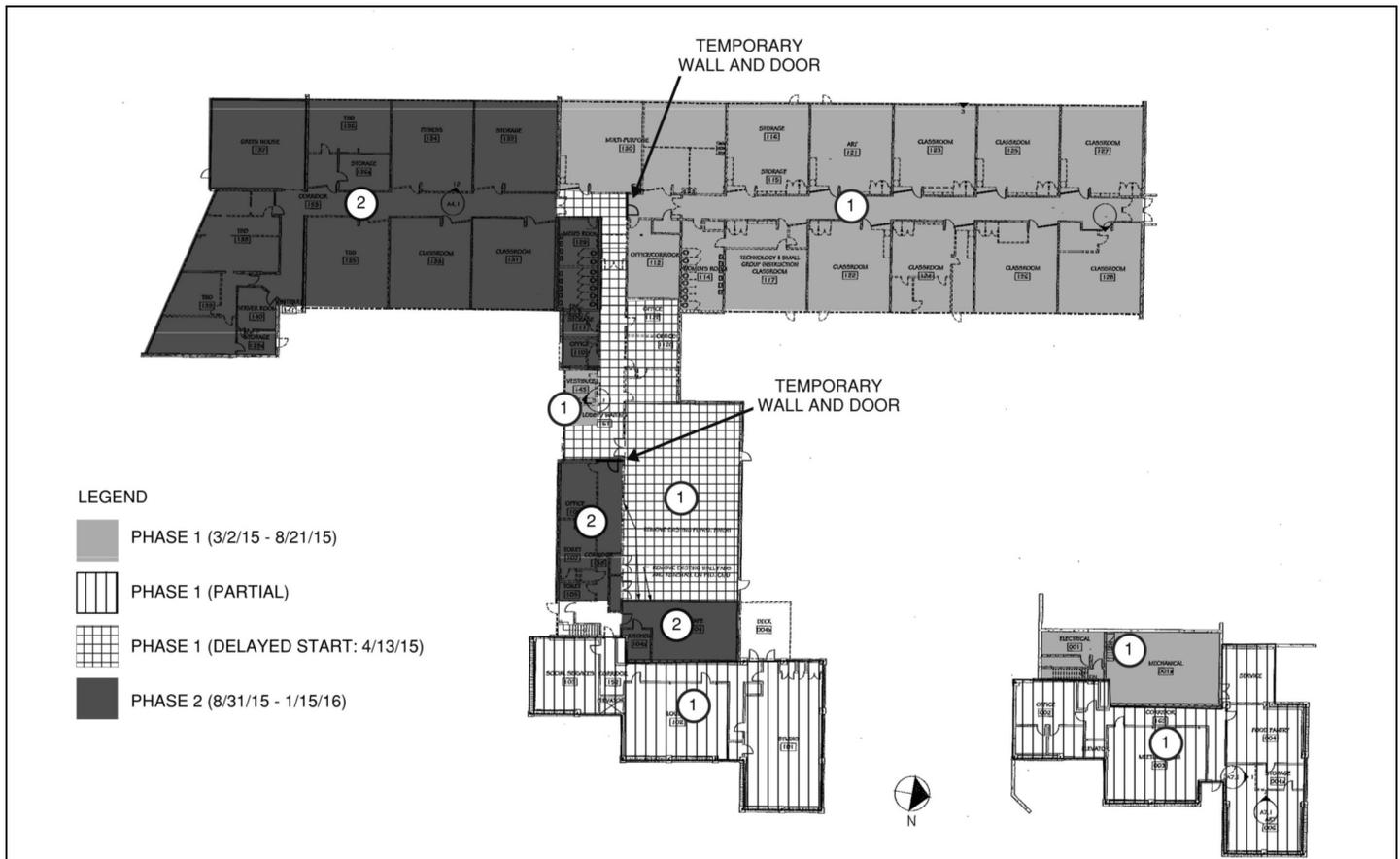
**Friday**

KEY

<b>OH</b>	Ogden House	100 River Road	203-762-8035
<b>Y</b>	Wilton Family Y	404 Danbury Road	203-762-8384
<b>WL</b>	Wilton Library	137 Old Ridgefield Rd.	203-762-3950
<b>G</b>	The Greens	435 Danbury Road	203-761-1191
<b>WM</b>	Wilton Meadows	439 Danbury Road	203-834-0199
<b>VM</b>	Village Market	Old Ridgefield Road	203-762-7283
<b>VNH</b>	Visiting Nurse & Hospice	761 Main Ave., Norwalk	203-762-8958
<b>LR</b>	Laurel Ridge Health Care	642 Danbury Rd., Rdgfld	203-438-8226
<b>BP</b>	Brookdale Place	99 Danbury Road	203-761-7999
<b>SAHW</b>	Stay at Home in Wilton		203-423-3225
<b>WCE</b>	Wilton Continuing Ed	395 Danbury Road	203-834-7694

All activities are held at the Senior Center unless otherwise noted.

<p><b>2</b> 10:00 Digital Photo Book 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie 12:30 Play Reading 12:00 Bridge</p>	<p><b>3</b> 10:00 Oil/Acrylics 11:00 Yoga 12:00 Garden Club Lunch and Activity 1:00 Intro to Bridge 2:00 Chair Yoga OH</p>	<p><b>4</b> 9:30 Sewing OH 10:00 Writers 10:00 Open Bridge 11:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg</p>	<p><b>5</b> 9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Studio Drawing 12:00 Lunch 12:45 Bingo</p>	<p><b>6</b> 9:30 Knitting 10:00 Feldenkrais 10:30 Stage Your Home 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim Y</p>
<p><b>9</b> 10:00 Digital Photo Book 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie 12:00 Bridge 12:30 Poetry Reading, Weston</p>	<p><b>10</b> 10:00 Oil/Acrylics 11:00 Yoga 1:00 Comstock Knitters and Crafters 1:00 Intro to Bridge 2:00 Chair Yoga OH 2:00 Mah Jongg</p>	