

The Center at Priscilla Place

Senior Center serving adults age 55+

February 2017

23 Priscilla Place • (203) 452-5199

Monday through Friday 9:00 AM—4:00 PM • Thursdays 9:00 AM -7:00 PM

The 36th Annual CT Flower & Garden Show:

Thursday, February 23rd, 2017—\$81.00 per person

Includes: Transportation, lunch 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!



For more information and to sign up, please stop by the front desk and/or call (203) 452-5137

St. Patrick's Day Lunch

Friday, March 17th, 12:30 PM

Come celebrate St. Patrick's Day at the Center!

Lunch will be catered by **Saporo Restaurant and Deli** in Trumbull. **Lunch includes:** corn beef and cabbage, potatoes and peas, carrots, and Irish soda bread.

The music will be provided by DJ Alfred Song.

\$7.00 for members. \$12.00 for non-members.

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



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 - 12:00 PM each Wednesday from February 1st through April 12th, 2017.

No appointments are necessary—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:

- **Photo ID**
- **Social Security Number/Card**
- **A copy of your 2016 tax return**
- **Social Security Statement, SSA 1099**
- **All tax forms received for tax year 2016 (W2, 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.)**

International Folk Dance

Mondays at 10:00 AM

Exercise, fun, and dancing!
A wonderful exercise for your mind, body and spirit.
Prior experience is not required.



Mark Albertson Presents:

Wednesday, February 22nd, 10:30 AM

America's Founding Document, explaining the Declaration of Independence. This wonderful American contribution to political literature is America's Article of Faith. For more information and to RSVP, please call (203) 452-5137.

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

Senior Commission Chair
Amy DeZeno (203) 445-8513

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

Administrative Assistant (203) 452-5137
Ashley Ryan Grace

Senior Center Receptionist (203) 452-5199
Jeannie Franco

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

2017 Senior Citizen Commission

Chairman - Amy DeZeno
Vice-Chairman - Dee Chiota
Secretary - Gail D'Elia
Clerk - Barbara Crandall

Ron Foligno
Roberta Bellows
Evelyn Wiesner
Dorothy Merritt
Mary Moran

A Message From Our Newly Elected Senior Commission Chairman—Amy DeZeno

Dear Trumbull Seniors,

I would like to thank the Senior Commission for their vote of confidence. I would also like to congratulate Dee Chiota as Vice Chairman and Gail Delia as Secretary.

Special thanks to Ron Foligno for the wonderful job as Interim Chairman this past year. Gratitude to Michele and Ashley for their dedicated and positive attitude to everyone.

The entire staff at the Center should also be thanked for their efforts. I look forward to working with the Senior Commission, the Staff at the Center and all Trumbull Seniors. We are very proud of everyone's efforts this past year and wishing everyone a healthy and Happy New Year.

Amy DeZeno
Chairman



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Monthly Programs and Games

Coffee Talk with Kaitlin

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.

Drop In Computer Help

Every Tuesday

1:00 PM—3:00 PM

Computer not working? Tablet misbehaving? Is your phone acting up? If you have questions we have answers! Our crack team of geeks will be happy to give you some one on one assistance to get your devices up and running to peak perfection! There is a \$2.00 suggested donation for this service.

Computer Tutor: One on One Sessions

Cathleen Lindstrom

Every Thursday

10:30 AM—12:00 PM

- How to send emails/photos
- How to create a spreadsheet or lists
- What programs to use for letter writing and/or flyers.
- How to use the internet, social media
- How to do almost anything!

For more information and to sign up, please call (203) 452-5137. **Spots fill quickly.** The cost is a suggested donation of \$5.00 for non residents.

Lunch and Movie

Friday, February 17th

11:00 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: Still Alice

This film tells the story of Alice Howland, a linguistics professor, mother, and wife who is diagnosed with younger-onset Alzheimer's disease.

The Alzheimer's Association states that "Still Alice" helps bring awareness to end the stigma attached with this disease.

Starring: Julianne Moore, Kristen Stewart, Alex Baldwin

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

Monthly Birthday Party

Friday, February 24th

11:30 AM

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

Trumbull Senior Citizen Commission Meeting

Friday, February 24th

10:00 AM

Meetings are held in the Nichols Room located in Town Hall and are open to the public.

Games

Bingo

Friday, February 24th

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.

Bridge

Mondays

10:30 AM

Please come and make up your own foursome. There are no instructions.

Poker

Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game of poker. Don't forget to bring your poker face! Located in the card room.

Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

Interested in playing Texas Hold'em? Join us in the card room.

