



# CORRIDORS

SEPTEMBER-OCTOBER 2011

## SENIOR COMMUNITY DAY

### Hosted by The Greens at Cannondale

### Sunday, September 18, 1:00 p.m. to 3:30 p.m.

Join us at The Greens at Cannondale on Sunday, September 18, for the fourth Senior Community Day festivities, a perfect venue for adults of all ages to become informed about area opportunities for senior citizens. This year valet parking will be provided by The Greens at Cannondale. Just pull up under the portico, and the valet will park your car.

Free to all who participate, the event will include presentations, demonstrations, slide shows, live entertainment, door prizes and more! When you check in you will receive a ticket for one of the door prizes provided by the sponsors. You may claim your prize at a sponsor's booth.

Enjoy the music, ask Peter Curran to appraise your antiques and memorabilia, stroll through the exhibit area, and relax with light refreshments in the café.

The Senior Community Day Planning Committee responsible for organizing this event include Judy Zucker, Commission on Social Services; Barbara Newland, The Greens at Cannondale; Christine Pfeffer, Visiting Nurse and Hospice of

Fairfield County; Officer Louis Reszoly, Wilton Police Department; Lizabeth Doty, Wilton Senior Center; Catherine Pierce, Wilton Social Services; Christy Perone, Brookdale Place of Wilton; Betty Johnson, Senior Consultant; Peg Koellmer, Realty Seven; and Lois Alcosser, Public Relations. Net proceeds will benefit the Wilton Senior Center.

Dial-A-Ride is available for this event. Call 203-834-6235 to schedule a ride.



Lizabeth Doty, Senior Activities Coordinator for the Town of Wilton, and Barbara Newland, Marketing Coordinator for The Greens at Cannondale, review Senior Community Day details.

### Major Sponsors

*The Greens and Residence at Cannondale*

*Wilton Meadows Rehabilitation and Health Care Center*

*Brookdale Place of Wilton*

*Norwalk Hospital*

*Hope Street Pharmacy*

*People's United Bank*

*Danbury Hospital*

*Wilton Internal Medicine*

*Ridgefield VNA*

*Visiting Nurse and Hospice of Fairfield County*

### Other Sponsors

*Arbor Medical Group*

*Quality Care Services*

*Comfort Keepers*

*RSVP*

*Ginger Sloane*

*Jeff Turner and Paul Wear,*

*Coldwell Banker*

*Stay at Home in Wilton*

*Kiwanis Club of Wilton*

*Wilton Police Department*

*Elderhouse*

*Realty Seven*

*Fairfield County Bank*

*Wilton Bank*

*Wilton Fire Department*

*Wilton Family Y*

*Griswold Special Care*

# PROGRAMS AT THE SENIOR CENTER- - -

## **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.

## **COUNTRY WESTERN LINE DANCING**

Mondays, 10:30 a.m. to 11:20 a.m., \$3 per class  
This program is a great form of exercise and social interaction. Beginners as well as experienced dancers are welcome.

## **MOVE, STRENGTHEN, AND STRETCH**

Fridays, 10:00 a.m. to 11:00 a.m., \$3 per class  
Visiting Nurse and Hospice of Fairfield county brings this light aerobic movement class to the Senior Center. The exercises promote heart health with light weights for strength and gentle stretching to tone your body.

## **ENHANCE FITNESS**

Mondays, 9:15 a.m. to 10:15 a.m.; Tuesdays and Thursdays, 9:00 a.m. to 10:00 a.m.; \$3 per class  
The Wilton Family Y brings the Enhance Fitness program to the Senior Center. The one-hour class includes 30 minutes of endurance-type activity and specific strengthening exercises for legs, trunk, arms and shoulders. Enhance Fitness helps to maintain and enhance cardio-respiratory fitness, muscle strength, balance and flexibility.



*Marjorie Riccio practices her color technique during Sketching and Painting with Viola Galetta in the new Crafts and Arts Studio in the Senior Center..*

## **TUESDAY AND/OR THURSDAY YOGA**

Tuesdays, 11:00 a.m. to noon; Thursdays, 10:00 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!

## **WILTON GARDEN CLUB ACTIVITIES**

October 4, noon to 1:30 p.m., \$3 for lunch  
The Garden Club serves a delectable lunch and presents a garden-related program. Programs include trips to local gardens, media presentations, and workshops in the Comstock greenhouse.

## **COMSTOCK KNITTERS AND CRAFTERS**

September 13 and 26, October 11 and 24; 1:00 p.m. to 2:30 p.m.  
Basic instruction will be provided for projects, and the company will be great, too! The coffee pot's always on. If you have a work in progress, bring it. If it's all new to you, just come and give knitting a try! We'll supply the practice materials. Not a knitter? Bring your own handiwork and enjoy the company.

## **COMSTOCK WRITERS GROUP**

September 7 and 21, October 5 and 19; 10:00 a.m. to 11:30 a.m.  
Are you interested in reading and writing? Here's a group for you! Do you have family history or lore that you would like to record for future generations? Are you passionate about politics, the arts, travel, or gardening, any of which would provide plenty of material to write about? Leading the group is Magdalen Livesey, an editor and writer living in Wilton.

