





At WellnessSphere, healthy isn't a goal, it's a lifestyle. Our process provides you with the solutions you need to be healthy and stay healthy, with the right mix of treatments and products. If you aren't looking to chase symptoms for a quick fix, such as excess weight, digestive discomfort or lack of energy, but rather, want solutions that address the underlying issues that cause dis-ease, then let us support you on that journey. Add WellnessSphere to your health regimen. Scan the QR Code for more information.



M. Tess Abalos

LMT, CHHC

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47 Oak Street, Suite 280 Stamford (203)952-6113



HEALTH = NUTRIENTS + CIRCULATION - TOXINS





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A Message from the Publisher

As we close out 2024 and look ahead to the new year, I've been reflecting on our family's journey. Like so many before us, we're preparing for our youngest child to leave home-exciting, yet bittersweet. This transition has made it even clearer to me how important it is to prioritize time together-whether it's phone calls, holidays, or special occasions.

The Town Planner is a calendar that helps to plan those moments, but it's also so much more. It highlights the holidays, festivals, and special dates we celebrate, while shining a light on the local businesses and charities that help bring our community together and enrich our lives.

In recent years, I've taken time to reflect on what truly matters and how I can better serve the community. This has inspired me to focus on deeper collaborations, which have allowed me to give back in meaningful ways-particularly through free events and supporting local charities. Each year, I also donate a portion of my profits to carefully selected causes that I believe will make a real impact on people living here in Fairfield County.

In Norwalk and Greenwich, my team and I also organize a large, free celebration event where local residents come together to reconnect with old friends and meet new ones.

I want to offer my heartfelt gratitude to our sponsors. Your ongoing support makes everything possible. Your generosity truly enriches our community, and I'm deeply appreciative of your commitment to making a difference. We couldn't do it without you.



Helen Grace-Germain Publisher/Owner • 203-869-2129

Wishing you all the best for 2025.

SHOP LOCAL. SPEND LOCAL. ENJOY LOCAL.







WellnessSphere*















Pick up your **FREE Town Planner** Calendar here while supplies last!



Weston Town Hall

56 Norfield Rd • Weston

Wilton Library 137 Old Ridgefield Rd • Wilton

WESTPORT/WESTON/ WILTON

January 2025





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M. Tess Abalos

LMT. CHHC







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FEBRUARY 2025

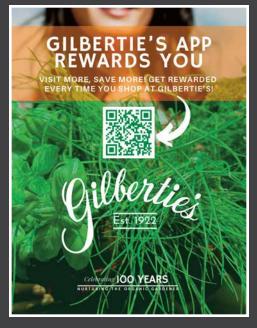
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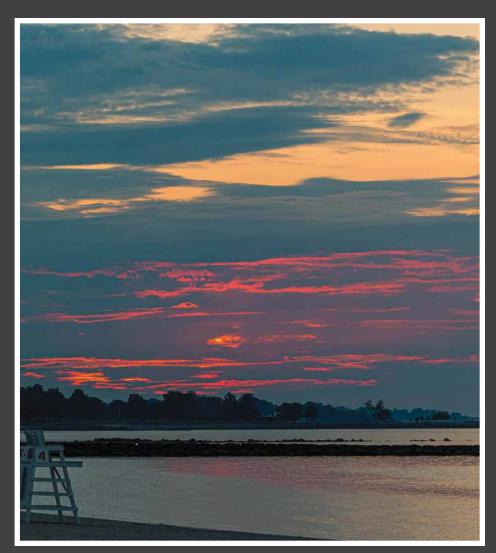
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WESTPORT/WESTON/ WILTON

February 2025























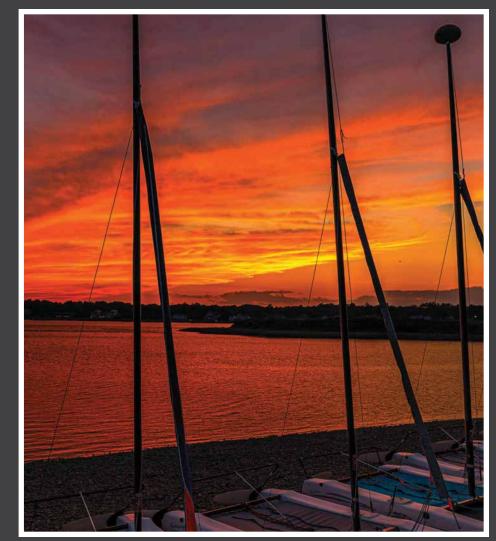




Town Planner® WESTPORT/WESTON/WILTON March 2025

















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APRIL 2025								
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13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28	29	30					



UPCOMING EVENTS!

