

TRUMBULL SENIOR CENTER NEWSLETTER OCTOBER 2016

23 Priscilla Place, Trumbull, CT Open Monday through Friday 9:00 AM—4:00 PM
(203) 452-5199

Health Fair for Older Adults

At the Trumbull Senior Center

Friday, October 14th, 2016 10:00 A.M.-1:00 P.M.



**EMS, Nursing, Police, Pharmacy, Doctors, Elder Law Attorney,
Assisted Living, Health Department, Counseling Center, Agency on Aging,
Home Health Care, and more!**

For more information or transportation, please call (203) 452-5137.

FREE BALANCE SCREENINGS



Trumbull Health Department Flu Clinics

335 White Plains Rd, Trumbull, CT 06611 (203) 452 1030

Walk-ins/Appointments (transportation available)

Mondays	10/ 24	1 pm – 4:30 pm
Tuesdays	10/11, 18, 25	9 am – 12:30 pm
Wednesdays	10/26	9 am – 12:30 pm
Thursdays	10/27	1 pm – 4:30 pm

Beginning Monday, Oct. 31st, any date during the times listed.

Mondays/Thursdays	1:00 pm – 4:30 pm
Tuesdays/Wednesdays	9:00 am – 12:30 pm

Accepted: Aetna, Anthem, ConnectiCare, United Healthcare (Oxford) and Medicare Part B. For those without the above mentioned insurance, flu immunizations will cost \$30, high dose \$50 – cash or check.

Exciting News!

Tai Chi Quan For Better Balance

Designed for seniors

Every Tuesday and Thursday

1:30 PM —2:30 PM



All levels welcome!

There is no cost for this class.

The Trumbull Senior Center acts as a community resource and conduit to other services available to senior adults, aged 55 and older. The center offers a central location where individuals can receive information and services of interest to older adults. It is also a designated focal point, which provides a comprehensive delivery of services essential for maintaining the health, independence and well-being for members. The center strives to prevent isolation and encourages socialization.

First Selectman (203) 452-5005
Timothy M. Herbst

Interim Senior Commission Chair
Ronald Foligno (203) 445-8513

Director of Human Services (203) 452-5199
Michele Jakab

Administrative Assistant (203) 452-5137
Ashley Ryan Grace

Social Services (203) 452-5198
Jennifer Gillis Outreach Coordinator

Jane Horton Pantry Coordinator
(203) 452-5135

Wellness Nurse (203) 452-5134
C. Teresa Cryan, MSN, RN



AGE IS AN ISSUE OF
MIND OVER MATTER
IF YOU DON'T MIND
IT DOESN'T MATTER

Mark Twain

Trumbull Senior Center Café

Check out our new grab-n-go lunch menu including wraps, salads, and desserts!

Open Monday –Friday

11:00 AM-2:00 PM

Relax, read, socialize, or watch television in our café!



Lectures and Events

We will be closed on Monday, October 10th, in observance of Columbus Day.

“Versailles and the Aftermath”

Wednesday, October 5th

10:30 AM

The Grandest Hoax Ever Perpetrated on Modern Man. Mark Albertson, Professor of History at NCC, will explain how the World War I was actually a European civil war; and how that war did not end in 1918, rather was jump-started by Hitler in 1939. To RSVP, please call 203-452-5137.

Upcoming Lecture Series:

Wednesday, November 16th, 6:30 PM—“Eleanor.”-Fairchild Library

Wednesday, December 14th, 10:30 AM—”The Strategic Significance of the Japanese Attack on Pearl Harbor.”-Trumbull Senior Center

Lunch and Movie

Thursday, October 20th

11:00 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film “My Big Fat Greek Wedding.” A Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to term with her family heritage and cultural identity. **Starring: Nia Vardalos**

*Please note that movies are subject to change due to availability.

Please RSVP by calling 203-452-5137.*

Explore 3D Printing **Thursday, October 27th** **10:30 AM**

Are you curious about 3D printers and how this amazing technology works? Learn more about 3D printing and watch a demonstration presented by Creators’ Corner at the Fairchild-Nichols Branch Library. For more information and to RSVP, please call 203-452-5137. Transportation is available.

Trumbull Senior Citizen Commission Meeting

Friday, October 28th

10:00 AM

Meetings are held in the Long Hill Conference Room in Town Hall and are open to the public.

