



# Wilton Senior News

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*Thank  
you*

As the 2023 holiday season draws to a close, the town of Wilton's Social Services Department extends heartfelt thanks to the following organizations, groups and individuals for providing numerous Thanksgiving donations and gift cards:

Wilton Kiwanis Club, the Wilton Rotary Club, many Wilton families, the Wilton Children's Day School, Community Nursery School of Wilton, Honey Tree Preschool, Temple B'Nai Chaim, Zion's Hill Methodist Church,, Wilton Presbyterian Church, Berkshire Hathaway, Coldwell Banker, The Greens at Cannondale and Wilton Meadows, The Wilton Woman's Club, The Wilton Rotary Club, Boy Scouts Pack 17 and Wilton Football and Cheer, and their Captain's Collection, Wilton HS Swim and Dive Team, Classically Cate, The Circle of Care, Fairfield Chemical, The Muehlstein

Company, the Cider Mill Helping Hands and Leadership Clubs, and the 5<sup>th</sup> grade Girls Scout Troop that delivered those fabulously creative table center pieces.

For Hanukkah and Christmas, the generosity of the community made it possible to give gift cards to all of the families with children assisted by Social Services. These gift cards were generously donated by the numerous individual "Holiday Helpers" as well as members of the Wilton Rotary Club, The Wilton Congregational Church, The Wilton Presbyterian Church, Berkshire Hathaway, Mom's Club Alumnae, The Greens at Cannondale and Wilton Meadows, and The Cider Mill School staff, students and PTA who donated their Turkey Trot collection.

Special thanks to The Community Nursery School of Wilton and the Children's Day School of Wilton for providing lots of warm hats and mittens. Thank you to the Village Market for the ongoing support of Social Services and our clients not only during the holiday season but throughout the year.

We also extend thanks to The Wilton Congregational Church for organizing the Wilton faith community to shop for gifts for homebound seniors and for creating beautiful gift bags which were delivered by the Boy Scouts of Troop 20, to the Girl Scouts for creating dozens of birthday bags for Wilton children, to the Wilton Garden Club for the festive, stunning holiday arrangements delivered to seniors by Diane Stisser, to Ambler Farm for once again providing 40 families with Christmas trees and wreaths, and to the Woman's Club for preparing and delivering delicious Thanksgiving and Christmas hot meals to homebound seniors as well as for their tremendous support throughout the year.

We would also like to thank the Wilton High School HEAL Service Group and Project Return for generously donating holiday-themed centerpieces for the holiday luncheon and for decorating the Senior Center Christmas trees. In addition, we want to thank Brody Fusco a member of Boy Scout Troop 20, who continued the tradition of organizing the Boy Scout Honor Court's annual massive personal care product drive for the Wilton Food Pantry.

We want recognize and thank the Wilton Kiwanis Club for holding their annual holiday gift card collection outside the Village Market and Stop and Shop and to acknowledge the extraordinary success of that drive at which the Wilton community so generously donated many thousands of dollars in gift cards, cash and checks.

Wilton Rocks for Food, organized by Andy Schlesinger, raises enough money each year to ensure the Wilton Food Pantry shelves are stocked with food all year round. Thank you to Andy and his many friends and fellow musicians holding this event each year. Additionally, we want to recognize many individuals in town who held neighborhood holiday drives or individually made donations to our food pantry. All of this community support has enabled Social Services to keep the doors of the panty open and the shelves well stocked throughout 2023 and during this the holiday season.

All of us at Social Services thank all of you in the Wilton community for your exceptionally generous support. Thank you for bringing joy into this holiday season for so many in our community.

- Wilton Social Services - *Sarah, Debbie, Lauren, Stephanie, & Trinity*

### AAA Driver Improvement Training

Friday January 12 2024

Friday February 23 2024

8:30 a.m.-12:30 p.m.