Pinochle

Wednesdays and Thursdays

Fridays

12:30 PM

Join a game and/or start your own!

Mah-Jongg

Fridays

12:30 PM

Mah-Jongg players meet Friday afternoons in the library and the meeting room. New players are welcomed to join!



Winter Meditation by Deborah Swann

Thursdays

January 5th—February 9th
6:00 PM—7:00 PM

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. No experience necessary.

Students are required to bring a yoga mat and blanket. Class will include gentle stretching. \$20.00 for six sessions or \$5.00 per session.

Scholarships are available.

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

Matter of Balance

Thursdays

February 2nd—March 30th
12:30 PM—2:30 PM

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities.

A MATTER OF BALANCE is an award winning program designed to emphasize practical strategies to manage falls and increase activity levels. A complimentary lunch will be sponsored by Benchmark Senior Living.

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

Nutrition for Older Adults

Wednesday, February 15th
11:00 AM

Jenna Hourani, Registered Dietitian from ShopRite in Shelton, and Teresa Cryan, Wellness Nurse, will present about the importance of nutrition and how it relates to health. To RSVP, please call (203) 452-5137.

Mark Albertson Presents:

Wednesday, February 22nd
10:30 AM

America's Founding Document

Wednesday, March 22nd
6:30 PM

America: A Democracy? A Republic?

(Fairchild-Nichols Memorial Branch Library)

Wednesday, April 19th
10:30 AM

Electoral College

Wednesday, May 15th
6:30 PM

A Well Regulated Militia (Fairchild-Nichols Memorial Branch Library)

Comments From Our Members

“Volunteering at the Center has given me a whole new perspective about the different activities that are being offered. There are more

trips and new programs. I'm happy to be a part of the Center.” -

Gail Poklemba, Member since 2001

Lunch and Learn

Know the 10 Signs: Early Detection Matters

Thursday, February 23rd
5:30 PM—6:30 PM

If you or someone you know is experiencing memory loss and/or behavioral changes, it's time to learn the facts. This interactive workshop, presented by the Alzheimer's Association, provides education about early detection of Alzheimer's disease and information to plan for the future.

Lunch will be sponsored by Maefair Health Care Center. For more information and to RSVP, please call (203) 452-5137.

Fun with Beads

February 28th
1:00 PM—3:00 PM

This workshop is for beginners to advanced jewelry makers. Bring your own jewelry in for repairs and/or make new items. Beads are not included, but are available for purchase. Make new items such as necklaces, earrings and bracelets. \$5.00 per class, includes instructions and repairs. To RSVP, please call (203) 452-5137.

Comments From Our Members

“The Center is great for meeting and socializing with others through various activities including art classes, exercise classes and volunteer opportunities.” -
Jane Keefe, Member since 2013

“I enjoy coming to the Center because I like to get out and socialize. Plus, the staff and drivers are pleasant and always very accommodating.” -
Frank Onorato, Member since 2013



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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

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How Can I Donate?

The Trumbull Senior Center is supported by the Town of Trumbull's budget and donations. Your donation can help us offer additional programs to some of our most vulnerable seniors by adding an extra class or special event.

All donations are tax deductible and checks can be made payable to the Trumbull Senior Center. We can't thank everyone enough for all the support! Please stop by and take a tour.

Wish List

- Adult coloring books
- Colored Pencils
- Tiered Cake Stands
- Fabric Tablecloths
- Framed artwork
- Pens/highlighters

Volunteers Wanted

- Magazine Organizer
- Book Volunteer to organize our small library
- Food Pantry Volunteers to help stock shelves

Please call (203) 452-5137

Like us on **facebook**

Meet the Staff: JONAH

Jonah Banner-Graves, Custodian, has been employed with the Kennedy Center for the past year. Jonah is a hard worker who is always enthusiastic to help wherever he is needed. He enjoys working at the Center because he is an independent worker and likes to listen to the members tell jokes. Some of Jonah's hobbies include watching movies, going shopping, and playing video games.

The Trumbull Senior Center is fortunate to have Jonah on our team. Look for Jonah in the hallways; you will always catch a smile!




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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

International Folk Dance-Mondays at 10:00 AM

Folk dance is a wonderful exercise for your mind, body and spirit. Have fun while you exercise and dance!

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, age 60 and over and/or age 55-59 and disabled, along with their caregivers Monday thru Friday. Rides are for those traveling to and from the senior center, medical appointments, legal appointments and nutrition programs.

