



THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

CENTER HOURS :Monday-Friday 9:00 AM—4:00 PM

23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

NOVEMBER 2019

Director of Human Services

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

Administrative Assistant

Ashley Ryan Grace (203) 452-5199
agrace@trumbull-ct.gov

Senior Center Receptionist

Jeannie Franco (203) 452-5199
jfranco@trumbull-ct.gov

Transportation Dispatcher

Bill Hnatuk (203) 452-5137
whnatuk@trumbull-ct.gov

Social Services

Jennifer Gillis (203) 452-5133
jgillis@trumbull-ct.gov

Ashley Sylvester (203) 452-5135
asylvester@trumbull-ct.gov

Food Pantry

Karen Seferi (203) 452-5136
kseferi@trumbull-ct.gov

Arts Commission

Emily Areson

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

**The Center will be closed on November 11th, 28th, and 29th.
Happy Veteran's Day and Happy Thanksgiving!**

Annual Smile-A-While Holiday Performance Friday, November 22nd 11:00 AM



Sells out fast, be sure to call and sign up!
To RSVP, please call (203) 452-5199 and/or sign
up at the front desk.

Have lunch and enjoy the music of DJ Al Song!

He has over 20,000
songs!
Request Italian, Irish,
Polish, Spanish, what-
ever you want.

Wed. November 6th

Wed. November 20th

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.



SAVE THE DATE!

Annual Holiday Party
Performance by the
Park Street Singers
Mon, December 16th
11:30 AM

\$8 Members./\$13 Non-Member





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for a Senior Discount)



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Trumbull Senior Center

06-5293

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Wellness Talk

**Friday, November 1st
11:15 AM**

Join our Wellness Nurse, Tori, for a discussion on Seasonal Effectiveness Disorder. To RSVP, please call (203) 452-5199.

Caregiver Support Group

New Facilitator, Counselor

**Monday, November 4th
Monday, November 18th
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.

History Talks with Historian, Arthur Gottlieb

**Tuesday, November 5th
(Berlin Wall)
1:00 PM**

**Tuesday, November 19th
(Thanksgiving at Plymouth
Planation)**

1:00 PM
Historian, Arthur Gottlieb, returns to the Center! Join him, this month, for informative history talks on the Berlin Wall and Thanksgiving at Plymouth Planation. To RSVP, please call (203) 452-5199.

AARP Safe Drivers Course

**Friday, November 15th
9:00 AM—1:00 PM**

AARP will present their Safe Drivers Course. \$15.00 for AARP members and \$20.00 non-members. Checks only; you will pay the instructor the day of the class. To RSVP, please call (203) 452-5199.

Genealogy

**Wednesday, November 6th
11:00 AM**

Have you always been interested in learning about your family history? Join us for an informative presentation about genealogy. This program is being sponsored by Right at Home. To RSVP, please call (203) 452-5199.

Elder Law Discussion

**Thursday, November 7th
5:30 PM**

Attorney Lyn Eliovson, from Eliovson & Tenore Law Offices, will present a round table discussion about elder law. For more information and to RSVP, please call (203) 452-5199.

Tea Sampling

Benefits of Drinking Tea Tealalla

**Tuesday, November 12th
11:00 AM**

As the weather begins to cool down, join us for a tea sampling and presentation about the benefits of drinking tea. This event is sponsored by Tealalla, a locally owned tea shop located in the Trumbull Mall that sells natural, organic tea selections of different varieties. This is held at the Senior Center. (203)452-5199

Role Reversal with an Aging Parent

Open to the Public
**Monday, November 18th
10:30 AM**

Join Arthur Gottlieb, LCSW, for an informative discussion about the challenges adult children face with assuming the life choices and caregiving responsibilities for their aging parents. For more information and to RSVP, please call (203) 452-5199.

Coffee Talk with A Cop

**Wednesday, November 20th
11:00 AM**

Join a Trumbull Police Officer for coffee and community conversation. For more information and to RSVP, please call Jennifer at (203) 452-5133

Medicare Open Enrollment

**Thursday, November 21st
10:00 AM—2:00 PM**

Sign up for an individual appointment to review your current coverage or make changes to your current coverage. For more information and to RSVP, please call Jennifer at (203) 452-5133.