Comstock Community Center, Room 31

Please bring a pencil or pen cost is 15.95 for members and 19.95 for non members  
please register by calling 1-866-901-8457

### A Writing and Storytelling Circle Jan 17, 24, 31 and Feb 7 2:30-3:30

Are you a story teller? Maybe you've even written a story, poem, essay, newspaper article or begun a memoir? Is this a project you would like to begin - a New Year's resolution - but just don't know how? Come join our Circle of Writers and Storytellers. We will share and review each other's writing - explore writing techniques - discuss - write - and have some fun sharing stories as we learn about each other and the craft of writing over a cup of tea or coffee. RSVP 203-834-6240

*Anita Peters is a high school humanities teacher who has coached young writers and taught writing for over ten years. She is a former foreign correspondent for UPI in Singapore, world traveler, cat lover, bird watcher, aspiring chef, artisan, writer and Celebrant. "Storytelling can open up vistas within as well as create bridges of understanding with others."*



### Valentines Day Garden Therapy Wednesday February 14th 10:00 Room 18

Join the Wilton Garden Club in this Valentine's Day Garden Therapy class. Participants will be able to bring home a beautiful Valentines Day arrangement with fresh flowers. All materials will be provided free of charge and garden club members will be on hand to assist you in assembling your creations. This workshop is brought to you by the Wilton Garden Club in partnership with the Senior Center.

Space is limited and **currently open to Wilton Residents only**. Non Residents will be put on a waitlist and be notified if there is an opening 24 hours in advance.

RSVP to Stephanie at 203-834-6240 or email:  
Stephanie.Rowe@wiltonct.org



### Ogden House Luncheon with Wilton Presbyterian Church & Wilton Police Department Wednesday February 21st 12:00

Join the Wilton Presbyterian Church at the Ogden House for a delicious lunch! The Wilton Police Department will serve and Chief Conlan will present a small "State of Wilton" address. Lunch is \$3.00 and reservation is required a week prior. RSVP 203-834-6240.



### Open Canasta Fridays at 10

Canasta Lessons are over and there are fresh new players at the Wilton Senior Center. We will be opening our café for 11-1 for Open Canasta (Four Tables). If you took the class or know canasta come check it out! 203-834-6240.



### Native & Exotic Animal with Woodcock Nature Center Monday January 8th 10:30 Lounge

Join presenter Jennifer Bradshaw, Animal Curator of the Woodcock Nature Center, as we gather for a

meet & greet with some of the native wildlife that call CT home. Jennifer will also introduce us to some exotic animals who come from places like Africa, South America and Venezuela! **RSVP 203-834-6240**

Jennifer Bradshaw is the Animal Curator and Early Childhood Manager at the Woodcock Nature Center in Wilton, CT. She is also the recipient of the 2019 *Excellence in Environmental Stewardship Award* given by the Connecticut Outdoor and Environmental Education Association. Jennifer is passionate about nature, animals and educating children about the wonders of nature!



### Brain Healthy Cooking with Ridgefield Station Wednesday January 31st 11:00 Café

Ridgefield Station is back with some more yummy goodies based on their innovative Brain Healthy Cooking Program! We know first hand how challenging it can be to maintain healthy eating habits especially after the Holidays! Well, you're in luck! On January 31st the team of Ridgefield Station will be demonstrating how simple it can be to serve up healthy entrée options! **RSVP 203-834-6240**





## Spend Valentine's Day with Lucille Ball

Wednesday February 14th 1:30

Lucille Ball should never have been a Hollywood studio mogul. She was told she didn't have it to be an actress, she ended up proving herself in a Three Stooges short. She was a B movie star who married Desi Arnaz and nearly divorced. Her movie career was done by she was 35. She went into radio, had some success and was offered a chance at TV. There were more obstacles and the Lucy show nearly never got on the air. There was a communist scare, the divorce all of which led her to a starring role. The most powerful businesswoman in Hollywood. RSVP 203-834-6240 Presenter: Evan Weiner

## Senior Center Pickleball Monday Wednesdays Friday 9 -12

Walk in Pickleball at Comstock Community Center. Every Wednesday 9 -12, the Park and Recreation Gymnasium (Located down the hall from the senior center) will be used for open and pick up games of Pickleball. Bring your own racquet or use one of ours.

