

THE CENTER AT PRISCILLA PLACE

SENIOR CENTER SERVING ADULTS AGE 55+
DECEMBER 2016

Open Monday through Friday 9:00 AM—4:00 PM

23 Priscilla Place (203) 452-5199

Exciting News Happening at Priscilla Place

Beginning **January 5th 2017**, we will stay open until **7:00 PM** on **Thursdays!**

Look for our new programs and workshops!

Upcoming Evening Events:

Thursday, January 5th—February 9th, 2017:

Healing through Yoga, Meditation and Ayurveda with Deborah Swann

\$20 for 6 sessions or \$5 per session

Have you wanted to try Meditation but are unsure where to begin? This six week class offers an opportunity to learn and to practice the basics of Meditation while receiving individual support. Meditation leads to deep and restful states of being, offering greater wellbeing, health and inner peace. It has many healing benefits that include stress reduction, focus, clarity, restful sleep, greater happiness, equanimity and spiritual wellbeing. This class will provide a clear practical understanding of the Meditation process and will explore the role of proper breathing and posture to create the foundation of a successful experience. Several traditional Meditation techniques will be practiced including breath, mantra, inner focus and guided imagery. Here is the opportunity to explore the rich landscape of Meditation, feel better, experience greater happiness and develop a life skill that will positively affect your sense of wellbeing and spiritual connection.



Class time: Thursdays 6-7pm Begin date January 5, 2017 / End Date February 9, 2017.
No experience necessary, students to bring a yoga mat and heavy towel/yoga blanket.
Class will include gentle stretching, chair meditation is provided.



Thursday, January 12th : The Giggling Pig Art Studio will provide step by step instructions for a winter painting art class. Bring your own refreshments! \$15.00 class **includes all supplies**. No experience necessary! This class is for beginners to professionals.



Thursday, January 19th, 2017: Elder Law Attorney John N. Massih will present a lecture about the costs of long term care, methods for paying for long term care, and legal options for planning ahead for yourself and family. Refreshments will be served.

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



It is never too late to say Thank You! We hope all of our veterans had a wonderful

Veterans Day.



Thank you for your service!

Volunteers Wanted

- **Reception Desk on Thursday evenings 4-7pm**
- **Fern Keeper. Our plants need help! Would you like to be their caregiver?**

Please call 203-452-5137 to sign up.

Due to low sales the Trumbull Café will be closing at the end of the year. Thank you to everyone for their support!

Trumbull Café

Grab-n-go lunch menu including wraps, salads, and desserts!

Open Monday –Friday
11:00 AM-2:00 PM
Television in our café!



CYRIL F. MULLINS FUNERAL HOME

Family owned and operated since 1937

Funeral Trusts including Title 19

Cyril F. Mullins II, Holly Mullins- Hart, Robert B. Clark

399 White Plains Rd., Trumbull 203-372-6543 mullinsfh.com



Lectures and Events

Coffee Talk with Kaitlin

**Beginning December 1st
Every Thursday**

10:30 AM

Join Kaitlin on Thursday mornings for a morning of conversation, relaxation, and great coffee in the Snack Bar! Bring a news story or a joke and make new friends.

Coffee and snacks served. Kaitlin is a senior at Sacred Heart University studying Social Work.

Holiday Luncheon

Friday, December 9th

11:00 AM: SOLD OUT

Meditative Doodling

Tuesday, December 13th

11:00 AM—12:00 PM

Lori Coates, Director of Community Outreach with Visiting Angels, will present a lecture about the benefits of meditative doodling.

Please call 203-452-5137 to RSVP.

Mark Albertson Presents:

Wednesday, December 14th

10:30 AM

“The Strategic Significance of the Japanese Attack on Pearl Harbor.” To RSVP, call 203-452-5137.

The Young at Heart Bell and Chime Choir

Thursday, December 15th

2:00 PM

Please join us for a holiday concert. Over thirty seniors from various towns will perform old standards, hymns and patriotic songs.

