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## Free Summer Events

Call the Senior Center at 203-834-6240 to reserve a place at the following events:

**Brookdale Place of Wilton** will host a complimentary summer picnic on Wednesday, July 11, at noon, complete with entertainment.

**Laurel Ridge** will host a complimentary lunch and presentation "Bone Health: No Bones About It!" by orthopedist Dr. Edward Feliciano on Thursday, July 12, at noon at their Ridgefield location.

**The Greens at Cannondale** will host a complimentary lunch and bingo on Wednesday, July 25 and August 22, at noon.

**Wilton Meadows Rehabilitation and Health Care Center** will host a complimentary lunch and bingo on Wednesday, August 1, at 11:30 a.m.

*Brookdale Place of Wilton will also host:*

Lunch with Executive Director Wendy Kaufman, July 10, 14, and 19, at 12:30 p.m. Ask Wendy questions about senior issues while enjoying a complimentary lunch.

The Painless Move, July 28, at 2:00 p.m. Social Worker Val Juleson and Attorney Mike LaMagna

## PARKS AND REC TRIPS

**Foxwoods Casino, Monday, July 9**  
Depart: 8:00 a.m.; Return: 5:00 p.m.

**Mohegan Sun Casino, Monday, July 23**  
Depart: 8:45 a.m.; Return: 5:00 p.m.  
Resident Fee: \$25.00; Non-Resident: \$35.00  
(transportation only)

**Circle Line Cruise, Monday, August 6**  
Depart: 9:00 a.m.; Return: 5:00 p.m.  
Resident Fee: \$40; Non-Resident: \$50  
(transportation and cruise only)

**Outlets at Clinton Crossings  
and Westbrook  
Monday, August 13**  
Depart: 8:45 a.m.; Return: 5:00 p.m.  
Resident Fee: \$25.00; Non-Resident: \$35.00  
(transportation only)  
Call 203-834-6234

will provide tips on how to ease the moving experience. All this and ice cream, too!

Wine Tasting to raise money for the Alzheimer's Association, Thursday, August 9, from 5:00 to 7:00 p.m. Suggested donation, \$10.

Ice Cream Social, Friday, August 10, from 3:00 to 4:00 p.m.

Call Christy Perone at 203-761-8999 to sign up.



CALL  
Dial-A-Ride  
203-834-6235  
for transportation

## WILTON CELEBRATES JULY 4\*

Events take place at the  
**WILTON  
HIGH SCHOOL  
ATHLETIC  
COMPLEX**

- 8:30 Freedom Run Road Race (5K)
- 2:30 Republicans Vs. Democrats Softball Game
- 5:00 Music by Shelter Dogs
- 6:30 Music by Shadow Act
- 8:00 Music by The Rum Runners
- 9:30 Fireworks! (approx. time)
- 10:00 More Rum Runners Music

**Call 203-834-6234 for info.**

\*Raindate: July 5

Lizabeth Doty, Senior Activities Coordinator, Town of Wilton  
Comstock Community Center, 180 School Road, Wilton, CT 06897 203-834-6240  
Read Corridors on the Town website at [www.wiltonct.org](http://www.wiltonct.org).

**NEW** **CREATIVE CARD STAMPING WITH ANDREA RAGUSA**  
July 18 and August 15, 11:15 a.m. to 1:15 p.m.; \$10 per class.  
 Learn and use the techniques of stamping to create assorted cards for all occasions. Materials supplied by the instructor. Reservations required: 203-834-6240. Class size limited to 6 participants. Beginners as well as experienced "stampers." Try your hand at something new!

**SENIOR CENTER ACTIVITIES THROUGH THE SUMMER**

**ENHANCE FITNESS**

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

The Wilton Family Y brings the Enhance Fitness program to the Senior Center. 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 Denise Suarez 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.

**TAI CHI**

**Wednesdays, 10:00 a.m. to 10:45 a.m.; \$3 drop-in fee per class (excluding July 4)**

Debbie Dong is owner and manager of Meridians Eastern Health Alternatives. The lessons are taught in 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 11:20 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 6 and August 3, 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 10 and 23, August 14 and 27, 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.

**SKETCHING AND PAINTING**

**July 20 and August 17, 10:30 a.m. to noon; \$10 per class**

Discover your hidden talent. Viola Galetta will instruct **beginners** in the basics of drawing still life, landscape, and even portrait. Students will experiment with acrylics and water colors in a relaxed atmosphere. No experience necessary.

**See the calendars for more activities... ➡**

**Mammography Screening at Ogden House**

The Stamford Hospital Mobile Wellness Coach will provide mammography screening on July 25 from 9:00 a.m. to 3:00 p.m. at Ogden House, 100 River Road. This digital test takes only 15 minutes. Be sure to bring your health insurance cards when you come for your appointment. You may not be eligible for insurance coverage if you have received a mammography screening within the past year. To schedule an appointment, call Louise or Kristin weekdays between 10:00 a.m. to 3:30 p.m. at 203-762-8035 or call the Wellness Center in Stamford at 203-276-2602.

