



Community & Connections

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Step Out with the Walking Club: Bobbi Kahan, Donna Below, Giedra Troncone, Ellen Kapustka, Larry Mauer, Ann Newton, and Jim Kapustka



Trig Hansen "Stepping Out" at 100 with Jim Newton and Norris Brown at the SAHW Annual Summer BBQ

Stepping Out This Fall

A Balanced Life

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Can you pass the 10-second balance test?*

Balance training is an important but often neglected skill, one that affects both our longevity and our quality of life. Although the inability to balance has been associated with an increased risk of injury, simple exercises done at home can improve both balance and strength. Join us on Sept. 27 for the RVNAhealth presentation on exercise and balance training for enhanced quality of life.

*August 12, 2022 NY Times, Hilary Achauer



Step out this September with Stay at Home in Wilton

Visit the Farmers' Market with us, take a walk with our Walking Club, start reading with our Book Club, and join RVNAhealth to learn simple exercise routines for a longer, healthier and more balanced life.

Mark Your Calendar for September Events



Ladies Lunch & Wilton Farmers' Market Outing

Wednesday, September 7, 12 PM
Meet in the Library Parking Lot

Featuring local farmers offering seasonal and organic produce, fresh baked goods and pastries, food trucks with a selection of lunch items, local artists and crafters.

RSVP: **203-762-2600**

NEW DAY and LOCATION!!!



Men's Breakfast

THURSDAY
September 8, 9 AM
CT Coffee & Grill

Men meet at CT Coffee & Grill. Guests are welcome! For information: **203-762-2600**



SAHW Walking Club!

Thursday September 8, 15, 22, 29, 10:30 AM

All levels of walkers are welcome! Walks are generally on easy terrain. We meet on Thursday mornings for some pleasant exercise and friendly company. For details, or to sign up for email announcements, contact **Janet Johnson** at **203-762-2600**. See you on the trail! **Rain date:** Friday



Ladies Book Club and Lunch

Wednesday, September 21, 12PM

Ladies are invited to bring their lunch and discuss this summer's book, "The Orphan's Tale", a powerful novel of friendship set in a traveling circus during World War II.

RSVP: **203-762-2600 Comstock**



RVNAhealth Outpatient Practice Manager
Kate Campbell, PT, DPT, SCS, Cert. MDT, CSCS
RVNAhealth Physical Therapist
Kristine Greco, DPT MPT, LSVT BIG, CCVR

Benefits of Exercise & Balance Training to Boost your Health

Tuesday, September 27, 3 pm

Learn HOW to get started with regular exercise. Improve your balance, strengthen your bones, and enhance your heart health. Learn what you can do to live a longer, healthier, and more joyous life.

rYnaHEALTH™

For Lifelong Care & Wellness

Comstock - Senior Center. No charge.
RSVP: Janet Johnson, **203-762-2600**

Welcome

New Members

Chet Augustine
Margaret Kiss



A big thank you to The Village Market for their generous gift! They donated hamburgers, hotdogs and rolls for our Summer BBQ again! Please thank Nancy in person on your next shopping trip.



Ogden House was "in the house" at our Annual Summer BBQ!

From left:
Jim Cronin,
Shirley Lasky,
Leonora Hernandez,
Margaret Kiss, and
Frank Palmer



OGDEN HOUSE GARDENERS REAP BIG BENEFITS

Ogden House residents who have garden plots are enjoying the fruits of their labors, harvesting loads of tomatoes, squash and other produce. The beautiful shrubs and perennials are maintained by Ogden House staff.

DO YOU HAVE A STORY TO SHARE?

Were you involved in an activity years ago that perhaps today you share with a grandchild? Did you travel the world, run marathons, or explore underwater wonderlands? We would love to hear from you! And we would love to include your submission in a future issue of the newsletter. Please mail your story to Janet Johnson at Stay at Home in Wilton, P.O. Box 46, Wilton, CT 06897. Or you can email it to Janet Johnson at jljstamford@aol.com



Stay at Home in Wilton hosted its Annual Summer BBQ with more than 70 guests on August 19. We also celebrated the birthdays of two special ladies, Laureen Mody and Bobbi Kahan, with a spectacular cake from the Village Market.

Welcome New Volunteers

Vani Bettegowda
Carol Boas
Rob Harvey
Jean Kelley
Susan Levack
Robin Lynch
Cora Martin
Sue Mitchell
Karen Pingarron
Gwenna Williamson

September Volunteer of the Month Bobbi Kahan



A vivacious and energetic volunteer, Bobbi has planned many of the fun and interesting events that members have enjoyed during the past year. She is often seen dropping off one

of her delicious homemade creations. For our February movie event, Bobbi wowed attendees with her amazing chocolate peanut butter bars.

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The July Volunteer Reception Welcomed 10 NEW Volunteers!

Guests enjoyed meeting and mingling with SAHW volunteers and learning about volunteer opportunities. Three lucky winners, **Chet Augustine**, **Anne Hill**, and **Vincent Reilly**, won the free raffle, taking home New York Times bestseller **“Together: Why Social Connection Holds the Key to Better Health, Higher Performance, and Greater Happiness”** by Vivek H. Murthy.



Winners! Anne Hill; Chet Augustine



Chocolat: Phil Richards, Larry Mauer, Sally Kirmser, Nea Martin, Ann Fiteni, Kathy Ramery, Giedra Troncone, Lila Griswold, Bobbi Kahan, Janet Johnson, Anne Richards

Bobbi is also a voracious reader (70 books in one memorable year!) and helped start the SAHW Book Club. She never stops thinking of others and loves chauffeuring members to SAHW events. We are so lucky to have Bobbi in our organization!