



THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+



23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

OCTOBER 2019

Director of Human Services

Michele Jakab (203) 452-5144
mjakab@trumbull-ct.gov

Administrative Assistant

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Senior Center Receptionist

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Social Services (203) 452-5198

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Food Pantry

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kseferi@trumbull-ct.gov

Wellness Nurse

Victoria Benoit (203) 452-5134
vbenoit@trumbull-ct.gov

First Selectman

Vicki Tesoro (203) 452-5005

SENIOR CITIZEN

COMMISSION

Chair-Mary Isaac

Co-Chair-Ron Foligno

Secretary-Marcy Kelly

Clerk - Barbara Crandall

Evelyn Wiesner

Jean DaRold

Michael Ganino

Mark Ryan

CENTER HOURS

Monday-Friday 9:00 AM—4:00 PM

The Center will be closed for Columbus Day, Monday, October 14th.

TRUMBULL SENIOR COOKBOOK

A collection of recipe favorites by Trumbull Seniors.

The Senior Commission is gathering recipes from our 55+ residents to create a Trumbull Seniors' Cookbook which will be published and for sale in our community. All proceeds will support Senior programs and services. A recipe submission form is in this newsletter with instructions.

For more information, please call (203) 452-5199.

**Second Annual Art Expo
at the Center at Priscilla Place**



**Friday, October 25th
11:00 AM**

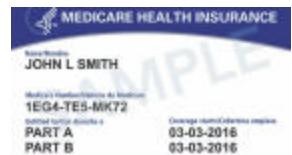
Meet and greet with our wonderful art instructors and students and view their talented work. Some of our artists' work will be up for sale.

Refreshments will be served by Sunrise Senior Living.

**Medicare's Open Enrollment Period
is October 15th - December 7th**

You Have CHOICES: Free Medicare Counseling

People in a Medicare health or prescription drug plan should always review the materials and make sure their needs are still met for the following year. Plans can change year to year. For information or assistance in enrolling in Medicare or making changes to your current plans, call us! **Social Services Counselor (203) 452-5198**



Our staff are Certified CHOICES Counselors, here to help seniors understand their options. They are trained by the State of CT to provide accurate, fair, and helpful information.

Family Conflict Group

NEW FACILITATOR

Thursday, October 10th

**Thursday, October 24th
10:00 AM—11:00 AM**

Meets on the **2nd & 4th Thursdays** of the month.

Come meet the new group facilitator, Cornelia Morris.

For any questions, please contact

Cornelia Morris

cmorris@trumbull-ct.gov

Phone Number: (203) 452-5193

Flu Clinic

Thursday, October 17th

10:00 AM—11:30 AM

Trumbull Health Department

Stop in and get your flu shot!

Insurance accepted. Please bring your driver's license/I.D. and insurance card. For those without insurance, the cost is: \$50.00 (cash/check)

High Dose Flu Vaccine

(65 year plus) \$30.00 (cash/check)

Standard Flu Vaccine



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(Mention this ad when calling
for a Senior Discount)



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MEDICARE

Confused with your options?
Turning 65? Let me help
you choose a Medicare
Supplement, Advantage or
Part D Rx plan.

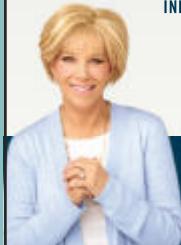


CALL DAVID ADAMS AT:
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OR EMAIL:
DJADAMS@ADAMSBEN.COM

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Joan Lunden, journalist,
best-selling author, former
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Trumbull Senior Center

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WORKSHOPS, LUNCH AND LEARNS, EVENTS

Caregiver Support Group *New Facilitator, Counselor*

Monday, October 7th
Monday, October 21st
2:00 PM

Join this group and share your feelings in a safe environment among others who are going through the same experiences. You can learn about resources, caregiving strategies and other valuable tools to provide support. To RSVP, please call Cornelia Morris at (203) 452-5193.

Wellness Talk with Michiko **Friday, October 4th**

11:00 AM

Join Michiko, a Rite Aid Wellness Ambassador, for a "Wellness Talk" about fall allergies. For more information and to RSVP, please call (203) 452-5199.

Breakfast and Brain Games

Tuesday, October 8th

9:30 AM

Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, for breakfast and to participate in fun, stimulating brain games. For more information and to RSVP, please call (203) 452-5199.

Sue's Salon

Haircuts, manicures & pedicures. Licensed.