Trumbull Historical Society and Romanacci Pizza Bar Thursday, February 16th

Join us for a guided tour at the Trumbull Historical Society. Donations are always welcomed. After the tour, enjoy lunch at one of our favorite restaurants in town, Romanacci Pizza Bar. Romanacci Pizza Bar catered the delicious lunch at our holiday party in December. Feel free to stop by the front desk for a menu. Maximum of 14 people. Be sure to RSVP by calling (203) 452-5137.

Time Schedule:

- Bus will leave the center by 10:15 AM.
- Trumbull Historical Society from 10:30 AM—12:00 PM
- Romanacci Pizza Bar from 12:15 PM—2:00 PM
- Bus will return to the center by 2:15 PM.

Knights of Columbus Museum and Cracker Barrel Restaurant Wednesday, February 22nd

Take a trip to the Knights of Columbus Museum in New Haven. Stop by their gift shop on the way out. Enjoy lunch at Cracker Barrel Restaurant. Make sure you check out their famous Cracker Barrel Old Country Store. The cost of admission to the museum is free. Donations are always welcomed. Be sure to stop by the front desk for a menu. To RSVP, please call (203) 452-5137.

Time Schedule:

- Bus will leave the center by 10:15 AM.
- Knights of Columbus Museum from 11:00 AM—12:00 PM
- Cracker Barrel Restaurant from 12:30 PM—2:00 PM
- Bus will return to the center by 2:30 PM

Weekly Shopping Trips

- **Thursday, February 2nd** — Stew Leonard's in Norwalk
- **Thursday, February 9th** — Trumbull Mall
- **Thursday, February 23rd**— Walmart and Duchess Restaurant in Shelton

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

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

Stern Village Residents

- **Target/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!



The 36th Annual CT Flower & Garden Show:

Thursday, February 23rd, 2017 - \$81.00 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.

St. Patrick's Day Celebration at the AQUA TURF featuring the Maclean Avenue Band:

Tuesday, March 14th, 2017. \$77.00 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.



ONE WORLD OBSERVATORY:

Date: June 29th, 2017

Cost: \$119.00 Per Person

Includes: Transportation, Admission to the One World Observatory-Freedom Tower, Lunch at Carmine's, Gratuities for Driver and Tour Director

Coming in 2017

- **Coins & Claws Casino and Lobster at Abbots**—July 6th or 7th
 - **Saratoga Off to the Races!** —August 3rd
 - **The Big E**— September 20th, 2017
- **Radio City Christmas Show in NYC**—November 17th.
- **Boars Head Feast at the Williams Inn**—December. TBD
 - **Block Island Breeze**—August 14th
 - **Brooklyn's Holiday Lights**—December 4th
 - **Hyde Park**—TBD

Looking to go somewhere interesting? We would love to hear your feedback!

Transportation Survey: Please cut and return to the front desk or mail to:

Trumbull Senior Center • 23 Priscilla Place • Trumbull, CT 06611

- What places and/or events would you interested in going to?

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



We have added an additional Watercolor Painting Class. Spaces are available. Please let us know if you are interested! 203-452-5137

Oil Painting on Fridays at

10:00 AM with

Christine Goldbach.

Instruction is available for beginners.



Fun with Beads

Join Viola on the last Tuesday of the each month

1:00 PM—3:00 PM \$5 per class

This workshop is for beginners to advanced jewelry makers. Bring your jewelry in for repairs and/or purchase handmade beads. Make new items such as necklaces, earrings, and bracelets. \$5.00 per class, includes instruction and repairs. You are welcome to bring in your beads.

Viola Galetta began her career in textile design in the city. She teaches at the Sliver Mine Arts Center, Center for Bigelow Activities, Guilford School of Art, Brookfield Craft Center, and now at the Trumbull Senior Center! She also makes her own glass beads!

Please RSVP, call (203) 452-5137.

2017 Schedule

Tuesday, February 28th

Tuesday, March 28th

Tuesday, April 25th

May: To Be Determined

Tuesday, June 27th

Tuesday, July 31st

Tuesday, August 29th

Tuesday, September 26th

Tuesday October 31st

The Trumbull Arts Commission presents:

“Concerts and Cabarets”

2017

February 26: 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:

Contact: Emily Areson at 203-452-5065



Programs are subject to change without notice.

What Does Social Services Do?

- Home Care Referrals
- Housing referrals and application assistance
- Long Term Care questions
- Medicare Counseling
- Benefit assistance such as SNAP, Medicaid, Energy, and prescription assistance
- Food Pantry assistance

Bring your questions, ask us if we can help you or someone you know.