- Wild Delight Backyard Bird Workshop (Jan 23)
- Mayern Kitchen
 Love Potion/Aphrodisiac Demo (Feb 1)
- Herbal Mocktails/Cocktails with your Valentine (February)
- Dr. Z Winter Immunity Protection Lecture
 (February)
- Seed Starting Workshop (March)
- Coast of Maine Event (March)
- Winter Westport Farmers' Market ends (First Thursday in March)
- Compost Workshop (late March/early April)
- Native Plant Lecture (April)
- National Gardening Day (April 14)
- Earth Day Community Fair (April 22)
- Tomato Masterclass (late April or early May)
- Herbal Lecture with Ilana Sobo (May)
- Customer Appreciation Day (3rd Weekend of June)
- Dr. Z Herb Walk and Workshop (September)
- Hayrides (Every Weekend in October)
- Winter Westport Farmers' Market begins (Thursday before Thanksgiving)
- Holiday Wreath Workshop (1st Week of December)
- Holiday Open House
 And Setundary
- (1st or 2nd Saturday in December)
- Westport Farmers' Market Artisan Fair (1st or 2nd Saturday in December)



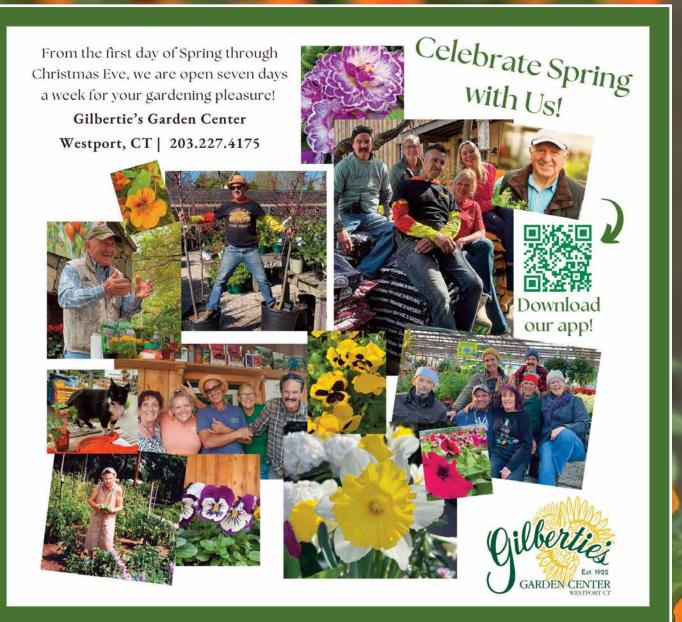


Photo provided by Gilbertie's Organics



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WESTPORT/WESTON/ WILTON

April 2025

























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Town Planner® WESTPORT/WESTON/ WILTON ay 2025



- overheating and engine damage
- · Check tire pressure. Increased heat can increase tire pressure.

SUNDAY

- Change the oil. Stick to
- Book your visit for a Mainter Check at C&H Auto!





47 Oak Street, Suite 280 Stamford (203)952-6113





MONDAY

TUESDAY



THURSDAY

FRIDAY

LMT. CHHC





WEDNESDAY











JUNE 2025 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

Memorial Day - Schools

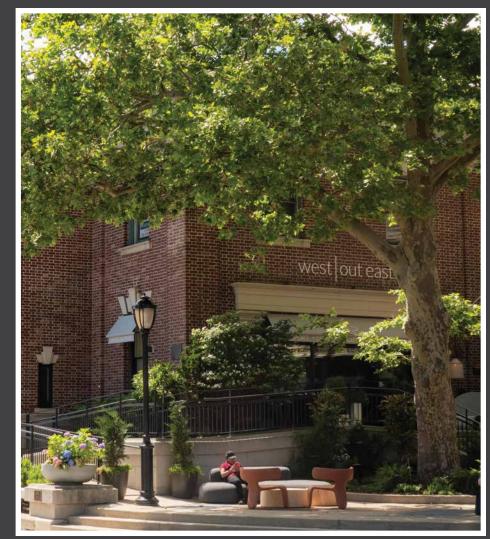
WESTPORT/WESTON/ WILTON

June 2025





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LMT. CHHC





SCAN FOR EVENTS



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footprintsfloors.com/SouthernCT