Upcoming Events

- **Annual Holiday Party**
Performance by the
Park Street Singers
**Monday, December 16th
11:30AM**
\$8 Members. \$13 Non-members
- **Monday Dec 9th. 10:30am**
- *Baby Boomers and the Denial of Aging.*
- **Tuesday Dec 10th 9:30am**
Breakfast and Brain Games
- **Wed. Dec 11th. 10:30am**
Stroke Prevention
- **Thursday Dec. 12 4:30pm**
Winter Solstice Meditation

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

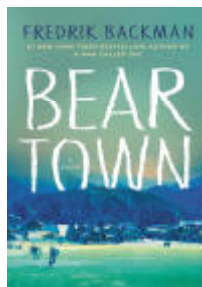
November Book:

"The Stolen Marriage" by
Diane Chamberlain
**Monday,
November 4th,
11:00 AM**



December Book:

"Beartown" by
Fredrik Backman
**Monday,
December 2nd,
11:00 AM**



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, November 8th

11:30 AM—

2:30 PM

Sponsored by
Ludlowe Center
for Health and
Rehabilitation.

Feature Film:

A Star Is Born

As a country musician struggles, his lover's career soars to new heights.
Starring: Bradley Cooper, Lady Gaga, Sam Elliot
To RSVP, please call
(203) 452-5199.



Monthly Birthday Party

Friday, November 15th

11:30 AM

Come celebrate our November 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, November 15th

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!



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**



FITNESS CLASSES

Mondays:

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

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.

Let us know what type of exercise class you'd like to see here.

Email Michele Jakab at mjakab@trumbull-ct.gov



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.

Call to inquire. (203) 452-5137. Registration is required.

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

The Christmas Tree Shop and Duchess Restaurant

Thursday, November 14th

With the holidays on the way, take a trip to Orange and go shopping at the new, updated Christmas Tree Shop. Enjoy lunch at Duchess Restaurant.

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

Bus Schedule:

- Bus will leave the Center by 9:30 AM
- Christmas Tree Shop from 10:00 AM-12:00 PM
- Duchess from 12:30 PM-1:30 PM
- The bus will return to the Center by 2:00 PM

Frosty's Christmas Craft Festival

Sunday, November 24th

Join us for an exciting trip to Frosty's Christmas Craft Festival in Middlebury which features over 150 talented crafters from CT, NY, and Massachusetts. Admission to the festival is \$5.00; cash only. Please pay the group leader on the bus the day of the trip. You are responsible for the cost of your shopping and food/beverages.

Transportation fee is \$2.00; please pay at the front desk. 20 maximum riders. To RSVP, please call (203) 452-5199 and/or sign up at the front desk.

Bus Schedule:

- Bus will leave the Center by 11:00 AM
- Frosty's Christmas Fest. from 12:00 PM-2:00 PM
- Bus will return to the Center by 3:00 PM

Grocery Shopping Schedule: Stop and Shop

- Stern Village: Wednesdays (pick up 10:00 AM-10:30 AM)
- Trumbull Residents: Tuesdays (pick up 9:15 AM-9:45 AM) Shopping is from 10:00 AM -11:00 AM. .

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, November 7th (The Loop)**

Did you know?

GBT Access provides public transportation to riders with disabilities throughout the Bridgeport/Trumbull region. This service ensures that riders with disabilities have access to jobs, school, shopping and medical appointments. GBT Access services are available for trips that begin and end with 3/4 mile of local bus route. This generally includes all of Bridgeport and portions of Fairfield, Stratford, Trumbull; with limited service to parts of Milford, Monroe, Shelton, Derby, Westport and Norwalk. The fare for a one-way trip is \$3.50.

To obtain information about the eligibility and qualification process for GBT Access, please contact Chin Stolze at (203) 333-3031 ext. 131. You may also contact Bill Hnatuk, Dispatcher at the Trumbull Senior Center. (203) 452-5137



NEWS FROM THE OUTREACH DEPARTMENT

The Wellness Corner with Nurse Tori

November is home to my favorite holiday:

Thanksgiving. Getting together with friends and family is my favorite part. It's not about gifts, it's not a greeting card holiday; it's about good people and being thankful. It doesn't hurt that the food is always yummy too.