**No RSVP required.**

For more information call 203-834-6240.



## Watercolor class with Thomas Doty February 7, 14, 21 from 1:30 to 3:30PM

Join Artist Thomas Doty in this free beginner water color class.

All materials will be provided at no cost. Space

is limited and is only open for 10 participants.

Happy Birthday!



## Birthday Lunch with Wilton Pizza January 4th February 1st 12:00 Café

Join the Wilton Senior Center in celebrating your birthday Month! The first Thursday of every month, Wilton Senior

Center will be doing a Pizza Luncheon with Birthday Cake at the Senior Center Café . RSVP a week prior by calling 203-834-6240.



## Book Discussion

Tuesday, January 23, 2024 11:00 Game Room  
Discussion Leader – Michael Hess

***A Brief History of Artificial Intelligence: What It Is, Where We Are, and Where We Are Going* by Michael Wooldridge**

An AI researcher for over 25 years, Oxford University professor Michael Wooldridge has given us a one-stop-shop for AI's past, present, and world-changing future. As Head of the Computer Science Department at Oxford, he brings an educator's perspective to explaining what's been solved, what's left to do, and possible futures. Wooldridge is both obsessively cautious about miraculous "breakthrough" claims for AI but also intensely optimistic about the future of the field. Our discussion leader has also done his own research on AI differences as they relate to chess and bridge which he will share with us. To enhance our discussion, we'll be joined by ChatGPT (or whatever it's called by January 2024) so we can see what it "thinks" about all this. As *Kirkus* said in a review: "robot butlers are not on the horizon, but this is an insightful update on the digital revolution still in progress."

Tuesday, February 27, 2024 11:00 Game Room  
Discussion Leader – Carol Kaelin

***Washington's Spies: The Story of America's First Spy Ring* by Alexander Rose**

Based on newly discovered documentation at the Library of Congress, historian Alexander Rose tells the true story of the spy ring that helped George Washington win the Revolutionary War. This group of childhood friends on Long Island was turned by George Washington into the Culper Ring, which supplied him with information about British troop locations and movements in and around New York City. Historian and Washington biographer Richard Brookhiser wrote in a review: "Making brilliant use of documentary sources, Rose gives us intrigue, crossed signals, der-ring-do, and a priceless slice of 18th century life... Rose unfolds the story of a Long Island-based spy ring of idealists and misfits who kept George Washington informed of what was going on in enemy-occupied New York." The book was also adapted into a four-season mini-series titled *Turn*.


**Please RSVP to 203-834-6240**



# JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>SENIOR CENTER CLOSED</b> 	<b>2</b> 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	<b>3</b> 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 10:30 Open Art 10:30 Movie Club 12:30 Better Balance & Strength 1:00 Duplicate Bridge	<b>4</b> 10:00 Yoga 11:15 Blood Pressure Clinic 11:15 Strength Training 12:00 Birthday Lunch 12:45 Bingo with Chief Blanchfield	<b>5</b> 9:00 Billiards 9:00 Pickleball 10:00 NO Feldenkrais 10:00 Canasta 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge
<b>8</b> 9:00 Pickleball <b>10:00 Woodcock Nature Center</b> 10:45 Strength Training 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge	<b>9</b> 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	<b>10</b> 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 10:30 Open Art 10:30 Movie Club 12:30 Better Balance & Strength	<b>11</b> 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	<b>12</b> 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 10:00 Canasta 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge
<b>15</b> <b>SENIOR CENTER CLOSED</b> 	<b>16</b> 10:00 BeMoved! 11:00 Social Group 11:15 Yoga <b>12:30 NO Strength Training</b> 12:30 Five Crowns 1:00 Studio Knitting	<b>17</b> 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 10:30 Open Art 10:30 Movie Club 12:30 Better Balance & Strength 2:30 Story Telling	<b>18</b> 10:00 Yoga <b>11:15 NO Strength Training</b> <b>No Lunch or Bingo</b>	<b>19</b> 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 10:00 Canasta 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge
<b>22</b> 9:00 Pickleball 10:45 Strength Training 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge	<b>23</b> 10:00 BeMoved! 11:00 Social Group 11:00 Book Discussion 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:00 Duplicate Bridge	<b>24</b> 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 10:30 Open Art 10:30 Movie Club 12:30 Better Balance & Strength 2:30 Story Telling	<b>25</b> 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	<b>26</b> 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 10:00 Canasta 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge
<b>29</b> 9:00 Pickleball 10:45 Strength Training 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge	<b>30</b> 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 3:00 SAHW Cyber Security	<b>31</b> 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 10:30 Open Art 10:30 Movie Club 12:30 Better Balance & Strength 2:30 Story Telling		

# FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 10:00 Yoga 11:15 Blood Pressure Clinic 11:15 Strength Training 12:00 Birthday Lunch 12:45 Bingo with Chief Blanchfield	<b>2</b> 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 10:00 Canasta 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge
<b>5</b> 9:00 Pickleball 10:45 Strength Training 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge	<b>6</b> 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	<b>7</b> 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 10:30 Open Art 10:30 Movie Club 12:30 Better Balance & Strength 1:30 Water Color 2:30 Story Telling 1:00 Duplicate Bridge	<b>8</b> 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	<b>9</b> 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 10:00 Canasta 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge
<b>12</b> 9:00 Pickleball 10:45 Strength Training 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge	<b>13</b> 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	<b>14</b> 9:00 Pickleball 10:00 Open Bridge <b>10:00 Garden Club</b> 10:30 Tai Chi 10:30 Open Art 12:30 Better Balance & Strength 1:30 Water Color 1:30 Lucille Ball Discussion	<b>15</b> 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	<b>16</b> 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 10:00 Canasta 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge
<b>19</b> Senior Center Closed 	<b>20</b> 10:00 BeMoved! 11:00 Social Group 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting 1:00 Duplicate Bridge	<b>21</b> 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 10:30 Open Art <b>12:00 Ogden House Luncheon with Wilton Police Department</b> 12:30 Better Balance & Strength 1:30 Watercolor	<b>22</b> 10:00 Yoga 11:15 Strength Training <b>No Lunch or Bingo</b>	<b>23</b> 9:00 Billiards 9:00 Pickleball 10:00 Feldenkrais 10:00 Canasta 11:15 Tai Chi 12:00 Bridge 1:00 Open Bridge
<b>26</b> 9:00 Pickleball 10:45 Strength Training 11:30 Chair Yoga 12:30 Better Balance & Strength 1:00 Bridge	<b>27</b> 10:00 BeMoved! 11:00 Social Group 11:00 Book Discussion 11:15 Yoga 12:30 Strength Training 12:30 Five Crowns 1:00 Studio Knitting	<b>28</b> 9:00 Pickleball 10:00 Open Bridge 10:30 Tai Chi 10:30 Open Art 10:30 Movie Club 11:00 Brain Healthy Cooking 12:30 Better Balance & Strength	<b>29</b> 10:00 Yoga 11:15 Strength Training 12:00 Lunch 12:45 Bingo	



## Movie Club

Wednesdays at 10:30-12:30 Lounge

Do you never know what to watch? Looking for a recommendation or want to talk about a movie you just saw. Come to Movie Club! This

group will meet Wednesdays at 10:30 with Assistant Director Stephanie Rowe as the host. Walk-ins welcome. This group will meet and pick a movie to watch each week and discuss. Questions? Contact Stephanie at 203-834-6240.