## **SKETCHING AND PAINTING**

September 16 and October 21, 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. Please bring a sketchpad and soft pencil to the first class. (Available at Walmart or art supplies stores.) Additional materials needed for future classes will be discussed during this class.

# - - -CALL 203-834-6240 TO REGISTER

## PLAY READING

October 3, 12:30 p.m. to 2:30 p.m.

Sherman Poultney and Andrea Ragusa team up to lead the play reading and discussion group at the Senior Center on the first Monday of the month. Participants are invited to take a role or just read along and join in the discussion of the play afterward. Copies of each play are available at the Senior Center prior to the date of the play's reading. An Agatha Christie play, "The Mousetrap," is October's selection. A group of strangers are stranded in a boarding house during a snowstorm and one of them is a murderer. Into the mix comes a policeman traveling on skis. The policeman probes the background of everyone present and rattles a lot of skeletons.

## JEWELRY WORKSHOP

September 2 and October 7, 10:00 a.m. to 11:30 a.m., \$5 plus materials if needed

Beads, beads, beads! No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Select materials to match your own style. Make gifts for relatives and loved ones. Class size limited.

## THURSDAY LUNCH

Thursdays, 12 noon, \$3

Join other seniors for lunch each Thursday. Seating is limited. Reservations required.

## THURSDAY BINGO

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

Join us on Thursdays for BINGO at the Comstock Community Center. Winners get "the pot" each game.

## MONDAY MOVIES

Mondays, Noon to 2:15 p.m.

Bring your lunch and enjoy quality features in the comfort of the Senior Center lounge.

September is **Gone with the Wind** month!

Sept. 12 **Part I**

Sept. 19 **Part II**

Sept. 26 **The Making of a Legend**

Come see the movie and then see how it was made.

October 3 **The Great Gatsby**

October 17 **Casablanca**

October 24 **Special Features in Casablanca**

October 31 **Shirley Temple: The Biggest Little Star**

## BRIDGE ANYONE?

### BEGINNER BRIDGE LESSONS

As our population ages gracefully, pursuits and interests that previously seemed unexciting are viewed in a different light. There is a shift away from punishing physical stress and toward the refinement and nourishing of the intellect. Bridge is a perfect example of this phenomenon. It combines mental exercise of the reasoning faculties, the short- and long-term memory centers, the planning and collation skills, social interaction techniques, and other mental calisthenics useful in everyday life. ***This class is for the player with very little or no bridge experience.***



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

**NEW**

### 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 (except the first Wednesday of the month) beginning September 28, 10:00 a.m. to 12:30 p.m., \$5 drop-in fee. Reservations required.

### 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 Mihailidis at 203-762-8720 to play.



## Lunch and Learn with our First Selectman Bill Brennan

Come to the Senior Center on Tuesday, October 18, at noon for a complimentary “Lunch and Learn” with our First Selectman, Bill Brennan.

Mr. Brennan is currently serving his third term as First Selectman. He previously served on the Wilton Board of Finance, Board of Assessment Appeals, Board of Trustees of the Wilton Library and the Wilton Historical Society, Advisory Board of the Wilton Bank. Following his election as First Selectman, Mr. Brennan implemented many 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. Since being elected to office, Mr. Brennan’s leadership and vision has helped to improve Wilton Center, create a restructured town government, advance the cause of Wilton Commons, and expand, refurbish, and revitalize the Wilton Senior Center.

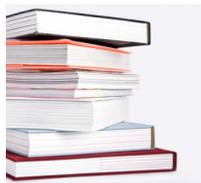
Mr. Brennan holds a B.S. degree from Fordham University and MBA from the University of New Haven with post graduate study at Cambridge University, England, New York University and Harvard. After active military service as an officer in the U.S. Air Force, Mr. Brennan was honorably discharged with the rank of Captain.

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

## Wednesday Lunch

Local religious and civic organization teams prepare a delicious lunch each Wednesday for Wilton seniors. Open to all Wilton seniors, lunch takes place at the Ogden House, 100 River Road. Lunch (\$3) begins at noon and is followed by entertainment or an educational program. The September-October line-up includes:

- |          |  |
|----------|--|
| Sept. 21 | “Musical Memories” with Bill Kohler            |
| Sept. 28 | “Hurricane is Coming” with Weatherman Art Horn |
| Oct. 5   | Bingo with the Wilton Woman’s Club             |
| Oct. 12  | The Park Street Singers                        |
| Oct. 19  | Music by Chris Merwin                          |
| Oct. 26  | Cello Concert by Thirzah Bendokas              |



## Book Discussion

Barbara Jones from the Wilton Library has prepared a wonderful reading series for the coming year at the Senior Center. Each session begins at 11:00 a.m. Lunch is served at noon. Please call the Wilton Library (203-762-3950) in advance to reserve a copy of the book.

### Tuesday, September 27

#### Discussion Leader – Judson Scruton

#### ***Selected Poems* by Amy Clampitt**

Amy Clampitt published her first book of poetry, *The Kingfisher*, at the age of sixty-three. She produced four major collections over the next eleven years. This book brings together poems from all five volumes. Born in the Midwest a descendant of pioneers, Amy Clampitt left Iowa after her graduation from Grinnell College and moved to New York City where she lived until her death in 1994. A traveler who was intensely interested in people and ideas, she was also an impassioned observer of the natural world who wrote about subjects as varied as prairies and subways.