Monthly Birthday Party

Friday, October 28th

11:00 AM

Come celebrate our October birthdays! This event is sponsored by Synergy Home Care.

Please RSVP by calling 203-452-5137.

Bingo

Friday, October 28th

1:00 PM—2:30 PM

Prizes and refreshments will be served. Seating is limited. Please RSVP by calling 203-452-5137.

This event is sponsored by the Trumbull Senior Commission and Synergy Home Care.

Upcoming Events for November

Aging and Driving

Is it time to stop?

Tuesday, November 1st

10:30 AM—11:30 AM

Susan L. Pinto, Community Liaison Specialist, of Griswold Home Care will help older adults understand the nature/scope of potential driving issues. You will learn how Occupational Therapists can help seniors and family caregivers with driving decisions and skills, along with how to access innovative tools to support safe driving, mobility, and independence. Please RSVP before 10/25/16 by calling 203-452-5133.

Ask the Pharmacist

Thursday, November 3rd

9:00 AM —12:00 PM

A representative from Medical Arts Pharmacy, in Trumbull, will be available to answer all of your pharmacy related questions. Be sure to ask them about their free blister & bubble RX packaging! For more information, please call 203-452-5137.

Lunch and Learn

Wednesday, November 9th

1:00 PM

Come join us for an informational presentation about downsizing your home and selling items. This event is sponsored by Home Instead Senior Care. Please RSVP by calling 203-452-5137.

Lectures and Events

Live Well Workshop

**Mondays, October 3, 17, 24, 31
November 7, 14, 2016; 10:30 AM-1:00 PM**

Attend a free six week Live Well Workshop series and learn new techniques to take control of your chronic health issues. Developed by Stanford University, Live Well is for adults and caregivers with ongoing health issues such as diabetes, arthritis, asthma, high blood pressure, heart or lung disease, pain, depression, and anxiety. Participants will learn healthy ways of dealing with pain, fatigue, and difficult emotions.

Subjects covered include nutrition, exercise, decision making, problem solving, goal setting and much more. Workshops are interactive and allow participants to share experiences and help each other solve problems they encounter. Participants are lent a copy of *Living a Healthy Life with Chronic Conditions* and a relaxation

CD.

Please call 203-452-5137 to RSVP.



"It's Your Life...Live it Well"

Medicare Overview and Consultations

Learn the basics, compare your plans, and get personalized help.

Friday, October 21st—10:30am

Medicare Supplemental Plans (and Part D)

Tuesday, October 25th—10:30am

Medicare Advantage Plans (and part D)

Scott Berney from Berney Insurance Group will be here to explain your Medicare Supplemental options. Come find out if your plan is competitive or if there is a plan with better coverage and more affordable! Remember, plans change every year; take the time to review your benefits. Bring insurance cards and a list of your medications if you would like to meet with Scott after the presentations.


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203-381-9555

Ryders Landing • Stratford • Exit 53 Merritt Pkwy

**CALL FOR YOUR FREE NO-OBLIGATION TRIAL OF OUR
NEWEST TECHNOLOGY IN YOUR OWN HOME AND SURROUNDINGS**

Medicare Open Enrollment is here!

October 15th-December 7th, 2016



A sample Medicare Health Insurance card for Jane Doe. The card features the Medicare logo and the text "MEDICARE HEALTH INSURANCE" at the top. Below this, it lists the phone number "1-800-MEDICARE (1-800-633-4227)". The beneficiary's name is "JANE DOE", and her Medicare claim number is "000-00-0000-A". Her sex is listed as "FEMALE". The card also shows that she is entitled to "HOSPITAL MEDICAL" (PART A) and "MEDICAL" (PART B) benefits. The effective dates are "07-01-1986" for PART A and "07-01-1986" for PART B. A large "SAMPLE" watermark is overlaid on the card. At the bottom, there is a line for the beneficiary to sign, labeled "SIGN HERE".

During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing how you receive your Medicare benefits. Even if you are happy with your current health and drug coverage, Medicare's Open Enrollment Period is the time to review your current coverage, compare it with other available options, and weigh whether it will remain the best choice for you in the coming year. Plans change all the time, it doesn't hurt to take the time and review your benefits.