Appointments:
(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

History Talks with Historian, Arthur Gottlieb
Tuesday, October 15th
(Cuban Missile Crisis)
1:00 PM

Tuesday, October 22nd
(Appomattox)
1:00 PM
Historian, Arthur Gottlieb, returns to the Center! Join him for informative history talks on the Cuban Missile Crisis and Appomattox. To RSVP, please call (203) 452-5199.

Preventing Caregiver Burnout

Monday, October 21st

10:30 AM

Open to the Public

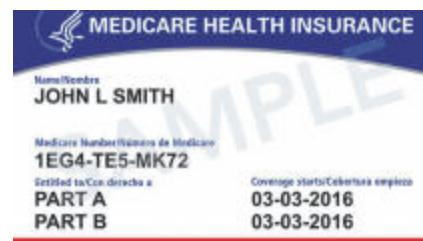
Join Arthur Gottlieb, LCSW, for an informative discussion about the importance of preventing caregiver burnout and respite care. For more information and to RSVP, please call (203) 452-5199.

2020 Medicare Updates

Wednesday, October 23rd

10:30 AM

Join Nancy Lombard from the Southwestern Connecticut Agency on Aging for a presentation about recent updates and changes to Medicare for 2020. For more information and to RSVP, please call (203) 452-5199.



Collette Tours Presents

Thursday, October 24th

1:00 PM

Join Collette Tours for an informative presentation about their upcoming 2020 overnight trips on **Imperial Cities and Pacific Northwest & California**.

Refreshments will be served. For more information and to RSVP, please call (203) 452-5199.

Author Talk with Brien Brown

Tuesday, October 29th

10:30 AM

Connecticut Author, Brien Brown, returns to the Center for a discussion on his new book "The Fourth Son." The Fourth Son is a work of historical fiction following the young son of a French noble family from France into colonial America. To RSVP, please call (203) 452-5199.

Lunch and Learn

Cooking Demo

Wednesday, October 30th

11:00 AM

Join St. Joseph's Center, Chef Ed Hutwagner, for an exciting cooking demonstration of Pumpkin Risotto with Fig and Asiago Cheese. To RSVP, please call (203) 452-5199.

Upcoming Events

• *SAVE THE DATE!*

Smile A While

Holiday Performance

Friday, November 22nd
11:00 AM

• *SAVE THE DATE!*

Annual Holiday Party

Performance by the

Park Street Singers

Monday, December 16th

PROGRAMS

Knitting & Crochet Group

Every Tuesday

10:00 AM

Please bring your own supplies. Extra yarn is available. Donations welcomed. New members are welcomed and the group is eager to learn new concepts, share skills, and make new friends!

Daily Lunch Program

Join us for a hot lunch Monday-Friday at 11:45 AM. Reservations required 2 days in advance. Call (203) 378-3086. Suggested donation of \$3.25.

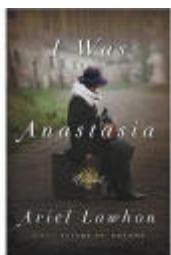
Alternative Menu:

Chef Salad: carrots, cherry tomatoes, spring mix, cucumbers, cheese and low sodium turkey breast.

The Book Club

October Book:

“I Was Anastasia” by Ariel Lawhon
Monday, October 7th, 11:00 AM



November Book:

“The Stolen Marriage” by Diane Chamberlain
Monday, November 4th, 11:00 AM



TOPS

Take Off Pounds
Sensibly



Join our new weight loss support group every Tuesday at 9:00 AM. Annual membership fee is \$34.03.

For more information, please contact Joann at 203-218-9878

Computer Tutor: 1:1 Sessions

Every Wed. and Thurs.

11:00 AM—12:30 PM

- How to send emails/photos, use the internet, social media, anything!

You must RSVP. (203) 452-5199. If you have a laptop, please bring it in.

Slim Approach Group

Every Thursday, 10:00 AM

Weekly weight management support group. *New members are welcome!*

Lunch and Movie

Friday, October 11th

11:30 AM—2:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film:

The Professor and the Madman

This true story recounts the compilation of the Oxford Dictionary in 1857, as begun by a professor and his team. To their amazement, one of the largest contributors was an American Civil War veteran in an asylum who had added over ten thousand words. To RSVP, please call (203) 452-5199.