### Tuesday, October 25

#### Discussion Leader – Maureen Canary

#### ***I Remember Nothing* by Nora Ephron**

“I have been forgetting things for years—at least since I was in my thirties...but now I forget in a new way. I used to believe I could eventually retrieve whatever was lost and then commit it to memory. Now I know I can’t possibly. Whatever is gone is hopelessly gone. And what’s new doesn’t stick.” Thus begins this humorous book by Nora Ephron. From the vantage point of age sixty-nine, she takes a look at the past, the present, and the future. Her witty insights and observations regarding marriage, divorce, diet, and email will ring true with anyone of a certain age. Nora Ephron recently wrote and directed the movie *Julie and Julia*; she has won awards for many of her screenplays.

#### ***For your future planning:***

November 22, Ray Rauth leads *The Adventures of Huckleberry Finn* by Mark Twain; January 24, William Ziegler leads *This Side of Paradise* by F. Scott Fitzgerald; February 28, David Ostergren leads *Colonel Roosevelt* by Edmund Morris; March 27, Kathy Leeds leads *The Tortilla Curtain* by T. C. Boyle; April 24, Miwako Ogasawara leads *Scoop* by Evelyn Waugh; May 22, Barbara Jones leads *Every Day by the Sun: A Memoir of the Faulkners of Mississippi* by Dean Faulkner.

### Chair Yoga at the Ogden House

Liz Wendell will teach gentle chair yoga Tuesdays, beginning September 13, 2:00 p.m. to 3:00 p.m. Fee: \$3 per class. To register call 203-762-8035.

## Appraiser Peter Curran Returns to Senior Community Day on September 18

Peter Curran of Antiques Roadshow fame can tell you if that lamp from the attic or that painting in the basement is genuine and what it's worth.

Bring an antique to be evaluated by Mr. Curran and enjoy Senior Community Day at The Greens at Cannondale, 435 Danbury Rd., Wilton, on Sunday, September 18, from 1:00 p.m. to 3:30 p.m., with valet parking for your convenience.

Everyone 50-plus enjoys this celebration of senior living, which teaches new things and answers questions about the businesses and services that are dedicated to enhancing the lifestyle of older adults. Entertainment, prizes, refreshments and lots of ideas for healthy, happy times are yours at the Senior Community Day. It's all free and fun.

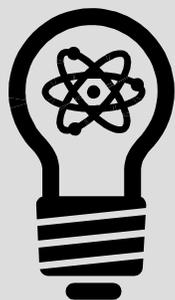


Peter Curran

## MEDICARE PART D APPOINTMENTS

This year open enrollment for Medicare Part D begins October 15 and ends December 7. THIS IS A CHANGE FROM PREVIOUS YEARS. On Thursday, November 10, representatives from the Southwestern Connecticut Agency on Aging will be at the Senior Center meeting with individuals regarding the Medicare Part D prescription drug program.

Appointments are available for any Medicare beneficiary who has Medicare Part A or Part B or both. November is the time to get the help you need to choose or change your prescription drug plan. You must book an appointment through Sharon Powers, 203-834-6238.



## 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 \$31,712; a couple's maximum income may not exceed \$41,470. 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.

## St. Matthew's Senior Luncheons

St. Matthew's Episcopal Church, 36 New Canaan Road, will resume its monthly luncheons. On September 15 at noon Connie Tate will present "A Mediterranean Odyssey." The next luncheon will be on October 20. These luncheons are open to all seniors. To make your lunch reservation, please call Ellen Lewis at 203-762-7400. Donation: \$3



Francine Russo, Ph.D.

## They're Your Parents, Too!

"How siblings can survive their parents' aging without driving each other crazy" is a subject many people are facing or may soon have to face. It's the topic of a free presentation by Francine Russo, Ph.D., at The Greens at Cannondale, 435 Danbury Road, Wilton, on Tuesday, September 27, 7:00 p.m.

Dr. Russo, a veteran journalist, reveals how unsolved childhood problems like jealousy and guilt can re-appear when the time comes to share responsibility and make decisions for an aging parent. Interviewing hundreds of families, she has covered medical decisions, finances, end-of-life issues, inheritance, coping with Alzheimer's, and moving a parent from home to a new location. How can there be cooperation, not conflict, when adult children live far away from each other?

The session is free, but reservations are required. The 7:00 p.m. presentation will be followed by a question-and-answer period. Please call The Greens at Cannondale at 203-761-1191 to reserve your seat.

