



CORRIDORS

M
A
R
C
H
-
A
P
R
I
L
2
0
1
6

“HIS NEIGHBOR PHIL”

New Film at the Senior Center Focuses Spotlight on the Alzheimer’s Epidemic
April 13, 2:00 p.m.

On Wednesday, April 13, at 2:00 p.m., the Senior Center will feature a full-length movie entitled **His Neighbor Phil**, produced and presented by SYNERGY HomeCare, a national franchise of non-medical home care. The movie is free and open to the public; light refreshments will be provided by SYNERGY HomeCare of Fairfield. A question and answer session will follow the screening.

“His Neighbor Phil,” tells the story of Harvey and his wife Mary, who suffers from early-onset Alzheimer’s disease. Mary’s scattered memory and seeming obsession with their neighbor make Harvey question his marriage. Through a touching twist, Harvey discovers the secret to bringing his beloved Mary back into the present. The film stars well-known actors Stephanie Zimbalist (“*Remington Steele*”), Daniel Roebuck (“*The Fugitive*,” “*Lost*,” “*Glee*”), and Oscar nominee Sally Kellerman (“*M*A*S*H*”).

“We at SYNERGY HomeCare see first-hand the effects of Alzheimer’s. Our caregivers provide care for Alzheimer’s and dementia patients, as well as respite services for family members,” said Jay Kiley, owner of Synergy HomeCare of Fairfield.



* * * * *

Brookdale Wilton, 96 Danbury Road, will also show “His Neighbor Phil” on Wednesday, March 9, at 6:00 p.m. and Saturday, March 12, at 2:00 p.m. A representative from the Alzheimer’s Association will answer questions from the audience. Brookdale Wilton will sell raffle tickets for a gift basket to benefit the Walk to End Alzheimer’s. The public is welcome; refreshments will be available. RSVP Christy Perone at 203-761-8999 for the Brookdale showings.



Wilton Launches Cutting-Edge Solar Program

Solarize Wilton will hold a solarize workshop on Tuesday, March 8, at 10:00 a.m. at the Wilton Library and on Monday, April 4, at 1:30 p.m., at the Senior Center. Residents who are interested in learning more about Solarize Wilton are urged to attend. In order to participate in the benefits offered through the program, residents must sign a contract by May 18, 2016.

The Town of Wilton has been selected to participate in a solar program that makes going solar easy and affordable. Solarize Wilton is part of Solarize Connecticut, the groundbreaking residential solar program that has been spearheaded by Connecticut’s Green Bank through a partnership with SmartPower. Solarize Connecticut has helped thousands save money on energy bills through solar.

Solarize Wilton is a coordinated effort across the community, supported by the Town of Wilton, the Wilton Energy Commission and Wilton Go Green, who have selected Ross Solar Group as the solar installer. Ross Solar Group will provide all solar installations in Wilton in exchange for special discount pricing. Solarize Wilton also offers residents access to special financing options that make going solar affordable with no upfront costs. Other financing resources are available through Wilton’s solar installer.

More information about Solarize Wilton and how to “get started” can be found by visiting www.solarizect.com/Wilton or by contacting Kate Donnelly at kdonnelly@smartpower.org.

Reservations: For March 8, www.wiltonlibrary.org or 203-762-3950, Ext. 6334; for April 4, 203-834-6240.

Information Update from the Director of Wilton Social Services

Catherine Pierce, LCSW

Phone: 203-834-6238

Fax: 203-563-0172

Wilton Social Services provides counseling, information, referral, and emergency financial assistance to Wilton residents. We encourage people to call our office at 203-834-6238 to discuss our services. Confidentiality is assured.

State and federal programs designed to assist individuals and families during difficult economic times include fuel assistance, nutritional assistance, emergency financial assistance, and Medicare Savings Programs.

Heating Assistance

The **Connecticut Energy Assistance Program (CEAP)** provides energy assistance grants for heat to households with income no greater than 60% of the State Median Income, e.g. individual, \$33,132; couple, \$43,327; and family of four, \$63,716. Asset limits are \$15,000 for homeowners and \$12,000 for renters. Retirement accounts are not counted as assets for those under the age of 59 ½. Apply through Wilton Social Services by calling Sarah Muccio, LCSW, at 203-834-6238 for an appointment.