<p><b>11</b> 9:30 Sewing OH 10:00 Watercolor 10:00 Open Bridge 11:30 Tai Chi 1:00 Mah Jongg 1:00 Library Downloads</p>	<p><b>12</b> 9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 12:00 Lunch 12:00 Studio Drawing 12:30-2 Blood Pressure Screening Y 12:45 Bingo 5:30 Social Services Commission</p>	<p><b>13</b> 10:00 Feldenkrais 12:00 Bridge 12:00 Wilton Meadows Bingo and Lunch 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p><b>16</b>  President's Day  Senior Center Closed</p>	<p><b>17</b> 10:00 Oil/Acrylics 11:00 Yoga 12:00 Duplicate Bridge 1:00 Intro to Bridge 2:00 Chair Yoga OH</p>	<p><b>18</b> 9:30 Sewing OH 10:00 Writers 10:00 Open Bridge 11:30 Tai Chi 12:00 Lunch OH 12:45 WHS Orchestra OH 1:00 Mah Jongg</p>	<p><b>19</b> 9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 11:45 St. Matthew Lunch 12:00 Studio Drawing</p>	<p><b>20</b> 9:30 Knitting 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim Y</p>
<p><b>23</b> 9:30 Coffee &amp; Clay 10:00 Digital Photo Book 10:30 Line Dance Fusion 11:30 Coffee and... 12:00 Movie 12:00 Bridge 1:00 Comstock Knitters &amp; Crafters</p>	<p><b>24</b> 10:00 Oil/Acrylics 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg 1:00 Intro to Bridge 2:00 Chair Yoga OH 3:00 SAHW</p>	<p><b>25</b> 9:30 Sewing OH 10:00 Open Bridge 10:00 Watercolor 11:30 Tai Chi 1:00 Mah Jongg 1:30 Protecting the Family Jewels</p>	<p><b>26</b> 9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 12:00 Encore Book Club 12:00 Studio Drawing 12:00 Lunch 12:45 Bingo</p>	<p><b>27</b> 9:30 Knitting 10:00 Feldenkrais 10:30 Conquer the Clutter 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim Y</p>