# SEPTEMBER 2011

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| OH Ogden House<br>Y Wilton Family Y<br>WL Wilton Library<br>G The Greens<br>WM Wilton Meadows<br>VM Village Market<br>NHC Visiting Nurse & Hospice<br>B Brookdale<br>LR Laurel Ridge                     | 100 River Road<br>404 Danbury Road<br>137 Old Ridgefield Rd.<br>435 Danbury Road<br>439 Danbury Road<br>Old Ridgefield Road<br>761 Main Ave.<br>96 Danbury Road<br>642 Danbury Rd. Ridg  | 203-762-8035<br>203-762-8384<br>203-762-3950<br>203-761-1191<br>203-834-0199<br>203-762-7283<br>203-762-8958<br>203-761-8999<br>203-438-8226   | <b>1</b><br>9:00 Enhance Fitness<br>10:00 Yoga<br>11:00 Wii Bowling<br>11-12 Blood Pressure Screening<br>12:00 Lunch<br>12:45 Bingo | <b>2</b><br>9:30-11 Blood Pressure OH<br>10:00 Jewelry Workshop<br>12:00 Bridge<br>1:30-3 Free Sr Swim Y   |
| <b>5</b><br>Labor Day<br>Senior Center closed  | <b>6</b><br>9:00 Enhance Fitness<br>10:30 Pool/Billiards<br>11:00 Yoga   | <b>7</b><br>10:00 Tai Chi<br>10:00 Comstock Writers<br>12:00 Duplicate Bridge<br>1:30 Mah Jongg  | <b>8</b><br>9:00 Enhance Fitness<br>10:00 Yoga<br>11:00 Wii Bowling<br>12:00 Lunch<br>12:45 Bingo<br>5:30 Social Service Commission | <b>9</b><br>10:00 Move, Strengthen, Stretch<br>12:00 Bridge<br>1:30-3 Free Sr Swim Y   |
| <b>12</b><br>9:15 Enhance Fitness<br>10:30 Line Dancing<br>11:30 Coffee and...<br>12:00 Scrabble/Chess<br>12:00 Movie, Gone with the Wind, Part 1  | <b>13</b><br>8:30 Cholesterol Screening VNH (appt. only)<br>9:00 Enhance Fitness<br>9:30 Beyond Beginners<br>10:30 Pool/Billiards<br>11:00 Yoga<br>1:00 Comstock Knitters and Crafters<br>2:00 Chair Yoga OH                                       | <b>14</b><br>10:00 Tai Chi<br>1:30 Mah Jongg   | <b>15</b><br>9:00 Enhance Fitness<br>10:00 Yoga<br>11:00 Wii Bowling<br>12:00 St. Matthew Lunch                                     | <b>16</b><br>9:30-11 Blood Pressure Screening OH<br>10:00 Move, Strengthen, Stretch<br>10:30 Sketching and Painting with Viola<br>12:00 Bridge<br>1:30-3 Free Sr Swim Y<br><i>Hearing Loss Meeting, 10 a.m. tomorrow</i> |
| <b>19</b><br>9:15 Enhance Fitness<br>10:30 Line Dancing<br>11:30 Coffee and...<br>12:00 Scrabble/Chess<br>12:00 Movie, Gone with the Wind, Part 2  | <b>20</b><br>9:00 Enhance Fitness<br>10:30 Pool/Billiards<br>11:00 Yoga<br>12:00 Duplicate Bridge<br>2:00 Chair Yoga OH<br>2:00 Healthy Men Matters  | <b>21</b><br>9-10:30 Blood Pressure Screening Y<br>9:30 RSVP<br>9:30 Computer Fund.<br>10:00 Tai Chi<br>10:00 Comstock Writers<br>12:00 Lunch OH<br>Program: Bill Kohler and Musical Moments<br>1:30 Mah Jongg | <b>22</b><br>9:00 Enhance Fitness<br>10:00 Yoga<br>11:00 Wii Bowling<br>12:00 Lunch<br>12:45 Bingo                                  | <b>23</b><br>9:30 Computer Fund.<br>10:00 Move, Strengthen, Stretch<br>12:00 Bridge<br>1:30-3 Free Sr Swim Y   |
| <b>26</b><br>9:15 Enhance Fitness<br>10:30 Line Dancing<br>11:30 Coffee and...<br>12:00 Scrabble/Chess<br>12:00 Movie, The Making of a Legend, Gone with the Wind<br>1:00 Comstock Knitters and Crafters | <b>27</b><br>9:00 Enhance Fitness<br>10-12 Flu Shots<br>10:30 Pool/Billiards<br>11:00 Yoga<br>11 Book Discussion<br>12:00 Lunch<br>12:30-2 Blood Pressure VM<br>3:00 Stay at Home Meets<br>2:00 Chair Yoga OH<br>7:00 They're Your Parents, Too! G | <b>28</b><br>9:30 RSVP<br>10:00 Tai Chi<br>10:00 Duplicate Dan<br>12:00 Lunch OH<br>Program: Weatherman Art Horn, A Hurricane is Coming<br>1:30 Mah Jongg  | <b>29</b><br>9:00 Enhance Fitness<br>10-12 Flu Shots<br>10:00 Yoga<br>11:00 Wii Bowling<br>12:00 Lunch<br>12:45 Bingo               | <b>30</b><br>10:00 Move, Strengthen, Stretch<br>12:00 Bridge<br>1:30-3 Free Sr Swim Y<br>1:30 Beginner Bridge  |