Operation Fuel provides a one-time grant of \$500 to low-income households. The program also assists with non-heat utility bills that are overdue. Income limits are the same as CEAP. There is no asset test. Apply through Wilton Social Services by calling Sarah Muccio, LCSW, at 203-843-6238 for an appointment.

Town-to-Town

Town-to-Town is an inter-town, door-to-door medical transportation service. There is no age limitation, but persons must be medically certified as disabled (temporary or permanent) and unable to use other forms of transportation. Vehicles are wheelchair-lift-equipped. Hours of operation are Monday through Friday, 7:00 a.m. to 6:00 p.m. The disabled pay \$5 each way when they cross one town line; \$7.50 each way when they cross two or more town lines. For more information and to obtain an application, call Lauren Hughes, LCSW, at 203-834-6238 or go online to http://www.norwalktransit.com/pdfs/ntdADA_forweb2.pdf.

Medicare Part D

Anyone who turned 65 after January 1, 2016, is eligible to enroll in Medicare Part D, the Medicare prescription drug plan. In order to avoid a penalty (a penalty which you will pay for the remainder of your Medicare life), call Wilton Social Services for an appointment within 60 days of your birthday. We will help you choose a plan using a computer-based program that enables

you to compare the numerous plans available. Call Lauren Hughes, LCSW, at 203-834-6238. You may also call the State of Connecticut for help through the CHOICES Program at 800-994-9422 and a trained counselor will assist you.

In addition, anyone turning 65 who is new to Medicare and interested in learning about the Medigap/supplemental insurance option or who is retiring and losing existing coverage can meet with Lauren Hughes to discuss available options. Call 203-834-6238 to make an appointment.

Emergency Financial Assistance

The **Wilton Interfaith Council**, also known as the **Wilton Community Assistance Fund**, and the **Salvation Army** provide emergency funds for Wilton residents in need. They help pay for emergency oil deliveries, utility bills to prevent shut offs, and rental assistance. A financial application and a confidential appointment with Catherine Pierce, LCSW, Social Services Director, are required. Call 203-834-6238 to make an appointment.

Food Assistance

SNAP (formerly the Food Stamp Program) is the **Supplemental Nutritional Assistance Program** provided through the Connecticut Department of Social Services. The online application process for DSS programs is now 'live.' Visit www.connect.ct.gov to apply for benefits. An account must be created first. For more information contact Catherine Pierce, LCSW, Social Services Director, at 203-834-6238.

Wilton Social Services operates the **Wilton Interfaith Food Pantry** at the Comstock Community Center. Hours of operation are:

Monday	1:45 p.m. to 4:00 p.m.
Tuesday	9:00 a.m. to 12 noon 2:00 p.m. to 4:30 p.m.
Wednesday	1:45 p.m. to 4:00 p.m.
Thursday	9:00 a.m. to 12 noon
Friday	Closed

The Food Pantry includes non-perishable food, personal care items, paper products, and detergents. Financial screening is required. Call Catherine Pierce, LCSW, Social Services Director, at 203-834-6238 to make an appointment.



What is Palliative Care?

What is palliative care? It's the treatment and relief of mental and physical pain without curing the causes, especially in patients suffering from a terminal illness. Why should we embrace this option? What are the new rules for end-of-life care?

Christine Pfeffer

Director of Hospice for VNH Christine Pfeffer, RN, MS, will discuss the options available when considering palliative care. Her presentation will take place in the Senior Center Lounge at 11:15 a.m. on Friday, March 18. Reservations: 203-834-6240.



Free Orthopedic Talk

Are your shoulders not what they used to be? Come listen to Dr.

Robert Daher, MD, orthopedic surgeon from Orthopaedic Specialists of CT, on **Wednesday, March 23, at 5:30 p.m.**, at Laurel Ridge Health Care Center, 642 Danbury Road in Ridgefield. Dr. Daher has a particular interest in innovative cartilage regeneration/preservation procedures, ligament reconstruction, and tendon repair in the shoulder. He has extensive training in the latest techniques involving arthroscopy and is centered on treating each patient as an individual, not just an individual injury. This program is free and open to the public. A light dinner will be served. Reservations requested at 203-438-8226; space is limited.



