



CORRIDORS

JANUARY-FEBRUARY 2013

Are Ice Dams Harming Your Home?

The Senior Center has teamed up with Patrice Gillespie of Wilton's Neighbor to Neighbor Energy Challenge to provide residents with a free workshop on how to prevent costly ice dams.



This informative workshop will take place on Thursday, February 7, from 11:00 a.m. until noon in the Senior Center Lounge.

Attendees will learn the causes of ice dams, the kinds of damage that ice dams can inflict on a home and how to prevent their formation. State energy efficiency programs available to Wilton residents, including those on fixed incomes, will be covered. In addition, information on tax credits, financing options and re-

bates will be presented. A technician representing the approved contractors that perform home energy assessments and budget-friendly energy retrofits will be present to answer questions.

The workshop is given on behalf of Wilton's Energy Commission, Wilton Go Green and the Neighbor to Neighbor Energy

Challenge. The overall goal of the non-profit program is to engage homeowners in reducing the energy consumption in their homes by 20 percent and to reduce day-to-day costs of electricity and heat.

Visit www.CTEnergyChallenge.com to learn more about the Neighbor to Neighbor Energy Challenge. To reserve your space at the Ice Dam Workshop, please call 203-834-6240.



Wilton's Neighbor to Neighbor Energy Challenge

The Neighbor to Neighbor Energy Challenge is a town-supported community energy savings program made possible by a \$4.17 million grant from the U.S. Department of Energy's Better Buildings Program. Neighbor to Neighbor works in 14 towns across Connecticut including Wilton, Ridgefield, Westport, Weston, Glastonbury, Wethersfield, Bethany, Cheshire, Windham, Lebanon, Portland, East Hampton, East Hadam and Mansfield.

Neighbor to Neighbor connects Wiltonians with state-subsidized residential energy efficiency programs through education and community outreach. The goal is to help 1000 Wilton residents reduce their energy consumption by 20%.

iPads: Convenience and Connection for the Beginner

Have a new Apple iPad? Bring it along and learn to review popular settings, send and delete emails, learn appropriate swiping techniques to copy and paste, browse the Web using Safari and share and save photos. Review and discuss free movie and book apps plus other popular apps.

Don't yet have an iPad? Come and see what's going on anyway.

The Senior Center will host an iPad class taught by Dolores Tufariello, Director of Wilton Continuing Education, on Friday, February 1, 10:00 a.m. to 12:00 p.m. The class will be repeated on Friday, March 1, at the same time. A general working knowledge of computers and email set-up are required. Fee: \$25. Register at 203-834-7694.

Wilton Social Services Department extends thanks to...

Eighteen 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, 17 Girl Scout troops, Wilton Family Y, Coldwell Banker, Realty 7, Prudential Connecticut Realty, The Greens at Cannondale, the Wilton Moms Club, the Wilton Newcomers Club, and Cub Scouts Pack 17 who in total provided 75 fabulous Thanksgiving dinner baskets for Wilton families;

Wilton Woman's Club who cooked and boxed more than 30 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;

Wilton Garden Club for preparing the beautiful centerpieces and the Wilton Girl Scout troops for delivering the centerpieces to seniors;

The interfaith community, the churches and the temple congregations, who shopped for gifts for 16 seniors and Ralph Berbnabei and his boy scouts who delivered those gifts;

"Holiday helpers" from the ranks of individual residents and community-based service clubs and businesses who provided 116 Wilton children with presents and gift certificates to brighten their holidays;

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

The Wilton Kiwanis Club who donated 25 trees and Volunteers from Ambler Farm who donated 10 trees to Wilton families;

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

***Programs
Sponsored
by***



Superbugs! What You Need to Know

So-called "superbugs"— drug-resistant microbes— are reported at health care facilities and health clubs alike and can lead to life-threatening infections. Many questions are often left unanswered. Are the rising rates a true public health calamity or an overblown cause for alarm? Where do these superbugs come from, and what can we do to protect ourselves? *Superbugs! What You Need to Know* will be presented by Visiting Nurse & Hospice of Fairfield County at the **Norwalk Senior Center, 11 Allen Road**, at 10:30 a.m. on Wednesday, January 9. Free and open to the public. For more information, call the **Norwalk Senior Center** at **203-847-3115**.