Monthly Birthday Party

Friday, October 18th

11:30 AM

Come celebrate our October birthdays! Cake and coffee will be served. This event is sponsored by the Watermark at 3030 Park. To RSVP, please call (203) 452-5199.

Bingo & 50/50 RAFFLE

Friday, October 18th

1:00 PM. 10 Games played

To RSVP, call (203) 452-5199.

Sponsored by the Watermark at 3030 Park and Right at Home. \$1.00 for the first two cards.

All cash prizes.

GAMES

Billiards: Monday-Friday

Let's get a group going!

Poker: Mondays and Thursdays

9:00 AM—3:30 PM

Bring your poker face!

Bocce Ball: Mondays

The Bocce Court is open Monday-Friday from 9am-4pm.

Canasta: Tuesdays

12:30 PM **BRAND NEW!**

Cribbage: Tuesdays

11:30 AM

Join the game! Looking for new members. **BRAND NEW!**

Dominoes: Tuesdays

12:00 PM

Join a game of fun!

Texas Hold'em:

Wednesdays and Fridays

10:00 AM—3:30 PM

Pinochle:

Wed, Thurs, Fri

12:30 PM

Join a game and/or start your own!

Mah-Jongg:

Fridays at 12:00 PM

New players are welcome to join!



FITNESS CLASSES

Mondays:

Stretch/Strengthen with Nancy-9:00 AM Stretch, balance, aerobic and strength exercises.

Beginners Tap with Joy—

11:00 AM Please bring your own tap shoes.

Beginners Line Dance with

Shirley-1:00 PM Line dance to different types of music.

Yoga with Jeannie-2:00 PM

Focuses on deep breathing, balance, strength and flexibility.

Tuesdays:

Fit for Life Exercise with

Marylou-9:15 AM Low-impact aerobic exercise/dance (including a weights segment).

Ballroom Dance with Mike

Stavola-10:30 AM Ballroom dance lessons with or without a partner.

Sit and Fit with Becky and

Marylou-10:30 AM A gentle, seated exercise class aimed to reduce stress, gain flexibility and strength.

Zumba Lessons with Mike

Stavola-11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better

Balance with Alma-1:30 PM Focuses on improving balance and reducing stress.



Wednesdays:

Yoga with Jeannie -9:00 AM This exercise focuses on breathing, stretching, balance and flexibility movements.

Jazzercise with Marylou-

10:10 AM Combination of low-impact aerobic exercise and dance.

Tap Dance with Shirley-11:00 AM

Experience required. Please bring your own tap shoes.

Qigong with Julie & Hedwige-

12:30 PM Focuses on lowering stress, improving immunity and strengthening balance.

Thursdays:

Balance, Core and Stretch

(Pilates)-with Jeannie-9:00 AM

This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

Strength Training with Nancy-

10:15 AM

Build strength and muscle while feeling stronger and more flexible. Please bring your own weights.

Feldenkrais with Cathy-11:30 AM

Awareness through movement. Learn the importance of proper movement techniques while sitting.

Fridays:

Dance & Tone with Jeannie-

9:00 AM Dance to international music while toning the entire body.

Tai Chi with David-10:15 AM

An ancient martial art that helps improve balance and relieve pain.

ART CLASSES

Art classes are offered in quarterly sessions. We recommend you call right away; classes fill up quickly.

Our next session will begin the first week in January 2020.

Registration will open on December 2nd for residents and December 9th for non-residents.

Mondays:

Drawing with Christine-

10:00 AM

This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

Afternoon Painting with Missy-12:30 PM-2:30PM

Paint in oil or any medium. Learn about composition, color, and value. Bring reference material and supplies. Non-toxic methods will be emphasized.

Thursdays:

Watercolors with Missy-

10:00 AM and 12:30 PM

Water color class taught by Artist Missy Savard

All levels are welcome.

Fridays:

Acrylic/Oil Painting with

Christine-10:00 AM

A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcome. Please bring your own supplies and subject matter. A supply list will be provided.

Class Changes

- Beginners Line Dance will continue for the rest of the year.
- Beginners Tap with Joy on Mondays at 11:00 AM will end on October 28th and resume in the Spring.

The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides are for medical appointments, shopping, and the Senior Center. Service animals and assistive devices are welcome.

Pick up times for the Senior Center bus are from 8:45 am-10:00 am with reservations.

Medical ride appointments are on a first come, first serve basis. Monday, Tuesday, and Thursday.