Where can I go for help in comparing my plan options?

If you need one-on-one assistance comparing your plan options, you can call your local State Health Insurance Assistance Program (SHIP) right here at the Trumbull Senior Center! **In CT our counselors are called CHOICES. Jennifer Gillis (203) 452-5198.**

How can I protect myself from plan marketing violations and enrollment fraud?

Medicare has rules about how plans can market themselves and their services during Open Enrollment. Knowing about some of these rules can help you protect yourself from dishonest agents or brokers -- or scam artists **posing** as agents and brokers. Though plans **are** allowed to send you mail, plans are **not** allowed to call, e-mail, visit your home, or approach you in public to market their plan **without your permission**. Plan agents and brokers are not allowed to give you gifts in exchange for your enrollment into a plan. Gifts must be given to everyone regardless of their enrollment, and cannot be worth more than \$15.

Verify everything a plan agent or broker tells you before making your final decision. For example, if a broker tells you that your doctor is part of the plan's network, call your doctor to double-check. Importantly, you should never feel pressured to join any plan. To ensure you are not being misled, be particularly suspicious of plan representatives or people who:

- Pressure you with time limits, seeking to enroll you in their plan, regardless of whether or not it meets your needs
- Tell you they represent Medicare and request your Medicare number, Social Security number, or bank account number, such as in exchange for a gift or service. Say you will lose your Medicare benefits unless you sign up for a certain plan

You may not always be able to detect marketing violations or persons posing as plan agents or brokers. As an added safeguard before you enroll, make sure you understand what a plan is offering you and get it in writing. How does it affect your Medicare and other health benefits (like Medicaid or your retiree/union coverage)? Does it cover the drugs you need? Review the facts before you enroll, and go to trusted and unbiased source for assistance, if needed, such as your SHIP. If you find yourself enrolled in a plan that you did not choose, you may be a victim of enrollment fraud. Contact your Senior Medicare Patrol (SMP). (203) 333-9288. Their mission is to help you prevent, detect, and report health care fraud, errors, and abuse.



Exercise Classes

Stretch/Strengthen with Nancy-Mondays at 9:00 AM

Combination of stretch, balance, aerobic and strength exercises to improve overall flexibility and endurance.

Intermediate Line Dance with Shirley-Mondays at 12:45 PM

Line dance to different types of music. Some experience is preferred. Wear comfortable shoes.

Yoga with Jeannie-Mondays at 2:00 PM and Wednesdays at 9:00 AM

This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

Fit for Life Exercise with Marylou-Tuesdays at 9:15 AM

Combination of low-impact aerobic exercise (including a weights segment) and dance that focuses on balance, flexibility, strength and endurance.

Ballroom Dance with Mike Stavola-Tuesdays at 10:30 AM

Ballroom dance lessons with or without a partner.

Zumba Lessons with Mike Stavola-Tuesdays at 11:30 AM

Have fun exercising while you dance to energetic music!

Tai Chi for Better Balance with MaryAnn -Tuesdays and Thursdays at 1:30 PM

Jazzercise with Marylou-Wednesdays at 10:10 AM

Combination of low-impact aerobic exercise and dance that focuses on balance, flexibility, strength and endurance.

Tap Dance with Shirley-Wednesdays at 11:00 AM

Experience required for this tap dance class. Please bring your own tap shoes.

Beginners Tap Dance with Shirley-Wednesdays at 12:15 PM

Are you new to tap? Join us and learn new lessons while having fun. Please bring your own tap shoes.

Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-Thursdays at 9:00 AM

This class focuses on breath, balance, core and total body strength and stretching.

Jazzercise with Jeanie-Thursdays at 10:15 AM

A fun aerobic exercise which builds strength and flexibility through dance moves to awesome music.

Chair Exercise with Nurse Teresa-Thursdays at 11:00 AM

Guided 30 minute class where we gently bend and stretch along with a video demonstration.

Latin Line Dance with Mike Stavola-Thursdays at 11:30 AM

Ballroom cardio dance to international music.

Dance & Tone (Zumba Gold) with Jeannie-Fridays at 9:00 AM

Dance to international music while toning the entire body. It is like a dance party!

Tai Chi with David-Fridays at 10:15 AM

Tai Chi is an ancient martial art from China that can improve balance, relieve stress, and relieve pain.