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 a.m. to noon
Thursdays, January 3 and February 7

Village Market, 12:30 p.m. to 2 p.m.
Tuesdays, January 22 and February 26

Wilton Family Y, 9 a.m. to 10:30 a.m.
Wednesdays, January 16 and February 20

MUST for Seniors

Wednesday, January 2
12:45 p.m. to 1:30 p.m.
Ogden House, 100 River Road

Medication Use Safety Training (MUST) for Seniors™ is a community program developed by the National Council on Patient Information. With an emphasis on patient empowerment, the presentation incorporates the basics of medication safety, recognizing drug side effects and interactions, along with the importance of regular medication "checkups," proper storage and disposal. The free session is facilitated by Elaine Abrams, RN, Community Health Coordinator at Visiting Nurse & Hospice of Fairfield County. Participants receive a free medication organizer. For more information, call Lizabeth Doty at 203-834-6240.

Forget Me Not

A Community Education Program for Caregivers & Families of Memory-Impaired Adults

Two free workshop for caregivers and families of memory-impaired adults will be held at Visiting Nurse & Hospice of Fairfield County, 761 Main Avenue, Suite 114 in Norwalk. A light meal will be offered. The workshop is facilitated by Dawn Pelazza, RN, who has been in the healthcare field for over two decades. Ms. Pelazza is a Dementia Educator for the Alzheimer's Association Education Conference and a nurse with Visiting Nurse & Hospice of Fairfield County.

Workshop 1: Maintaining Dignity, Thursday, February 7

This workshop will offer insights and the opportunity to discuss ways to maintain dignity for both the caregiver and the memory-impaired adult. When to use "therapeutic fibbing" will be discussed.

Workshop 2: Planning and Preparing for the Road Ahead, Thursday, April 4

Who will make healthcare and/or financial decisions when the memory-impaired adult is no longer able to do so? Who will provide care? Thinking ahead about these difficult issues will help in making decisions later on. Local resources and support services will be discussed.

Registration is necessary for each workshop. Call 203-762-8958 to register or for more information.

Cholesterol Screening Visiting Nurse & Hospice 761 Main Avenue, Suite 114, Norwalk



Tuesday, February 12
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.

Shingles Vaccine

The shingles vaccine is available by appointment for adults over age 60. The cost is \$200 which includes administration fee. This vaccine is covered by most private insurances and through Medicare Part D. For more information, call Visiting Nurse and Hospice at 203-762-8958.

BECOME A Visiting Nurse and Hospice VOLUNTEER!

Samaritan Training

This program is for episodic volunteers who are willing to support patients and their caregivers/families by picking up groceries, running errands and taking patients to appointments as needed, using their personal vehicle. Training takes place on January 9 from 9:30 a.m. to 2:30 p.m. and January 10 from 9:30 a.m. to 12:30 p.m. Volunteers must attend both days of training.

Hospice Volunteer Training

This program is for volunteers who provide companionship, socialization, and emotional support to terminally ill patients and their families once or twice a week by visiting their homes. Participants should not have had a personal loss of a family member/friend in the past year. Training takes place from 9:30 a.m. to 2:30 p.m. every weekday from February 25 to March 1. An interview and application process are also required.

Registration is required for the trainings above. Contact Chris Urpin, Volunteer Coordinator, for interview appointment and application at 800-898-4663 X316 or urpinc@visitingnurse.net

BOOK DISCUSSION

at the Senior Center

Tuesday, January 22

Discussion Leader - William Ziegler

THE RECTOR OF JUSTIN

by Louis Auchincloss

This novel, published in 1964, is considered by many to be the greatest achievement of Louis Auchincloss. Set in a prestigious Episcopal boys' school in New England, it tells the life story of the school's charismatic founder through the personalities and memories of many observers. Considered vintage Auchincloss, it is the story of a man's entire life and a profound analysis of his character from his schoolboy days to the age of eighty-five. The daily workings of a famous boys' school are portrayed as well. To quote *The New Yorker*, "A daring and ambitious book...its poise and taste and intelligence strike one on every page, as do its unerring knowledge and literary skill."

Tuesday, February 26

Discussion Leader - David Ostergren

THE GREATER JOURNEY: AMERICANS IN PARIS

by David McCullough

David McCullough has twice won the Pulitzer Prize for *Truman* and *John Adams* and has received numerous other honors and awards. His latest work, *The Greater Journey: Americans in Paris*, is the story of adventurous American artists, writers, doctors, politicians, architects, and others who went to Paris in the years between 1830 and 1900 to pursue their dreams and excel in their work. Among them were James Fenimore Cooper, Ralph Waldo Emerson, Nathaniel Hawthorne, Mark Twain, Henry James, Harriet Beecher Stowe, and Oliver Wendell Holmes. David McCullough maintains that their achievements altered American history. He writes, "Not all pioneers went West."

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



Sonia Drummond, Dorie Davatzes, and Pat Wernig enjoy the challenges of Mah Jongg.

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 to play.