NEWS FOR YOU!

Exceptional rehabilitation close to home! Music and Memory Certified!

Wilton Meadows provides specialized therapy programs for orthopedics, respiratory therapy, and dementia. Therapy services are available seven days a week, including complimentary therapies such as diathermy (short wave), e-stimulation, and ultrasound treatments.

The Outpatient Rehabilitation Program allows for continuity of care for discharged patients.

Wilton Meadows is proud to be a certified "Music & Memory Facility." The addition of a certified music therapist on staff supports this program by providing dementia residents with one-on-one music therapy. Musical memory is profoundly linked to the emotions and the triggering of memories. Visit www.wiltonmeadowshealthcare.com or email janicer@wiltonmeadows.com for information on these and other programs offered at Wilton Meadows.



quality living at home

FOSTERING COMMUNITY PARTNERSHIPS

RVNA's 42nd Annual Health and Wellness Fair Saturday, April 9, 10:00 a.m. to 2:00 p.m.

RVNA (Ridgefield Visiting Nurse Association) will hold its 42nd annual Community Health & Wellness Fair at East Ridge Middle School in Ridgefield on Saturday, April 9, from 10:00 a.m. to 2:00 p.m. Exhibitors will offer free health screenings, demonstrations, information, and advice to attendees. Integrative and alternative health and wellness providers will be present. Topics will range from acupuncture to vision screening and will include cholesterol, glucose, and blood pressure screenings. Additionally, a non-profit organization that cleans and restores gently used equipment such as walkers, canes and shower benches will accept donations. No appointments are necessary.

Center for Exceptional Care Opens April 1

This innovative healthcare facility, designed to promote health and wellness within our communities as well as to serve as the new headquarters of RVNA, will open with a ribbon-cutting ceremony on Friday, April 1, at 11:00 a.m. The building is located at 27 Governor Street in downtown Ridgefield. Attendees will be invited to tour the building immediately after the ceremony. No RSVP's are necessary. For more information, contact Barbara Newland, Director of Community Health and Wellness, at 203-438-5555 or bnewland@ridgefieldvna.org.



Sewing Skills Needed!

VITAS Healthcare is looking for individuals with strong sewing skills! Our Memory Bears are made with clothing and blankets from our hospice patients for their bereaved family members and offer support and comfort during a loss in a family's life. We are looking for individuals who can sew bears for this program. All materials and patterns are provided at no cost to the volunteer who is sewing. Volunteers can sew from the comfort of their own homes and bears can be picked up as they are completed. Volunteers should be able to make a sample bear in order to participate. For more details, contact Christine Urpin, Volunteer Manager, at Christine.urpin@vitas.com or at 203-437-3127.