Artists and Craftsman Trip

Wednesday, December 21st

11:00 AM—1:00 PM

Looking for arts and crafts materials? If so, please join our art students to take a trip to the new Artists and Craftsman store in downtown Bridgeport. For more information and to RSVP, please call 203-452-5137.

Monthly Birthday Party

Friday, December 16th

11:30 AM

Come celebrate our November birthdays! Cake and coffee will be served. This event is sponsored by Synergy Home Care. To RSVP, please call 203-452-5137.

Bingo

Friday, December 16th

1:00 PM—2:30 PM

Prizes and refreshments! Seating is limited. Please RSVP by calling 203-452-5137. This event is sponsored by the Trumbull Senior Commission and Synergy Home Care.

Trumbull Senior Citizen Commission Meeting

Friday, December 23rd

10:00 AM

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

Lunch and Movie

Friday, December 23rd

11:00 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: Return to Me. A man who falls in love with a woman who receives his wife’s heart must decide which woman it is who holds his heart.

Starring: **David Duchovny, Minnie Driver, Carrol O’Connor, Rob Loggia, and Marianne Muellerleile. Songs from Dean Martin and Jackie Gleason.**

Please note that movies are subject to change due to availability. Please RSVP by calling 203-452-5137.

Upcoming Events

I’m Not Just A Label

Tuesday, January 10th

11:00 AM—12:00 PM

Lori Coates, with Visiting Angels, will present a lecture about personal growth and the misinterpretation of labels. Please call 203-452-5137 to RSVP.

Lunch and Learn

Wednesday, January 25th

11:30 AM—12:30 PM

Dr. Alex Afshar from the Vein Institute of CT will offer lunch and a presentation on venous disease, including the importance of addressing varicose veins which may cause ulcers if left untreated. Free screenings will also be provided to check the health of the blood flow in your veins. For more information and to RSVP, please call 203-452-5137.



SCOTT BERNEY
Managing Partner

2 Washington Ave.
North Haven, CT 06473
License # 02296160

Tel: 203.415.0472
Fax: 203.909.6008
berneys@berneyinsurancegroup.com



MEDICAL ARTS PHARMACY

15 Corporate Dr, Suite 1-1, Trumbull Ct 06611

Call 203-590-3737
today to transfer your Rx to
Medical Arts Pharmacy

**FREE RX DELIVERY TO
YOUR HOME OR OFFICE**

The Center at Priscilla Place Inclement Weather Policy

If Trumbull Public Schools are **closed** due to bad weather, all Priscilla Place activities, classes, transportation, and lunches are cancelled and the Center will be closed. Staff still report to the office.

If Trumbull Public Schools are delayed, the Center at Priscilla Place morning activities, classes and transportation services that begin before 11:00 AM are cancelled. Classes, activities, and transportation will begin at 11:00 AM or as determined by staff.

The Center at Priscilla Place closings and delays are publicized on T.V. channels 3,6,8,12; on WICC 660 and WEBE 108 on the radio; and on the CT Post and Town of Trumbull website.

If travel becomes hazardous during the course of the day due to bad weather, staff may decide to cancel activities for the remainder of the day. If this occurs, all bus passengers will be driven home. No passenger will be left stranded. Members are encouraged to check for cancellations or delays during inclement weather.

School Hours:	90 Minute Delay	2 Hour Delay
Trumbull High School	8:55 AM-2:25 PM	9:25 AM-2:25 PM
Hillcrest Middle School	9:05 AM-2:30 PM	9:35 AM-2:30 PM
Madison Middle School	9:05 AM-2:30 PM	9:35 AM-2:30 PM
Elementary Schools	10:05 AM-3:20 PM	10:35 AM-3:20 PM

PRECISION HEARING - STRATFORD

203-381-9555

88 Ryders Landing • Stratford • Exit 53 Merritt Pkwy

CALL FOR YOUR FREE NO-OBLIGATION TRIAL OF OUR

NEWEST TECHNOLOGY IN YOUR OWN HOME AND SURROUNDINGS

Current News and Events

The Trumbull Trotters

The Trumbull Trotters, a women's organization affiliated with the Trumbull Senior Center, invites members of the center to join us at one of our future meetings. As an offshoot of the "Red Hats" organization, we are dedicated to the ideals of fun, friendship and fidelity to the notion that noses are not necessarily meant for the grindstone but are instead designed to smell the roses.