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

Contract Bridge: Fridays, contact Eleanor Mi-hailidis at 203-762-8720 to play.

Contract Bridge: Monday, 1-4 p.m., contact Nerina Klobas at 203-210-5624.

Supervised bridge offerings on page 11.

Play Reading

at the Senior Center



Monday, January 7, 12:30 p.m.

PRIVATE LIVES by Noel Coward

Elyot and Amanda who were once married are now honeymooning with new spouses at the same hotel. They meet by chance, reignite the old spark, and impulsively elope. After a few days they find their romance alternating between passions of love and anger. The aggrieved spouses appear and affiliations are formed as the women first stick together and then grow apart and new partnerships are formed. Eventually there is a knock-down drag-out fight which opens the eyes of Elyot and Amanda who then steal off together a second time.

Monday, February 4, 12:30 p.m.

THE COCKTAIL PARTY by T. S. Eliot

A man is the uncomfortable host at a cocktail party arranged by his wife. The two are about to break up. Among the guests is a girl with whom the man has been having an affair. Added to the mix of guests is a mysterious man who knows so much about each of them that he can cure their anxieties. A great morality play of our time.

Call the Senior Center at 203-834-6240 to register.

JANUARY 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>December 31, 2012</u></p> <p>9:15 Enhance Fit 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Bridge Nerina</p>	<p>1 New Year's Day Senior Center Closed</p>	<p>2 9:30 RSVP OH 10:00 Tai Chi 10:00 Writers 12:00 Dup Bridge Lois 12:00 Lunch OH Program: MUST for Seniors 1:30 Mah Jongg</p>	<p>3 9:00 Enhance Fit 9:30 Encore Board 10:00 Diva JEVAS 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg</p>	<p>4 10:00 Jewelry Workshop 10:00 Move, Strengthen, and Stretch 12:00 Bridge Eleanor 1:30-3 Free Sr Swim Y</p>
<p>7 9:15 Enhance Fit 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 12:30 Play Reading with Andrea 1:00 Bridge Nerina</p>	<p>8 10:30 Pool/Billiards 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH</p>	<p>9 9:30 RSVP OH 10:00 Tai Chi 10:00 Dup Bridge Dan 12:00 Chicago Bridge Dorothy 12:00 Lunch OH Program: Wilton Woman's Club Bingo 1:30 Mah Jongg</p>	<p>10 9:00 Enhance Fit 10:00 Diva JEVAS 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch 12:45 Bingo 5:30 Social Services Commission</p>	<p>11 10:00 Move, Strengthen, and Stretch 12:00 Bridge Eleanor 1:30-3 Free Sr Swim Y</p>
<p>14 9:15 Enhance Fit 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Bridge Nerina</p>	<p>15 9:30 Picasa Photo Workshop 11:00 Yoga 12:00 Dup Bridge Maureen 2:00 Mah Jongg Kay 2:00 Chair Yoga OH</p>	<p>16 9:30 RSVP OH 9:30 Card Stamping 9-10:30 Blood Pressure Screening Y 10:00 Writers 10:00 Tai Chi 10:00 Dup Bridge Dan 12:00 Lunch OH 12:45 Program: Music with Jerry King 1:30 Mah Jongg</p>	<p>17 9:00 Enhance Fit 10:00 Diva JEVAS 10:00 Yoga 11:00 Wii Bowling 11:45 St. Matthew Church Lunch 12:00 Veteran's Benefits BP 6:00 Veteran's Benefits BP</p>	<p>18 10:00 Move, Strengthen, Stretch 10:30 Sketching and Painting with Viola 12:00 Bridge Eleanor 1:30-3 Free Sr Swim Y</p>
<p>21 9:15 Enhance Fit 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Bridge Nerina</p>	<p>22 9:30 Computer Fundamentals 10:00 WWC Intern. 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure Screening VM 2:00 Chair Yoga OH 3:00 SAHW Meets</p>	<p>23 9:30 RSVP OH 10:00 Tai Chi 10:00 Dup Bridge Dan 12:00 Chicago Bridge Dorothy 12:00 Lunch OH 12:45 Program: Art Horn Weatherman 1:30 Mah Jongg 5:00 Cooking Demo BP</p>	<p>24 9:00 Enhance Fit 9:30 Computer Fundamentals 10:00 Diva JEVAS 10:00 Yoga 11:00 Wii Bowling 12:00 Encore Book 12:00 Lunch 12:45 Bingo 6:00 Elder Care BP</p>	<p>25 10:00 Move, Strengthen, and Stretch 12:00 Bridge Eleanor 1:30 Beg Bridge Dan 1:30-3 Free Sr Swim Y</p>
<p>28 9:15 Enhance Fit 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Bridge Nerina 1:00 Comstock Knitters and Crafters</p>	<p>29 10:00 Painting Althea 10:30 Pool/Billiards 11:00 Yoga 12:00 Lunch and Learn with First Selectman Bill Brennan 12:30 Mah Jongg Kay 2:00 Chair Yoga OH</p>	<p>30 9:30 RSVP 10:00 Writers 10:00 Tai Chi 10:00 Dup Bridge Dan 12:00 Lunch OH 1:30 Mah Jongg</p>	<p>31 9:00 Enhance Fit 10:00 Encore 10:00 Diva JEVAS 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch 12:45 Bingo</p>	<p>Are Ice Dams Harming Your Home?</p> <p>February 7 11:00 a.m.</p> <p>Reserve your place now!</p>