MARCH 2016

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><i>Check the April calendar for the KEY to event locations.</i></p>	<p>1 10:00 Oil/Acrylics 11:00 Yoga 12:00 Garden Club Activity and Lunch 12:30 Five Crowns 2:00 Chair Yoga OH</p>	<p>2 9:30 Sewing Session OH 10:00 Open Bridge 10:00 Watercolor 10:00 Comstock Writers 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jongg</p>	<p>3 9:00 Enhance Fitness 10:15 Portraiture 10:00 Yoga 11-12 Blood Pressure Screening 1:00 Portraiture 12:00 Lunch and Bingo WM</p>	<p>4 10:00 Digital Photo Book 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Senior Swim Y 1:30 Intermediate Bridge</p>	
	<p>7 9:30 Coffee and Clay 10:30 Line Dancing 12:30 Play Reading 1:00 Bridge</p>	<p>8 9:00 SAHW Men's Breakfast at Orem's 10:00 Oil/Acrylics 10:00 Solarize Workshop WL 11:00 Yoga 12:30-2 Blood Pressure Screening VM 1:00 Studio Knitting 2:00 Mah Jongg 2:00 Chair Yoga OH</p>	<p>9 9:30 Sewing Session OH 10:00 Open Bridge 10:00 Watercolor 10:30 Tai Chi 1:00 Mah Jongg 1:00 Free Downloads 6:00 Movie: "His Neighbor Phil" BW</p>	<p>10 9:00 Enhance Fitness 10:15 Portraiture 10:00 Yoga 10:30 Stay at Home Breakfast WEPCO 1:00 Portraiture 12:00 Bingo 12:30-2 Blood Pressure Screening Y 5:30 Social Services Commission</p>	<p>11 10:00 Digital Photo Book 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Senior Swim Y</p>
	<p>14 9:30-12 AARP Tax Help 9:30 Coffee and Clay 10:30 Line Dancing 1:00 Bridge</p>	<p>15 10:00 Oil/Acrylics 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 2:00 Chair Yoga OH</p>	<p>16 9:30 Sewing Session OH 10:00 Watercolor 10:00 Open Bridge 10:30 Tai Chi 12:00 Lunch OH Program: Fashion Show by Turnover Shop 1:00 Mah Jongg</p>	<p>17 9:00 Enhance Fitness 10:15 Portraiture 10:00 Yoga 1:00 Portraiture 12:00 St. Matthew's Church Lunch</p> 	<p>18 10:00 Feldenkrais 10:00 Jewelry Workshop 11:15 Palliative Care 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Senior Swim Y</p>
	<p>21 9:30 Coffee and Clay 10:30 Line Dancing 1:00 Bridge</p>	<p>22 9:00 Yoga for Digestive Health 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 2:00 Chair Yoga OH 3:00 Stay at Home</p>	<p>23 9:30 Sewing Session OH 10:00 Writers 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:30 Preparing for Life and Beyond: What if I live to be 120 years old? 5:30 Orthopedic Talk LR</p>	<p>24 9:00 Enhance Fitness 9:30 Internet 10:15 Portraiture 10:00 Yoga 11:00 WHS Senior Appreciation Day 1:00 Portraiture</p>	<p>25 Good Friday Senior Center Closed</p>
	<p>28 9:30 Coffee and Clay 10:30 Line Dancing 1:00 Bridge 1:00 Studio Knitting</p>	<p>29 10:00 Oil/Acrylics 11:00 Yoga 12:30 Five Crowns 2:00 Chair Yoga OH</p>	<p>30 9:30 Sewing Session OH 10:00 Watercolor 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg</p>	<p>31 9:00 Enhance Fitness 10:15 Portraiture 10:00 Yoga 12:00 Bingo 1:00 Portraiture</p>	<p>SENIOR CENTER WEATHER POLICY Call 203-834-6240 after 7 a.m. for specific information.</p>

APRIL 2016

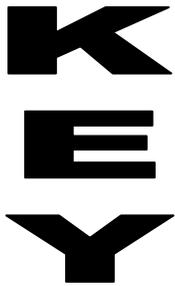
Monday

Tuesday

Wednesday

Thursday

Friday



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

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

1
10:00 Feldenkrais
10:00 Jewelry Work-
shop
12:00 Bridge
1:30 Intermediate
Bridge
1:30-3 Free Sr. Swim Y

4
9:30 Coffee and Clay
10:30 Line Dancing
12:30 Play Reading
1:00 Bridge
1:30 Solarize Work-
shop

5
10:00 Oil/Acrylics
11:00 Yoga
12:00 Garden Club Lunch
and Activity
12:30 Five Crowns
2:00 Chair Yoga OH

6
9:30 Sewing Session OH
10:00 Open Bridge
10:00 Watercolor
10:00 Comstock Writers
10:30 Tai Chi
1:00 Mah Jongg
1:00 Duplicate Bridge

7
9:00 Enhance Fitness
10:00 Yoga
11-12 Blood Pressure
Screening
12:00 Lunch
12:45 Bingo

8
10:00 Feldenkrais
12:00 Bridge
1:30 Intermediate
Bridge
1:30-3 Free Sr. Swim Y

RVNA Health Fair,
Saturday, April 9

11
10:30 Line Dancing
1:00 Bridge

12
9:00 SAHW Men's Break-
fast at Orem's
10:00 Word
10:00 Oil/Acrylics
11:00 Yoga
12:30-2 Blood Pressure
Screening VM
1:00 Studio Knitting
2:00 Chair Yoga OH
2:00 Mah Jongg

