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IT'S SUMMERTIME!

Free Summer Events

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

Brookdale Place of Wilton will host a complimentary summer picnic on Wednesday, July 9, at noon, complete with entertainment.



Laurel Ridge will host a complimentary ice cream party on Tuesday, August 26, at the Senior Center at noon.

The Greens at Cannondale will host a complimentary lunch and bingo on Tuesday, August 5, at noon.

UBS will host a complimentary lunch and presentation on Tuesday, July 29, at noon at the Senior Center. The presentation will focus on Funding your Childs / Grandchild's Education and the advantage of 529 Plans, the cost of tuition today and in the future, and how using tax-free growth via 529 Plans can help cover the costs of tuition.



Synergy HomeCare of Fairfield will sponsor a complimentary lunch for seniors at noon on Thursday, July 17, at the Senior Center. Synergy HomeCare of Fairfield provides non-medical home care and senior care service in our area. They provide companionship, homemaking help, personal care, memory care and even respite care to individuals and their families. Come and join the fun in the cafe at this informal lunch followed by bingo.

LIBRARY DOWNLOADS WITH MELISSA BAKER

July 23 and August 27, 1:00 p.m.
Free Fiction, Films, and Fugues To-Go
BYOD - Bring your own device and follow along as Melissa Baker demonstrates the Library's free downloadables and streaming media at the Senior Center. You will learn about our downloadable eBooks and audio books (OverDrive and OneClick), downloadable eMagazines (Zinio), streaming movies (IndieFlix), and streaming jazz and classical music (Naxos Music Library), all available 24/7 from Wilton Library. There is something for everyone and hours of enjoyment for patrons with Wilton Library cards. Melissa will contact registrants prior to the session to advise them in their preparation. Register at 203-762-3950.



Free Summer Music and Arts Festival at The Greens

July 13, 3:00 p.m. *Calypso with Conroy Warren*
July 20, 2:30 p.m. *Music & Memories with John Redgate*
July 27, 3:00 p.m. *Musically speaking with John Gould*
August 11 and 25, 11:15 a.m. *Great Stars in the Movies with Byron Matthews*
August 9, 2:00 p.m. *Broadway Show Tunes with the Sedgwick Sisters*
August 6 and 13, 3:15 p.m. *"Reflections on Art" with Darby Cartun*

Everyone's invited to these summer treats at The Greens at Cannondale, 435 Danbury Rd.

SENIOR CENTER ACTIVITIES THROUGH THE SUMMER

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

THURSDAY LUNCH AND BINGO

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

ENHANCE FITNESS

Mondays (9:15 a.m.), Thursdays (9:00 a.m.); \$3 drop-in fee per class

The hour-long class includes 30 minutes of endurance-type activity and specific strengthening exercises for legs, trunk, arms and shoulders. The class is taught by Laura Mars and Leslie Hinshaw, instructors at the Wilton Y.

TUESDAY AND/OR THURSDAY YOGA

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

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

FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m., \$5 drop-in

Do you limit yourself without even knowing it? It's time to take charge of your own comfort and discard the movement patterns that hold you back. Explore this exciting and innovative movement method designed to relieve pain, exercise your brain, and teach you to move with greater comfort, ease, and fluidity. Cathy Paine, Instructor.

TAI CHI

Wednesdays, 10:00 a.m. to 11:00 a.m. during the summer; \$3 drop-in fee per class

Julienne Camhi teaches these easy-to-absorb, effective, short sets of motions (forms) appropriate for any age. Tai Chi has been shown to prevent falls and improve the daily functioning of seniors.

LINE DANCING

Mondays, 10:30 a.m. to 11:30 a.m., \$3 drop-in fee per class

Beatriz Araujo teaches line dancing as a great form of exercise and social interaction. Beginners as well as experienced dancers are welcome. Summer's a great time to learn a new exercise in the air-conditioned dance studio.

JEWELRY WORKSHOP

July 11 and 25, August 1 and 15, 10:00 a.m. to 11:30 a.m.; \$5 drop-in fee per class

Viola Galetta conducts this jewelry-making workshop. No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Select materials to match your own style.

COMSTOCK KNITTERS AND CRAFTERS

July 8 and 28, August 12 and 25, 1:00 p.m. to 2:30 p.m.

Basic instruction will be provided for projects; the company will be great, too. Not a knitter? Bring your own handiwork and enjoy the camaraderie.

Students for Seniors is booking appointments for personal tutoring on iPad, iPhone, smart phones, and laptops. Call President Neal Sarup for an appointment 203-762-7751. Tutoring sessions take place at the Senior Center and are compliments of Students for Seniors, Wilton High School student volunteers.

BRIDGE GROUPS

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

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

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

Drop-In Duplicate: 10:00 a.m. on Wednesdays; \$5.

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

VOLUNTEERS NEEDED

VITAS Innovative Hospice Care®, a pioneer and leader in the hospice movement since 1978, provides a special form of care for people with life-limiting illnesses. Volunteers provide an added value to a patient's experience by providing emotional support. Volunteers can also assist with running errands and providing respite time for families.

VITAS is currently looking for dependable, flexible, and caring individuals to spend time with our patients all over Fairfield County. Patient Support Volunteer training will be held on July 10 in Stratford and July 24 in Stamford from 10 a.m. to 3 p.m. Interested volunteers should contact Volunteer Manager Christine Urpin for an interview at 203-455-3345 or Christine.urpin@vitas.com.

