



TOWN OF  
**Trumbull**  
HUMAN SERVICES

THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611 (203) 452-5199

SEPTEMBER 2021

NEWS AND ANNOUNCEMENTS: The Center will be closed on Monday, September 6th, in observance of Labor Day.

### THE SENIOR PICNIC IS BACK!

The Trumbull Rotary Club is inviting you to the annual senior picnic.

**Date:** Friday, September 17th

**Time:** 12:00 PM to 2:00 PM

**Place:** Town Hall Green, 5866 Main Street, Trumbull

Please RSVP by calling (203) 452-5199

Call for Transportation: (203) 452-5137



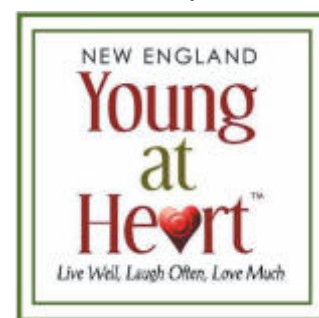
### WE ARE HAPPY TO ANNOUNCE THAT WE HAVE A NEW LUNCH PROGRAM!

Elaine Marcuci, from New England Young at Heart, has signed on to be our new lunch provider here at the senior center. She will offer a hot meal, soup, sandwiches, salads, and snacks. Prices will range from \$1.50-\$10.00.

We plan to have monthly luncheons and offer lunch 1-2 times per week.

The program will begin in October 2021. Menus will be posted and shared.

We can't wait for you to join us for lunch!



### IN-PERSON ART CLASSES RETURN!

We are happy to announce that we have a new art instructor that will be teaching in-person.

Please meet Jill Harrington Nichols.

She will be offering Watercolors and Oil/Acrylic art classes.

**SEE PAGE 4 FOR MORE DETAILS.**

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[kathleenbunting@hotmail.com](mailto:kathleenbunting@hotmail.com)

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Trumbull Senior Center

06-5293



## HUMAN SERVICES STAFF

**Director of Human Services**

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

**SENIOR CENTER (203) 452-5199****Administrative Assistant**

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

**Front Desk**

Ronnie Mogensen (203) 452-5199  
rmogensen@trumbull-ct.gov

**Transportation (203) 452-5137****SOCIAL SERVICES (203) 452-5198**

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

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

**Food Pantry**

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

**Wellness Nurse**

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

**First Selectman (203) 452-5005**

Vicki Tesoro  
Firstselectman@trumbull-ct.gov

## COMMISSION ON AGING

Marcy Kelly: Chair

Ron Foligno: Co-Chair

Jean DaRold: Secretary

Evelyn Wiesner

Michael Ganino

Mark Ryan

Alissa Heilbrunn

## MISSION STATEMENT

Enrich the lives of older adults by offering programs and education that promote a healthy lifestyle, support independence, and enhance community engagement.

## HOURS OF OPERATION

**SENIOR CENTER**

**HOURS:** Monday-Friday 9:00 a.m.-4:00 p.m.  
(203) 452-5199

**SOCIAL SERVICES**

**HOURS:** Monday-Friday 9:00 a.m.-4:00 p.m.  
Call for an appointment (203-452-5198)

**FOOD PANTRY:**

Call for an appointment (203) 452-5136

**WELLNESS NURSE:**

Call for an appointment (203) 452-5134

## MEMBERSHIP

Membership runs from July 1st-June 30th. You can join at anytime during the year.

Residents Annual Fee: \$5

Non-Residents Annual Fee: \$20

You may print our membership form out online:  
<https://www.trumbull-ct.gov/Archive.aspx?AMID=50>  
or call the office at (203) 452-5199



## ONLINE LECTURES, GAMES AND WORKSHOPS

**Plant-Based Diets****Tuesday, September 7th****11:00 AM**

Join ShopRite of Shelton Dietitian, Siddhi Sheth, for a virtual class on on plant-based diets. Siddhi will discuss aspects of the diet and how to incorporate a more plant-based or plant forward diet into your current diet and eating habits. Class will conclude with a cooking demo featuring a delicious plant-based dish!

Meeting ID: 809 418 0302

Passcode: 12345

**Virtual Bingo****Thursday, September 23rd****11:30 AM**

Please call (203) 452-5199 to RSVP and receive the Zoom information. When signing up, please indicate that you are signing up for virtual bingo. If you need bingo supplies, please let the office know and we can make arrangements for you.

**Art Gottlieb Presents:****Battle of the Bulge****Tuesday, September 28th****1:00 PM**

Join Historian, Arthur Gottlieb, for a Zoom presentation about the Battle of the Bulge, the final coordinated offense by the Germans during WWII. Fought during the coldest, snowiest winter in memory, this famous battle marked a decisive point where America's civilian army, outgunned and surrounded, came of age.