Lyman Orchards and Lenny and Joe's Fish Tale Thursday, October 24th

Take a scenic bus ride along Route 66 to Lyman Orchards in Middletown and shop their famous Apple Barrel Market. Be sure to try their award winning apple pie. On the way back, enjoy lunch at Lenny and Joe's Fish Tale in New Haven.

Transportation fee is \$2.00. Please pay at the front desk. You are responsible for the cost of your lunch and shopping. 14 maximum riders. To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 9:15 AM
- Lyman Orchards from 10:15 AM-11:45 AM
- Lenny and Joe's Fish Tale from 12:30 PM-2:00 PM
- Bus will return to the Center by 2:30 PM

Grocery Shopping Schedule

- Stern Village: Wednesdays (pick up 10:00 AM-10:30 AM) ***Every other Wednesday, the bus will go to ShopRite.***
- Trumbull Residents: Tuesdays (pick up 9:15 AM-9:45 AM) Shopping is from 10:00 AM -11:00 AM. You will be picked up between 9:00 AM-9:45 AM.

Meet Our New

Transportation Dispatcher!

Bill Hnatuk is our new Transportation Dispatcher. He is a Trumbull Resident and is a retired Police Sergeant who worked for the City of Stamford for 25 years. He and his wife, Dawn, have raised three sons who all graduated from Trumbull High School. Call Bill to schedule your transportation rides on Mondays-Thursdays, from 8:00 AM—1:00 PM and he will be happy to help you! ***Be sure to stop by the front office to say hello.***



Pumpkintown USA and Sadler's Restaurant Thursday, October 31st

Stroll through the Pumpkintown Village and take a mile long hayride while catching a glimpse of over 30 decorative pumpkin heads. Visit the shops and enjoy a refreshing cup of apple cider with a fresh baked apple cider donut. Travel down the road for a delicious lunch at Sadler's Restaurant. Admission to Pumpkintown USA and hayride is \$15.00.

Transportation fee is \$2.00.

Cash or check only; please pay fees at the front desk. Checks can be made out to Pumpkintown USA. You are responsible for the cost of your lunch and shopping. 14 maximum riders. To RSVP, sign up at the front desk.

Bus Schedule:

- Bus will leave the Center by 9:00 AM
- Pumpkintown USA from 10:30 AM-12:00 PM
- Sadler's Restaurant from 12:15 PM-2:30 PM
- Bus will return to the Center by 3:30 PM

The Shuttle Loop/Trumbull Mall/PriceRite:

Estimated pick up time between 9:00 AM-10:00 AM
Stores within the "Loop" include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

- **Thursday, October 3rd (The Loop)**
- **Thursday, October 17th (The Loop)**

Need a Ride to the Doctor?

We offer rides to and from medical appointments on Mondays, Tuesdays, and Thursdays. We travel to Trumbull, Bridgeport, Stratford, Shelton, and Monroe. All riders must be independent; caregivers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle. Senior Center membership is not required; however, all riders must fill out a registration form. **Donations are gratefully accepted.**

NEWS FROM THE OUTREACH DEPARTMENT AND COMMUNITY



Town of Trumbull Senior Citizen Discount Program

In collaboration with the First Selectman's Office, the Director of Senior Services, the Economic & Community Development Director and the Senior Citizen Commission, the Town of Trumbull is pleased to introduce the Senior Discount Program for Trumbull Residents 65+. The program's purpose is to increase patronage at local establishments by offering an incentive for senior residents to shop and eat locally.

For the Senior Citizen Discount Program's directory, please visit the Town of Trumbull's website at: www.trumbull-ct.gov

Connecticut Energy Assistance Program

Social Services is currently accepting applications from Trumbull residents meeting income guidelines for the CEAP. Applicants are required to provide proof of income, entitlements, assets, bank statements, and heating bills. Social Services sends the applications to Action for

Bridgeport Community Development (ABCD) for approval. Benefits are available to help offset the heating costs for the 2019-2020 season. The amount of the benefit depends on income, assets, the number of people in the household, and whether a household member is under 6 years, over 60 years, or disabled. Benefits are paid directly to the fuel/utility company.

To obtain more details or schedule an appointment, please call Social Services at (203) 452-5198.

Hardship and Emergency Assistance

The Town of Trumbull offers Hardship and Emergency Assistance to Trumbull Residents in need.

Please call Social Services to inquire about program criteria and eligibility.