**Senior Community Day Sunday**

# OCTOBER 2011

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| <b>31 Halloween</b><br>9:15 Enhance Fitness<br>10:30 Line Dancing<br>11:30 Coffee and...<br>12:00 Scrabble/Chess<br>12:00 Movie, Shirley Temple: The Biggest Little Star                     |    | <p align="center"><b><u>Energy Conservation for your Home</u></b></p> <p>On Thursday, October 6, from 11:15 a.m. to noon, State Representative Gail Lavielle, R-Wilton, will host a seminar at the Senior Center on energy conservation for your home. Topics discussed will focus on money saving tips, energy saving programs, and free home energy assessment information.</p> <p align="center">Reservations: 203-834-6240</p> |  |   |
| <b>3</b><br>9:15 Enhance Fitness<br>9:30 Beyond Beginners<br>10:30 Line Dancing<br>11:30 Coffee and...<br>12:00 Movie, The Great Gatsby<br>12:30 Play Reading with Andrea                    | <b>4</b><br>9:00 Enhance Fitness<br>10:30 Pool/Billiards<br>11:00 Yoga<br>12:00 Garden Club Activity and Lunch<br>2:00 Chair Yoga OH  | <b>5</b><br>9:30 Beyond Beginners<br>9:30 RSVP<br>10:00 Tai Chi<br>10:00 Comstock Writers<br>12:00 Lunch OH<br>Program: WWC Bingo<br>12:00 Duplicate Bridge<br>1:30 Mah Jongg  | <b>6</b><br>9:00 Enhance Fitness<br>10:00 Yoga<br>11:15 Energy Session<br>11-12 Blood Pressure Screening<br>12:00 Lunch<br>12:45 Bingo<br>1:30 Mah Jongg   | <b>7</b><br>8:30 AARP Driving<br>9:30 Basic Excel<br>9:30-11 Flu Shots OH<br>10:00 Jewelry Workshop<br>10:00 Move, Strengthen, Stretch<br>12:00 Bridge<br>1:30-3 Free Sr Swim Y<br>1:30 Beginner Bridge             |
| <b>10</b><br>Columbus Day<br>Senior Center closed<br><br>9-12 Flu Shots at Comstock Community Center   | <b>11</b><br>9:00 Enhance Fitness<br>9:30 Word Graphics<br>10:30 Pool/Billiards<br>11:00 Yoga<br>1:00 Comstock Knitters and Crafters<br>2:00 Chair Yoga OH                                  | <b>12</b><br>9:30 RSVP<br>10:00 Tai Chi<br>12:00 Lunch OH<br>Program: Parks Street Singers<br>1:30 Mah Jongg   | <b>13</b><br>9:00 Enhance Fitness<br>9:30 Word Graphics<br>10:00 Yoga<br>11:00 Wii Bowling<br>12:00 Lunch<br>12:45 Bingo<br>1:00 Sustaining Independent Living<br>1:30 Mah Jongg<br>5:30 Social Service Commission | <b>14</b><br>10:00 Move, Strengthen, Stretch<br>11:00 Wise Women<br>12:00 Bridge<br>1:30-3 Free Sr Swim Y   |
| <b>17</b><br>9:15 Enhance Fitness<br>10:30 Line Dancing<br>11:30 Coffee and...<br>12:00 Scrabble/Chess<br>12:00 Movie, Casablanca  | <b>18</b><br>9:00 Enhance Fitness<br>10:30 Pool/Billiards<br>11:00 Yoga<br>12:00 Duplicate Bridge<br>2:00 Chair Yoga OH   | <b>19</b><br>9-10:30 Blood Pressure Screening Y<br>10:00 Tai Chi<br>10:00 Duplicate Dan<br>10:00 Comstock Writers<br>12:00 Lunch OH<br>Program: Christ Merwin<br>1:30 Mah Jongg  | <b>20</b><br>9:00 Enhance Fitness<br>10:00 Yoga<br>11:00 Wii Bowling<br>12:00 St. Matthew Lunch<br>1:30 Mah Jongg  | <b>21</b><br>9:30 Basic Excel<br>9:30-11 Blood Pressure Screening OH<br>10:00 Move, Strengthen, Stretch<br>10:30 Sketching and Painting with Viola<br>12:00 Bridge<br>1:30 Beginner Bridge<br>1:30-3 Free Sr Swim Y |
| <b>24</b><br>9:15 Enhance Fitness<br>10:30 Line Dancing<br>11:30 Coffee and...<br>12:00 Scrabble/Chess<br>12:00 Movie, Special Features of Casablanca<br>1:00 Comstock Knitters and Crafters | <b>25</b><br>9:00 Enhance Fitness<br>10:30 Pool/Billiards<br>11:00 Yoga<br>11 Book Discussion<br>12:00 Lunch<br>12:30-2 Blood Pressure, VM<br>2:00 Chair Yoga OH<br>3:00 Stay at Home Meets | <b>26</b><br>9:30 RSVP<br>10:00 Tai Chi<br>10:00 Duplicate Dan<br>12:00 Lunch OH<br>Program: Thirzah Bendokas on the Cello<br>1:30 Mah Jongg   | <b>27</b><br>9:00 Enhance Fitness<br>10:00 Yoga<br>11:00 Wii Bowling<br>12:00 Lunch<br>12:45 Bingo<br>1:30 Mah Jongg   | <b>28</b><br>10:00 Move, Strengthen, Stretch<br>11:00 Wise Women<br>12:00 Bridge<br>1:30 Beginner Bridge<br>1:30-3 Free Sr Swim Y   |

# VOLUNTEERS VOLUNTEERS VOLUNTEERS

## ITNCoastalCT

ITNCoastalCT is a dignified transportation service for seniors 60+ and visually impaired adults. This member-supported, fee-for-service non-profit serves Wilton, Weston, Westport, Norwalk, Easton, and Fairfield. Rides are provided primarily by volunteer drivers, can cross town lines, and are available for any reason any time 24/7, 365 days a year. Additional information may be found at [www.itncoastalct.org](http://www.itncoastalct.org) or by calling Nancy McCormick at 203-858-2001.



## RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)

RSVP helps people age 55 and older find volunteer opportunities to match their skills and interests. When you join RSVP, you choose your volunteer position. You make your own schedule. You call the shots. You receive the benefits of staying active and meeting new people while knowing that you're using a lifetime of experience to make your mark.

If you want more information about RSVP, call Dell Overby, Wilton Coordinator, at 203-762-0520.

## AARP TAX AIDE

Volunteer for the nation's largest FREE tax preparation and assistance service. There are many kinds of volunteer opportunities – from tax-aide counselors to greeters as well as communications and technology coordinators.

### Like working with numbers?

AARP tax-aide volunteer counselors interact with clients by preparing tax returns on a one-to-one basis. Even if you don't have accounting or tax preparation experience, becoming a counselor may be right for you. AARP provides training in tax law procedures, the preparation of tax forms, and the use of tax preparation software.

### Like working with people better than working with numbers?

An AARP tax-aide greeter is the first person clients meet when they enter a tax counseling facility. Greeters make sure the taxpayer has all necessary paperwork before meeting with a volunteer counselor.

### Have a knack for computers and technology?

Technology coordinators manage computer equipment, ensure taxpayer data security, and provide technical assistance to volunteers on technology issues.

### Good at managing people and programs?

Leadership positions manage volunteers, synchronize plans with other volunteer leaders, and assure smooth program operation.

For additional information visit [www.aarp.org/taxaide](http://www.aarp.org/taxaide). AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS.



New bookcases arrived for the Senior Center Lounge this summer, compliments of the students of Cider Mill School, Middlebrook School, and Wilton High School. Each school conducted fundraisers in the spring to contribute these matching bookcases to the newly renovated space at the Senior Center.

## **SEASONAL FLU VACCINE CLINICS**

### **Sponsored by Visiting Nurse & Hospice**

- Flu clinics are open to the public. No appointment is necessary.
- Anyone 3 years or older may receive a seasonal flu vaccine ("flu shot") at these clinics.
- Persons under age 18 must be accompanied by a parent or legal guardian.
- Cost for the vaccine is \$38. Cash, check, Medicare Part B, Aetna, and Anthem will be accepted as payment. You must bring your insurance card with you.
- Pneumonia vaccine will also be available to adults age 65 or older who have not previously received pneumonia vaccine since attaining age 65. The cost is \$60 billable to Medicare Part B.

#### Senior Center

180 School Road  
Tuesday, September 27  
Thursday, September 29  
10 a.m. to noon

#### Ogden House

100 River Road  
Friday, October 7  
9:30 a.m. to 11:00 a.m.  
Residents and staff only

#### Comstock Community Center

180 School Road  
Monday, October 10 (Columbus Day)  
9 a.m. to noon

#### Wilton YMCA

404 Danbury Road  
Saturday, November 5  
9 a.m. to 11 a.m.

#### Wilton Library

137 Old Ridgefield Road  
Friday, November 25  
(day after Thanksgiving)  
10:30 a.m. to 1:00 p.m.

Flu Info Line, 203-834-6341 ext. 444

[www.visitingnurse.net](http://www.visitingnurse.net)



## **Shingles Vaccine Available**

Shingles (herpes zoster) is an outbreak of rash or blisters on the skin that is caused by re-activation of the virus that causes chickenpox. Zostavax vaccine was approved in 2006 for use in adults over age 60 to help prevent shingles and post-herpetic neuralgia. Post herpetic neuralgia is a painful complication of shingles. Adults who have had shingles may also receive vaccine to prevent future episodes.

Zostavax® is now available at Visiting Nurse & Hospice of Fairfield County. The cost is \$200. *There is no third party billing for this vaccine. The individual may be reimbursed through private insurance or the Medicare Part D program only. Beneficiaries should contact their individual plans for reimbursement information.*

Call 203-762-8958 for an appointment or for more information. Speak to your health care provider, or log on to: <http://www.cdc.gov/vaccines>

### **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, September 1 and October 6

Village Market, 12:30 p.m. to 2 p.m.  
Tuesdays, September 27 and October 25

Wilton Family Y, 9 a.m. to 10:30 a.m.  
Wednesdays, September 21 and October 19

Ogden House (residents only)  
9:30 a.m. to 11 a.m.  
Fridays, September 2 and 16  
Friday, October 21

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

Tuesday, September 13  
8:30 a.m. to 11:30 a.m.