 **MONDAY MOVIES**  
*Classic movies are featured this summer at the Senior Center. Movies begin at noon in the Lounge. Bring your lunch and enjoy the show.*

<u>July</u>	<u>August</u>
2 A Study in Scarlet	6 The Fabulous Dorseys
9 Calendar Girl	13 Dressed to Kill
16 Sherlock Holmes and the Secret Weapon	20 Lost in the Stratosphere
23 Freckles Comes Home	27 The Mandarin Mystery
30 Terror by Night	

***And there's popcorn too!***

# JULY 2012

Monday	Tuesday	Wednesday	Thursday	Friday																																
2 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie: A Study in Scarlet	3 9:00 Enhance Fitness 10:30 Billiards/Pool 11:00 Yoga	Fourth of July Senior Center closed  	5 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	6 10:00 Jewelry Workshop 12:00 Bridge 1:30-3 Free Swim for Seniors Y																																
9 8:00 Trip to Foxwoods Casino 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie: Calendar Girl	10 9:00 Enhance Fitness 10:30 Billiards/Pool 11:00 Yoga 12:30 Lunch with Wendy Kaufman BP 1:00 Comstock Knitters and Crafters	11 10:00 Tai Chi 12:00 Duplicate Bridge (rescheduled) <b>12:00 Complimentary Picnic at Brookdale Place; call 203-834-6240 for reservations.</b> 1:30 Mah Jongg	12 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling <b>12:00 Complimentary Lunch at Laurel Ridge, Ridgefield; call 203-834-6240 for reservations.</b> 1:30 Mah Jongg	13 12:00 Bridge 1:30-3 Free Swim for Seniors Y																																
16 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie: Sherlock Holmes and the Secret Weapon	17 9:00 Enhance Fitness 10:30 Billiards/Pool 11:00 Yoga 12:00 Duplicate Bridge 2:00 Mah Jongg	18 9-10:30 Blood Pressure Y 10:00 Tai Chi 11:15 Creative Card Stamping 1:30 Mah Jongg	19 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:30 Lunch with Wendy Kaufman, BP 12:45 Bingo 1:30 Mah Jongg	20 10:30 Sketching and Painting 12:00 Bridge 1:30-3 Free Swim for Seniors Y																																
23 8:45 Trip to Mohegan Sun Casino 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie: Freckles Comes Home 1:00 Comstock Knitters and Crafters	24 9:00 Enhance Fitness 10:30 Billiards/Pool 11:00 Yoga 12:30-2 Blood Pressure at Village Market	25 9-3 Mammography Screening OH 10:00 Tai Chi <b>12:00 Complimentary Lunch and Bingo at The Greens; call 203-834-6240 for reservations.</b> 1:30 Mah Jongg	26 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	27 12:00 Bridge 1:30-3 Free Swim for Seniors Y																																
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# AUGUST 2012

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>The bocce court is ready!</b> Gather your friends and come to Comstock for a game.</p> <p><b>Merwin Meadows pass is free to seniors.</b> Go to the Parks and Recreation office with ID and Beverly will be happy to help you.</p>		<p><b>1</b> 10:00 Tai Chi <b>11:30 Complimentary lunch and Bingo at Wilton Meadows; call 203-834-6240 for reservations.</b> 12:00 Duplicate Bridge 1:30 Mah Jongg</p>	<p><b>2</b> 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 11:00 Wii bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg</p>	<p><b>3</b> 10:00 Jewelry Workshop 12:00 Bridge 1:30-3 Free Swim for Seniors Y</p>
<p><b>6</b> 9:00 Trip on Circle Line Cruise around Manhattan 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie: The Fabulous Dorseys</p>	<p><b>7</b> 9:00 Enhance Fitness 10:30 Billiards/Pool 11:00 Yoga 12:00 Bridge</p>	<p><b>8</b> 10:00 Tai Chi 1:30 Mah Jongg</p>	<p><b>9</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling 12 Lunch 12:45 Bingo 1:30 Mah Jongg 5:00 Wine Tasting for Alzheimer's Fund BP</p>	<p><b>10</b> 12:00 Bridge 1:30-3 Free Swim for Seniors Y 3:00 Ice Cream Social BP</p>
<p><b>13</b> 8:45 Trip to Clinton Crossing and Westbrook 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie: Dressed to Kill</p>	<p><b>14</b> 9:00 Enhance Fitness 10:30 Billiards/Pool 11:00 Yoga 12:00 Duplicate Bridge 1:00 Comstock Knitters and Crafters</p>	<p><b>15</b> 9-10:30 Blood Pressure Screening Y 10:00 Tai Chi 11:15 Creative Card Stamping 1:30 Mah Jongg</p>	<p><b>16</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg</p>	<p><b>17</b> 10:30 Painting and Sketching 12:00 Bridge 1:30-3 Free Swim for Seniors Y</p>
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<p><b>27</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie: The Mandarin Mystery 1:00 Comstock Knitters and Crafters</p>	<p><b>28</b> 8:45 Water Color OH 9:00 Enhance Fitness 10:30 Billiards/Pool 11:00 Yoga 12:00 Bridge</p>	<p><b>29</b> 10:00 Tai Chi 1:30 Mah Jongg</p>	<p><b>30</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg</p>	<p><b>31</b> 12:00 Bridge 1:30-3 Free Swim for Seniors Y</p>