Travel Corner:

All members are eligible to participate in our day trips. Please join us!

Call (203) 452-5137 to sign up.

In addition to trips, the Senior Center provides transportation for medical, social, and nutritional needs: The Senior Center provides transportation to Trumbull residents who are age 60 and over and/or age 55-59 and disabled 5 days a week. Rides are for those traveling to and from the senior center, medical appointments, legal appointments and nutrition programs.

THE PEZ CANDY FACTORY AND CHIP'S FAMILY RESTAURANT

Tuesday, October 18th

Come visit the new Pez Candy Factory in Orange and learn how the candy is made. Enjoy a flavorful lunch at Chip's Family Restaurant. \$4.00 for admission plus the cost of lunch.

Time:

- Bus leaves at 10:15 AM from the center.
- The Pez Candy Factory tour will be from 11:00 AM—12:15 PM.
- Chip's Family Restaurant 12:30 PM-2:00 PM.
- Bus will pick up to return to the center by 2:00 PM.



LOCKWOOD-MATHEWS MANSION AND SEDONA TAPHOUSE

Monday, October 24th

Take a tour at the Lockwood-Mathews Mansion in Norwalk. \$6.00 admission plus the cost of lunch. Payments are due by October 17th. Checks only, cash cannot be accepted. Enjoy lunch at Sedona Taphouse. Please stop by the front desk for a menu. Please RSVP by calling 203-452-5137

Time:

- Bus will leave at 10:00 AM from the center.
- Lockwood-Mathews 11:00 AM—12:15 PM
- Sedona Taphouse 1:00 PM—2:00 PM
- Bus will return to center by 2:00 PM



New Weekly Shopping Trips Starting in October!

Beginning October 13th, the Trumbull Senior Center will now be providing transportation every Thursday to the following shopping centers:

Thursday, October 13th—TJ Maxx and ShopRite

Thursday, October 20th—Westfield Trumbull Mall

Thursday, October 27th—Stew Leonard's in Norwalk

Maximum of 14 passengers per trip. Time schedules are from 10:30 AM—12:30 PM.

For more information and to RSVP, please call
203-452-5137.

Regularly Scheduled Shopping

- **Hawley Lane/Big Y:** 2nd and 4th Tuesday of the month.
- **Stop and Shop:** 1st and 3rd Tuesday of the month.

Stern Village Residents

- **Hawley Lane/Big Y:** 2nd and 4th Wednesday of the month.
- **Stop and Shop:** 1st and 3rd Wednesday of the month.

**Please call 203-452-5137
to sign up!**



DAY TRIPS:

Christmas in Newport: Sunday Afternoon at the Breakers - Sunday, December 4, 2016. Cost: \$85 per person

Sit back and enjoy the charm of Newport's historic buildings and restored homes. The tour covers over 150 points of interest and takes in the rugged beauty of the Ten-Mile Ocean Drive and the fabulous tree-lined Bellevue Avenue with all of the mansions in their glory. Enjoy a visit to The Breakers mansion which is the grandest of the Newport summer 'cottages' and is also a symbol of the Vanderbilt family's social and financial preeminence in the turn of the century here in America. Following the tour, enjoy free time and lunch (on your own) at Bowen's Wharf. Estimated Make checks payable to Tours of Distinction. Depart: 7:00 am Trumbull Senior Center 23 Priscilla Place Trumbull CT Return: 7:30pm estimated Trumbull Senior Center



The 36th Annual CT Flower & Garden Show:

February 23rd, 2017 \$81 per person

Includes: Transportation, Luncheon at the Chowder Pot, Admission to the flower show, driver's gratuity. The theme this year is "Woodland Enchantment" and the convention center will be transformed into a breathtaking event for floral and garden enthusiasts alike. An East Coast premier event.!



St. Patrick's Day Celebration at the AQUA TURF featuring the Maclean Avenue Band: March 14th, 2017. \$77 per person.

Includes: Transportation, lunch and glass of wine or beer, entertainment, driver's gratuity. Lunch includes corned beef and cabbage, baked scrod, and all the fixings. Singing and dancing is encouraged!