Includes total cholesterol, HDL, LDL, triglycerides and glucose. Twelve-hour fasting recommended, but not necessary. **By appointment only.** Please call 203-762-8958. Cost: \$25, cash or check.

## HEARING LOSS ASSOCIATION OF AMERICA PRESENTS...

On Saturday, September 17, the Hearing Loss Association of America will begin the 2011-2012 season with a 10 a.m. information meeting at The United Covenant Church, 68 Westport Rd., Wilton. Debra Heckman, Professional Training Audiologist of Widex USA Inc., will present "Hearing Help: The Answer is Clear," a discussion of new technologies and support for those with hearing loss.



**Alan Gould**

The Hearing Loss Association of America Southwestern Connecticut's mission is to "open the world of communications to people with hearing loss, their family and friends, by providing information, education, support and advocacy." Meetings are equipped with a loop system and real-time captioning. The programs are free of charge and open to the public. Registration is not required. For more information visit: [www.heareez.org](http://www.heareez.org) or call Alan Gould, President, at 203-762-8269 or e-mail [rackncue@sbcglobal.net](mailto:rackncue@sbcglobal.net).



### What Wise Women Need to Know Effective Retirement and Estate Planning

This free workshop "for women by women" will take place at the Senior Center on October 14 and October 28 from 11:00 a.m. to noon. Whether you're single, married, divorced, widowed, or handling your finances for the first time, this two-session workshop can help you solidify a secure financial future. Join the conversation to learn about the importance of active management, successful strategies for investing, basic probate process, and estate planning.

October 14 will feature "Take Control of your Investment Portfolio" with Laurie Stefanowicz and Jennifer Huisking of Catamount Wealth Management. October 28 will feature "The Ever-Changing Tax Landscape" with Shelby Wilson of Berchem, Moses, and Devlin. These instructors volunteer their time in behalf of the Connecticut Money School (CMS). CMS provides free financial education for adults and seniors. Its mission is to provide an opportunity for everyone to become financially stable and successful. Reservations: 203-834-6240.

## Healthy Men Matters

On September 20 at 2:00 p.m. at the Senior Center, Aaron Crook will present "Healthy Men Matters," a program created to address men's health issues. Aaron Crook RN, BA, ACLS, CEN, from Ridgefield Visiting Nurse Association will discuss the top ten health threats for men and what you can do to stay healthy and minimize risks.

Ever ask yourself these questions: Which vaccine should I have after turning 65? At what age should I start being screened for colorectal cancer? What are some signs of depression? These questions are addressed through the use of a pre-and post quiz which help participants to raise their level of awareness of key health issues.

Aaron is an RN Case Manager and palliative care coordinator who was recently honored by receiving the Nightingale Award for Excellence in Nursing which is Connecticut's largest statewide nursing recognition program. Reservations: 203-834-6240.

### 55 Alive by AARP

Parks and Rec will sponsor a one-day AARP adult driving education course for skill improvement on Friday, October 7, from 8:30 a.m. to 12:30 p.m. at the Comstock Community Center. Participants must be at least 50 years old and have a Connecticut drivers license. Insurance discounts may be available for individuals 62 and over who complete the course. Class size limited to 30. Call 203-834-6234 to register. Fee: \$12 for AARP members; \$14 for non-AARP members.



### Sustaining Independent Living A Spiritual Perspective

Rev. Karen Judd, Interfaith Minister at Visiting Nurse and Hospice of Fairfield County, will conduct this one-hour session on Thursday, October 13, from 1:00 p.m. to 2:00 p.m. at the Senior Center. While we all have a spiritual side to our "beingness," we may not consider how spirituality and independence are interrelated. During this session, explore how spirituality shapes and strengthens our self-concept of health, aging, and independence. Lunch is served at noon if you would like to join us. Reservations: 203-834-6240.

# COMSTOCK COMPUTER LEARNING CENTER

180 School Road, , Andrea Ragusa, Coordinator  
Classes from 9:30 a.m. to 11:30 a.m. Call Andrea at 203-762-8445 to register.

