



NEWS and REVIEWS
Stay at Home in Wilton, Inc.
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Wilton, CT 06897-0046
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info@shwil.org

For more information visit our

Website www.stayathomeinwilton.org

Phone 203-423-3225

WELCOME to all!

Here we are in February already and the weather is just as it should be. Cold, Windy and Snowy. But Spring is right around the corner. Or maybe the Ground Hog was wrong.

Lots of great things are happening this month to keep us warm and being with one another to enjoy so many different activities.

We have concerts, museums, luncheons, TV show, dinner and play, Mah Jongg, swimming, Valentine's Day, Lincoln and Washington's birthdays and Lent begins. Who keeps track of all these events. Our favorite Executive Coordinator, Janet. Thank you Janet for all you do for us every month of the year.

Of course, there are the regular events that happen at the Wilton Y. Every Friday between 1:30 and 3:00 is a free swim for seniors and Wednesday lunch at Ogden House with entertainment for \$3.00. The men's breakfast at Orem's and the ladies breakfast will be at Green Leaf Bakery and Café.

Many of our members have requested phone numbers of others in our organization so they could talk with them

and plan to get together some time. If you want to have your phone number listed in a directory for members only, please let Janet know so we can put it together with only those who want to be contacted by other members.

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Executive Coordinator: Janet Johnson
Newsletter Editor: Anne Richards

What our members have to say about us!

“It is so comforting to belong to Stay at Home in Wilton and be able to share with so many others who want to stay in their own homes instead of going to a nursing home or assisted living. I love being a part of this group.”

Happened & Happenings

Joe Utterback concert at the Wilton Library by Anne Richards

All I have to say is “WOW!!!” What a wonderful concert, The Great American Songbook” Dr. Joe put on for a packed house in January. It was known that many people were not included at the concert since around 300 had to be told that the room was oversubscribed but there will be another opportunity to see and hear Dr. Joe in concert for all those folks who could not attend the January concert.

On April 21st Dr. Joe will perform again at the Wilton Library. You can sign up now if you call the library at 203-762-3950. Make sure that you will be able to attend this great concert. I doubt that it will be the same as in January and will be full of wonderful jazz and familiar tunes.

Ladies’ luncheon at Janet’s by Anne Richards

About 16 or 17 ladies attended the potluck luncheon at the home of Janet Johnson. The ladies enjoyed food of all sorts and we all got to know each other just a little better. We had wonderful desserts. I’m thinking that with all these wonderful cooks, maybe we should put together a Stay at Home Cookbook that we can share some of our best recipes. If you agree with this idea bring 2 or 3 of your best recipes to our

breakfast on February 12 at the Green Leaf Bakery and Café.

Our First Selectman’s talk

Bill Brennan, our First Selectman, took time out from his really busy workday to come to Comstock Community Center in the Senior Center to tell us of the many plans that are being tossed around at Town Hall. He spoke about Yankee Gas being available in town, especially at all the schools, work that will be done at Comstock, things that are being improved in the center of town and the 8 miles of road repaving that are done every year. Many stayed following his talk to have a light lunch.

A Medicare Update

Chris Crain of SWCAA discussed what is happening in regards to Medicare on January 29. She told of many changes that are happening in the Medicare program and spoke about the “Doughnut Hole” where we find our prescriptions. It is slowly getting smaller over the next 10 years. About 35 members and guests attended. Refreshments were served.

Calendar of events for members and their friends to attend in FEBRUARY

Mah Jongg Class at the Senior Center at Comstock Community Center will be on **Tuesday, February 12 at 2:00 and Tuesday, 26 at 12:30.** The Mah Jongg class is open to all who want to learn this challenging game. It really is great fun!

**Men's Breakfast was on
Tuesday, February 5**

It was held at Orem's beginning at 9:00 am. All men are invited to attend and you can "Bring a friend!"

Saturday, February 9th

Ridgefield Symphony Orchestra
Big Band Night
Tickets for Seniors - \$20

**Sunday, February 10,
Dena DeRosa Trio**

This will be held at the Wilton Library at 4:00. Make your reservation by calling Janet with the number on your membership card.

Ladies Breakfast is on February 12

Will be held at Green Leaf Bakery & Café in Wilton Center beginning at 9:30

**Friday, February 15
Bus Trip to see**

Filming of TV show "Tricia Show"

Sign up by the 8th at The Senior Center. Bus leaves Comstock at 8:30 and 8:38 from Ogden House. See the show 2 times and enjoy a complimentary lunch. Bus leaves theater right after the second show. Should be back in Wilton by 3:30. Call Liz at 203-834-6240 to reserve.