For further information, please call Connie at (203) 375-1802 or Nora at (203) 735-6230.



AARP Tax Aide

For the tax year 2016, AARP Tax-Aide certified volunteers will offer free income tax preparation at the Trumbull Senior Center from 9:00 AM until noon each Wednesday from February 1 through April 12, 2017.

No appointments - just walk in. The Trumbull Library is also offering free income tax preparation on Fridays from 10:00 AM—1:00 PM. What to bring:

- A copy of your 2014 tax return.
- Social Security Statement, SSA 1099.
- All tax forms received for tax year 2015 (W-2, 1099, etc.).
- End of year investment statements (INT, DIV, STOCKS, BONDS).
- Documentation to support itemized deductions or credits claimed (medical, taxes, contributions, education expenses, etc.)

Wish List

- Padded chairs with arms
- Teapots
- Large umbrellas
- Tiered Cake stands
- Fabric tablecloths
- Framed artwork
- Current magazines
- Holiday decorations

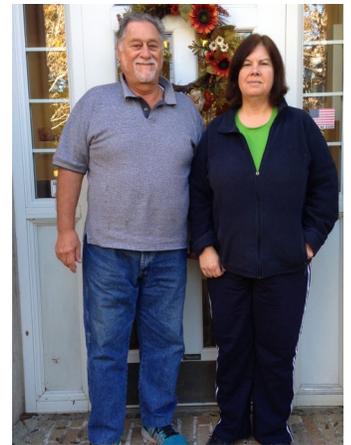


The Bus Drivers at Priscilla Place.

Meet our fantastic bus drivers!

Left to Right:

Vincent, Bill, Andy, Jeanne




CARMEL
RIDGE

AND


TERESIAN
TOWERS

INDEPENDENT SENIOR LIVING

6454 Main Street • Trumbull, CT 06611

(203) 261-2229 • www.LiveTeresianandCarmel.com

 Winn Residential

A non-denominational community owned by the Diocese of Bridgeport. Professionally managed by Winn Residential.





Exercise Classes

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

Stretch, balance, aerobic and strength exercises to improve flexibility and endurance. Optional: bring weights

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 Quan for Better Balance with Norma-Tuesdays at 1:30 PM

Focuses on improving balance, reducing stress and clearing your mind.

Jazzercise with Marylou-Wednesdays at 10:10 AM

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

Tap Dance with Shirley-Wednesdays at 11:00 AM

Experience required for this tap dance class. 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.

QiGong with Julie-Thursdays at 1:30 PM

An ancient Chinese martial art that integrates balance, breathing techniques, and posture. Tea will be served.

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:

Let your Journey Begin

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 Norwalk Maritime Aquarium **Monday, December 12th**

Take a trip to visit the Norwalk Maritime Aquarium. Stop by Cascade Café to enjoy lunch at the aquarium! To RSVP, please call (203) 452-5137. Admission ticket is \$14.00 plus the cost of lunch. Cash only. Please pay Ashley at the front office when you sign up.

Time Schedule:

- Bus will leave the center by 10:00 AM.
- The Norwalk Maritime Aquarium 11:00 AM-2:00 PM.
- Bus will return to the center by 2:45 PM.

The Yale Peabody Museum and Bertucci's Restaurant

Thursday, December 22th

Join us for an educational trip to the Yale Peabody Museum in New Haven. Enjoy lunch at Bertucci's Restaurant in Orange. Make sure to ask about their unlimited rolls and salad! Please stop by the front desk for a menu. The cost of an admission ticket at the museum is \$9.00 plus the cost of lunch.