| <b>SEPTEMBER-OCTOBER (Nov. Preview!) COURSE TITLES</b>  | <b>DATES/FEE</b>  |
|---|---|
| <p><b>Computer Fundamentals</b><br/>This introductory course is for those with limited or no computer experience who would like to test the waters. It will include turning the computer on and off, using the mouse and keyboard, understanding the meaning of simple computer terms, opening and closing a program, and using the desktop. This is excellent preparation for Beyond Beginners Word 2007/2010.</p>   | <p>September 21 and 23<br/>\$25</p>   |
| <p><b>Beyond Beginners—Word 2007/2010</b><br/>Step into the present to acquaint yourself with the Word 2007 program. It has a different appearance from the Word version you may have been using. The familiar toolbars and menus from previous versions of Word are gone! This course will explore the Word Window, Office Button, Terminology, Ribbon Organization, Quick Access Toolbar, Document views, plus commonly used features in Word. You will learn how to do the same things you've always done such as entering, changing, deleting, copying, pasting, underlining, aligning, saving, as well as inserting a bullet or number in text in a Word 2007 environment.</p> | <p>October 3 and 5<br/>\$25</p>   |
| <p><b>Word 2007/2010 Graphics</b><br/>Take time out to have some fun at the computer using the new graphic enhancements found in Word. Spruce up your paragraphs and documents, design posters and handout material. Become acquainted with positioning and wrapping text around pictures, clipart and WordArt. (You are welcome to bring a project of your own to class that you might like to do.)</p>  | <p>October 11 and 13<br/>\$25</p>   |
| <p><b>Basic Excel</b><br/>This course will introduce the basics of this popular spreadsheet program including essential vocabulary, concepts and features. Become familiar with entering, editing, and formatting numerical and text data. Experiment with basic database capabilities. Learn to design meaningful, attractive and useful spreadsheets. (Worksheets included.)</p>  | <p>October 7 and 21<br/>\$25</p>  |
| <p><b>Organize Your Memoir Research and Prepare it for Publication</b><br/>Become an Author! This course will provide comprehensive information as to options for printing when preparing a memoir for print in book form. This course will outline how to set up your copy in order to have continuity among the pages, graphics to enhance the book's material, and 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.</p>  | <p><i>Here's a November course for your planning pleasure!</i><br/><br/>November 7 and 9<br/>9:30 a.m. to noon<br/>\$25</p> |

## **Lifetime Learners Institute Celebrating 20 Years at Norwalk Community College**

This 900-member organization has announced its Fall 2011 schedule of daytime classes, most starting the week of September 18. This non-profit adult educational organization for people over 50, headquartered at Norwalk Community College, will offer two-hour courses in history, language, the arts, literature, music, health, genealogy, opera, sports, movies, mysteries, books, memoirs, current events, travel, etc. Join LLI and enjoy participating in learning without stress or tests!

Daytime classes meet only once a week for 2 hours for four to eight weeks. You can select one or two classes for each day at either 1 p.m. and/or 3 p.m. Monday through Thursday or on Friday mornings at 10 a.m. to

noon. On most Fridays there is a "Brown Bag Lunch & Learn" program which includes a noontime social hour with refreshments and a 1 p.m. special guest presentation for one hour on a different subject of general interest each week. These Friday afternoon programs are free to all LLI members, as is the use of the College's Wellness Fitness Center.

Annual membership dues valid through May 2012: \$40. Each course: \$25. Help with registration will be available week days from 10 a.m. to 12 p.m. in room W102, West Campus. Detailed Fall Course catalogs will also be available to visitors. To receive one by mail, leave a phone message at 203-857-3330, or view the catalogue on [www.lifetimelearners.org](http://www.lifetimelearners.org).

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

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*"The Area's Premier Assisted Living Community"*



a special ad hoc birthday party for one of our members. Much of this has become possible through the energetic efforts of the new Executive Coordinator, Janet Johnson. She is the voice on the members' special phone connection that arranges for activities, rides, and help around the house.

In the next few months, Stay at Home will be hosting a series at the Senior Center concerning issues of interest to seniors on the fourth Tuesday of each

month at 3:00 p.m. On September 27 Elizabeth Doty will describe the many activities and opportunities available at the Senior Center, including bocce, board games, cards, and pool.

On Thursday, September 8, Stay at Home in Wilton will have its Fall Kickoff at the home of Kathy Gebbia, 32 Pond Road. Members and those interested in learning about Stay at Home are welcome. Please call 203-423-3225 to indicate you are coming. Stay at Home will also participate in Senior Community Day.

If you are interested in becoming a member or want further information, call 203-423-3225.

Address: Stay at Home in Wilton  
PO Box 46, Wilton, CT 06897-0046

Website: [www.stayathomeinwilton.org](http://www.stayathomeinwilton.org)

Email: [info@stayathomeinwilton.org](mailto:info@stayathomeinwilton.org)

***Senior Community Day at The Greens  
Sunday, September 18, 1:00 p.m. to 3:30 p.m.***



# COMSTOCK COMPUTER LEARNING CENTER REGISTRATION FORM

180 School Road  
203-762-8445 or 203-834-6410  
Andrea Ragusa, Coordinator  
Classes from 9:30 a.m. to 11:30 a.m.

**Please mail this form and your check payable to TOWN OF WILTON to:**

Comstock Computer Learning Center, Comstock Community Center,

180 School Road, Wilton, CT 06897

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

| X                     | SEPTEMBER-OCTOBER COURSE TITLES                              | DATES                            | Fee       |
|-----------------------|--|----------------------------------|-----------|
|                       | INTRODUCTION TO COMPUTER FUNDAMENTALS                        | September 21 and 23              | \$25      |
|                       | BEYOND BEGINNERS—WORD 2007/2010                              | October 3 and 5                  | \$25      |
|                       | WORD 2007/2010 GRAPHICS                                      | October 11 and 13                | \$25      |
|                       | ADVANCED GRAPHICS  | October 19 and 21                | \$25      |
|                       | BASIC EXCEL  | October 7 and 21                 | \$25      |
|                       | ORGANIZE YOUR MEMOIR RESEARCH AND PREPARE IF FOR PUBLICATION | November 7 and 9<br>9:30 to noon | \$25      |
| <b>TOTAL ENCLOSED</b> |  |                                  | <b>\$</b> |