**Sunday, February 17
Verdi's Rigoletto Metropolitan
Opera Live in HD**

This is at the Ridgefield Playhouse either at 1:00 pm or 6:00 pm. Cost is \$25. Make your reservation with Janet.

**Tuesday, February 19
Bruce Museum**

Meet 9:30 sharp at the commuter lot corner of Wolfpit and Route 7. Lunch at Versailles. A guided tour of the exhibits in

the museum is \$6.00. Call Janet for reservations.

**Saturday, February 23
Wilton Playshop**

Catered dinner at 6:00 at Wilton Congregational Church, walk to Playshop to see 8:00 pm Show of the *Drowsy Chaperone*. Some 13 of us are attending.

Wednesday, February 27

Brookdale Place will hold a Lunch'n Learn at 12 noon. Topic for lecture is Create a Safe Environment for Aging Independently Janet will make the arrangements for you.

Fridays, Free Swim at the YMCA

February 1, 8, 15, 22
from 1:30 til 3:00

**From Corridors
Town of Wilton offerings for
seniors of all ages**

Monday Movies at the Senior Center
They begin at 12:00 noon

**Those who are there to see a great movie
select February movies.**

And there is popcorn too!!!

**Other activities at the Senior
Center**

Lunch at Ogden House

Lunch is served on February 6, 13, 20 and 28. The entertainment for the 6th was The Wilton High School Orchestra, 13th, Music of Chris Merwin, 20th Bingo by Brookdale, 27th is a surprise. Lunch is served at 12 noon in the large room at Ogden House. Give this a try, you won't be disappointed. Please make a reservation with Liz Doty at 203-834-6240. Food is always good. Bring a friend. Cost is \$3.00 for lunch and entertainment.

Tips for Staying Healthy During the Flu Season

Flu Facts

- Incubation period is 1-3 days
- Communicability is approximately 24 hours before the onset of symptoms
- An infected person expelling droplets into the air, which can be inhaled or introduced into your body by having the droplets on your hands and touching your mouth, nose or eyes, spreads the flu. Once it enters, invasion begins and progresses rapidly.

Untrue About the Flu

- I can get the flu from the flu shot
- I only need to get the flu shot once because it lasts a lifetime
- If I get the vaccine I won't get the flu
- I can catch the flu from going out in the cold
- Starve a cold and feed a fever

How to Prevent the Flu

- Get vaccinated
- Eat a balanced diet and get proper rest
- Keep your distance from those who are sick and stay away from others if you are sick.
- Routinely clean and disinfect surfaces
- Cover your nose and mouth when you cough or sneeze
- Wash your hands and keep them away from your nose, eyes and mouth

WASH YOUR HANDS!

Recent Donors to

Stay at Home in Wilton, Inc.

Thank you so much for your recent support of **Stay at Home in Wilton, Inc.** a 501(c)(3) non-profit aging in place organization. Your donation means that many of our seniors in Wilton will be able to seek and get help in many ways. **If you know of anyone who would support Stay at Home in Wilton with a donation, please let us know about them.**

Memorial Gifts in Memory of Brita Cappel

Chris & Verna Barrett
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Things I need to talk to Janet about.

Name and Phone number in a membership directory.

Ladies Breakfast on February 12 at Green Leaf Bakery and Café.

Concerts

Ogden House lunch – Liz
203-834-6240
Wednesdays

Bus trip to Tricia Show on Friday, February 15 – Liz
203-762-6240

Trip to Bruce Museum on Tuesday, February 19

Lunch and Talk at Brookdale Place on February 27

Future Plans for members and friends to attend

Save these dates

March 19, Tuesday trip with Parks and Recreation van to Arthur Avenue in the Bronx for lunch. Leaves Comstock at 9:30. Cost for van is \$25 plus whatever you eat for lunch. The schedule is to leave Comstock at 9:30 a.m. and leave Arthur Avenue for the return at 3:00 p.m.

April 21, Saturday, is the Dr. Joe Utterback concert “American Songbook” for those who missed the first concert in January at the Wilton Library.

AND

The 3rd anniversary of Stay at Home in Wilton. The concert begins at 4:00 and the birthday celebration will be following the concert. If you can't make the concert or it is overbooked again, be sure you come to the celebration of our 3rd anniversary.

April 19, Friday will be the trip on the Train from Wilton Station to Danbury for \$1.00, see the Train Museum, have lunch and return by train to Wilton. \$5 for museum tour and lunch at Two Steps.