To RSVP, please call (203) 452-5137.

Time Schedule:

- Bus will leave the center at 10:00 AM.
- The Yale Peabody Museum from 10:30 AM - 12:30 AM.
- Bertucci's Restaurant from 1:00 PM -2:00PM.
- Bus will return to the center by 2:30 PM.

Weekly Shopping Trips

- **Thursday, December 1st — K-Mart/Dollar Tree**
- **Thursday, December 8th — Christmas Tree Shop**
- **Thursday, December 15th — TJ Maxx and ShopRite**
- **Thursday, December 22nd— Walmart**
- **Thursday, December 29th— Marshalls/PriceRite**

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:



The 36th Annual CT Flower & Garden Show:

Thursday 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: Tuesday 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!



Coming in 2017

- * One World Trade Center June 29, 2017
- * Coins & Claws Casino and Lobster at Abbots July 6th or 7th, 2017
- * Saratoga Off to the Races! August 3rd, 2017
- * The Big E September 20th, 2017

- * CT Day at the Big E September 20, 2017
- * Radio City Christmas Show in NYC November 17th.
- * Boars Head Feast at the Williams Inn December . TBD



Wishing you all Happy Holidays!
"From the Staff"



PARENTE-LAURO FUNERAL HOME INC.

Family owned & Operated Since 1940

Michael J. Parente · Michele Parente

·Pre-Arrangement & Pre-Payment Counseling

·Title 19 Irrevocable Trust Funds & Revocable Trust Funds.

·Full Cremation Services

203-579-1494 parente-lauro.com 559 Washington Avenue Bridgeport, CT 06604

Artists' Studio

Every Tuesday from 12:30 PM-3:30 PM the art studio is open and available for artists to paint

together and share their talents. Come and enjoy the company of others while you create your masterpiece! Tables are on a first come first serve basis.



We have added an additional Watercolor Painting Class. Spaces are available. Please let us know if you are interested!

203-452-5137

Check out our Oil Painting Class on Fridays at 10:00 AM with Christine Goldbach.

The Young at Heart Bell and Chime Choir from Black Rock Congregational Church Thursday, December 15th, 2:00pm

Please join us for a holiday concert. Over thirty seniors from various towns will perform old standards, hymns, and patriotic songs using hand bells and chimes.

Synergy Home Care will offer a coffee hour after the performance. Be on the look out for Santa Claus!

To RSVP, please call (203) 452-5137

The Trumbull Arts Commission presents: "Concerts and Cabarets"

2016

December 4: "Smile Awhile" - 1:00 PM

2017

February 20: Return of Dr. Joe, Michael & Co. - 1:30 PM

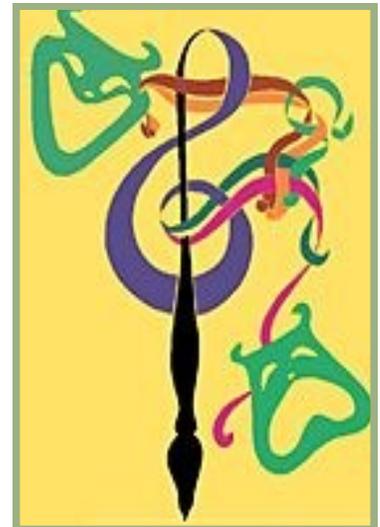
March 12: "Jack Sings Dino" - 1:00 PM

March 26: "Primavera Duo" - 1:00 PM

April: To Be Announced

Cabaret seating, bring your own refreshments: **\$5.00 per person**

Pre purchase at Arts Office: 203-452-5065



Energy Assistance: 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. Home bound visits are available upon request-please no walk-ins.

Heating System Repair/Replacement

Connecticut Energy Assistance Program has funds available to provide repairs and/or replacement of heating systems for single family, owner-occupied dwellings that are determined to be unsafe or inoperable. These funds are available for eligible homeowners who receive an Energy Assistance Benefit between levels 1 through 4. Vulnerable households are prioritized. For more information dial 2-1-1 or contact Jennifer Gillis at the Trumbull Senior Center at (203) 452-5198.



