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Community & Connections

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September 2025



Summer BBQ

Stay at Home in Wilton's annual BBQ always seems to bring out the perfect combination of balmy weather, great food, and lively conversation, and this year was no exception!



Norwalk Island Sunset Cruise

Stay at Home in Wilton set sail on a beautiful Thursday evening for a memorable sunset cruise through outer Norwalk Harbor - good times, and a picture-perfect sunset!



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September Events

RSVP: events@stayathomeinwilton.org or
(203) 762-2600



Keeler Tavern Museum and History Center Tour Thursday, September 4th 1pm 152 Main Street Ridgefield, CT

Join SAHW for a tour of the historic 1713 Keeler Tavern Museum. Once a home, a tavern, and a hotel, the Museum's period rooms, robust collections, and themed tours give voice to hundreds of years of former residents' stories.

**RSVP by September 2nd at 203-762-2600 or
events@stayathomeinwilton.org.**



Mindfulness Seminar with Hilary English Monday, September 15th Senior Center 2pm

Stay At Home in Wilton presents an Introduction to Mindfulness Meditation class. Learn exercises that you can easily incorporate into your life. If you are interested in increasing clarity, equanimity and your ability to concentrate longer, please join us.

**RSVP by September 13th at 203-762-2600 or
events@stayathomeinwilton.org.**



Thursday September 11th • Orem's • 12PM

If your special day falls in September, you will receive an invitation to enjoy a complimentary lunch from SAHW. Not a September baby? You're still welcome to join the festivities— come celebrate with your fellow members!

Did we miss your birthday? Call or email us to confirm we have your birth date correct in our records.

**RSVP by September 9th at 203-762-2600 or
events@stayathomeinwilton.org.**



Stay at Home in Wilton's Oktoberfest

**Friday September 26th
Wilton Historical Society
4-7pm**

See the enclosed invitation for details on this Fall's Oktoberfest! One of our favorite gatherings of the year! It's early this year, so be sure to RSVP right away. As always, a great opportunity to get together with SAHW friends to celebrate the season and enjoy Chef Jeff's festive fare!

**RSVP by September 22nd at 203-762-2600
or events@stayathomeinwilton.org.**

Stay at Home Travels the World!

Welcome!

**New
Member:**

Ivette Miller

**Join Our
Team!**

- Friendly Helpers
- Drivers
- Archive Committee
- Other volunteer opportunities

To find out more about volunteer opportunities, contact us at 203-762-2600 or info@stayathomeinwilton.org

Ellen and Jim Kapustka: The Arctic

Our seventh trip to this area took us to the northern fjords of Norway, the Shetland Islands, the Faroe Islands and Iceland. The spectacular surroundings and the encounters with several different cultures made this trip particularly memorable. We thoroughly enjoyed a ceilidh (dance festival) and a stunning hike to a gannet colony in the Shetlands and an unforgettable fish soup in the Faroes.

Stay tuned for our photo presentation coming up later this year!



Northern fjords, Norway



Gannet colony, Shetland Islands



Lofoten Islands, Norway

Lisa Roman & Mac Johnston: Portugal



Douro River, Portugal

Portugal's colors blazoned brightly from the vibrant blue tiles (Azulejos) that decorated cathedrals and even railroad stations to the bold hued buildings that were reflected in the waters of Porto. Our time cruising the Douro River introduced us to the important wine-producing history of the region. Pairing the views from the lush wineries atop the steep banks of the Douro River with a tawny Port late in the afternoon as the sun was setting warmed all of our senses.



Porto Train Station, Portugal



National Palace, Portugal



Porto Train Station, Portugal



Church de São João de Tarouca, Portugal



Porto Harbor, Portugal

New Humane Society Facility **Offers Volunteer Opportunities**



One of the members attending the Humane Society presentation was Peppy, Lynne and Pete Zareski's rescue dog. Peppy is the official/unofficial SAHW mascot and was on his best behavior throughout the presentation.

Stay at Home members were treated to a very informative presentation by staff members of the new Humane Society facility scheduled to open in Wilton during August. This state-of-the-art facility will offer shelter services, fostering & adoption services, and veterinary care.

An outstanding feature of the new facility is an 18-acre area behind the building that will encompass play yards, walking trails, and an agility course. Volunteers are welcomed as dog walkers, cat cuddlers, and animal care givers. Volunteers must have health insurance and make an initial commitment of six months. For more information, go to CThumane.org/Volunteer..



You can explore the CT Humane Society's new Wilton Pet Resource Center during its open house on Friday or Saturday, August 29–30, from 12–2 pm. With limited parking, visitors are encouraged to carpool. Guided tours will depart every 20 minutes, offering a first look at this vital community hub. In addition to adoption services, the center features a low-cost public veterinary clinic, a pet food pantry, and humane education programs—all designed to help pets thrive at home. "We are thrilled to call Wilton home on this bucolic property and to serve both the pets and the people they love in Fairfield County," said Executive Director James Bias. For more details, visit CThumane.org/Wilton.

Join the SAHW Walking Club!

The Stay at Home in Wilton Walking Club, led by board members Ellen and Jim Kapustka, offers members the opportunity to explore area parks, preserves and scenic natural surroundings in the company of others. The walks are easygoing and provide a gentle workout. Faster and slower walkers are accommodated. The walks are a great activity for those who want to get out and prefer to do so in a congenial group. Some of our favorite places to explore are the Norwalk River Valley Trail, Sherwood Island State Park, and Weir Farm National Park. On a recent walk, the group was excited to see a swan on her nest, a great blue heron, and a large snapping turtle. We generally have coffee or lunch together, depending on whether the walk is in the morning or afternoon. For more information, or to sign up for our email alerts, **please contact Ellen Kapustka at ellen.kapustka@gmail.com**.



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