Applications are available online at:

[http://www.trumbull-ct.gov/
content/10623/10655/11041/default.aspx](http://www.trumbull-ct.gov/content/10623/10655/11041/default.aspx)
or call Jennifer Gillis (203) 452-5133,
Ashley Sylvester (203) 452-5135

Trumbull Senior Citizen Commission Meeting Dates for 2019

Meetings are held at 10:00 AM and are open to the public.

- **Friday, October 25th**
Held at Town Hall
- **Friday, November 22nd**
Held at Town Hall
- **Friday, December 20th**
Held at the Senior Center

The Wellness Corner with Nurse Tori

October is breast cancer awareness and lung health month. A good reminder, with cold and flu season around the corner, is to do some preventive medicine. Being proactive is usually best. When was the last time you went to the doctor?

With the days getting very short many experts endorse **Vitamin D** supplement for immune health. Check with your health care provider for dosage recommendations. Taking supplements when you are healthy, helps prevent sickness.

Walking is another way to prevent many ailments. The American Heart Association recommends at least 30 minutes a day. Join us for the **Walking Group** in the climate controlled, well lit mall. Thursdays at 1pm, second floor in front of Target. Everyone, any ability is welcome to come.

If you have questions, to make an appointment, or you just want to chat, please call (203) 452-5134 or e-mail VBenoit@Trumbull-ct.gov

Meet with the Social Services Department

Ashley Sylvester, Social Worker, will be available to answer your questions and provide outreach services at the Library on Quality Street on 10/28, 11/25, 12/9, and 12/23 12:00 PM—2:00 PM.
Ashley: (203) 452-5135

Trumbull Arts Commission Presents

Michael Jovovich,
Dr. Joe Utterbach and
friends in a cabaret on
**Sunday, Oct 6th at
1:30 PM**

Tickets: \$5.00
**Call Emily,
(203) 452-5065**

COMMUNITY NEWS

The Dining Room
203-378-3086

Trumbull Senior Community Lunch October Enhanced Menu

1% or Skim milk provided
Margarine available

Alternative Menu : Chef Salad Please call 2 days in advance for a reservation

MENU ITEMS SUBJECT TO CHANGE					SUGGESTED DONATION \$3.25
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Garden Salad Spaghetti and Shrimp Alfredo Spinach Fruit Cup	1 Tomato Soup Smothered Chicken Mashed Potatoes Peas and Carrots Fresh Fruit	2 Garden Salad Sausage Tortellini Mixed Vegetables Garlic Bread Jell-O	3 Red and White Slaw Baked Ham Sweet Potato Puree Broccoli Fruit Cup	4
7 Minestrone Soup Vegetable Lasagna with Ricotta Broccoli Italian Ice	8 Garden Salad Latin Pork Loin Rice and Beans Beet Salad Pineapples	9 Carrot Slaw BBQ Chicken Macaroni Salad Mixed Vegetables Fruit Cup	10 Garden Salad Swedish Meatballs Mashed Potatoes Green Beans Cookie	11 Chicken Noodle Soup Baked Fish with Lemon Tater Tots Spinach Fruited Jell-O	
14 Cole Slaw Chicken with Mushroom Sauce Roasted Potatoes Peas and Carrots Cookie	15 Beet Salad Fish Filet Sweet Potato Fries Spinach Tartar Sauce Mandarin Orange	16 Minestrone Soup Spinach and Ricotta Stuffed Shells Roasted Cauliflower Fruit Cup	17 Caesar Salad Herbed Chicken Roasted Sweet Potato Corn Fruit Cup	18 Three Bean Salad Meatballs with Penne Pasta Broccoli Jell-O	
21 Cream of Mushroom Soup Meatloaf Red Potatoes Peas Fruit Cocktail	22 Garden Salad Chicken Parmesan Spaghetti Broccoli Fresh Fruit	23 Chicken Noodle Soup Tuna Salad Lettuce, Tomato, Onion Cucumber Olive Salad Bananas	24 Garden Salad Bourbon Meatballs Mashed Potatoes String Beans Fruit Cup	25 Clam Chowder Vegetable Frittata Hash Browns Vegetable Medley Brownie	
28 Tomato Soup Chicken with Bruschetta Topping Small Potatoes Broccoli Angel Food Cake with Strawberries	29 Garden Salad Sloppy Joe Cole Slaw Whole Wheat Bun Fruit Cup	30 Corn and Herb Salad Roasted Pork Loin Scalloped Potatoes String Beans Fruit Cup	31 Screaming Spit Pea Soup Lurching Linguini and Creepy Clam Sauce Sautéed Growling Garlic Stir Fry Disastridly Delicious Chocolate Dump Cake		