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Social Services will begin taking applications for the 2016-2017 Winter Energy Assistance Program beginning Monday, October 3rd, 2016. The Connecticut Energy Assistance Program (CEAP) helps households pay for primary heating bills. If the household's primary heating costs are included in your rent, you may also apply for assistance. Please call Social Services directly at 203-452 5198 for program guidelines, required documentation, and to schedule an appointment.

Do you have working smoke detectors at home Red Cross Volunteers and Community Partners will install up to 3 smoke detectors with long life batteries in your home **FREE OF CHARGE**. They will test current working detectors and replace non-functioning detectors, provide Emergency Preparedness tips and guide you in developing a fire escape plan for your home and a Family Disaster Plan.

For more information, call: 1-877-287-3327 or go to www.redcross.org/ct/schedule-a-visit.



American Red Cross
Connecticut and
Rhode Island Region

Trumbull Food Pantry at the Trumbull Senior Center.

Do you need food?

Would you like to shop at our food pantry? We are here to help and make sure you are aware of our pantry and our social services programs. Find out if you are eligible. All calls are kept confidential. Please call (203) 452-5198 to inquire or set up to inquire.

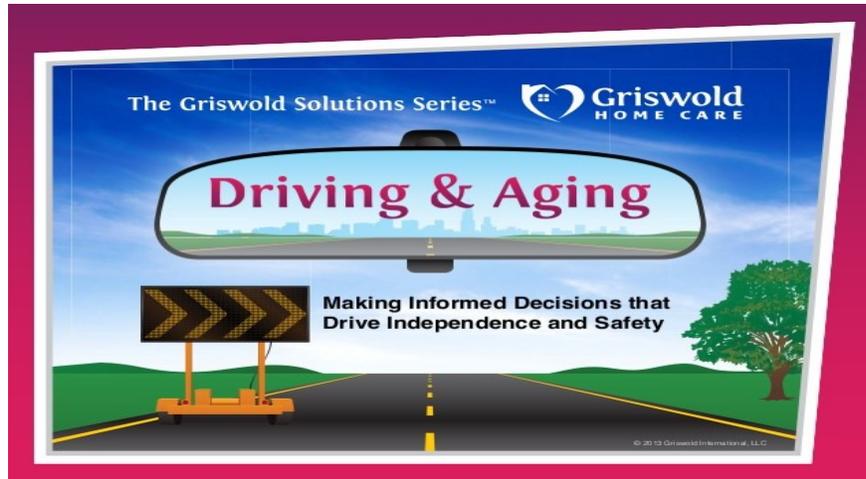


Let us help you apply

Ask us how you can apply for SNAP (formerly known as food stamps)

Would you like to donate to our Food Pantry?

The Trumbull Food Pantry is able to exist almost solely through donations from individuals and groups throughout the community. Trumbull residents are an exceptionally generous group. A list of most needed items can be obtained by calling our office or viewing the monthly announcement of needed items on our Town website's home page. Gift cards from local grocery stores are always very welcome. Donations to the Food Pantry can be made directly at The Center at Priscilla Place between the hours of 9 :00 a.m. – 4:00 p.m. Monday through Friday. Trumbull is an exceptional place to live, with many residents always willing to lend a hand. Let's keep that trend going by feeding families who are in need. Thank you!



Please join us at The Trumbull Senior Center for a presentation by Griswold Home Care on “Driving & Aging.”

WHERE: 23 Pricilla Place, Trumbull, CT

DATE: Tuesday, November 1st

TIME: 10:30AM – 11:30AM

RSVP: To Jennifer Gillis 203.452.5133

No later than 10/25/16

We look forward to seeing you then!

The Trumbull Arts Commission presents:

“The Musical Cavaliers” playing Ballroom, Polka , Waltz and Latin.

Sunday October 16 ~ 1:00pm,
The Center at 23 Priscilla Place.

Cabaret seating, bring your own refreshments: \$10.00 per person

Pre purchase at Arts Office:
203-452-5065

Wish List:

The center is currently looking for the following donated items:

- Card Tables
- Framed Artwork
- Padded chairs with arms
- Tea pots



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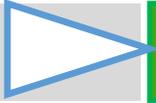
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Our Geriatric Wellness Nurse, Teresa Cryan, is available at the Senior Center on most Wednesdays and Thursdays, usually from 8:30 AM—3:00 PM. She is also available at Stern Village Housing in Trumbull on most Mondays from 8:30 AM -3:00 PM. Services offered: Assesses/records blood pressure readings and other health parameters, assists in making doctor appointments, leads seated exercise programs.