File of life is an important and useful way to gather information that can be accessible in an emergency. File of life is a wallet sized pouch that will keep record of any allergies, medication used, emergency contact information, doctor's information, and who to contact in a dire emergency. These packets are currently recognized and endorsed by Hospitals, EMTs, Medical, Senior Citizen Organizations, Police, Sheriff's, and Fire Departments. Trumbull's Emergency Medical Services (EMS) are working to improve the safety of their citizens, especially those in the older population. To sign up, please contact **Kaitlin Peterson** at the Trumbull Senior Center at (203) 452-5199 or email at kpeterson@trumbull-ct.gov. For more information please go to

Trumbull Food Pantry at Priscilla Place Please call if you need help.

Transportation is available for pantry shoppers. Call 203-452-5137

(all riders must be at least 18 years of age)

Please Patronize Our Sponsors



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
203-452-5134 tcryan@trumbull-ct.gov

Trumbull Senior Citizen Newsletter Insert, December, 2016

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

It's that time of year when extra calories lurk around every corner. All these extras can add up, and if you're like most Americans, you'll put on a pound or two by the time that New Year's Day, 2017 is here. Studies indicate that people who are already overweight and obese are at special risk for gaining weight during the Holiday Season. When compared to persons of "normal" weight who typically can gain one to three pounds, overweight and obese study participants tended to gain as much as **five pounds** over the Holiday Season. Indeed, says the National Institutes of Health (the NIH), this annual food fest may be fanning the "obesity epidemic" in the United States, where one-third of the population can now be considered obese – that is, having a body mass index (BMI) of 30 or higher.

So what's the harm in a little holiday weight gain, especially even if it's just a pound or two? The data shows that it is not necessarily how much weight that is gained, but rather the inability to lose the holiday weight, which has the potential to last a lifetime, and, thereby, have a serious negative effect on a person's health. According to researchers at the NIH, most Americans never lose the weight they gain during the Holiday Season.

Healthy eating expert Heidi Skolnik (who advises athletes and is employed by the Knicks, the Mets, and the American School of Ballet) suggests one simple way to manage your Holiday weight: "Choose to lose – or at least not to gain. Many people head into the holidays hoping to lose weight. That's unrealistic. Instead, shift your focus from weight loss to weight maintenance."

Additionally, we all need to try to remember to keep up with our physical activity, even on those cold and windy days when it is so tempting to stay home and maybe even, to stay in bed. If we can burn a few extra calories by attending our regular exercise classes, taking that brisk walk outside or even at the Mall on some days, we can offset some of the extra calories consumed. Even just continuing to come to the Senior Center every day that we are able, is a form of exercise for both our bodies as well as our minds.

Remember that the Holiday Season is all about celebrating and spending quality time with those we love and cherish. Let's all try to end the calendar year by following through on some of our New Year's Resolutions from last year (to lose weight, to exercise more, to be more healthy). This way, we can all end 2016 on a healthy note and get ready to start 2017 in the most healthful way possible.

I would like to extend best wishes for a happy and healthy Holiday Season and a HEALTHY NEW YEAR, 2017 to you and to your family and friends.

Teresa, the Wellness Nurse, tcryan@trumbull-ct.gov



SYNERGY[®]
HomeCare

The Most Trusted Name in Home Care

We Offer Alzheimer's & Dementia Care
Companionship • Light Housekeeping
Medication Reminders • Personal Care
Transportation for Errands & Shopping

Call Today for your FREE CARE Assessment.
(203) 923-8866
www.synergyhomecare.com

Nationally Recognized - Locally owned by Jay and Laurie Kiley

SUSAN B'S SALON
at Priscilla Place

Open in the Senior Center

Services include haircuts for men & women, manicures & pedicures performed by a licensed professional. For an appointment, call
(203) 981-7061