13
9:30 Sewing Session OH
10:00 Open Bridge
10:30 Tai Chi
1:00 Mah Jongg
1:00 Free Downloads
2:00 Movie: "His
Neighbor Phil" sponsored
by Synergy Homecare

14
9:00 Enhance Fitness
10:00 Word
10:00 Yoga
12:00 Lunch
12:45 Bingo
12:30-2 Blood Pressure
Screening Y
5:30 Social Services
Commission

15
10:00 Feldenkrais
10:00 Jewelry Work-
shop
12:00 Bridge
1:30 Intermediate
Bridge
1:30-3 Free Sr. Swim Y

18
10:00 Getting Around
the Internet
10:30 Line Dancing
1:00 Bridge

19
10:00 Word Graphics
10:00 Oil/Acrylics
11:00 Yoga
12:00 Duplicate Bridge
12:30 Five Crowns
2:00 Chair Yoga OH

20
9:30 Sewing Session OH
10:00 Open Bridge
10:30 Tai Chi
12:00 Complimentary
Lunch at OH sponsored by
the Wilton Police
1:00 Mah Jongg

21
9:00 Enhance Fitness
10:00 Word Graphics
10:00 Yoga
11:45 Senior Networking
Meeting

22
10:00 Feldenkrais
12:00 Bridge
1:30 Intermediate
Bridge
1:30-3 Free Sr. Swim Y

25
10:30 Line Dancing
1:00 Studio Knitting
1:00 Bridge

26
9:00 Yoga for Back Health
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
2:00 Chair Yoga OH
3:00 Stay at Home

27
9:30 Sewing Session OH
10:00 Open Bridge
10:00 Comstock Writers
10:30 Tai Chi
1:00 Mah Jongg
1:30 Preparing for Life
and Beyond

28
9:00 Enhance Fitness
10:00 Yoga
12:00 Lunch
12:45 Bingo

29
10:00 Feldenkrais
12:00 Bridge
1:30 Intermediate
Bridge
1:30-3 Free Sr. Swim Y



March Fashion Show

Join us for a fashion show at Ogden House, 100 River Road, on Wednesday, March 16. Lunch is served at noon, and the fashion show will follow in the Great Hall.

Ogden House Program Manager Betty Castillo will collaborate with Sharon Sobel, President of the Turnover Shop, on this event. The Turnover Shop in Wilton will provide fashions. Models are needed for this fun event. Think about volunteering to model these great fashions. Additional items (jewelry, hats, gloves, handbags, etc.) from the Turnover Shop will be available for sale. Everything modeled is for sale at bargain prices. Additional items from the Turnover Shop will also be available for sale. If you would like to model, call Betty at 203-762-8035. Reservations for lunch (\$3): 203-834-6240.

Future Lunches: April 20, Wilton Police will provide a complimentary lunch; Chief Bob Crosby will speak. May 18, The Hoot Owls will perform after lunch. June 15, Volunteer Luncheon.

COMPUTER CLASSES, 10:00 a.m. to 12:00 p.m. Senior Center Technology Room Enroll by calling 203-834-6240

WORD for Personal or Work Use

Learn to set up a document and use basic margin, font size change, spacing, date, orientation, page number, indent, bullets, grammar, clipboard, and table commands. April 12 and 14; \$25; Catherine Myers, Instructor.

WORD GRAPHICS for Fun

Learn commands to enhance a document, sign, book cover, or poster, including how to insert pictures, clipart, and shapes. The course will also teach you how to enhance, crop and change color saturation. April 19 and 21; \$25; Catherine Myers, Instructor.

GETTING AROUND THE INTERNET

This class provides an overview of the Internet followed by a presentation of the concepts and terminology needed to get you "surfing the web" for specific information and fun. April 18; \$15; Andrea Ragusa, Instructor.

DIGITAL PHOTO BOOK

Learn to create a photo album on line. Bring your photos and have them scanned into the computer. After just two morning sessions, you will have a beautiful book of memories. March 4 and 11; \$50; Linda Thomas and Sharon Gialo, Instructors.



