



CORRIDORS

M
A
Y
-
J
U
N
E
2
0
1
6



*Tours of the renovated building, 10 a.m. to 2 p.m.
Presentations, 1 p.m., Multipurpose Room*

Join us for the
**Comstock Community Center
Open House**

**Wednesday, May 18, 2016
10 a.m. to 2 p.m.**

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

Early-Onset Alzheimer's — My Fight to Find a Cure

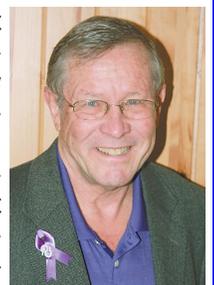
On Friday, May 13, at 11:15 a.m. in the Senior Center Lounge, Scott Russell of Ridgefield and Wilton will speak about his diagnosis of early-onset Alzheimer's and his efforts to find a cure.

Scott was a high-powered executive working with global institutions, such as Exxon, Mitsubishi Bank, and Towers Watson Corporation, living abroad in Hong Kong, Egypt, and Italy. Today his life has completely changed. He is fighting for a cure for Alzheimer's, the disease which began to take over his mind in his late 50's.

After a double diagnosis of early on-set dementia and Alzheimer's, he went into deep depression. "I knew something was wrong. I began to isolate myself, lost clarity in many aspects of my life, and was always trying to compensate," he explained. "But then I became associated with the Alzheimer's Program in Norwalk. I became an advocate instead of a recluse. Being in the corporate world, I knew that I could use my expertise in fund raising to help the cause."

The aspect of his fundraising of which he is proudest is his Alzi Animals. "I decided to purchase stuffed animals from distributors and flea markets. I

used my artistic abilities to paint them according to their personality, where they lived, or how I saw them graphically. I gave the animals names and accessorized them to give them an added personality." One hundred percent of what he makes on these animals goes to Alzheimer's research.



Scott Russell

As an Alzheimer's Ambassador for the State of Connecticut, he maintains an advocacy relationship with state legislators and supports their commitment to fighting Alzheimer's.

Scott Russell received an undergraduate degree from Thiel College, a master's degree from Boston University, and an ED.D. degree from Fairleigh Dickinson University. He spent the last thirty years prior to his Alzheimer's diagnosis working in the corporate world in human relations. Scott Russell holds important positions nationally, regionally, and locally in the Alzheimer's Association.

Reservations: 203-834-6240

Lizabeth Doty, Senior Activities Coordinator, Town of Wilton
Comstock Community Center, 180 School Road, Wilton, CT 06897 203-834-6240

SENIOR CENTER ACTIVITIES

ENHANCE FITNESS

Thursdays, 9:00 a.m. to 10:00 a.m.

\$3 drop-in fee

Wilton Family Y brings Enhance Fitness to the Senior Center on Thursdays. This class includes 30 minutes of endurance-type activity. Leslie Hinshaw, 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.

PLAY READING

Monday, May 2, 12:30 p.m. (Rescheduled to June 6)

It's Only a Play by Terrence McNally

A wealthy first-time Broadway producer throws an opening night party for the play, *The Golden Egg*, at her home in New York City. The jokes fly fast and furious in this play about people who make a living in the theatre. The playwright, the director, the actors and assorted friends all keep crossing paths in the producer's elegant bedroom as they nervously wait for the late-night reviews in the newspapers. Copies of the play are available in the Senior Center cafe. Andrea Ragusa, Moderator.

BOOK DISCUSSION

Tuesday, May 24, 11:00 a.m.

Judgment of Paris: California vs. France and the Historic 1976 Paris Tasting that Revolutionized Wine by George Taber

On May 24, 1976, the world of wine was rocked when mostly unknown California wines beat out several of the top French wines in a blind tasting by French judges on their own turf. In *Judgment of Paris*, George Taber, the only journalist present, recounts the birth of modern winemaking in California leading up to this unintentionally historic event. *Wine Spectator* called it "both a 'rags to riches' and 'David beats Goliath' tale....stories [that] help keep the American Dream alive." Michael Bellacosa, Discussion Leader. Lunch (\$3) at noon.

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.

THURSDAY LUNCH

Thursdays, 12 noon, \$3

Join other seniors for lunch in the café on Thursday. Seating is limited. Reservations required. Karen White, Chef.