Are you interested in learning a new card game?



## Try Hand & Foot!

The Wilton Senior Center has received interest in starting a Hand and Foot Card group on Mondays at the Senior Center. Never heard of Hand & Foot? Hand and Foot is a Canasta variant involving four to seven decks

and is played by teams of two players. Two volunteers will be on hand to teach you the ropes of this fun and addicting game. Interested players should reach out to Stephanie at 203-834-6240. No experience required!



## Open Art Continues Wednesdays at 10:30 Art Room

Come join local artists on Wednesdays in our Art Room. All mediums welcomed, enjoy a relaxing art space with fellow artists and become inspired! RSVP 203-834-6240

## CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Wilton Social Services Department has begun assisting with applications for the Connecticut Energy Assistance Program. The Energy Assistance Program helps offset the winter heating costs of Connecticut's lower-income households. The program officially started in November and applications can be taken through May1.

Appointments will be available via phone, email or in person Monday through Friday 9:00-3:00 p.m. **Please call 203-834-6238 and ask for Trinity or Stephanie for questions regarding documentation requirements or to make appointment.**

This year's income limits for this program are:

- \$41,553 for a household of 1
- \$54,338 for a household of 2
- \$67,124 for a household of 3
- \$79,910 for a household of 4

## Coming soon.... African Culture Show Wednesday March 6th 10:30

Rita Wagener (Kabali) is a native of Uganda, a country located on the Eastern side of the African continent.

Wanting to keep her culture alive, Rita started sharing her roots with communities in her area. Even though Rita left her motherland in the early 1980s, she still remembers the culture, customs, and beliefs of her people. Rita came to Connecticut via Fairbanks, Alaska, where she and her husband lived for 14 years.

During Rita's show, she shares her experiences of living in 2 cultures. She also talks about living in America's biggest state and being the only person from her original country.

Rita's show takes you through fashions and dances of Africa. At the end of the show, you feel like you have traveled to Africa, without even being on a plane! You don't need a passport to go on this journey with Rita and her audience! Rita involves the audience by inviting them to participate in modeling and dancing. It's a great time for everyone!

**RSVP 203-834-6240**



## LLI Winter Session Lifetime Learners Institute at Norwalk Community College Our Winter Session begins Monday January 15th. Register Now!

LLI is a volunteer organization offering a rich array of courses year-round for members over 50. We are back live on campus, on Zoom and Hybrid. We hope you will join us! <https://lifetimelearners.org>

**Our Mission: To inspire and facilitate the joy of lifelong learning, personal growth, and social connections for adults 50 and over.**



## Online Cyber Security Tuesday January 30th 3:00

Stay at Home in Wilton and Wells Fargo are presenting a seminar on Online Cyber Security.

RSVP 203-762-2600 or at

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

Elder adults in the US are victims of over \$2 billion through fraud, scams and theft every year. Join us for a presentation by Wells Fargo banking experts who will help you identify what Elder Fraud and Financial Abuse is, how to recognize common scams and schemes, and how to protect yourself from becoming a victim.

## **FREE ACTIVITIES AT THE SENIOR CENTER**

All exercise classes are walk in only, no reservation required!

### **CHAIR YOGA**

Mondays 11:30 –12:15

This is a 45 minute Gentle Yoga session that is done in chair. It is perfect for anyone who is looking for the benefits of Yoga without having to be on a mat! Come check out this new class!

Instructor: Beverly Leighton

### **BETTER BALANCE AND STRENGTH**

Mondays & Wednesdays 12:30

Significantly improve your posture, balance and strength with proper form as the focus.

All Levels Welcome! Instructor Lisa Thompson

### **STRENGTH TRAINING**

Mondays 10:45 Tuesdays 12:30 Thursdays, 11:15 **No Class week of 1/15**

This 30 minute aerobic class that will get your blood pumping! This class is done with a set of heavy and light weights.