.Teresa Cryan, MSN, RN
Wellness Nurse, Town of Trumbull

From the desk of C. Teresa Cryan, MSN, RN, APRN, Wellness Nurse

October is National Breast Cancer Awareness Month. Breast cancer is the most common cancer among women in America, with [one in eight women](#) expected to develop the disease in their lifetimes, according to the American Cancer Society (ACS). The good news is that many women can survive breast cancer if it is found and treated early. You should plan to talk to a doctor or nurse about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor or nurse can help you decide when and how often to get mammograms. **Mammography is the absolute best screening test available, and the benefits of yearly screening for all women is supported by the latest research.** In the media and in society at large, the iconic pink ribbon has become a national symbol of [breast cancer awareness](#), and the 3-5 mile [Making Strides Against Breast Cancer](#) walk is one of the biggest fundraising events in the nation, bringing about 300 communities together each year in hopes of a cure. Less commonly known by the public, however, is the fact that **age is the strongest risk factor for developing breast cancer, and it is a disease disproportionately affecting older women.** About 35 to 50 percent of breast cancer cases in America occur in women older than 65 years. Breast cancer mortality rates also increase with age: 19.7 percent in ages 65 to 74; 22.6 percent in ages 75 to 84; and 15.1 percent in those 85 years or older, according to the [2005–2009 SEER Cancer Statistics Review](#). **As of 2011, under the Affordable Care Act, Medicare and all new health insurance plans are required to cover yearly mammograms without any out-of-pocket costs to patients. You can locate free or low-cost screening mammograms in our area by contacting the American Cancer Society at 1-800-227-2345.**

I look forward to seeing many of you at the Health Fair at the Trumbull Senior Center on Friday, October 14, 2016. We can discuss this or any other health concerns which you may have.

I wish you a Happy & Healthy October - Teresa

October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Stretch 3 9:00 Bocce 9:45 Drawing 10:00 Smile-A-While 10:00 Poker 10:30 Live Well 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 4 9:30 Oil Painting 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1-4 Billiards Game	9:00 Yoga 5 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:15 Beginners Tap 1-4 Billiards	9:00 Balance & Core 6 9:30 Water Colors 10:00 Slim Approach 10:00 Poker 10:15 Jazzercise 11:00 Chair Exercise 11:30 Latin Line Dance 1:00 Pinochle	9:00 Dance & Tone 7 10:00 Oil Painting 10:00 Poker 10:30 Tai Chi 12:30 Mahjong 1-4 Pinochle 1-4 Billiards Game
The Trumbull Senior Center will be closed on Monday, October 10th-Columbus Day.	9:15 Fit for Life 11 9:30 Oil Painting 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1-4 Billiards Game	9:00 Yoga 12 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:15 Beginners Tap 1-4 Billiards	9:00 Balance & Core 13 9:30 Water Colors 10:00 Poker 10:00 Shoprite 10:00 Slim Approach 10:15 Jazzercise 11:00 Chair Exercise 11:30 Latin Line Dance 1:00 Pinochle	Trumbull Senior Center Annual Health Fair. October 14th 10:00 AM—1:00 PM Classes canceled.
9:00 Stretch 17 9:00 Bocce 9:45 Drawing 10:00 Poker 10:00 Smile-A-While 10:30 Live Well 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 18 9:30 Oil Painting 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1-4 Billiards Game	9:00 Yoga 19 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:15 Beginners Tap 1-4 Billiards Game	9:00 Balance & Core 20 9:30 Water Colors 10:00 Westfield Mall 10:00 Slim Approach 10:00 Poker 10:15 Jazzercise 11:00 Lunch & Movie 11:00 Chair Exercise 11:30 Latin Line Dance 1:00 Pinochle	9:00 Dance & Tone 21 10:00 Oil Painting 10:00 Poker 10:30 Tai Chi 10:30 Medicare 12:30 Mahjong 1-4 Pinochle 1-4 Billiards Game
9:00 Stretch 24 9:00 Bocce 9:45 Drawing 10:00 Poker 10:00 Smile-A-While 10:30 Live Well 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 25 9:30 Oil Painting 10:00 Knit/Crochet 10:30 Medicare 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1-4 Billiards Game	9:00 Yoga 26 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:15 Beginners Tap 1-4 Billiards Game	9:00 Balance & Core 27 9:30 Water Colors 10:00 Stew Leonard's 10:00 Poker 10:00 Slim Approach 10:15 Jazzercise 10:30 3D Printing 11:00 Chair Exercise 11:30 Latin Line Dance 1:00 Pinochle	9:00 Dance & Tone 28 10:00 Poker 10:00 Oil Painting 10:30 Tai Chi 11:00 Commission 11:00 Birthday Party 12:30 Mahjong 1:00 Bingo 1-4 Pinochle 1-4 Billiards Game
9:00 Stretch 31 9:00 Bocce 9:45 Drawing 10:00 Poker 10:00 Smile-A-While 10:30 Live Well 12:45 Line Dance 2:00 Yoga	Interested in playing Chess? We are searching for players! Please let us know if you are interested! (203) 452-5137		Watercolor Painting Class Please let us know if you are interested! 203-452-5137	