Medicare Savings Program

Would you like help with your Medicare costs? **You could be eligible for the Medicare Savings Program. If your income is at or below \$2,435.40/month for single person and \$3,284.10/month for married couples**, some of your Medicare premiums and prescription costs could be at a lower cost or free. There is no asset limit. Depending on the level of the program you qualify for, you could get help with:

- Payment of Medicare Part B monthly premiums and annual deductible
- Payment of co-insurance and deductible amounts for services covered under both Medicare Parts A and B.
- Automatic enrollment in the low income subsidy for those on Medicare Part D. This program will partially subsidize or completely cover your Medicare Part D premium and lower your prescription costs to just \$2.95-\$7.40. There is also continued coverage through the “donut hole.”

It only takes 5 minutes to see if you are eligible! If you would like to inquire or apply, please call Jennifer Gillis at (203) 452-5198

The Food Pantry is seeking the following items for donations:

- Paper towels
- Toilet paper
- Napkins
- Laundry detergent

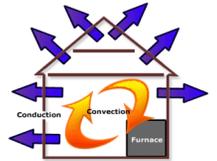
Energy Assistance: The Connecticut Energy Assistance Program (CEAP) helps households pay for primary heating bills. If the household’s primary heating costs are included in your rent, you may also apply for assistance. Please call Social Services directly at 203-452 5198 for program guidelines, required 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 (203) 452-5198.



Would you like to help a family with home heat, groceries, or emergency housing?

Donations can me made to the Social Services Department. 100% of all donations made to the Social Services Department are used solely to assist Trumbull residents with heating assistance, food shopping, and emergency housing. Trumbull is an exceptional place to live, with many residents always willing to lend a hand !

**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)**





News from the Nursing Department (203) 452-5134

Teresa Cryan, MSN, RN, APRN, is available at the Senior Center on Wednesdays and Thursdays, from 8:30 AM—3:00 PM. She is also available at Stern Village Housing in Trumbull on Mondays from 8:30 AM -3:00 PM. (203) 452-5134 - tcryan@trumbull-ct.gov

Wellness Nurse Services:

- Assesses and records blood pressure readings, nutritional counseling and weight management support
- Provides assistance with making doctor appointments
- Leads seated exercise program on Thursdays at 11:00 AM
- Dementia education, connection to resources, disease prevention, and awareness programs

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

February Is American Heart Month

The month of February provides a great opportunity to focus on cardiovascular (heart and blood vessel) well-being, to review personal wellness strategies, and to incorporate new ones for the coming year. Here at the Trumbull Senior Center we encourage you to:

- Get a checkup at least once each year, even if you feel healthy. Your doctor, nurse, or other health care professional can check for conditions that put you at risk for cardiovascular disease (CVD), such as high blood pressure and diabetes, and check your cholesterol levels.
- Monitor your blood pressure. High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office. Or, you can come in here to the Trumbull Senior Center and I can check it for you and keep a running log of results, for you to share with your primary care providers.
- Eat a healthy diet and maintain a healthy weight.
- Exercise on a regular basis, as we all know that exercise is an integral part of the plan to maintain heart health. In addition to the many exercise options here at the Trumbull Senior Center, I wanted to tell you about another resource for seniors. **Silver Sneakers** is a program encouraging older adults to participate in physical activities that will help you to maintain greater control of your heart, and your overall health. It is considered a basic fitness service, in that premier fitness programs at places like the YMCA, LA Fitness, The Edge, Planet Fitness and other facilities are provided at **no cost**, by more than 60 health plans nationwide. Medicare Advantage plans, also known as Part C, may provide this benefit. (Original Medicare, Part A and Part B does not cover this benefit.) You can use the SilverSneakerHealth Plan Locator to find out if your current health plan covers this program for you, at <http://www.silversneakers.com/>. Should you have any questions or concerns, please feel free to stop in and see me and I can walk you through the process. Let's all take better care of our hearts in 2017 and continue to be more mindful of wellness activities we can take to keep ourselves **Heart Healthy**.

Teresa, your Geriatric Wellness Nurse

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Price List:
Shampoo/set/blow dry: \$15.00
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Perm/wash/cut/set/blow dry: \$65.00