JULY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SAHW Men's Monthly Breakfast Orem's Diner, 9 a.m. Tuesday, July 8 All men are invited to attend. Orem's Diner 167 Danbury Rd. R.S.V.P 203-762-2600</p>	<p>1 10:30 Billiards/Pool 11:00 Yoga</p>	<p>2 10:00 Drop-In Duplicate Bridge 10:00 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg</p>	<p>3 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 11-12 Blood Pressure Screening 12:45 Bingo</p>	<p>4 </p>
<p>7 8:00 Trip to Foxwoods Casino 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie</p>	<p>8 9:00 Stay at Home Men's Breakfast at Orem's 10:30 Billiards/Pool 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Mah Jongg</p>	<p>9 10:00 Drop-In Duplicate Bridge 10:00 Tai Chi 12:00 Picnic at Brookdale Senior Living with entertainment by Bill Kohler 1:00 Mah Jongg</p>	<p>10 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:45 Bingo</p>	<p>11 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30-3 Free Swim for Seniors Y</p>
<p>14 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie</p>	<p>15 10:30 Billiards/Pool 11:00 Yoga 12:00 Duplicate Bridge</p>	<p>16 10:00 Drop-In Duplicate Bridge 10:00 Tai Chi 1:00 Mah Jongg</p>	<p>17 9:00 Enhance Fitness 10:00 Yoga 12:00 Complimentary Lunch and Bingo by Synergy Homecare</p>	<p>18 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Swim for Seniors Y 5-7 p.m. Stay at Home in Wilton Summer BBQ-All invited.</p>
<p>21 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Comstock Knitters and Crafters</p>	<p>22 10:30 Billiards/Pool 11:00 Yoga 12:30-2 Blood Pressure at Village Market 12:30 Mah Jongg 3:00 Stay at Home</p>	<p>23 10:00 Drop-In Duplicate Bridge 10:00 Tai Chi 1:00 Mah Jongg 1:00 Library Downloads</p>	<p>24 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo</p>	<p>25 No Feldenkrais today 10:00 Jewelry Workshop 12:00 Bridge 1:30-3 Free Swim for Seniors Y</p>
<p>28 8:30 Newport On-Your-Own Trip 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie</p>	<p>29 10:30 Billiards/Pool 11:00 Yoga 12:00 UBS 529 Presentation and complimentary Lunch</p>	<p>30 10:00 Drop-In Duplicate Bridge 10:00 Tai Chi 1:00 Mah Jongg</p>	<p>31 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo</p>	<p>SAHW Summer BBQ Friday, July 18 5-7 p.m. Wilton Family Y Pavilion All are invited. R.S.V.P 203-762-2600</p>

AUGUST 2014

Monday

Tuesday

Wednesday

Thursday

Friday

Visiting Nurse
& Hospice
of Fairfield County 
Bringing Healing and Comfort to Our Community

BLOOD PRESSURE SCREENINGS

Sponsored by Visiting Nurse & Hospice
of Fairfield County

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

1
10:00 Feldenkrais
10:00 Jewelry Work-
shop
12:00 Bridge
1:30-3 Free Swim for
Seniors Y

4
9:15 Enhance Fitness
10:30 Line Dancing
11:30 Coffee and...
12:00 Movie

5
10:30 Billiards/Pool
11:00 Yoga
12:00 Complimen-
tary Lunch and Bingo
at The Greens

6
10:00 Drop-In Du-
plicate Bridge
10:00 Tai Chi
12:00 Duplicate
Bridge
1:00 Mah Jongg
3:15 Reflections in
Art-Greens

7
9:00 Enhance Fit-
ness
10:00 Yoga
**11-12 Blood Pres-
sure Screening**
12:00 Lunch
12:45 Bingo

8
10:00 Feldenkrais
12:00 Bridge
1:30-3 Free Swim for
Seniors Y

11
8:45 Trip to Mohegan
Sun Casino
9:15 Enhance Fitness
10:30 Line Dancing
11:15 Great Stars in
Movies- Greens
12:00 Movie

12
10:30 Billiards/Pool
11:00 Yoga
12:00 Duplicate
Bridge
1:00 Comstock
Knitters and Crafters
2:00 Mah Jongg

13
10:00 Tai Chi
10:00 Drop-In Du-
plicate Bridge
1:00 Mah Jongg
3:15 Reflections
in Art- Greens

14
9:00 Enhance Fit-
ness
10:00 Yoga
12:00 Lunch
**12:30-2 Blood
Pressure Screen-
ing Y**
12:45 Bingo

15
10:00 Feldenkrais
10:00 Jewelry Work-
shop
12:00 Bridge
1:30-3 Free Swim for
Seniors Y

19
8:45 Trip to Clinton
Crossing and West-
brook
9:15 Enhance Fitness
10:30 Line Dancing
11:30 Coffee and...
12:00 Movie

19
10:30 Billiards/Pool
11:00 Yoga
12:00 Duplicate
Bridge
**12:30-2 Blood Pres-
sure Screening VM**

20
10:00 Drop-In Du-
plicate Bridge
10:00 Tai Chi
1:00 Mah Jongg

21
9:00 Enhance Fit-
ness
10:00 Yoga
12:00 Lunch
12:45 Bingo

22
10:00 Feldenkrais
12:00 Bridge
1:30-3 Free Swim for
Seniors Y

25
9:15 Enhance Fitness
10:30 Line Dancing
11:15 Great Stars in
Movies- Greens
12:00 Movie
1:00 Comstock Knitters
and Crafters

26
10:30 Billiards/Pool
11:00 Yoga
12:30 Mah Jongg
3:00 Stay at Home

27
10:00 Tai Chi
10:00 Drop-In Du-
plicate Bridge
1:00 Mah Jongg
1:00 Library
Downloads

28
9:00 Enhance Fit-
ness
10:00 Yoga
12:00 Lunch
12:45 Bingo

29
No Feldenkrais To-
day
12:00 Bridge
1:30-3 Free Swim for
Seniors Y