THURSDAY BINGO

Thursdays, 12:45 p.m., 25 cents per card

Don't miss BINGO at the Comstock Community Center on Thursdays. Winners get "the pot" each game.

STUDIO KNITTING

Tuesday, May 10 and June 14; Monday, May 23 and June 27

1:00 p.m. to 2:30 p.m.

Basic instruction will be provided for projects. The company will be great. Lizabeth Doty, Instructor.

COMSTOCK WRITERS GROUP

Wednesday, May 11 and 25, June 8 and 22

10:00 a.m. to 11:30 a.m.

Are you interested in reading and writing? Here's a group for you! Leading the group is Magdalen Livesey, an editor and writer living in Wilton.



It's Time to Be-Moved!

Tuesdays, May and June, 9:45 a.m. to 10:45 a.m.

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

Phyllis Hirschfield is a certified licensed BeMoved® instructor and lifelong dancer. She trained with Sherry Zunker, founder of BeMoved. (www.bemoved-dance.com) and studied dance at Virginia Commonwealth University, Temple University, and various dance schools and studios. She is inspired by the participants in her BeMoved classes and loves sharing the revitalizing benefits with people of all ages and capabilities.

Class begins May 3; \$5 drop-in fee per class

All activities take place at the Senior Center unless otherwise noted. For reservations, call the Senior Center at 203-834-6240.

Senior Center Volunteers Honored on June 15

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 Alampj, Instructor.

BRIDGE GROUPS

If you like to join other seniors in an afternoon of bridge, 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.

If you prefer a morning game, come to Open Bridge with Dan, Wednesdays, 10:00 a.m. to 12:30 p.m., \$5 drop-in fee. Dan DeVlieg supervises. This is not a sanctioned game.

JEWELRY WORKSHOP

Friday, May 6 and 20, June 3 and 17

10:00 a.m. to noon

\$5 drop-in fee

Beads, beads, beads! No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Viola Galetta, Instructor.

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.

WILTON LIBRARY FREE DOWNLOADS

Wednesday, May 11 and June 8, 1:00 p.m.

Bring your own device (BYOD) and follow along as Melissa Baker demonstrates downloads available through the Wilton Library. There is something for everyone and hours of enjoyment for patrons with Wilton Library cards. Presented by Wilton Library at the Senior Center. Registration is strongly suggested. Call the Wilton Library at 203-762-3950 or visit www.wiltonlibrary.org.

On Wednesday, June 15, the Wilton Senior Center and Wilton Social Services will honor and thank its volunteers at a noon luncheon at Ogden House. More than 100 volunteers are invited to the festivities.

The Senior Center has come a long way since 1973 and the basement room in Center School that was designated the Adult Social Center. In the years following, Adele MacGregor and Dot Tracey initiated a program of weekly luncheons prepared and served by the Wilton Presbyterian, Zion's Hill Methodist, Wilton Baptist, and Our Lady of Fatima churches. The Woman's Club supported the early venture by arranging programming for lunch-goers. Cis Cohen was named the first official volunteer director. Dorothy Wright and Jody Heussner followed in her footsteps.

In 1983 the group moved to Ogden House where they paid rent to use the great room, library, kitchen, and craft room for activities. In 1992 came the next move to Comstock where a single room, the present day Café, was dedicated to seniors. Several years later, the name changed from Wilton Adult Center to Wilton Senior Center. The first town-employed coordinator, Marie Key, was hired in 1990 for 14 hours per week. Usage of the Senior Center increased under the direction of successor coordinators Tessa Donnelly and Jan MacEwen. Elizabeth Doty became the first fulltime coordinator in 2002.

In 2010, First Selectman Bill Brennan designated space at the Comstock Community Center for the exclusive use of the Senior Center. These rooms became the café, lounge, game room, and crafts and arts studio. The new space was dedicated in March 2011.

As a result of the recently completed Comstock Renovation Project, the Senior Center has been refurbished with new ceiling tiles and energy-efficient lighting; enhanced handicap accessibility and security; improved heating, ventilation, and air-conditioning; remodeled café and kitchen; and additional restrooms.

There has been one constant throughout the years: the volunteers. Volunteers have contributed time and talent regardless of where the Senior Center was located or how much space the Senior Center occupied. Whether leading a book discussion, giving a series of talks, planting flowers, painting, conducting an activity, or preparing a meal, volunteers have contributed to making the Senior Center a place with stimulating and creative opportunities for the social, physical, emotional, and intellectual enrichment of Wilton's senior citizens.