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February

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid gray; padding: 10px; background-color: #f0f0f0;"> <p><i>International Folk Dance Class</i></p> <p>If you're looking for fun and exercise, come folk dancing!</p> <p>Mondays at 10:00 AM</p> </div>		9:00 Yoga 1 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards	9:00 Balance & Core 2 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 10:30 Coffee Talk 10:30 Computer Tutor 11:00 Chair Exercise 11:30 Latin Line Dance 12:30 Matter of Balance 1:30 QiGong 6:00 Winter Meditations	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 6 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 7 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio 1:00 Computer Session 1:30 Tai Chi Quan	9:00 Yoga 8 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards	9:00 Balance & Core 9 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 10:30 Coffee Talk 10:30 Computer Tutor 11:00 Chair Exercise 11:30 Latin Line Dance 12:30 Matter of Balance 1:30 QiGong 6:00 Winter Meditations	9:00 Dance & Tone 10 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 13 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 14 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio 1:00 Computer Session 1:30 Tai Chi Quan	9:00 Yoga 15 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 11:00 Nutrition Program 1-4 Billiards Game	9:00 Balance & Core 16 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 10:30 Coffee Talk 10:30 Computer Tutor 10:30 Historical Society 11:00 Chair Exercise 11:30 Latin Line Dance 12:30 Matter of Balance 1:30 QiGong 6:00 Winter Meditations	9:00 Dance & Tone 17 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch and Movie 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
The Center is closed in observance with President's Day	9:15 Fit for Life 21 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio 1:00 Computer Session 1:30 Tai Chi Quan	9:00 Yoga 22 10:00 Poker 10:10 Jazzercise 10:15 Knights of Columbus 10:30 Mark Albertson 11:00 Tap Dance 1-4 Billiards Game	9:00 Balance & Core 23 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise 10:30 Coffee Talk 10:30 Computer Tutor 11:00 Chair Exercise 11:30 Latin Line Dance 12:30 Matter of Balance 1:30 QiGong 5:30 Know the 10 Signs 6:00 Winter Meditations	9:00 Dance & Tone 24 10:00 Oil Painting 10:00 Poker 10:00 Commission 11:00 Monthly Birthday 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1:00 Bingo 1-4 Billiards Game
9:00 Stretch 27 9:45 Drawing 10:00 Poker 10:00 Folk Dance 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life 28 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio 1:00 Computer Session 1:00 Beading Class 1:30 Tai Chi Quan	<div style="border: 2px solid black; padding: 20px;"> <p><u>Interested in playing Chess?</u></p> <p>We are searching for players!</p> <p>Please let us know if you are interested.</p> <p>(203) 452-5137</p> </div>		



Greater Bridgeport Senior Community Café

Trumbull Café 203-378-3086

February, 2017



1% or Skim milk provided
Margarine available
Bread and Juice served daily

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Beef Noodle Soup ¹ Roast Pork with Stewed Apricots Potatoes Vegetable Blend Brownie	Spinach Soup ² Baked Ziti Broccoli Garlic Bread Fresh Fruit	Tossed Salad ³ Beer Battered Fish Tartar Sauce Potatoes Squash Apple
	Broccoli Soup ⁶ Meatloaf with Gravy Potatoes Carrots Yellow Cake	Mixed Greens ⁷ Roast Chicken with Cranberry Sauce Sweet Potatoes Vegetable Blend Watermelon	Chicken Vegetable ⁸ Beef Goulash Medium Noodles Green Peas Fruited Jell-O	Tossed Salad ⁹ Quiche Lorraine Green Beans Orange
Three Bean Soup ¹³ Roast Beef with Gravy Baked Potato Corn Pears	Valentine's Lunch ¹⁴ Vegetable Soup Chicken Piccata Parmesan Rice Spinach  Dinner Roll Carrot Cake	Caesar Salad ¹⁵ Cheese Lasagna Roasted Vegetables Garlic Bread Apricots	Tomato Soup ¹⁶ Baked Fish with Herb Topping Sweet Potatoes Broccoli Banana	Special Dessert ¹⁷ Mixed Salad Pork Roast with Caramelized Apples Potatoes Carrots  Apple Pie
President's Day ²⁰ 	Potato Bisque ²¹ Chicken Cacciatore Pasta Peppers and Onions Cantaloupe	Chicken Rice Soup ²² Veal Stew with Carrots and Parsnips Brown Rice Brownie	Tossed Salad ²³ Roast Pork Loin Au Gratin Potatoes Acorn Squash Melon	Pinto Bean Soup ²⁴ Pan Roasted Salmon with Parsley Sauce Saffron Rice Brussel Sprouts Pineapple
Vegetable Soup ²⁷ Roast Turkey with Gravy Stuffing Vegetable Blend Cookies	Onion Soup ²⁸ Sheppard's Pie Mashed Potato Mixed Vegetables Fruit Salad			

President's Day Word Search



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

LEADER
CELEBRATE
WHITE HOUSE
HONESTY
PRESIDENTS

UNITED STATES
MONUMENT
LINCOLN
FEBRUARY
HISTORY

BIRTHDAY
WASHINGTON
PARADE
ELECT
HOLIDAY

President's Day Word Search



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

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