Three rounds done twice. The class is done mostly in chair with a 7 minute standing portion that can be modified if needed.

Instructor by Assistant Director of Social Services Stephanie Rowe

### **GENTLE YOGA**

Tuesdays, 11:15 a.m. to 12:15 p.m. Thursdays, 10:00 a.m. to 11:00 a.m.

Broderick Heile will conduct a gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps posture and focus

### **BEMOVED!**

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

BeMoved® is a dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly experience that improves the quality of a person's movement. The class starts with a warm-up and easy-to-follow therapeutic movements and concludes with a cool down that brings the workout full circle, leaving participants feeling rejuvenated.

Phyllis Hirschfield, Instructor.

### **TAI CHI**

Wednesdays, 10:30-11:30 Fridays 11:15-12:15

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration.

Tai Chi has been shown to prevent falls and improve the functioning of daily activities. Broderick Heile, Instructor

### **FELDENKRAIS 1/5**

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

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.

### **PICKLEBALL**

**Mondays Wednesdays Fridays 9 am P&R Gymnasium**

New to Pickleball? Come down the center and observe or learn the ins and outs of pickleball. Each Monday and Wednesday the Wilton Park and Recreation graciously host senior pickleball. This is all pick up games and walk ins are welcomed. For more information call 203-834-6240.

### **SOCIAL GROUP -**

Every Tuesday at 11:00

The Wilton Senior Social Group led by MSW Lacey Bernier dives into a variety of topics facing Wilton Seniors today. Drop ins are always welcome! This group will meet in the Game room every Tuesday except when there is book discussion (then the group will meet in the café)

### **STUDIO KNITTING**

Tuesdays 1:00 Café

Join fellow knitters with your work in progress and enjoy great company! Relax on a Tuesday Afternoon in a calm space and knit the afternoon away!

### **BILLARDS**

Fridays 9:00-11:00

Enjoy a morning of Billiards downstairs in our game room. Walk in's welcome

### **BINGO**

Thursdays 12:45 25 cents per card **No Bingo 1/18 2/22**

Come down to the center and play some bingo! We start with a traditional bingo and winner chooses the next style game, whether it's a Winners get "the pot" each game.

1st Thursday with Chief Blanchfield

### **BRIDGE GROUPS**

If you like to join other seniors in an afternoon of bridge, call the organizers listed below:

*Duplicate Bridge:* First Wednesday of the month and 3rd Tuesday contact Diego Tamayo at 203-858-0264

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

**Open Bridge: If you prefer a morning game, come to Open Bridge Wednesdays, 10:00 a.m. to 12:00 p.m. Mike Hess**

**Supervises Open Bridge with Mike: Friday Afternoons 1:00-3:00 Mike Hess supervises.**

**Mike has been mentoring and teaching bridge for 30+ years. In 2021 he became a Diamond Life Master and has now earned over 5000 master points\***

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

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WILTON, CT

### **GUIDE TO SENIOR SERVICES**

- Sarah Heath MA, MS, LPC.....203-834-6238  
*Director, Social Services and Municipal Agent for the Elderly*
- Stephanie Rowe MS, LMSW.....203-834-6240  
*Assistant Director of Social Services*
- Lauren Hughes LCSW.....203-834-6238  
*Coordinator, Senior Services*
- Trinity Haswell, LMSW .....203-834-6241  
*Youth Services Coordinator*
- Debbie Wolyniec BBA.....203-834-6238  
*Administrative Manager*
- Meals-on-Wheels.....203-762-0566
- Food Pantry.....203-834-6238
- Dial-A-Ride.....203-834-6235
- Town-to-Town.....203-299-5180
- AARP.....888-687-2277
- Visiting Nurse & Hospice.....203-762-8958
- RVNA Health.....203-438-5555
- Parks and Rec.....203-834-6234
- Stay at Home in Wilton.....203-762-2600
- Wilton Family Y.....203-762-8384
- Wilton Library.....203-762-3950