MAY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30 Line Dance Fusion 12:00 Movie 12:30 Play Reading (Rescheduled to June 6) 1:00 Bridge	3 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Five Crowns 2:00 Chair Yoga OH 7:30 Annual Town Meeting and Voting Wilton High School	4 9:30 Sewing OH 9:30-1:30 Greenhouse Plant Sale 10:00 Open Bridge 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jongg	5 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 11:00 Portraiture 12:00 Lunch 12:45 Bingo	6 9-6 Plant Sale on the Wilton Green 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y
9 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge	10 9:00 Men's Breakfast OREM'S 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 1:00 Mah Jongg 1:00 Studio Knitting 2:00 Chair Yoga OH	11 9:30 Sewing OH 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 1:00 Mah Jongg 1:00 Library Downloads	12 9:00 Enhance Fitness 10:00 Yoga 11:00 Portraiture 12:00 Lunch 12:45 Bingo 12:30-2 Blood Pressure Screening Y 5:30 Social Service Commission	13 10:00 Feldenkrais 11:15 Scott Russell 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y Elderly Tax Relief Deadline
16 10:30 Line Dance Fusion 11:30-12:30 Blood Pressure Screening 12:00 Ice Cream Social by VNH 12:00 Movie 1:00 Bridge	17 9:45 BeMoved 10:00 Walk in Wilton 10:00 Oil/Acrylics 11:00 Yoga 11:15 Stroke Awareness 12:00 Duplicate Bridge 12:30 Five Crowns 2:00 Chair Yoga OH	18 10-2 COMSTOCK OPEN HOUSE 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	19 9:00 Enhance Fitness 10:00 Yoga 11:00 Portraiture 12:00 St. Matthew Lunch 2:30 Brain Bowl BRD	20 10:00 Jewelry Workshop 10:00 Feldenkrais 10:30 Organizing 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y
23 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge 1:00 Studio Knitting	24 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Book Discussion 11:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg 2:00 Chair Yoga OH 3:00 Stay at Home	25 9:30 Sewing OH 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 1:00 Mah Jongg	26 9:00 Enhance Fitness 10:00 Yoga 10:00 Encore Club 12:00 Lunch 12:45 Bingo	27 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y 3:30 Memorial Day Social BRD
May 30 Memorial Day  Senior Center Closed	31 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:30 Five Crowns 2:00 Chair Yoga OH	Visiting Nurse & Hospice of Fairfield County <small>of Fairfield County</small> <small>Bringing Healing and Comfort to Our Community</small> Visiting Nurse and Hospice of Fairfield County presents Stroke Awareness Nurse Melody Matheny-Orphen will present "What are the signs of a stroke?" and answer questions regarding strokes following her presentation. May 17, 11:15 a.m., Senior Center Lounge		

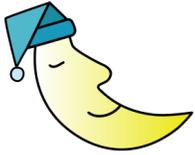
JUNE 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>K BRD Brookdale Wilton GR The Greens at Cannondale LR Laurel Ridge E OH Ogden House VM Village Market WL Wilton Library WM Wilton Meadows Y Wilton Family Y</p>		<p>1 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jongg</p>	<p>2 8:30 Alzheimer's Breakfast BRD 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 No Lunch or Bingo Today</p>	<p>3 10:00 Jewelry Workshop 10:00 Feldenkrais 10:30 Stage Your Home for Sale 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p>6 10:30 Line Dance Fusion 12:00 Movie 12:30 Play Reading (Rescheduled from May 2) 1:00 Bridge</p>	<p>7 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:30 Five Crowns 2:00 Chair Yoga OH</p>	<p>8 9:30 Sewing OH 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 1:00 Mah Jongg 1:00 Library Downloads</p>	<p>9 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo 12:30-2 Blood Pressure Screening Y</p>	<p>10 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p>13 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge</p>	<p>14 9:00 Men's Breakfast OREM'S 9:45 No BeMoved 11:00 Yoga 1:00 Studio Knitting 1:00 Mah Jongg 2:00 Chair Yoga OH</p>	<p>15 10:00 Open Bridge 10:30 Tai Chi 12:00 Volunteer Luncheon OH 1:00 Mah Jongg</p>	<p>16 9:00 Enhance Fitness 10:00 Yoga 11:45 Western CT Geriatric Council</p>	<p>17 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p>20 10:30 Line Dance Fusion 11:30-12:30 Blood Pressure Screening 12:00 Movie 1:00 Bridge</p>	<p>21 9:45 BeMoved 10:00 Walk in Wilton 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 2:00 Chair Yoga OH</p>	<p>22 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00 Annual Brookdale Picnic 1:00 Mah Jongg</p>	<p>23 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo</p>	<p>24 10:00 Feldenkrais 10:30 How to Create a Beautiful Home 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p>27 10:30 Line Dance Fusion 12:00 Movie 1:00 Bridge 1:00 Studio Knitting</p>	<p>28 9:45 BeMoved 11:00 Yoga 12:30-2 Blood Pressure VM 12:30 Mah Jongg 2:00 Chair Yoga OH 2:00 Mah Jongg 3:00 Stay at Home in Wilton</p>	<p>29 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg</p>	<p>30 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo</p>	<p>Merwin Meadows Merwin Meadows pass is free to seniors. Go to the Parks and Recreation office and Beverly Hodge will be happy to help you.</p>



Annual Brookdale Wilton Picnic
 Wednesday, June 22, 12:00 p.m. to 1:30 p.m.
 Reservations: Call the Senior Center at 203-834-6240.





INSOMNIA

July and August

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 three-week educational seminar in understanding insomnia and learning how to develop techniques to help improve your sleep.

The initial meeting of the seminar will be on Tuesday, July 19, from 10 a.m. to 11 a.m. in the Senior Center Lounge. The group will meet at the same time on the next two consecutive Tuesdays, July 26 and August 2, and will be limited to eight participants.

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 three-week seminar will draw on his model.

The first session will be focused on sleep education, separating the facts about sleep from popular myths and misconceptions which can be detrimental to a good night's rest.

In week two, sleep medications and sleep scheduling techniques will be addressed. Participants will leave with homework in the form of a sleep chart to help track their personal sleep patterns.

The third week's session will cover stimulus control techniques or how to create the optimal internal and external environment for sleep as well as relaxation and sleep hygiene techniques so that you can learn to fall asleep more easily and stay asleep longer.

To enroll please call Administrative Assistant Debbie Wolyniec at 203-834-6238.

Chair Yoga at Ogden House, 100 River Road
Liz Wendell teaches gentle chair yoga on Tuesdays from 2:00 p.m. to 3:00 p.m. in the Ogden House living room. The exercises focus on breathing and body movement while integrating mind and body through meditation. Come any Tuesday. Fee: \$3 per class. New students welcome. Call Betty at 203-762-8035.

Brookdale Wilton

These events take place at Brookdale Wilton, 96 Danbury Road, Wilton. Call Christy Perone at 203-761-8999 or email cperone@brookdale.com to register.

Thursday, May 19, 2:30 p.m.

Exercise your mind with Brookdale's Brain Bowl. Put your cognitive skills to the test! Come for fun and challenging brain activities which will give you a better understanding of the six areas of cognitive function. Events include hands-on activities which address language, motor skills, vision and attention span. You'll also enjoy sampling our delicious brain-healthy snacks and gather some prizes along the way. Stay for a cooking demonstration at 3:30 p.m. and taste some delicious treats.

Friday, May 27, 3:30 p.m.

Memorial Day Social serving sliders and parfaits to celebrate the holiday.

Thursday, June 2, 8:30 a.m. to 10 a.m.

Join us for breakfast and learn about the latest research and facts about Alzheimer's from Carolyn DeRocco, Vice President for Programs and Education with the Alzheimer's Association Connecticut Chapter. Presentation at 9 a.m.

Elderly and Disabled Tax Relief May 13 Deadline

Elderly Wilton homeowners and totally disabled homeowners who have NOT yet applied for tax relief benefits on their July 2016 tax bills are reminded that Friday, May 13, is the last day applications will be accepted in the Assessor's Office. The application deadline will not be extended.

The Town of Wilton tax relief program requires an annual filing. The State of Connecticut tax relief program requires a biennial filing. Please call the Assessor's office at 203-563-0122 if you have any questions.

ANNUAL TOWN MEETING



Wilton's Annual Town Meeting will be held at **Wilton High School--Clune Center**--on Tuesday, May 3, at 7:30 p.m., with voting on the town budget immediately after the meeting. If you can't make it to the Tuesday meeting, voting will continue all day on Saturday, May 7, at the **Wilton High School Clune Center** from 9 a.m. to 6 p.m. The ballot will contain **three questions**: one for the town budget and two proposed bonding items. Absentee ballots are available in person from the Wilton Town Clerk from Wednesday, May 4, through Friday, May 6. For information, contact your Registrars of Voters at the Wilton Town Hall at 203-563-0111.

The Clune Center is the correct meeting place NOT Middlebrook School as published elsewhere.

Time to get "A Fresh Eye" with Kathy!

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

"Conquer the Clutter!"

Friday, May 20

Do you lose things because they are buried in 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. 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.

"Stage Your Home to Sell!"

Friday, June 3

Would you like to sell your home quickly ... and at top dollar? Stage it! Staging is the process of preparing your house so it appeals to buyers, not only by making your home look terrific, but by helping buyers envision living in the home. Kathy will teach you some tricks of the trade and help you decide what to do to make sure your home shows well and sells quickly.



"How to Create a Beautiful Home"

Friday, June 24

Would you like to transform your home into a space that lives beautifully? Kathy will share basic design principles and cover topics such as analyzing a room to make sure it functions well for your family, arranging furniture, lighting choices, accessorizing, and color selection.

Wilton High School presents Beauty and the Beast

There are a limited number of complimentary senior citizen tickets available for the Saturday, May 21, matinee performance at 4:00 p.m. Call 203-834-6240 to reserve complimentary tickets. Call Dial-a-ride at 203-834-6235 to schedule a ride.

Stay at Home in Wilton sponsors "Walk in Wilton"

Tuesday, May 17, 10 a.m. Walk the Norwalk River Valley Trail! Just putting one foot in front of the other helps you stay healthy and live longer. It boosts your self-esteem and mood. Bring your walking shoes and bottle of water. Meet at the commuter lot on Route 7 at 10 a.m. Join us for a walk or lunch, or both! Lunch is 11:30 a.m. at the Little Pub in Wilton.

Tuesday, June 21, 10 a.m.

Walk the Norwalk River Valley Trail! Meet at Portofino's to walk or join us afterwards for lunch at 11:30 a.m. in Wilton Center.

RSVP: Janet Johnson 203-762-2600



Just Like New!

Wilton resident Roger Verron enlisted the expertise of Gil Black (left) and his son, Tim (right), to refurbish the pool table in the Senior Center Game Room.



Photos by Roger Verron

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

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

*Printing costs for this issue
of Corridors have been
generously underwritten by*



GREENHOUSE SALE

*Buy directly from the greenhouse at
the Comstock Community Center!*

The Wilton Garden Club's greenhouse will be open to the public Wednesday, May 4, from 9:30 a.m. to 1:30 p.m. Members of the Garden Club will be selling annuals, herbs, hanging baskets, planted patio containers, tabletop creative baskets, gardens under glass and more.

This is a presale event before their 77th annual Mother's Day Plant Sale on Friday, May 6, from 9 a.m. to 6 p.m. and Saturday, May 7, from 9 a.m. to 12:00 p.m., rain or shine, at the Wilton Town Green.



GO GREEN FESTIVAL—MAY 1 **Celebrate sustainable living!**

Celebrate sustainable living at the Sixth Annual Wilton Go Green Festival presented by Ross Solar Group on Sunday, May 1. Enjoy a fabulous day with friends and family, beginning with the May Day 5km Run, sponsored by Outdoors Sports.

Lace up your favorite sneakers and bring your old pair to be recycled. The Canine Conservationists Dog Parade – a festival favorite! – gets underway at 2:00 p.m.; free registration begins at 11:30 a.m. Joining us again this year, the Westport Electric Vehicle Road Rally rolls in at 3:00 p.m. followed by a special awards presentation at 3:15 p.m. Throughout the day, interact with more than 80 exhibitors and craftsmen as we gather around the Town Green and Wilton Library for an exciting day of discovery, entertainment, and family fun. Cyril the Sorcerer will be on hand, illuminating the wonders of our planet and the powers we have to protect it.

Enjoy live music, delicious food, creative children's activities, a bounce house, green shopping, our fabulous silent auction, free mattress and paper recycling, an 1898 electric car and replica of Gustav Whitehead's plane -- first in flight! Be sure to check out the Tiny House on display.