Price List:
Shampoo/set/blow dry: \$15.00
Shampoo/cut: \$18.00
Neck Trim: \$10.00
Color/cut/set: \$50.00 +
Perm/wash/cut/set/blow dry: \$65.00



Abriola Parkview
Funeral Home
419 White Plains
Road
Trumbull, CT

TRUMBULL
COMMUNITY
TELEVISION

Unique Trumbull Programming
Charter 194 • Frontier 99

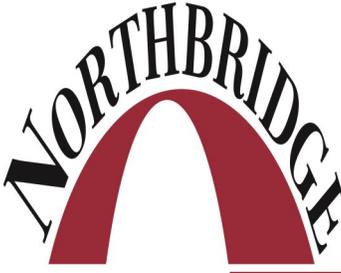
Like us on
facebook.

PLACE YOUR AD HERE!

OLD TOWNE RESTAURANT
60 Quality Street Trumbull
(Town Hall Plaza)
203-261-9436

BREAKFAST • LUNCH • DINNER
-Served Daily-

HOURS: 8 am – 10pm
Call Ahead For Take Out services



Health Care Center
your bridge to health

2875 Main St., Bridgeport, CT
Athenahealthcare.com/Northbridge
SHORT TERM REHABILITATION
LONG TERM CARE

Please Patronize Our Sponsors

Monday	Tuesday	Wednesday	Thursday	Friday
Tai Chi Tai Chi Quan QiGong			9:00 Balance & Core 1 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 10:30 Coffee Talk 11:00 Chair Exercise 11:30 Latin Line Dance 12:30 Pinochle 1:30 QiGong	9:00 Dance & Tone 3 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 5 9:45 Drawing 10:00 Smile-A-While 10:00 Poker 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 6 9:30 Oil Painting 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio 1-3:30 Computer Class 1:30 Tai Chi Quan	9:00 Yoga 7 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:30 Pinochle 1-3:30 Tablet Class 1-4 Billiards	9:00 Balance & Core 8 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 10:30 Coffee Talk 11:00 Chair Exercise 11:30 Latin Line Dance 12:30 Pinochle 1:30 QiGong	9:00 Dance & Tone 9 10:00 Oil Painting 10:00 Poker 11:00 Holiday Luncheon 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 12 9:45 Drawing 10:00 Poker 10:00 Smile-A-While 11:00 Aquarium Trip 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 13 9:30 Oil Painting 10:00 Knit/Crochet 10:30 Ballroom Dance 11:00 Doodling 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio 1-3:30 Computer Class 1:30 Tai Chi Quan	9:00 Yoga 14 10:00 Poker 10:10 Jazzercise 10:30 Pearl Harbor 11:00 Tap Dance 1-3:30 Tablet Class 1-4 Billiards Game	9:00 Balance & Core 15 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 10:30 Coffee Talk 11:00 Chair Exercise 11:30 Latin Line Dance 12:30 Pinochle 1:30 QiGong 2:00 Bell Performance	9:00 Dance & Tone 16 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:00 Monthly Birthday 12:30 Mahjong 1:00 Bingo 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 19 9:45 Drawing 10:00 Poker 10:00 Smile-A-While 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 20 9:30 Oil Painting 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio 1-3:30 Computer Class 1:30 Tai Chi Quan	9:00 Yoga 21 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 1-3:30 Tablet Class 1-4 Billiards Game	9:00 Balance & Core 22 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 10:30 Coffee Talk 11:00 Peabody Museum 11:00 Chair Exercise 11:30 Latin Line Dance 12:30 Pinochle 1:30 QiGong	9:00 Dance & Tone 23 10:00 Oil Painting 10:00 Poker 10:00 Commission 10:15 Tai Chi 11:30 Lunch and Movie 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
CLOSED Happy Holidays! 	9:15 Fit for Life 27 9:30 Oil Painting 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio 1-3:30 Computer Class 1:30 Tai Chi Quan	9:00 Yoga 28 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 1-3:30 Tablet Class 1-4 Billiards Game	9:00 Balance & Core 29 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 10:30 Coffee Talk 11:00 Chair Exercise 11:30 Latin Line Dance 12:30 Pinochle 1:30 QiGong	9:00 Dance & Tone 30 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game