# COMSTOCK RENOVATION PHASING PLAN

After 18 months of planning and design work, the renovation of the Comstock Community Center becomes a reality. We anticipate that construction will begin in early March and proceed in two major phases. The building will be partially occupied at all times. Since Comstock is the home of the Social Services Department, the Parks and Recreation Department, the Wilton Senior Center, the Wilton Food Pantry and the essential services that they provide, the phasing plan will permit these services and programs to be maintained throughout the timeline. However relocated offices and programs and, in some cases, reduced program space will be necessary from time to time, while rooms within the active renovation zone are closed to the public. For example, the Parks and Rec offices will move temporarily to the southwest corner of the building (near the greenhouse) during the first phase. Flexibility on the part of the staff and the community of users will contribute to the success of the renovation process.

The diagram identifies the areas involved in each of the two phases. The first phase, longer and larger than the second, is estimated to run from March to

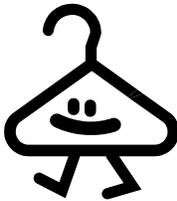
August 2015. During that period, a bathroom will be constructed on the lower level of the Senior Center. The second phase is estimated to run from August 2015 to January 2016. During that period, a new kitchen will be provided in the Senior Center café. In April 2015 the main entrance will be closed and remain closed until the completion of the first phase. Social Services and the Senior Center will use the current Senior Center entrance instead. The Parks and Rec entrance will temporarily shift to the south corner of the building. This will allow the renovation of the gym and the front lobby to proceed. The lower level entrance to the Senior Center will be closed during the installation of the new bathroom.

Areas that are off-limits to the public and access routes will be clearly marked. Temporary walls and barriers will be erected. Signage and warnings will be posted around the facility. Safety and efficiency will always be of paramount importance.

*Judy Zucker, Chairman  
Comstock Renovation Building Committee*

## Time to get "A Fresh Eye" with Kathy!

Kathy Engstrom, owner of A Fresh Eye, LLC, is a former professional organizer. She currently specializes in home decorating, staging houses for resale, and move management. Ms. Engstrom will offer a series of three presentations in these areas at the Senior Center. Enjoy a fun, interactive class. Each presentation is independent of the others. Take one session, two sessions, or come for all three! Sessions take place in the Senior Center Lounge from 10:30 a.m. to 12:30 p.m. Fee: \$5 per session. Registration: 203-834-6240.



### "Stage Your Home to Sell!"

Friday, February 6

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

### "Conquer the Clutter!"

Friday, February 27

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

### "Transform a Room – Redesign It!"

Friday, March 6, 10:30 a.m.

Would you like to transform an ordinary room into a space that lives beautifully? The goal of our Room Transformations class is to show you how to achieve your desired effect with minimal additional purchases. We use your existing furnishings and accessories to create warmth and harmony and flow. Bring pictures of the room you will be working on – from all angles – and a floor plan of the room (hand-drawn is fine). Kathy will share basic design theory and then as a class activity we will work with a few members of the class to come up with design plans for their rooms.

## BRIDGE OPPORTUNITIES



### INTRODUCTION TO BRIDGE

This class is for the person who would like to learn how to play bridge... not someone brushing up! Dan DeVlieg will teach you this entertaining and mentally demanding game by having you actually play the game. You will have fun, you will work your brain, you will socially interact, and you will see corollary benefits in other aspects of your life. Tuesdays beginning January 13, 1:00 to 3:00 p.m., \$85 for the eight-week series. Signup: 203-834-6240. Class size limited.

### OPEN BRIDGE WITH DAN

Come and drop in for this Open Bridge session. This is a great way to refresh your bridge-playing skills, learn current conventions, and get used to playing all over again. For all levels of play. This is not a sanctioned game. Dan DeVlieg will supervise. Wednesdays, 10:00 a.m. to 12:30 p.m., \$5 drop-in fee.

### INTERMEDIATE BRIDGE

Once you have been introduced to the fundamentals of bridge, Dan DeVlieg will take you deeper into the complexities of bidding, bidding conventions, play, keeping score, defending, opening, and a myriad of other techniques. Most class time will be spent at the card table where you can ask questions, analyze alternative playing and bidding strategies (both offensive and defensive), and have an all-round good time. Fridays beginning January 9, 1:30 to 3:30 p.m., \$75 for the eight-week series. Signup: 203-834-6240.

### BRIDGE GROUPS

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

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

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

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

# DROP-IN EXERCISE OPPORTUNITIES

## ENHANCE FITNESS

Thursdays, 9:00 a.m. to 10:00 a.m., \$3 per class

This is an evidence-based, group exercise program which helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Leslie Hinshaw, Instructor.

## LINE DANCE FUSION

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

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

## TAI CHI

Wednesdays, 11:30 a.m. to 12:30 p.m., \$3 per class

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

improve the functioning of daily activities. Julienne Camhi, Instructor.

## TUESDAY AND/OR THURSDAY YOGA

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

Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts this gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps your balance and focus. Classes include warm-ups, breathwork (pranayama), yoga postures (asanas), relaxation and meditation. Leave class feeling refreshed and alive!

## FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m., \$5 per class

Do you limit yourself without even knowing it? Do other people try to tell you how you feel? It's time to take charge of your own comfort and discard the movement patterns that hold you back. You are the only person living in your body. Why not make it a home you enjoy! 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.

*Any questions regarding these classes? Call the Senior Center at 203-834-6240.*

*Stay fit with the help of these programs at the Senior Center:*

Enhance Fitness  
Thursdays  
9:00 to 10:00 a.m.

Line Dance Fusion  
Mondays  
10:30 to 11:30 a.m.

Yoga  
Tuesdays  
11:00 a.m. to noon  
Thursdays  
10:00 to 11:00 a.m.

Tai Chi  
Wednesdays  
11:30 a.m. to 12:30 p.m.

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

## CHAIR YOGA

Tuesdays, 2:00 p.m. to 3:00 p.m., \$3 per class

Liz Wendell will teach gentle chair yoga. To register for the class, call Betty at 203-762-8035. This takes place at Ogden House, 100 River Road.



## March Fashion Show—Calling all Models!

Join us for a fashion show at Ogden House on Wednesday, March 18. Lunch is served at noon, and the Fashion Show will follow in the Great Hall, 100 River Road. Ogden House Program Coordinator Betty Castillo will collaborate with Sharon Sobel, President of the Turnover Shop, on this event. The Turnover Shop in Wilton will provide fashions modeled by Wilton residents. Everything modeled is for sale at bargain prices. Additional items from the Turnover Shop will also be available for purchase. If you would like to model, call Betty at 203-762-8035. Call and reserve your place for lunch (\$3) at 203-834-6240.





## Meet Patricia Kapsinow, Benefits Coordinator

Patricia Kapsinow comes to Wilton Social Services as a Benefits Coordinator with a background in education and social service work. She graduated from the University of Bridgeport with B.S. and M.S. degrees in education. She taught first grade in Norwalk for many

years and ran her own catering business before working as a Lead Eligibility Services Worker at the State of Connecticut Department of Social Services in Norwalk and Stamford. That job afforded her the opportunity to interact with diverse populations from surrounding towns and provide clients with the means toward independent and financially stable lives.

Pat is knowledgeable about the many state programs which assist low-income adults, families with children, and medically needy individuals who may need home or nursing home care. She assists people with applications for assistance and redeterminations of benefits

and with navigating all aspects of the Social Services system. She is also the Town of Wilton liaison to the Veterans' Affairs Bureau in Connecticut.

Pat has served on many committees which contribute to the welfare of the community and has been a charter member of the Norwalk Federation of Teachers, Healthy Families America (Norwalk), and Norwalk School Readiness Council. She now serves on the Board of Directors of the Southwest Connecticut Agency on Aging. In her spare time Pat enjoys tennis, mah jongg, reading group discussions and cooking. She has two children and two amazing grandchildren. She lives in Wilton with her husband and French poodle, Daphne.

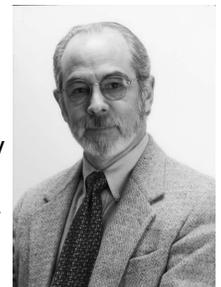
### GUIDE TO SENIOR SERVICES

<b>Catherine Pierce</b> .....	<b>203-834-6238</b>
Director, Social Services, and Municipal Agent for the Elderly	
<b>Lauren Hughes</b> .....	<b>203-834-6238</b>
Coordinator, Senior Services	
<b>Patricia Kapsinow</b> .....	<b>203-834-6238</b>
Benefits Counselor	
<b>Lizabeth Doty</b> .....	<b>203-834-6240</b>
Coordinator, Senior Activities	
<b>Andrea Ragusa</b> .....	<b>203-762-8445</b>
Comstock Computer Learning Center	
<b>Sharon Powers</b> .....	<b>203-834-6238</b>
Office Assistant	
<b>Meals-on-Wheels</b> .....	<b>203-762-0566</b>
<b>Dial-A-Ride</b> .....	<b>203-834-6235</b>
<b>Town-to-Town</b> .....	<b>203-299-5180</b>
<b>FISH (medical transportation)</b> .....	<b>203-834-3737</b>
<b>AARP</b> .....	<b>203-866-0435</b>
<b>RUOK (Are You OK?)</b>	<b>203-834-6238 or 834-6260</b>
<b>Visiting Nurse &amp; Hospice of Fairfield County</b> ....	<b>203-762-8958</b>
<b>Parks and Rec Department</b> .....	<b>203-834-6234</b>
<b>Wilton Family Y</b> .....	<b>203-762-8384</b>
<b>Wilton Library</b> .....	<b>203-762-3950</b>
<b>Stay at Home in Wilton</b> .....	<b>203-423-3225</b>

### Protecting the Family Jewels

On Wednesday, February 25, 1:30 p.m. Joe Brandt will speak on **Protecting the Family Jewels**. This program will cover information that anyone who owns fine jewelry should know: home security measures, proper care of jewelry, general options for selling, what to look for (and look out for) when buying, insurance guidelines, and estate planning. There is a great deal of practical information. A little knowledge goes a long way. Attendees will learn how to:

- Protect against loss of jewelry in the event of burglary or accidental loss.
- Protect the condition of jewelry through routine care.
- Protect family interests and jewelry history when passing jewelry to the next generation.
- Protect jewelry when traveling, or away from home.
- Protect themselves when buying and selling jewelry.
- Protect jewelry by understanding existing jewelry insurance policies.



*Joe Brandt*

Joe Brandt's company, J.L. Brandt Co., Inc., has been in the business of fine jewelry since 1928 and is the oldest firm of its kind in the United States. Mr. Brandt currently provides a jewelry advisory service to the public and functions as a marketing consultant to retail jewelers. He neither buys from nor sells jewelry to the public. His personal experience in the jewelry industry goes back over 40 years.

*Please do not bring jewelry; this is not an appraisal clinic.  
No jewelry will be bought or sold.*

## “One-Day Adventures in Learning”



at NCC

Starting the week of January 18, one-day lecture classes on a variety of subjects will be offered for people over fifty by the non-profit Lifetime Learners Institute at nearby Norwalk Community College.

No prior registration is required for members to attend these two-hour daytime classes, which include a ten-minute break. They are scheduled for four weeks, Monday through Thursday at 1:10 p.m. and on Friday at 10:10 a.m. After Friday afternoon classes, LLI also provides members light refreshments followed by a free one-hour guest presentation at 1:00 p.m.