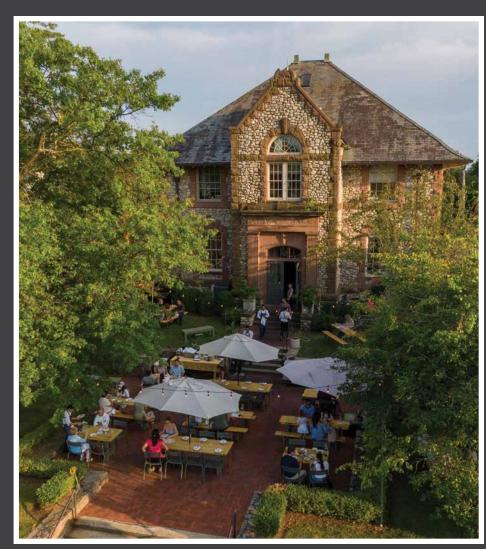
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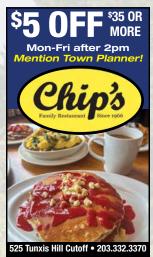


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ugust 2025



















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August 2025

Town Planner® WESTPORT/WESTON/ WILTON

September 2025







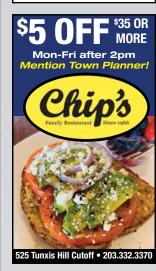














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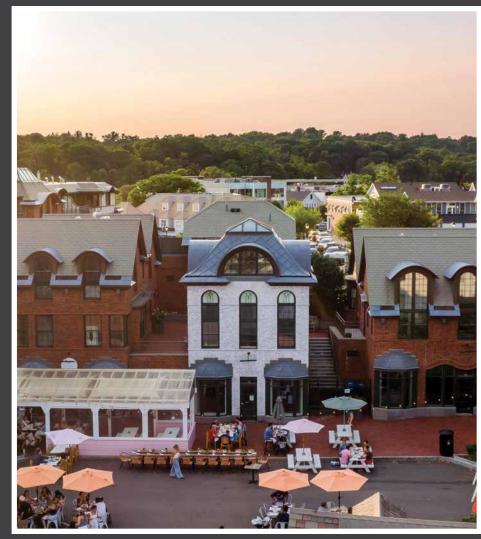
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Ictober 2025





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LMT. CHHC

















WESTPORT/WESTON/ WILTON

Vovember 2025



- · Get a Cooling System Checkup.
- A bad radiator core or worn
- overheating and engine damage Check tire pressure. Increased heat can increase tire pressure.
- · Have your Air Conditioner
- Change the oil. Stick to
- Book your visit for a Mainte Check at C&H Auto!





- Nutrition Coaching
- Massage Therapy
- K-Beauty
- Weight Management

Be Healthy with WellnessSphere





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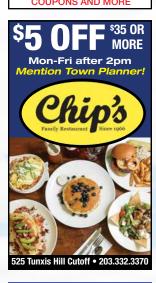


















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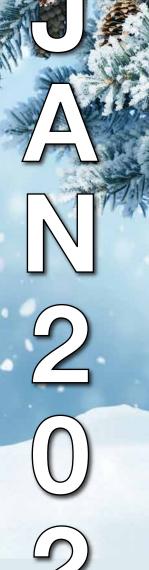
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				New Year's Day	2	3
4	5	6	7 Orthodox Christmas	8	9	10
11	12	13	14	15 Estimated Tax Due	16	17
18	19 Martin Luther King, Jr.'s Birthday (observed)	20	21	22	23	24
25	26	27 International Holocaust Remembrance Day	28	29	30	31
January	2026	townplar	ner.com a	there people	in the kn	ow go!



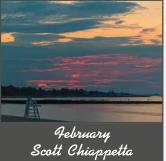


Cover Photo: Steve Labkoff

The Westport Observatory is an astronomical observatory in Westport, Connecticut, operated by the Westport Astronomical Society and formerly known as the Rolnick Observatory. The observatory is located at the highest elevation in the town. 182 Bayberry Ln, Westport, CT 06880



























We invite you to submit your color photography of local scenery & events for possible use in next year's Town Planner calendar. To have your photos published, please contact us for more details at TownPlannerFairfieldCountyCTGRA@townplanner.com



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