If you're not a fan of the holiday or don't have anywhere to go, think about volunteering or giving back.

Tis the season to remember, all of us are here together and everyone needs something once-in-a-while.

Join us for the **Walking Group**, Thursdays at 1pm, second floor in front of Target. Everyone, any ability is welcome to come.

(we won't be meeting Thanksgiving)

Questions, appointments, or you just want to chat.

(203) 452-5134 or VBenoit@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 schedule an appointment, please call at (203) 452-5198.

Attention All Trumbull Veterans

Congress and the White House agree to expand definition of war eras to include all who served since Dec. 7, 1941

More than 1,600 members of the U.S. Armed Forces were killed or wounded in periods of time not designated as war eras since the end of World War II. The newly signed '**Let Everyone Get Involved in Opportunities for National Service Act of 2019 – The LEGION Act**' – honors those veterans, their spouses and descendants, extending membership eligibility in The American Legion Family to hundreds of thousands who had previously been excluded.

The LEGION Act offers American Legion membership eligibility to any U.S. military veteran who served at least one day of active military duty since Dec. 7, 1941, and was honorably discharged or is now serving. The act also affects membership in the American Legion Auxiliary and Sons of the American Legion, expanding eligibility for those groups, as well.

Now is your opportunity to join the A. V. Napolitano American Legion, Post 141 in Trumbull. We welcome all Veterans who meet the qualifications above to join our Post and help support our Veterans and Trumbull children with scholarships and awards. For more information contact Commander Ernie Foito at 203-913-5689 or ctpost141@gmail.com.

Are You a Veteran or know a Vet?

VFW Post 10059 Is looking for you.

VETERANS OF FOREIGN WARS

Trumbull, CT VFW 10059 is looking for veterans who served our nation to stand strong with the more than 1.6 million members of the VFW and its AUXILIARY as we continue to fight for all that's GOOD FOR VETERANS. Join us for our monthly meetings and special events. Regular meetings are the second Thursday of every month at 12:30 in the Trumbull Library.

Lunch is served and veteran issues discussed. If you need a ride call us.

For further information please call Commander Cpl. Roy E. Molgard USMC at 203-268-5673 or email(royemolgard@gmail.com).



COMMUNITY NEWS

Trumbull Senior Citizen Commission Meeting Dates for 2019

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

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

Trumbull Arts Commission **RADIO RANCH**



The Trumbull Arts Commission presents
“Radio Ranch” on **Sunday, November 10th**
at 1:00PM at The Center at 23 Priscilla
Place in Trumbull.

Founded over 20 years ago, Radio Ranch has developed
into one of the most diverse Country dance bands in
Connecticut. .

Cabaret seating, bring your own refreshments.

Doors open at 12:30 PM.

\$5.00 Per Person

To purchase tickets, please call Emily at 203-452-5065.



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 of-
fering an incentive for senior residents to shop and eat
locally.

Sue’s Salon at the Senior Center: Tuesdays

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

Trash or Treasure

Saturday, November 9th, 10:00 AM—2:00 PM
Trumbull Library—Quality Street

Bring your antiques to the library for a verbal appraisal
by Christina L. Pereiro,
Certified Appraiser of Antiques and Fine Arts.

\$10 Per Item
Maximum of 3 Items

After your appraisal, join us in our “feedback” booth for
a fun video or photo of you and your treasures.

Proceeds to benefit the Trumbull Library and
educational programs.



TRUMBULL COMMUNITY WOMEN

Your Donation Matters

Would you like to leave a donation in memory of someone or help fund a particular class or program?

Donations are used to support Senior Center programs that enrich the lives of seniors at the center and in the com-
munity. All contributions are gratefully accepted.

Please make the check payable to: The Trumbull Senior Center

If you would like to specify what your donation is for, please do so here or on the memo of your check: Your do-
nation will **(please check one):**

_____ Help pay for an extra exercise class this year and arts & crafts class

_____ General donation to general fund

_____ Sponsor cookies and coffee for an event

_____ Other: _____

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>November 2019</i></p>				<p>9:00 Dance & Tone 1 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:15 Wellness Talk 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game</p>
<p>9:00 Stretch 4 10:00 Drawing 10:00 Poker 11:00 Book Club 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga 2:00 Caregiver Support</p>	<p>9:00 TOPS 5 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 1:00 History Talks 1:30 Tai Chi Quan</p>	<p>9:00 Yoga 6 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Genealogy 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong</p>	<p>9:00 Balance & Core 7 9:00 The Loop 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 5:30 Elder Law Discussion</p>	<p>9:00 Dance & Tone 8 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</p>
<p>11 The Center will be closed in observance of Veteran's Day. Thank you to all the Veterans for their service!</p>	<p>12 9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Sit & Fit 10:30 Ballroom Dance 11:00 Benefits of Tea 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan</p>	<p>13 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Hartford Hospital 11:00 Computer Tutor 11:00 Tap Dance 11:30 Lunch/Music DJ AL 12:30 Pinochle 12:30 Qigong</p>	<p>14 9:00 Balance & Core 9:30 Xmas Tree Shop Trip 10:00 Water Colors 10:00 Family Conflict Group 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</p>	<p>15 9:00 Dance & Tone 9:00 AARP Safe Drivers 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</p>
<p>18 9:00 Stretch 10:00 Drawing 10:00 Poker 10:30 Role Reversal 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga 2:00 Caregiver Support</p>	<p>19 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</p>	<p>20 9:00 Yoga 10:00 Poker 10:00 Coffee Talk with Cop 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong</p>	<p>21 9:00 Balance & Core 10:00 Water Colors 10:00 Slim Approach 10:00 Poker 10:00 Open Enrollment 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors 1:00 Walking Group</p>	<p>22 10:00 Oil Painting 10:00 Poker 11:00 Smile A While 12:00 Mahjong 12:00 Pinochle 1-4 Billiards Game</p> <p>Exercise classes will be cancelled this day</p>
<p>25 9:00 Stretch 10:00 Drawing 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga</p>	<p>26 9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit & Fit 11:30 Zumba + Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan</p>	<p>27 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</p>	<p>28 29 The Center will be closed on Thursday and Friday in observance of Thanksgiving. Happy Thanksgiving!</p>	

HELP PROTECT YOUR FAMILY

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RIDES FOR VETERANS

SHUTTLE TO THE VA IN WEST HAVEN

RIDES AVAILABLE TO THE VA HOSPITAL IN WEST HAVEN

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; caregivers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Service animals and assistive devices welcome. Please contact the Trumbull Transportation Department at the Senior Center (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.

Inclement Weather Policy for Members The Center at Priscilla Place *Trumbull Senior Center*

When Public Schools are closed:

- All center activities, lunch and transportation will be cancelled
- The center will remain open as a warming center unless the town closes.

When Trumbull Schools have a delay:

- **The center may have a delay but we do not go by the school times.**
- Some programming and lunch may be cancelled or delayed
- Transportation will operate with a possible delay
- BE SURE TO CHECK THE CENTER'S DELAYED OPENING TIME

How to be notified of Trumbull Senior Center Closings and Delays

- T.V. channels 12, 8, 6 and 3;
- Radio WICC 660 and WEBE 108 on the radio
- the Senior Center voicemail line
- Text alerts thru NBC or WSFB (see below)
- Our Facebook Page
- Sign up for our emails

NBC TEXT ALERTS:

<https://www.nbcconnecticut.com/news/local/Sign-Up-For-Winter-Weather-Closing-Alerts-106521708.html>

OR

WSFB CHANNEL 3 TEXT ALERTS:

<https://my.textcaster.com/asa/Default.aspx?ID=c1616077-39d9-4682-b0ca-63a1ee174441>

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Trumbull Senior Center

06-5293

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

- ♦ **Mystic Boat Parade**—Sat, Nov. 30th (Tours of Distinction) \$84pp
- ♦ **Holiday Winter Wishes at the Aqua Turf Feast. 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) \$197pp
- ♦ **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
- ♦ **“America 400 at the Plimoth Plantation”**—Tues, May 5th (Tours of Distinction) \$139pp
- ♦ **“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.