Vibrant Moves

with Denise O'Hearn

Yoga for Digestive Health

Tuesday, March 22, 9:00 a.m. to 10:30 a.m.

Do you ever feel a little sluggish, mentally and/or physically? Would you like to learn ways to "let go"? Join Denise O'Hearn at her next workshop **Yoga for Digestive Health** where you'll learn simple yoga poses and breathing techniques that will help you digest food, and perhaps life, with more ease.

Yoga for Back Health

Tuesday, April 26, 9:00 a.m. to 10:30 a.m.

Let's face it. When your back hurts, many facets of life are affected. How would you like to gain some knowledge and tools to help you feel better and move with ease? Join Denise O'Hearn at her workshop **Yoga for Back Health** where you'll learn about different types of muscular back pain, what may be causing your pain and what you can do to manage or even eliminate that pain.

No yoga experience necessary. Sessions take place at the Comstock Dance Studio. Fee: \$25 per session. Call 203-210-5780 or email support@vibrantmoves.com to reserve your spot. *Space is limited.*

BOOK DISCUSSION

Coordinated by Michael Bellacosa, MIA, MLS
Senior Center Game Room, 11:00 a.m.

Tuesday, March 22, John Ragognetti leads the discussion of *To Kill a Mockingbird* by Harper Lee.

Tuesday, April 26, Miwako Ogasawara leads the discussion of *The Post-Office Girl* by Stefan Zweig.

Lunch (\$3) is served at noon. Call 203-834-6240 to reserve a place. Books are available at the Wilton Library.

PLAY READING

Moderated by Andrea Ragusa, MA
Senior Center Lounge, 12:30 p.m.

Monday, March 7, YOU CAN'T TAKE IT WITH YOU by Moss Hart and George S. Kaufman

Monday, April 4, LOVE, LOSS, AND WHAT I WORE by Nora and Delia Ephron

Register at 203-834-6240. Copies of the plays are available in the Lounge.

WILTON TAX RELIEF PROGRAM FOR ELDERLY OR DISABLED HOMEOWNERS

YOU MAY RECEIVE BENEFITS UNDER WILTON'S TAX RELIEF PROGRAM FOR ELDERLY OR DISABLED HOMEOWNERS IF...

- You were at least 65 years of age or over as of December 31, **2015**, or your spouse was; or you were at least 60 years of age as of December 31, **2015**, and you are the surviving spouse of a taxpayer who qualified for tax relief at the time of his/her death; or you are under 65 years of age and permanently totally disabled under Social Security Disability; and
- You have been a Wilton taxpayer for at least one year; and
- You have occupied your Wilton property as your principal residence for more than 183 days during the past twelve months; and
- Your qualifying household income for **2015** is **\$81,500** or less.

YOU MAY BE ENTITLED TO A REDUCTION IN YOUR REAL ESTATE TAX AND YOU MAY BE ABLE TO POSTPONE PAYMENT OF A PERCENTAGE OF THE TAX BALANCE.

Note: Your application deadline is Friday, May 13, 2016, for tax credit and tax deferral benefits affecting your real estate tax bill payable in July 2016 and January 2017. Town of Wilton and State of Connecticut Tax Relief applications are available at the Town Hall Assessor's office. The filing period for both programs is from February 1 to May 13. For more information, contact the Wilton Assessor's office at 203-563-0121.



**Wilton Library presents
"Free Downloads"
1:00 p.m., Senior Center
Technology Room**

Wednesday, March 9 and April 13

BYOD - Bring your own device and follow along as Melissa Baker demonstrates how to download popular apps onto your mobile device or computer. There is something for everyone and hours of enjoyment for patrons with Wilton Library cards.

This series is presented by Wilton Library for seniors at the Senior Center. Registration at www.wiltonlibrary.org or 203-762-3950 is strongly recommended.

Free Income Tax Help Available at the Senior Center on March 14

The AARP program provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. Volunteers from AARP will be at the Senior Center on **Monday, March 14**, from 9:30 a.m. to noon to assist in tax preparation. No appointment is necessary.