Greater Bridgeport Senior Community Café

Trumbull Café
203-378-3086

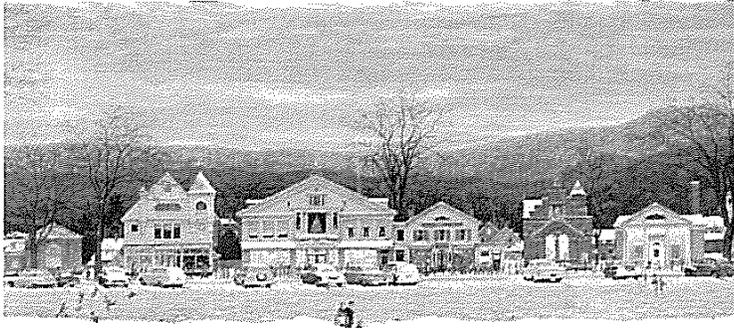
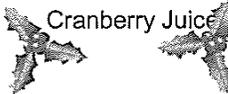
December Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

Suggested Donation \$3.25

Reservations must be made 2 days in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Wild Rice Bisque ¹ Beef Stew Potatoes Carrots Fruit	Mixed Green ² Batter Dipped Cod Tarter Sauce Roast Potatoes Cole Slaw Rice Pudding
			Split Pea Soup ⁵ Roast Pork with Pan Gravy Sweet Potatoes Braised Red Cabbage Fruited Jell-O	Cesar Salad ⁶ Chicken Parmesan Pasta Spinach Honeydew
Minestrone Soup ¹² Turkey Meatloaf with Gravy Risotto Green Beans Cantaloupe	Mixed Greens ¹³ Manicotti Bolognese Zucchini Garlic Bread Pears	Christmas Special ¹⁴ Onion Soup Baked Ham with Fruit Sauce Twice Baked Potatoes Peas and Onions Cranberry Juice  Coconut Custard Pie	Tossed Salad ¹⁵ Grilled Pork Chops with Applesauce Orzo Beets Pineapple	Vegetable Soup ¹⁶ Seared Salmon with Dill Sauce Jasmine Rice Collard Greens Cookies
Spinach Soup ¹⁹ Roast Turkey with Gravy Sweet Potatoes Vegetable Medley Apple Pie	Spring Mix ²⁰ Beef Pot Pie in Savory Crust Mixed Vegetables Fruit Salad	Lentil Soup ²¹ Chicken Piccata with Lemon Caper Sauce Squash Broccoli Brownies	Asian Slaw ²² Pork Chow Mein Steamed Rice Asian Blend Vegetables Orange	Lunch Program Closed Senior Center Open
Closed ²⁶ 	Tossed Salad ²⁷ Stuffed Peppers Rice Pilaf Broccoli Banana	New Year Special ²⁸ Mushroom Soup Roast Chicken with Cranberry Sauce Stuffing Brussel Sprouts Grape Juice Key Lime Pie	Mixed Greens ²⁹ Corned Beef Potatoes Cabbage Pineapple Chunks	New Year's Eve Closed 

Winter Word Search



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

COLD
GLOVES
ICE
SKATING
WINTER

FOOTPRINTS
WHITE
JACKET
MITTENS
SOCKS

SNOWMAN
SOUP
FROST
SCARF
HIBERNATE

SNOW
SNOWFLAKE
MIGRATE
HAT
BOOTS

Winter Word Search



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

COLD
GLOVES
ICE
SKATING
WINTER

FOOTPRINTS
WHITE
JACKET
MITTENS
SOCKS

SNOWMAN
SOUP
FROST
SCARF
HIBERNATE

SNOW
SNOWFLAKE
MIGRATE
HAT
BOOTS