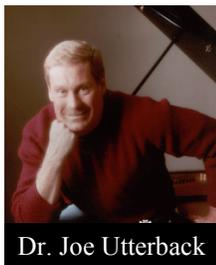
FEBRUARY 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="font-size: 48pt; font-weight: bold; margin-bottom: 10px;">K</div> <div style="font-size: 48pt; font-weight: bold; margin-bottom: 10px;">E</div> <div style="font-size: 48pt; font-weight: bold;">Y</div> <p> OH Ogden House 100 River Road 203-762-8035 Y Wilton Family Y 404 Danbury Road 203-762-8384 WL Wilton Library 137 Old Ridgefield Rd. 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 Rd., Rdgfld 203-438-8226 BP Brookdale Place 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 </p> <p>All activities are held at the Senior Center unless otherwise noted.</p>				<p>1</p> <p>10:00 Move, Strengthen, Stretch</p> <p>10:00 iPad Introduction</p> <p>12:00 Bridge Eleanor</p> <p>1:30 Beg Bridge Dan</p> <p>1:30-3 Free Sr Swim</p>
<p>4</p> <p>9:15 Enhance Fit</p> <p>9:30 Memoir Research</p> <p>10:30 Line Dancing</p> <p>11:30 Coffee and...</p> <p>12:00 Movie</p> <p>12:30 Play Reading with Andrea</p> <p>1:00 Bridge Nerina</p>	<p>5</p> <p>9:30 Getting Around the Internet</p> <p>10:00 Painting Althea</p> <p>11:00 Yoga</p> <p>12:00 Garden Club Lunch and Activity</p> <p>2:00 Chair Yoga OH</p>	<p>6</p> <p>9:30 RSVP OH</p> <p>9:30 Memoir Research</p> <p>10:00 Tai Chi</p> <p>10:00 Writers</p> <p>10:00 Dup Bridge Dan</p> <p>12:00 Dup Bridge Lois</p> <p>12:00 Lunch OH</p> <p>Program: WHS Orchestra</p> <p>1:30 Mah Jongg</p>	<p>7</p> <p>9:00 Enhance Fit</p> <p>10:00 Diva JEVAS</p> <p>10:00 Yoga</p> <p>11-12 Blood Pressure Screening</p> <p>11:00 Ice Dams Presentation</p> <p>12:00 Lunch</p> <p>12:45 Bingo</p>	<p>8</p> <p>9:30 SC Advisory</p> <p>10:00 Jewelry Workshop</p> <p>10:00 Move, Strengthen, Stretch</p> <p>12:00 Bridge Eleanor</p> <p>1:30 Beg Bridge Dan</p> <p>1:30-3 Free Sr Swim Y</p>
<p>11</p> <p>9:15 Enhance Fit</p> <p>10:30 Line Dancing</p> <p>11:30 Coffee and...</p> <p>12:00 Movie</p> <p>1:00 Bridge Nerina</p>	<p>12 8:30 Cholesterol Screening VNH (appt. only)</p> <p>10:30 Pool/Billiards</p> <p>10:00 Painting Althea</p> <p>11:00 Yoga</p> <p>1:00 Comstock Knitters and Crafters</p> <p>2:00 Chair Yoga OH</p> <p>2:00 Mah Jongg Kay</p>	<p>13</p> <p>9-10:30 Blood Pressure Screening Y</p> <p>9:30 RSVP OH</p> <p>10:00 Tai Chi</p> <p>10:00 Dup Bridge Dan</p> <p>12:00 Chicago Bridge Dorothy</p> <p>12:00 Lunch OH</p> <p>Program: Music of Chris Merwin</p> <p>1:30 Mah Jongg</p>	<p>14</p> <p>9:00 Enhance Fit</p> <p>10:00 Diva JEVAS</p> <p>10:00 Yoga</p> <p>11:00 Wii Bowling</p> <p>12:00 Lunch</p> <p>12:45 Bingo</p> <p>5:30 Social Services Commission</p>	<p>15</p> <p>10:00 Move, Strengthen, Stretch</p> <p>10:30 Sketching and Painting with Viola</p> <p>12:00 Bridge Eleanor</p> <p>1:30 Beg Bridge Dan</p> <p>1:30-3 Free Sr Swim Y</p>
<p>18</p> <p>9:15 Enhance Fit</p> <p>10:30 Line Dancing</p> <p>11:30 Coffee and...</p> <p>12:00 Movie</p> <p>1:00 Bridge Nerina</p>	<p>19</p> <p>9:30 Beyond Beginners</p> <p>10:00 Painting Althea</p> <p>11:00 Yoga</p> <p>12:00 Dup Bridge Maureen</p> <p>2:00 Chair Yoga OH</p>	<p>20 9:30 RSVP OH</p> <p>9:30 Card Stamping</p> <p>9:30 Beyond Beginners</p> <p>9-10:30 Blood Pressure Screening Y</p> <p>10:00 Tai Chi</p> <p>10:00 Writers</p> <p>10:00 Dup Bridge Dan</p> <p>12:00 Lunch OH</p> <p>Program: Bingo by Brookdale</p> <p>1:30 Mah Jongg</p>	<p>21</p> <p>9:00 Enhance Fit</p> <p>10:00 Diva JEVAS</p> <p>10:00 Yoga</p> <p>11:45 Wilton Senior Council</p>	<p>22</p> <p>10:00 Move, Strengthen, Stretch</p> <p>12:00 Bridge Eleanor</p> <p>1:30 Beg Bridge Dan</p> <p>1:30-3 Free Sr Swim Y</p>
<p>25</p> <p>9:15 Enhance Fit</p> <p>10:30 Line Dancing</p> <p>11:30 Coffee and...</p> <p>12:00 Movie</p> <p>1:00 Bridge Nerina</p> <p>1:00 Comstock Knitters & Crafters</p>	<p>26</p> <p>10:00 Painting Althea</p> <p>10:00 WWC Intern</p> <p>11:00 Yoga</p> <p>11:00 Book Discussion</p> <p>12:00 Lunch</p> <p>12:30-2 Blood Pressure Screening VM</p> <p>12:30 Mah Jongg Kay</p>	<p>27</p> <p>9:30 RSVP OH</p> <p>10:00 Tai Chi</p> <p>10:00 Duplicate Dan</p> <p>12:00 Chicago Bridge Dorothy</p> <p>12:00 Lunch OH</p> <p>Program:</p> <p>1:30 Mah Jongg</p>	<p>28</p> <p>9:00 Enhance Fit</p> <p>10:00 Encore</p> <p>10:00 Diva JEVAS</p> <p>10:00 Yoga</p> <p>12:00 Lunch</p> <p>12:45 Bingo</p>	