Monday	Tuesday	Wednesday	Thursday	Friday	
October	9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	1 9:00 Yoga 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 11:30 Lunch/Music DJ AL 12:30 Pinochle 12:30 Qigong	2 9:00 Balance & Core 9:00 The Loop 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors 1:00 Walking Group	3 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:00 Wellness Talk 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game	4
9:00 Stretch 10:00 Drawing 10:00 Poker 11:00 Book Club 11:00 Beginners Tap 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga 2:00 Caregiver Support	7 9:00 TOPS 9:15 Fit for Life 9:30 Breakfast Brain Games 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	8 9:00 Yoga 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong	9 9:00 Balance & Core 10:00 Water Colors 10:00 Slim Approach + Poker 10:00 Family Conflict Group 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors 1:00 Walking Group	10 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch and Movie 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game	11
The Center will be closed in observance of Columbus Day. Happy Columbus Day!	14 9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Sit & Fit 10:30 Ballroom Dance 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:00 History Talks 1:30 Tai Chi Quan	15 9:00 Yoga 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 11:30 Lunch/Music DJ AL 12:30 Pinochle 12:30 Qigong 2:00 MLIMA' Tale Play	16 9:00 Balance & Core 9:00 The Loop 10:00 Water Colors 10:00 Flu Clinic 10:00 Slim Approach + Poker 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors 1:00 Walking Group	17 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:00 Monthly Birthday 12:00 Mahjong 12:30 Pinochle 1:00 Bingo 1-4 Billiards Game	18
9:00 Stretch 10:00 Drawing 10:00 Poker 10:30 Caregiver Burnout 11:00 Beginners Tap 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga 2:00 Caregiver Support	21 9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit & Fit 11:30 Zumba Lessons 11:30 Cribbage 12:00 Dominoes 12:30 Canasta 1:00 History Talks 1:30 Tai Chi Quan	22 9:00 Yoga 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 10:30 Medicare Updates 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong	23 9:00 Balance & Core 9:15 Lyman Orchards 10:00 Water Colors 10:00 Slim Approach + Poker 10:00 Family Conflict Group 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors 1:00 Collette Tours Presents 1:00 Walking Group	24 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:00 Art Expo 12:00 Mahjong 12:00 Pinochle 1-4 Billiards Game	25
9:00 Stretch 10:00 Drawing 10:00 Poker 11:00 Beginners Tap 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	28 9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance/Sit & Fit 10:30 Author Talk 11:30 Zumba + Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	29 9:00 Yoga 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 11:00 Cooking Demo 12:30 Pinochle 12:30 Qigong	30 9:00 Balance & Core 9:00 Pumpkintown USA 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle + Water Colors 1:00 Walking Group	31	

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Trumbull and Fairfield Human Services are partnering with the Greater Bridgeport Transit to provide monthly rides to Veterans to the West Haven VA Hospital.

This service is provided on the last Friday of the month.

Pick Up Times

Bigelow Center in Fairfield: 8:30 AM

The Center at Priscilla Place: 9:00 AM

Return bus from the VA Hospital: 2:00 PM

Registration is required a week in advance at either senior center. All riders must be independent; care givers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Service animals and assistive devices welcome. Please contact the

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(203) 452-5137



See Page 5 for a list of our fitness classes.

If you are not a member, you can always try one class for free.

Being Prepared for an Emergency with Trumbull Citizens Alert



Trumbull Citizen Alert is a non-emergency alert system that will notify residents of Trumbull through email, text, home and cell phone. Alerts include situations of severe weather, fires, floods, unexpected road closures, or evacuation of buildings or neighborhoods. Make sure to register your family and close friends so that if there is an emergency, your loved ones out of state or town can be aware of what is happening. Also be sure to register your cellphone!

If you need assistance registering please contact **Katy Vodola** at the Trumbull Senior Center at **(203) 452-5198**, or email her at cvodola@trumbull-ct.gov To register on your own: <http://www.trumbull-ct.gov/content/10623/10655/10926/13716/>

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Trumbull Senior Center

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DAY AND OVERNIGHT TRIPS: Stop by the Center for detailed flyers



To view our trip flyers & pricing, go to the Senior Center page on the Town of Trumbull website at www.trumbull-ct.gov.