Greater Bridgeport Senior Community Café

Trumbull Café 203-378-3086



October Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Beef Barley Soup</p> <p>Oven Fried Chicken Tenders with Honey Mustard Potato Wedges Carrots</p> <p>Orange</p>	<p>4</p> <p>Tossed Salad</p> <p>London Broil with Brown Gravy Baked Potato Cauliflower</p> <p>Peaches</p>	<p>5</p> <p>Cauliflower Soup</p> <p>Baked Ziti with Italian Sausage Broccoli Garlic Bread</p> <p>Cannoli</p>	<p>6</p> <p>Mixed Greens</p> <p>Irish Lamb Stew Noodles Root Vegetables</p> <p>Apple</p>	<p>7</p> <p>Navy Bean Soup</p> <p>Lemon Pepper Chicken Wild Rice Blend Asparagus</p> <p>Vanilla Pudding</p>
<p>10</p> <p>COLUMBUS DAY HOLIDAY</p> 	<p>11</p> <p>Tossed Salad</p> <p>Grilled Pork Chops with Apple Compote Spaghetti Squash Zucchini</p> <p>Pumpkin Pie</p>	<p>12</p> <p>Lentil Soup</p> <p>Old Fashioned Pot Roast with Gravy Mashed Potatoes Carrots</p> <p>Watermelon</p>	<p>13</p> <p>Beef Noodle Soup</p> <p>Sautéed Chicken Piccata Parmesan Rice Balsamic Spinach</p> <p>Chocolate Cake</p>	<p>14</p> <p>Caesar Salad</p> <p>Meat Lasagna Broccoli Garlic Bread</p> <p>Pears</p>
<p>17</p> <p>Three Bean Soup</p> <p>Roast Beef Au Jus Potatoes Corn</p> <p>Cantaloupe</p>	<p>18</p> <p>Asian Slaw</p> <p>Stir Fry Chicken and Vegetables Steamed Rice</p> <p>Orange</p>	<p>19</p> <p>Potato Bisque</p> <p>Sliced Loin of Pork with Mustard Sauce Sweet Potato Vegetable Medley</p> <p>Apple Pie</p>	<p>20</p> <p>Mixed Greens</p> <p>Sheppard's Pie Mashed Potato Carrots, Celery, Peas</p> <p>Fruit Salad</p>	<p>21</p> <p>Minestrone Soup</p> <p>Batter Dipped Fish Potato Wedges Cole Slaw</p> <p>Pineapple</p>
<p>24</p> <p>Tomato Vegetable</p> <p>Baked Ham with Fruit Sauce Potatoes Mixed Vegetables</p> <p>Brownies</p>	<p>25</p> <p>Caesar Salad</p> <p>Oven Fried Chicken Yams Collard Greens</p> <p>Watermelon</p>	<p>26</p> <p>Chicken Noodle Soup</p> <p>Cheese Ravioli with Meat Sauce Broccoli Garlic Bread</p> <p>Mandarin Oranges</p>	<p>27</p> <p>Tossed Salad</p> <p>Turkey Meatloaf Roasted Potatoes Brussel Sprouts</p> <p>Apple</p>	<p>28</p> <p>Black Bean Soup</p> <p>Caribbean Jerk Chicken Rice Pilaf Mixed Squash</p> <p>Tapioca Pudding</p>
<p>31</p> <p>Hearty Bean Soup</p> <p>Hamburger Lettuce, Tomato and Onion Tater Tots</p> <p>Ice Cream</p>				

Halloween Word Search



W I T C H C C P T F E P O F T A U K S P
C O R A N G E R U U G K U C T C F X C L
T X S D D M N A E M L Z C W T D A I R E
S R U J J Z . I V E P Z F A O O I N W D
N Y E R S C G V S X P K V X T B B L D X
S I U Q B A F R M J N Y I A Z K A E J Y
S P S D Z R T Z A K H H Q N M V C T R Y
K B I M T R E A T S A D R I U P H G L W
F K S D . H B I H A I S C A R Y I C E Z
L B B L E A O E R B L C U M K Y L R R H
E O O M G R L M O I O E T O I P D C E C
T O N F O N V W O M W L O N W H R Y A P
O Z E G H O S T M A E H S S O G E C G A
N B S S J U N S W S E O J T R F N B E J
X X F R X I W I R K N K X F Q Q Z Z P K
R Z F T N E C O S T U M E R U C K W X K

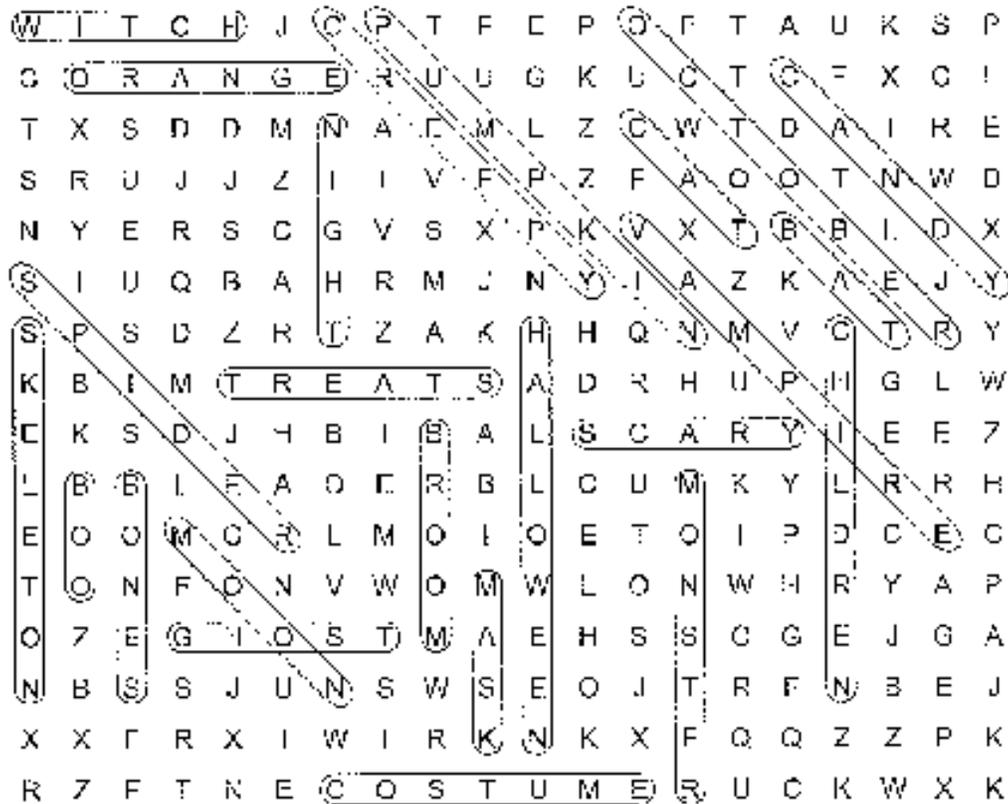
CAT
COSTUME
MASK
PUMPKIN
SCARY
SPIDER

MOON
MONSTER
HALLOWEEN
BONES
NIGHT
OCTOBER

TREATS
SKELTON
VAMPIRE
CHILDREN
WITCH
BOO

CREEPLY
GHOST
CANDY
BAT
ORANGE
BROOY

Halloween Word Search



GAT
 COSTUME
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 PUMPKIN
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