Catalog and membership application are available online at [www.lifetimelearners.org](http://www.lifetimelearners.org) or by calling 203-857-3330. Norwalk Community College is located at 188 Richards Avenue in Norwalk.



## Stay at Home in Wilton Events

Stay at Home Men's Breakfast at Orem's on Tuesday, January 13 and February 10, at 9:00 a.m. All men are invited. “It is just a lot of good conversation and exchange of information about daily life!”

Ladies Brunch at Orem's on Thursday, January 15, at 10:00 a.m. Get to know us! All ladies are invited.

Movie "Nebraska" on Tuesday, January 27, at the Senior Center, 3:00 p.m. Open to all seniors.

**Please R.S.V.P. Janet Johnson 203-762-2600 for the events listed above.**

Mah Jong on Tuesday, January 13 and February 10, 2:00 p.m. and January 27 and February 24, 12:30 p.m. Learn to play Mah Jong. The Mah Jong class is open to all who want to learn. To play, contact Kay Chann at [203-762-9026](tel:203-762-9026). Mah Jong classes are held at the Senior Center.

*Stay at Home in Wilton is dedicated to supporting Wilton Seniors who choose to “age in place.”*

## American Roots Music

On Friday, January 16, at 11:15 a.m., musician Chris Merwin will present a performance lecture at



*Chris Merwin*

the Senior Center on popular American music. This music has its roots in blues, country, and bluegrass music. This program presents these styles along with gospel music. Artists covered include blues legend Robert Johnson, country legend Hank Williams, and the grandfather of bluegrass, Bill Monroe.

The music is played on steel guitars which are originally from Hawaii and used for Hawaiian music. In time the steel guitar known as the dobro became one of the main instruments used in bluegrass music. Blues guitar players used bottle necks to slide on the strings which no doubt came from Hawaiian slide players who slide a steel bar on the strings of the steel guitar to form the notes. This is where the steel guitar gets its name, contrary to the popular belief that it is called a steel guitar because it is made of steel. In fact most steel guitars are made of wood.

For this show Mr. Merwin plays three different steel guitars. The first is a 1927 National tri cone made of metal and chrome plated with three speaker cones inside of it. The second is a Weissenborn Hawaiian guitar, made by a German immigrant in Los Angeles in the 1920's. The guitar is made of Hawaiian koa wood and has an unusual hollow neck. The third is a modern era dobro which has one large speaker cone inside of it.

Mr. Merwin is an instrumentalist and lecturer who specializes in multi-cultural music. He has been playing the guitar for 27 years and studying music and instruments of other cultures for the past 17 years. Fee: \$5. Reservations: 203-834-6240.

**Computer Classes offered at the Senior Center include Basic Word, Internet, Excel, Picasa, and Digital Photo Book Workshop.**

**Call Andrea at 203-762-8445 for details.**

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

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# DESTINATION: Las Vegas

Your Musical Journey



\*\*\* Starring \*\*\*  
Francine Evans & Joel Zelnik

## **DESTINATION: Las Vegas**

*This is an unforgettable, off-Broadway, NYC cabaret revue saluting the great music of Las Vegas. Husband/wife musical team Francine Evans and Joel Zelnik perform the legendary songs of Elvis Presley, Bobby Darin, Louis Armstrong, Judy Garland, Barbra Streisand, Cher, Frank Sinatra and more. Hang on and sit back for this live, engaging show which takes place after a noon lunch on Wednesday, January 21, 12:45 p.m. at Ogden House. Reservations: 203-834-6240.*

*We're welcoming 2015 at The Greens with the most sincere wishes from our residents and staff for good health and good news for this coming year. We'll continue to make sure that "Living Better" is not only our promise to our residents, but our hope for the community. Thanks to CORRIDORS for keeping us well-informed and optimistic!*

*John Jetty, Executive Director  
The Greens at Cannondale*