WILTON SOCIAL SERVICE NEWS

Stay at Home in Wilton Presents Dr. Joe Utterback in Concert at the Wilton Library January 6

Stay at Home in Wilton is pleased to partner with the Wilton Library to bring "The Great American Songbook" to town. Dr. Joe Utterback is a superb pianist and even a better story teller with music. He is comfortable playing with symphony orchestras, jazz ensembles, but usually by himself. As a celebrated American jazz pianist, composer, and recording artist, "Dr. Joe" Utterback is a featured performer at the Tony Awards dinners in New York City and music festivals across the country.



Dr. Joe Utterback

The concert will be held in the Wilton Library's Brubeck Room on Sunday, January 6, at 2 p.m. Reservations at www.wiltonlibrary.org are strongly recommended.



On Saturday, January 19, the Hearing Loss Association of America, Southwestern CT Chapter will hold an information meeting at 10 a.m. at the United

Covenant Church, 68 Westport Road, Wilton on the topic, "What Can I Do?", a presentation of dramatic situations for families dealing with hearing loss. Meetings are equipped with a loop system and real time captioning. Programs are free of charge and open to the public. For more information visit: www.heareez.org or call Alan Gould at 203-762-8269.



Pool Anyone?

Jack and Gordon are looking for some additional players to gather around the pool table.

Interested?

Call
203-834-6240.

CHOICES VOLUNTEERS NEEDED

The Wilton Department of Social Services is looking for two volunteers to become CHOICES counselors. CHOICES is a program that helps Connecticut's older adults and persons with disabilities understand their Medicare coverage and their healthcare options. CHOICES trains community volunteers for the gratifying work of helping individuals become informed healthcare consumers. CHOICES volunteer counselors provide free and objective information on Medicare Parts A, B, C and D, Medigap insurance and Medicaid. Counselors do not sell insurance or recommend one plan over another. To learn more about becoming a CHOICES volunteer call Wilton Social Services 203-834-6238.