Get out of the house, have some fun and get to know Stay at Home in Wilton, a great resource for seniors. Need a last-minute ride to a doctor's appointment or physical therapy? Don't want to climb up that ladder again to change a light bulb? Getting cabin fever this winter? Come

meet others who share similar life experiences. You're invited to join Stay at Home for any event listed below:

- March 2, Bruce Museum Trip
- March 8, Men's Breakfast at Orem's Diner, 9:00 a.m.
- March 8, Mah Jongg, 2:00 p.m.
- March 10, Prospective Member Breakfast, 10:30 a.m. at WEPCO. Everyone is invited to mingle with board members, members, and volunteers and to learn about member benefits and volunteer opportunities.
- March 22, Mah Jongg, 12:30 p.m.
- April 12, Men's Breakfast at Orem's Diner, 9:00 a.m.
- April 12, Mah Jongg, 2:00 p.m.
- April 26, Mah Jongg, 12:30 p.m.

Stay at Home in Wilton is a non-profit organization run by seniors dedicated to helping seniors live healthy lives conveniently, comfortably, and safely in their own homes and neighborhoods. Members enjoy day trips, outings, lectures, household assistance, small home repairs, and rides for a nominal membership fee. A list of vendors is also available for members who need large home repairs. All volunteers and vendors are vetted and screened.

For more information contact Janet Johnson, Executive Coordinator, at 203-762-2600. For Mah Jongg inquiries call Kay Chann at 203-762-9026.



LIFETIME LEARNERS INSTITUTE

Lifetime Learners Institute at Norwalk Community College announces its Spring daytime courses for people aged fifty or older who want to keep active mentally, physically and socially. Thirty-seven courses are being offered this semester. Classes begin the week of March 14.

To receive a free course catalog call 203-857-3330 or see www.lifetimelearners.org.

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

U.S. POSTAGE PAID
PERMIT NO. 11
WILTON, CT



*Sign up now for a
Solarize workshop!*

*March 8, 10:00 a.m.
Wilton Library*

*April 4, 1:30 p.m.
Senior Center*



**WILTON HIGH SCHOOL HOSTS
SIXTH ANNUAL
SENIOR APPRECIATION DAY
Thursday, March 24, 11:00 a.m.**

The annual Wilton High School Arts Festival will again present a recognition concert and luncheon for the senior citizens of Wilton on Thursday, March 24, in the Clune Center for the Performing Arts at Wilton High School. Developed by members of the Wilton Fine and Performing Arts staff six years ago in collaboration with the Senior Center, Senior Appreciation Day recognizes the significant contribution Wilton seniors have made to the town. The special occasion will be hosted by the PTSA, the student government, and students of the Culinary Arts program at Wilton High School. At lunch, seniors will be serenaded by members of the WHS string and jazz program. Student art work from the International Arts Show will adorn the Gallery. Following the luncheon, a senior recognition concert will be held featuring the WHS Orchestra and WHS Wind Ensemble. Several hundred Wilton High School students and staff are also expected to attend the concert.

Call the Senior Center at 203-834-6240 for reservations. For those who want to leave their cars at Comstock, a school shuttle bus will pick up seniors at Comstock at 10:50 a.m. Rides will also be available through Dial-A-Ride (203-834-6235).

GUIDE TO SENIOR SERVICES	
Catherine Pierce	203-834-6238 Director, Social Services, and Municipal Agent for the Elderly
Lauren Hughes	203-834-6238 Coordinator, Senior Services
Lizabeth Doty	203-834-6240 Coordinator, Senior Activities
Andrea Ragusa	203-762-8445 Comstock Computer Learning Center
Deborah Wolyniec	203-834-6238 Office Assistant
Meals-on-Wheels	203-762-0566
Dial-A-Ride	203-834-6235
Town-to-Town	203-299-5180
FISH (medical transportation)	203-834-3737
AARP	888-687-2277
Visiting Nurse & Hospice of Fairfield County	203-762-8958
Parks and Rec Department	203-834-6234
Wilton Family Y	203-762-8384
Wilton Library	203-762-3950
Stay at Home in Wilton	203-423-3225