E-mail Jeannie Franco with any questions jfranco@trumbull-ct.gov or call (203) 452-5199.



2019 DAY TRIPS

- ◆ **Naugatuck Valley Railroad (Thomaston, CT)**—Tues, Oct. 15th (Getaway Tours) \$109pp
- ◆ **Oktoberfest at Kruckers**—Wed, Oct. 23rd (Friendship Tours) \$98pp
- ◆ **“An American in Paris” at the Westchester Broadway Theatre**—Thurs, Nov. 14th (Getaway Tours) \$105pp
- ◆ **Radio City Christmas Spectacular**—Wed, Nov. 20th (Getaway Tours) \$210pp
- ◆ **Mystic Boat Parade**—Sat, Nov. 30th (Tours of Distinction) \$84pp
- ◆ **Holiday Winter Wishes at the Aqua Turf Feat. The Cartells**—Tues, Dec. 10th (Getaway Tours) \$82pp
- ◆ **“The Glenn Miller Orchestra at the Aqua Turf”**—Thurs, Dec. 12th (Friendship Tours) \$100pp
- ◆ **“It Happened One Christmas Eve” at the Westchester Broadway Theatre**—Thurs, Dec. 19th (Getaway Tours) \$105pp

2020 DAY TRIPS

- ◆ **“Shen Yun” at the Bushnell**-Sat, Feb 8th (Tours of Distinction) \$TBD
- ◆ **The 39th Annual Home & Garden Show at Mohegan Sun**-Sat, Feb 22nd (Getaway Tours) \$59pp
- ◆ **“All Shook Up” at Westchester Broadway Theatre**-Thurs, April 23rd (Getaway Tours) \$119pp
- ◆ **“Cinderella” at Westchester Broadway Theatre**-Thurs, June 25th (Getaway Tours) \$119pp
- ◆ **“9 to 5” at Westchester Broadway Theatre**-Thurs, Aug 27th (Getaway Tours) \$119pp
- ◆ **“Kinky Boots” at Westchester Broadway Theatre**-Thurs, Nov 5th (Getaway Tours) \$119pp

2020 OVERNIGHT TRIPS

- ◆ **Queen Esther at the Sight and Sound Theater**—June 9th-11th (3 days)-(Tours of Distinction)
- ◆ **Pacific Northwest and California (Featuring Washington, Oregon, and California)**—June 14th-21st (8 days)-(Collette Tours)
- ◆ **Imperial Cities (Featuring Prague, Vienna and Budapest)**—October 5th-15th (11 days)-(Collette Tours)



2021 OVERNIGHT TRIPS

- ◆ **Iceland’s Magical Northern Lights**—March 1st-7th, 2021 (7 days)-(Collette Tours)

(Membership/Residency is not required.)

TRUMBULL SENIORS' COOKBOOK

A collection of recipe favorites by our Trumbull Seniors

The Trumbull Senior Commission is very excited to be gathering recipes from our 55+ residents to create a **Trumbull Seniors' Cookbook** which will be published and for sale in our community. All funds generated from the sale of the Senior Cookbook will support expanded Senior Center programming such as offering an extra exercise or art class or to help offset the cost associated with a senior luncheon.

Please add your favorite recipe below in any of the following categories (you may submit multiple recipes **if you can't choose just one!**): appetizers, beverages, soups, salads, vegetables, main dish, bread/rolls, desserts, miscellaneous. In order to make the cookbook more personalized, we'd also love to add why you've chosen this recipe – has it been handed down through the generations, family favorite, etc.

TO SUBMIT YOUR RECIPE:

- Bring a copy of your recipe and leave it at the Senior Center's front desk, or;
- Mail it to the Center, 23 Priscilla Place, or;
- Bring your recipe book to the Center and the staff will make a copy and submit your recipe.

RECIPES MUST BE SUBMITTED BY OCTOBER 15th.

If you have any questions, please contact Mary Isaac: mary.isaac@trumbull-ct.gov or 203-452-9375.

Watch for details on how to order your copy of this community cookbook!

RECIPE NAME/CATEGORY: _____

SUBMITTED BY: _____

Please provide email/phone in case there are any questions:

EMAIL: _____ PHONE: _____

INGREDIENTS:

Page 10 of 10

DIRECTIONS: **Read the following passage and answer the questions that follow.**

THIS RECIPE WAS CHOSEN BECAUSE: