



**TOWN OF
Trumbull
HUMAN SERVICES**
THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+

Happy Holidays!

23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

DECEMBER 2020

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**SENIOR CITIZEN
COMMISSION**

Marcy Kelly: Chair
Ron Foligno: Co-Chair
Jean DaRold: Secretary
Evelyn Wiesner
Michael Ganino
Mark Ryan

The Center will be closed on Thursday, December 24th and Friday, December 25th in observance of the Christmas Holiday.
Staff will be unavailable.

The Center at Priscilla Place is CLOSED.

This is in consideration of the well-being of the vulnerable and high risk population being served. We are closely monitoring the recommendations of the CDC, state and local officials and will keep our members informed as things evolve. In the meantime, the senior center is offering exercise, art, and educational programs online. Please Call (203) 452-5199 for a calendar of events or visit the town website.

Virtual Bingo
Thursday, December 31st at 10:30 AM



Join us for a fun game of virtual Bingo on Zoom! If you are interested in attending, be sure to RSVP by calling (203) 452-5199 and leaving your name and telephone number. We will contact you to pick up your bingo card sheets, daubers, and Zoom information. For Residents who are homebound, please let us know and we will arrange a drop off for you. Prizes will be mailed to the winner of the games.

Poetry Reading on Zoom
Thursday, December 17th
1:00 PM

Calling all Poets! Do you enjoy reading and/or writing poetry? Join us for our first Poetry Reading. Read and share your favorite poem. To sign up to read/share your favorite poem, please call (203) 452-5199 and leave your name and telephone number. We will contact you with your individual time slot to read. For those that are interested in just listening, feel free to join in on Thursday, December 17th at 1:00 PM! All are welcome.

Meeting ID: 809 418 0302
Password: 12345



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Trumbull Senior Center

06-5293

ONLINE PROGRAMS AND EVENTS

Brain Games on Zoom

Every Tuesday at 9:30 AM

Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, to participate in fun, stimulating brain games. Meeting ID: 977 1816 9858 Password: 1ryYN1

Book Club Meeting on Zoom

The Woman In The Window- A.J. Finn
Monday, December 7th

11:00 AM

Meeting ID: 809 418 0302

Password: 12345

Carnegie's Maid-Marie Benedict

Monday, January 4th

11:00 AM

Meeting ID: 809 418 0302

Password: 12345

Connecticut's Top Attractions

Monday, December 7th

2:30 PM

Do you love to travel? Join Tyler Zajacz, President of Tours of Distinction, for a travel presentation about CT's top attractions that are safe to travel to. Meeting ID: 809 418 0302 Password: 12345

Holiday Ornament Decorations with the Giggling Pig Art Studio

Tuesday, December 8th

2:30 PM

Join us in decorating festive holiday ornaments. Each craft box will come with all the materials that are needed to decorate your ornaments. \$5.00 per box. Be sure to sign up by calling (203) 452-5199 and leaving your name and telephone number. The Zoom link/information will be given to you when you pick up your craft box. For Residents who are homebound, please let us know and we will arrange a drop off of your craft box.

Caregiver Support Group

**Thursday, December 10th
2:30 PM**

Open to the Public

Join this group and share your feelings in a safe environment. Learn about resources, caregiving strategies and other valuable tools to provide support. All caregivers are welcome. To RSVP and receive Zoom Link information, please email Ashley Grace at agrace@trumbull-ct.gov.

Mark Albertson Presents

19th Amendment

Women's Right to Vote

Friday, December 11th

11:15 AM

Join Historian, Mark Albertson, for an informative history program on Zoom about the 19th Amendment, commemorating the centennial of the Women's Right to Vote. Meeting ID: 809 418 0302 Password: 12345

Name That Tune Returns!

Friday, December 11th

2:00 PM

Join Melissa Hripak, Director of Admission and Marketing, at St. Joseph's Center, for a fun Zoom game of Name That Tune! Meeting ID: 809 418 0302 Password: 12345

Holiday Cooking Demo

Wednesday, December 16th

11:00 AM

Join ShopRite Dietician, Siddhi Sheth, for a virtual, holiday cooking demo on Zoom. Meeting ID: 809 418 0302 Password: 12345

Wellness Wednesdays

Wednesday, December 16th

New Time: 2:00 PM

Come talk about how you are coping with the pandemic, how the holidays are going, share experiences and connect with other members. Also, receive important Senior Center news and updates. Meeting ID: 809 418 0302 Password: 12345

Community Meditation

Caregivers join in!

Topic: Metta Loving Kindness

Thursday, December 17th

7:00 PM

Join us for Community Meditation, led by Deborah Swann. Meeting ID: 870 1001 5761 Passcode: 603982

Zoom Lessons

Fridays at 12:00 PM

Confused about Zoom and need a bit of guidance? Meet us on Zoom and get answers to your questions every Friday. Do you need in person instruction? We do offer individual appointments. Please call Ashley Sylvester or Alyssa Pagano to (203) 452-5135 and/or e-mail Ashley Sylvester at asylvester@trumbull-ct.gov Meeting ID: 956 7644 0327 Passcode: 12345

DRIVE THRU EVENTS

• Luncheon-Drive Thru Event

Thursday, December 10th

12:00 PM

Join us for a drive thru luncheon in celebration of the holiday season. Veterans receive a special gift to thank them for their service. *When you RSVP, please indicate if you are a Veteran and/or signing up a Veteran.*

• Holiday Luncheon-Drive Thru

Friday, December 18th

12:00 PM

Sponsored by River Valley Retirement Community

You must RSVP for all drive thru events. Please call (203) 452-5199 and leave your name and telephone number. Prior to the event, you will receive a phone call with an individual time slot to arrive.

SAVE THE DATE

• New Year 2021 –Drive Thru

Monday, January 4th, 2021

1:00 PM

Come pick up a mini sparkling cider and say hello in the New Year! Sponsored by Wesley Village

EXERCISE CLASSES on Zoom

Yoga with Jeannie on Mondays at 10:30 AM

Meeting ID: 816 351 63317/ Password: 394826

Tai Chi with Alma/Ken on Mondays at 1:00 PM

Meeting ID: 723 4676 2878 / Passcode: 12345

Sit and Fit with Marylou on Tuesdays at 10:30 AM

Meeting ID: 960 7400 2099 / Password: 12345

Aerobics with Marylou on Wednesdays at 10:00 AM

Meeting ID: 954 7709 5510 / Password: 12345

QiGong with Julie/Hedwig on Wednesdays at 1:00 PM

Meeting ID: 882 5423 5052 / Passcode: 925106

Chair Yoga with Jeannie on Thursdays at 9:00 AM

Meeting ID: 860 9912 0061 / Password: 840018

Tai Chi with David on Fridays at 10:00 AM

Meeting ID: 945 0315 1847 / Password: 12345

ART CLASSES on Zoom

Drawing with Chris (part 1) at 9:00 AM on Mondays

Drawing with Chris (part 2) at 2:00 PM on Mondays

Painting with Chris (part 1) at 9:00 AM on Fridays

Painting with Chris (part 2) at 1:00 PM on Fridays

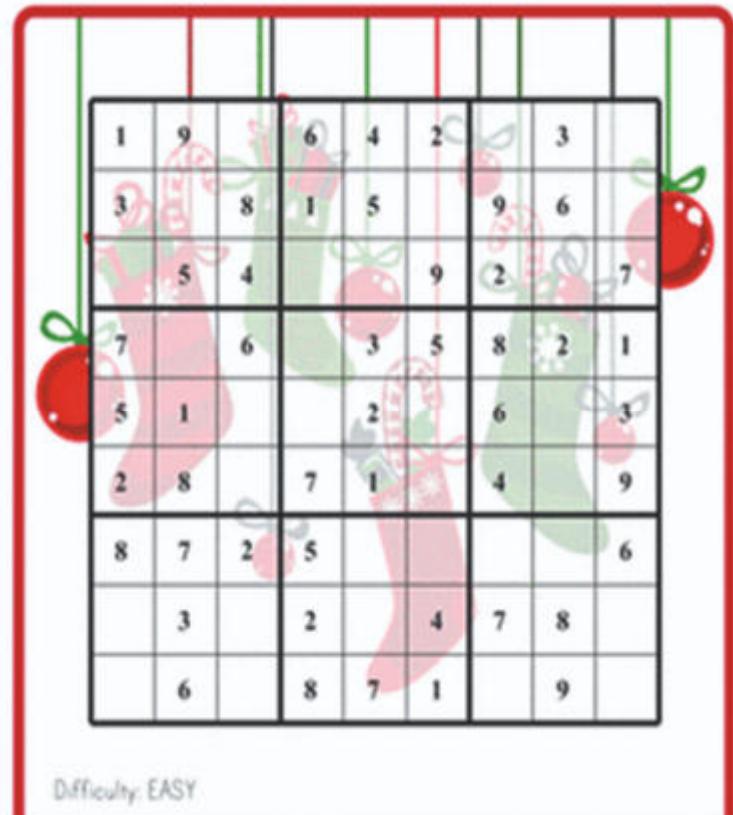
Watercolors with Missy on Tuesdays at 9:00 AM

Please e-mail Ashley Grace at agrace@trumbull-ct.gov to join any art classes.

All classes are recurring each week, with the same Meeting ID and Password.

Be sure to check out our weekly Current Events e-mails for any changes. You may also check the Senior Center Calendar on our website!

Need Assistance? Email Ashley Grace at agrace@trumbull-ct.gov



Difficulty: EASY

Farewell Jeanne!
You will be missed.



Bus driver Jeanne Horvath has left her position at the senior center for a new adventure. We will miss her sense of humor and comradery. We are very appreciative of the dedication and time she gave to her riders.
Good luck Jeanne!



Transportation Services Have Resumed! Welcome Back Riders! (203) 452-5137

The Trumbull Senior Center provides transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled. Our buses were just fitted with new air filtration systems and a sneeze guard. We have a rider maximum to ensure everyone is able to safely distance themselves from others. All safety precautions and cleaning standards are in place.

Medical Rides

Rides available to and from doctor appointments on Mondays and Thursdays. We can book appointments months or days in advance. We travel to Bridgeport, Stratford, Shelton, and Monroe. We hope to add more days soon.



Grocery Shopping

On Tuesdays, we offer rides to Stop and Shop for Trumbull Residents. The estimated pick up time at your home is between 9:00 AM to 10:00 AM. Shop for an hour then return home on the bus. Please call

203-452-5137 to schedule an appointment.

Other

Let us know if you have other transportation needs. Rides are based upon availability.

- Legal appointments, hair salon, bank etc...

How to Ride

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 be aware that the senior center does not provide assistance to and from the vehicle. All riders must be registered with the office staff by filling out a membership form. There is no cost for transportation; however, donations are gratefully accepted. Donations can be mailed to: the Trumbull Senior Center, 23 Priscilla Place, Trumbull, CT 06611.

Your Donation Matters; Donate to the Senior Center or Social Services

Your donations fund critical programs and services for seniors and Trumbull families.



Tribute: A tribute donation is a great way to honor a loved one whose life was impacted by the center's programs and services.

Donations are used to support our home delivered meals program, grocery bags for seniors, our "tablets for seniors" program; a program designed to connect seniors with their loved ones, friends and the world. Donations to social services go towards providing emergency financial assistance and food insecurity. Just note on your check what you would like your donation to go towards.

No donation is too small.

Please make the check payable to:
Trumbull Human Services
Thank you for your support!

NEWS FROM THE SOCIAL SERVICES DEPARTMENT

During COVID-19, Social Services is taking appointments by phone only. Accommodations are available.

For food pantry clients, the building is closed but drive thru services are available by appointment only. Food pantry deliveries are available to homebound individuals. Staff are monitoring the phone lines so be sure to leave a message and someone will call you back. (203) 452-5136.

Connecticut Energy Assistance/Winter Heating Program

Social Services is currently accepting applications from Trumbull residents meeting income guidelines for the Energy Assistance/Winter Heating Program. Applicants are required to provide proof of income, entitlements, assets, bank statements, and heating bills. Social Services sends the applications to Alliance for Community



Empowerment (formerly ABCD) for approval. Benefits are available to help offset the heating costs for the 2020-2021 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.

Caregiver Support Services

Trumbull Social Services is the primary hub for family caregiver information, support and referral. Staff provide caregivers with the information they need to make informed decisions and the ability to access services and resources available in the community. We recognize that family caregivers tend to neglect their own well-being both physically and emotionally. Our department offers one-on-one support services as well as the opportunity to participate in a caregiver support group. There is no fee for services. Services are available by appointment Monday-Friday. Please call (203) 452-5198 for information or to make an appointment.

Financial Assistance

Trumbull Social Services offers Hardship and Emergency Assistance to Trumbull Residents. Please call Social Services (203) 452-5198

State of Connecticut Temporary Rental Housing Assistance Program (TRHAP) Phase 2

The State of Connecticut with support from the Connecticut Housing Finance Authority has relaunched a rental assistance program for Connecticut residents impacted by COVID-19.

All submissions will be accepted through a web-based portal, however there are multiple ways to access the TRHAP Portal.

- Applicants may visit <https://www.chfa.org/trhap> and directly input their information into the TRHAP Portal.
- Applicants may contact the Call Center at 860-785-3111, and an agent will enter the data directly into the TRHAP Portal for them.
- Applicants can authorize their Landlord to input their information into the TRHAP Portal on their behalf to facilitate bulk processing.
- Landlords of owner-occupied rental properties will have dedicated Agents assigned to assist them in coordinating the collection and submission of materials for their renters.

Beginning 8 am on Monday, October 26, call the number below and speak to a Call Center Representative to have them enter your information into the TRHAP Web Portal or you can visit <https://www.CHFA.gov/TRHAP>

1-860-785-3111

Food Available

Can't get out to the grocery store? Did you know that the Senior Center has a food supply for seniors? All seniors are eligible. Drive Thru service and home delivery are available. All calls and visits are kept confidential.

203-452-5136

LET'S STAY CONNECTED

Friendly Phone Call Program

Trumbull seniors and volunteers are paired together to keep each other company during this time of isolation and uncertainty. Would you like to make or receive a friendly phone call once a week and make a new friend?

Everyone could use the company.

Please call the Trumbull Senior Center at (203) 452-5199 to sign up.

You can also e-mail Ashley Grace at agrace@trumbull-ct.gov

Trumbull Counseling Center

**Mary J. Sherlach
Counseling Center**

The Mary J. Sherlach Counseling Center is open. All clients are required to sanitize their hands and wear a mask or face shield while in the building. Counselors will be masked and practice appropriate social distancing at all times. Telephone sessions are still available for those who are not yet comfortable with meeting face-to-face.

Please call 203-452-5193 to schedule an appointment. No one will be permitted entry to the building without an appointment.



The Trumbull Library Homebound Delivery Service is available to all Trumbull residents who are unable to come to the library due to restricted mobility or health problems.

- Who is eligible? Trumbull residents who have difficulty getting to the library due to an ongoing or temporary illness or restricted mobility. Interested participants must have a valid Trumbull Library card.
- **How does it work?** The Adult Services Librarian selects materials, delivers and picks them up. When you're ready for another delivery, simply call the library.
- **What is offered?** Materials that can be delivered through the program include books, audiobooks, magazines, DVDs and music CDs.
- **How do I get started?** To enroll in the program, please fill out the Homebound Delivery Service Application and return it to the library. Once this information is submitted and approved, an Adult Services Librarian will be in touch to discuss the first delivery.
- **What are the terms of the program?** All materials will be checked out for a month. Patrons are exempt from late fees; however, they are responsible for any lost or damaged items.

Visit <https://www.trumbull-ct.gov/711/Sign-up-for-Homebound-Delivery> or call (203) 452-5197

JOIN OUR NEIGHBORING COMMUNITIES!

The Bigelow Center for Senior Activities, Fairfield

December:

Monday, December 7th, 10:00 AM: The Strategic Significance of the Japanese Attack on Pearl Harbor

This talk does not dwell on the attack itself. That is on television every year so why be redundant. Rather, the why? Why did the Japanese attack a sleeping Pacific Fleet in Hawaii? Included, too, why December 1941 is the turning point of the war.

<https://zoom.us/j/99552197233?pwd=WXBkNUp1QmV6UDFUc1Y5cXROeVA3Zz09>

Meeting ID: 995 5219 7233 Passcode: Albertson



The History of Christmas: Monday, December 14th at 10:00 AM

<https://zoom.us/j/99552197233?pwd=WXBkNUp1QmV6UDFUc1Y5cXROeVA3Zz09>

Meeting ID: 995 5219 7233

Passcode: Albertson

Stories in the Attic: Holiday Edition Wednesday, December 16th at 2:00 PM

<https://zoom.us/j/93964301642?pwd=aVRKWkMwSFFVclJsbEJ1RStkalZIZz09>

Meeting ID: 939 6430 1642

Passcode: Attic



AARP CT Webinar Wednesday Series – Join us! Join us weekly at our AARP CT Webinars on Wednesday Series held at 1:00 PM/ 7:00 PM.

Registration is free and open to people of all ages!

AARP CT Webinar Wednesday: Clean Food Cooking Demo

These 1-hour virtual Clean Food programs are designed to inspire, empower, and engage you to make positive lifestyle changes through easy, health, and delicious recipes shared from virtual clean food kitchen. Each virtual session is distinct and unique in their offerings, please register for each separately. Terry Walters will offer you a path to healthy eating during those special times to everyday living!

December 2, 2020 at 7:00 PM “Holiday Gift-Making” Registration: <https://aarp.cvent.com/Clean2>

AARP CT Webinar Wednesday: Creating Virtual Connections w/ Gary Ware!

Join Gary, Creative Catalyst from Breakthrough Play as he offers ways to use your imagination and creativity to make your winter and holiday fun and creative for the whole family!

December 9, 2020 at 1:00 PM Registration: <https://aarp.cvent.com/GaryWWDec9>

AARP CT Webinar Wednesday: Caregiver Roadshow for CT Families Take a journey through the experiences of family caregivers, the backbone of our health care system. Learn about support for caregivers and care recipients, as well as choices to live safely and independently. Learn to navigate and connect to resources to gain an understanding of care options and costs.

December 16, 2020 at 7:00 PM Registration: <https://aarp.cvent.com/WWCareDec16>

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Website: www.aarpdriversafety.org

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Please visit www.aarp.org/ct regularly for more sessions and a variety of offerings. To request a free AARP CT conversation in your community contact Erica Michalowski at emichalowski@aarp.org (860) 548-3163.

All Zoom Programs can be accessed online and/or dialed in. Check out our weekly Current Events e-mails for more up to date information. E-mail Ashley Grace, agrace@trumbull-ct.gov, for assistance.

Monday	Tuesday	Wednesday	Thursday	Friday
December	9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit	1 10:00 Aerobics 1:00 Qigong	2 9:00 Chair Yoga To Do: Call a friend and check in on them.	3 9:00 Painting Part 1 10:00 Tai Chi 12:00 Zoom Lessons 1:00 Painting Part 2
9:00 Drawing Part 1 10:30 Yoga 11:00 Book Club 1:00 Tai Chi 2:00 Drawing Part 2 2:30 CT Travel	7 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit 2:30 Holiday Ornaments Craft	8 10:00 Aerobics 1:00 Qigong To Do: Call a friend and check in on them.	9 9:00 Chair Yoga 12:00 Luncheon Drive Thru 2:30 Caregiver Support	10 9:00 Painting Part 1 10:00 Tai Chi 11:15 Mark Albertson Presents 12:00 Zoom Lessons 1:00 Painting Part 2 2:00 Name That Tune
9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	14 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit To Do: Call a friend and check in on them.	15 10:00 Aerobics 11:00 Holiday Cooking Demo 1:00 Qigong 2:00 Wellness Wednesday	16 9:00 Chair Yoga 1:00 Poetry Reading 7:00 Community Meditation	17 9:00 Painting Part 1 10:00 Tai Chi 12:00 Luncheon Drive Thru 12:00 Zoom Lessons 1:00 Painting Part 2
9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	21 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit To Do: Call a friend and check in on them.	22 10:00 Aerobics 1:00 Oigong To Do: Call a friend and check in on them.	23 The Center is closed on Thursday and Friday in observance of the Christmas Holiday. Happy Holidays!	25 
9:00 Drawing Part 1 10:30 Yoga 1:00 Tai Chi 2:00 Drawing Part 2	28 9:00 Watercolors 9:30 Brain Games 10:30 Sit and Fit	29 10:00 Aerobics 1:00 Oigong	30 9:00 Chair Yoga 10:30 Virtual Bingo To Do: Call a friend and check in on them.	31 

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SPOTLIGHT CORNER

Some friendly faces from our Donuts & Cider Drive Thru Event in October. Thank you Genesis for the delicious donuts!



Thank you to Tashua Knolls Senior Men's Club for their very generous donations to the Senior Center and Social Services Department. They come through for us every year and it doesn't go unnoticed!

Big thank you to Middlebrook Farms for their amazing pumpkin & apple pies that they baked for our Pie Drive Thru Event in November.



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Trumbull Senior Center

06-5293



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

BLIZZARD	FIREPLACE	PLOW
BOOTS	FROSTY	SCARF
COAT	HAT	SHOVEL
COCOA	ICE	SKIING
COLD	ICICLES	SLEDDING
DECEMBER	JANUARY	SNOW
EARMUFFS	MARCH	SWEATER
FEBRUARY	MITTENS	WINTER