A Lesson Learned from Hurricane Sandy

If your land line telephone is out during a power outage, you need a way to keep your cell phones charged. You can buy battery packs that you can pre-charge before a storm and have available to recharge your cell during a power outage. These battery packs are available at any store that sells electronics.

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Wilton Social Services Department is available to help you apply for assistance with your heating bills. Income guidelines for eligibility state that a single individual may earn no more than \$31,863; a couple's maximum income may not exceed \$41,667. Income includes wages, social security, pension, rental income, child support and interest. Homeowners must have less than \$10,000 in savings including IRAs and renters less than \$7,000. For more information or to schedule an appointment, call Social Services at 203-834-6238.



WILTON TAX RELIEF PROGRAM FOR ELDERLY OR DISABLED HOMEOWNERS

Applications for the Wilton Tax Relief Program for Elderly or Disabled Homeowners and the State of Connecticut Elderly and Totally Disabled Tax Relief Program are available at the Town Hall Assessor's Office. The filing period for both programs is February 1 to May 15. For additional information, please contact the Assessor's Office at 203-563-0122.

Enhance Your Fitness In 2013

Through the initiative of Maryann Genuario, fitness coordinator for the Wilton Family Y, **Enhance Fitness**, an evidence-based group exercise program at the Senior Center, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.

You can recognize an Enhance Fitness class by the relaxed atmosphere and the laughter in the room. A full hour of fun, Enhance Fitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility. Individual progress is measured by periodic fitness checks.

In a typical class, participants experience:

- A certified instructor with special training in bringing out the physical best from older adults
- A 5-minute warm-up to get the blood flowing to the muscles
- A 20-minute aerobics workout that gets participants moving, or a walking workout to lively music that the class chooses
- A 5-minute cool-down
- A 20-minute strength training workout with soft ankle and wrist weights (0 up to 20 pounds)
- A 10-minute stretching workout to keep the muscles flexible
- Balance exercises throughout the class

The Enhance Fitness class takes place on Mondays, 9:15 a.m. to 10:15 a.m.; and Thursdays, 9:00 a.m. to 10:00 a.m. It is conducted by Denise Suarez and Leslie Hinshaw, certified instructors from the Wilton Family Y. Fee: \$3 per class.

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

Enhance Fitness

Mondays

9:15 a.m. to 10:15 a.m.

Thursdays

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

Line Dance Fusion

Mondays

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

Yoga

Tuesdays

11:00 a.m. to 12:00 a.m.

Thursdays

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

Tai Chi

Wednesdays

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

Move, Strengthen, Stretch

Fridays

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



MJ Fitzgibbon, Kelly Farrell, and Phyllis Boozer follow the lead of instructor Leslie Hinshaw.

Other opportunities for exercise and camaraderie are available throughout the week at the Senior Center:

MOVE, STRENGTHEN, AND STRETCH

Fridays, 10:00 a.m. to 11:00 a.m., \$3 per class

Visiting Nurse and Hospice of Fairfield County provides this light aerobic movement class. The exercises promote heart health with light weights for strength and gentle stretching to tone your body. Julienne Camhi, Instructor.

LINE DANCE FUSION

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

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, 10:00 a.m. to 11:00 a.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. Debbie Dong, 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!



The popular Live Well series will return to the Senior Center in mid-March.

Live Well assists adults age 60 or older with one or more conditions such as arthritis, diabetes, high blood pressure, anxiety, depression, heart or lung disease, asthma, cancer or chronic pain and their caregivers. It is a nationwide, evidence-based health promotion program developed by Stanford University to help adults living with chronic conditions manage their health and maintain active, fulfilling lives.

Please call 203-834-6240 and speak with Lizabeth Doty for program specifics and registration. Further details about the program can be found at www.swcaa.org. Just click on "Benefits and Services" and "Live Well Program."

Wilton Commons Under Construction

-The Wilton Commons building is 50% complete. Wetland plantings are in place, windows have been installed and the mechanical rough-ins are underway. Completion date target is April 2013.

-The Decorating Committee is working on entrance signing, interior furnishing and designs for contributor recognition.

-92 applications for the 51 units have been received. Interviews with each applicant will last until February 2013.

-Mutual Housing Association, our developer, has submitted an application to the Connecticut Department of Economic and Community Development for an additional 23 units of housing to complete the 74 units originally proposed.

To receive information, call the Wilton Commons message center at 203-487-3633 or visit Wilton Commons at www.WiltonCommons.org.

George Ciaccio, Chairman



Lunch and Learn
with our First Selectman
Bill Brennan

Come to the Senior Center on Tuesday, January 29, at noon for a complimentary "Lunch and Learn" with First Selectman Bill Brennan.

Mr. Brennan is currently serving his fourth term as Wilton's First Selectman. As First Selectman Mr. Brennan has implemented new policies to insure cost effective management of the town. He encouraged the development of a revised plan of conservation and development, including a new Village District plan. Mr. Brennan's leadership and vision have helped to improve Wilton Center, create a restructured town government, start construction of Wilton Commons, improve our roads and school facilities over the next five years, and expand and refurbish the Wilton Senior Center.

Mr. Brennan will fill us in on "what's new in Wilton" and field questions from participants. Reservations: 203-834-6240.

Continuing your education in the new year...

The following computer classes for PC users are offered at the Comstock Computer Learning Center at the Senior Center, 180 School Road. Call Andrea Ragusa at 203-762-8445 to register. The classes take place from 9:30 a.m. to 11:30 a.m.

Computer Fundamentals

This introductory course is for those with limited or no computer experience who would like to test the waters. This is excellent preparation for Beyond Beginners Word 2007/2010. Taught by Andrea Ragusa; January 22 and 24. Fee: \$30.

Picasa Photo Workshop

Want to do something with all those pictures currently on your computer... or those photos in your future? Google's Picasa software lets you organize, edit, and upload your photos in quick, easy steps, and the software is free! **Picasa** is an image organizer and image viewer for organizing and editing digital photos, plus an integrated photo-sharing website. "Picasa" is a blend of the name of Spanish painter Pablo Picasso, the phrase *mi casa* for "my house," and "pic" for pictures. Taught by Bill Brautigam; January 15. Fee: \$20.

Organize Your Memoir Research and Prepare it for Publication

Become an author! This course will provide comprehensive information as to options for printing when preparing a memoir for print in book form. It will outline how to set up your copy in order to have continuity among the pages and how to develop graphics to enhance the book's material. Learn practical points which will save you money when you take the manuscript to a professional printer or local UPS Store. This is not a research course; it is a workshop to help you organize before you get started. Taught by Catherine Myers; February 4 and 6. Fee: \$30.

Getting Around The Internet: Age 50+

This introduction to use of the Internet begins with an overview followed by the concepts and terminology needed to get you "surfing the web" for specific information and fun. Use of the mouse and knowledge of the keyboard are required. Students learn to use Google and Yahoo to search for and download information and pictures. The course also covers attaching images and documents to email (Yahoo!), managing favorites, save, and print. Taught by Andrea Ragusa; February 5. Fee: \$20.

Beyond Beginners Word 2007/2010

Word 2007/2010 has a different appearance from the previous Word version you may have been using. The famil-

iar toolbars and menus from previous versions of Word are gone! You will learn how to do the same things you've always done such as entering, changing, deleting, copying, pasting, underlining, aligning, saving, bulleting, and numbering in a Word 2007/2010 environment. Taught by Catherine Myers; February 19 and 20. Fee: \$30.

Daytime Adult Winter Classes by LLI at NCC

You are invited to join the Lifetime Learners Institute, the 20-year-old non-profit adult education organization at Norwalk Community College on Richards Avenue. Unique one-day, two-hour daytime Winter Courses (FREE for members) start the week of January 28 and run for five weeks.

Members may come to one or more of the following: Mondays: I LOVE TO READ, Tuesdays: OLD MOVIE CLIPS REVIEWED, Wednesdays: HISTORY, Thursdays: CURRENT EVENTS, Fridays: THE ARTS. All classes are at 2 p.m. Monday through Thursday and at 10 a.m. on Friday. After the Friday morning class, members are invited to gather for a brown bag social hour with beverages and desserts provided by LLI in advance of a one-hour "Lunch & Learn" presentation by a guest speaker at 1 p.m.

All free Winter courses do NOT require pre-class registration or additional fees. NOTE: New twelve-month calendar year memberships are available for \$40. For further information phone 203-857-3330 or see www.lifetimelearners.org.

Backgammon Anyone?

A backgammon group is forming at the Senior Center. Learn the basics of this centuries-old game. Call the Senior Center at 203-834-6240 for more information.



Ogden House

100 River road, Wilton

Liz Wendell teaches gentle chair yoga every Tuesday 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. Drop in any day. Fee: \$3 per class. New students welcome. Call Ogden House at 203-762-8035 to sign up.

The following classes are offered through the Wilton Continuing Education program. Call 203-834-7694 to register.

Oil Painting and Acrylics (Daytime Class)

10 Sessions: Tuesdays, January 29-April 2; 10 a.m. to 12:30 p.m. Class held at Senior Center, Crafts and Arts Studio. No class on February 19.

Discover the basics of painting such as color value, perspective, composition and shadows. Choose your own subject with the goal of achieving a beautiful painting with an emphasis on creativity. Come prepared for the first class with a sketchbook, pencil and a kneadum (gum) eraser. Instructor: Althea Ericsson, MFA. Fee: \$200

Social Security Planning

2 Sessions: Tuesdays, February 26 and March 5; 7 p.m. to 8:30 p.m. Class held at Middlebrook School. It's never too early to learn how to optimize your social security benefits. Discuss the mistakes that soon-to-be retirees make when it comes to social security planning. Learn how timing plays a critical role in claiming your benefits, how to integrate social security with other sources of retirement income and how to best provide for your survivors. Instructors: Dave and Chris Ceponis of Ceponis Financial Group in Wilton. Fee: \$20.

Memoirs: Writing Your Life Stories

6 Sessions: Tuesdays, February 26 to April 2; 10 a.m. to 12:00 p.m. Class held at Middlebrook School.

Everyone has a story to tell. Whether you seek to write short personal essays or a full-length memoir, you'll learn engaging ways to tell your life stories using the finesse of fiction. You will focus on applying elements of character, plot, description, and dialogue. Each class will feature a writing craft lecture using contemporary examples from best-selling memoirs, followed by collaborative feedback on the work of classmates. This class is designed for both beginner and intermediate writers. Instructor: Marcelle Soviero, author of *An Iridescent Life*. Fee: \$150.

Estate Planning

2 Sessions; Thursdays, April 25 and May 2; 7 p.m. to 8:30 p.m. Class held at Middlebrook School. This course is a detailed seminar on estate planning techniques, with an emphasis on avoiding gift and estate taxes, avoiding probate and maximizing lifetime wealth. It is an in-depth review of federal and state tax laws, wills, trusts, living wills and trusts, and coordination of retirement and life insurance with estate planning. Case studies will be included. Instructor: Mark Haranzo, Esq., a partner in the Family and Business Group of Withers Bergman LLP in New York City. Fee: \$50

**Brookdale Place
96 Danbury Road, Wilton**

On Thursday, January 17, learn about the Aid and Attendance Benefit available through the Veterans Administration for veterans and surviving spouses of deceased veterans. Join us either at "lunch and learn" at noon or at 6 p.m. (with refreshments). This talk will be given by Holly Walters with Veterans Financial. Snow date will be Thursday, January 31, at the same times.

Navigating the Elder Care Maze will be held on Thursday, January 24, from 6 p.m. to 7 p.m. with refreshments. Wendy Seiler with Assisted Transitions, a referral company, will make this presentation.

A Puerto Rican cooking demonstration with Brookdale's Chef Miguel Martinez will be held on Wednesday, January 23, at 5 p.m. He will prepare beef empanadas with red beans and rice.

All events are free and open to the public. RSVP to Christy Perone at 203-761-8999. Events will be held at Brookdale Place Wilton, 96 Danbury Road, Wilton.

SUPERVISED BRIDGE OPPORTUNITIES

BEGINNER BRIDGE LESSONS

Fridays beginning January 25, 1:30 p.m. to 3:30 p.m., \$75 for the eight-week series. Reservations required. Class size limited.

Bridge is a game that combines exercise of the reasoning faculties, the short- and long-term memory centers, planning and collation skills, social interaction techniques, and other mental calisthenics useful in everyday life. This is not a class conducted as a series of ongoing lectures to a seated audience. Here you will learn bridge *by playing* bridge. In this class, you will play, ask questions, and laugh a lot. This class is for the player with no or limited bridge experience and a desire to have fun.

DUPLICATE BRIDGE WITH DAN

Duplicate Bridge is a form of contract bridge in which contestants play identical cards, with each deal being scored independently, permitting comparison of individual scores. For all level of playing. This is not a sanctioned game. Dan DeVlieg will supervise.

Wednesdays, 10:00 a.m. to 12:30 p.m., \$5 drop-in fee. Reservations required.

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

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New Shades for the Senior Center

New window shades were installed at the Senior Center to the delight of participants! Through the generosity of Wilton Continuing Education, an anonymous benefactor, and proceeds from Senior Community Day, shades were purchased for the lounge, game room, crafts and arts studio, and dance studio. Come visit and be sure to notice this attractive and practical addition to the new décor of the Senior Center.

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	
Sharon Powers	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	203-866-0435
RUOK (Are You OK?)	203-834-6238 or 834-6260
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