Meeting ID: 809 418 0302

Passcode: 12345

**Zoom Lessons****Every Friday at 12:15 PM**

Join Ashley Sylvester for a Q & A and assistance navigating Zoom.

Meeting ID: 956 7644 0327

Passcode: 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**

Please e-mail Ronnie Mogensen at [rmogensen@trumbull-ct.gov](mailto:rmogensen@trumbull-ct.gov) to join an art class.

## SEPTEMBER BIRTHDAYS

**This month, we would like to wish a VERY happy birthday to:**

- Donna Chang
- Richard Abramson
- Alan Listenes
- Monica Lekuch
- Ann Hamlin
- Diane Nunn
- Nancy Sabol
- Karin Lydia Brey
- Joanne O'Rourke
- Margery Thoma
- Renuka Advani
- Annie Chen
- Roslyn Krasilovsky
- Ann Companik
- Edward Bader
- Peggy Boissoneau
- Agnes Horton
- Rosann Blanco
- Linda Reilly
- Frances Capella

## DRIVE THRU EVENTS

## BRING A CHAIR AND TAILGATE

- **September Drive Thru/Tailgate Luncheon**  
**Friday, September 24th at 12:00 PM**

You MUST be a member to participate. Members may bring a guest, but the guest must be in the car or with the member at the time of the event. You will receive a phone call the week of the event with your individual time slot as to when to arrive. **To RSVP, please call (203) 452-5199 and leave your name and telephone number.**

## ART CLASSES — IN-PERSON

We are excited to announce that our in-person art classes will return with our new art instructor, **Jill Harrington Nichols!**

- **Watercolors Class—Thursdays at 9:30 AM**  
12 Week Workshop—Begins October 7th-December 30th
- **Oil/Acrylic Painting Class—Fridays at 12:00 PM**  
12 Week Workshop—Begins October 1st-December 31st

**Registration opens on Monday, September 13th at 9:00 AM**

- Residents: No cost
- Non-residents: \$25.00 for entire 12 week workshop

**You can only register for one workshop at a time.**

**Call (203) 452-5199. Non-residents must register and pay in person.**

**You MUST have an active membership on file PRIOR to registering for a workshop and you MUST sign in for every class.**



## IN PERSON PROGRAMS AND GAMES

**Book Club Meeting**

**The Mother-In-Law by Sally Hepowrth**  
Monday, September 13th at 11:00 AM

**Ask Again, Yes by Mary Beth Keane**  
Monday, October 4th at 11:00 AM

**The Great Alone by Kristin Hannah**  
Monday, November 1st at 11:00 AM

**Where The Crawdads Sing by Delia Owens**  
Monday, December 6th at 11:00 AM

If you would like to join the book club, please call the office at (203) 452-5199.

**Brain Games**

*New Time/Date: Thursday, September 2nd 9:00 AM*

**Meets in person the 1st Thursday of each month.**

Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, to participate in fun, stimulating brain games.

**Managing Knee Arthritis**

**Wednesday, September 8th 11:00 AM**

Join Board Certified Orthopaedic Surgeon, Dr. David Martin, from Connecticut Orthopaedic Institute with St. Vincent's Medical Center, for an informative information session about common hip ailments, minimally invasive treatments options, and a Q & A with the surgeon. To RSVP, please call the office at (203) 452-5199.

**Veterans Benefits Screenings**

**Tuesday, September 14th 12:30 PM**

Ramon Agosto, from the Connecticut Department of Veterans Affairs, returns to screen Veterans and their surviving spouses for all benefits. Bring your discharge papers. Membership is not required.

To make an appointment, please call (203) 452-5199.

**NEW! COMPUTER LESSONS WITH CATHY**

**Thursdays at 11:00 AM**

To receive a private tutor lesson at the Senior Center, please call the office at (203) 452-5199 to make an appointment with Cathy. Be sure to bring in your tablet, laptop, and/or smartphone.

**KNITTING GROUP**

Tuesdays at 10:00 AM. All are welcome to join.

**GARDEN CLUB WITH WELLNESS NURSE TORI**

**Thursdays at 9:30 AM**

See page 7 for more information.

**BILLIARDS:** Players can reserve a table for an hour at a time. Please call (203) 452-5199 to RSVP. Equipment is thoroughly cleaned in between each use.

**CHESS:** We have 4 chess boards for two games at a time. Each player will use their own board as they play with someone. Players are required to wipe down equipment after use.

**BINGO**

**Thursday, September 23rd at 11:30 AM**

**Registration required.** Paper bingo cards will be used instead of our regular bingo cards. Daubers will be available to purchase (\$1.00 each) or you can bring your own. Members are limited to bringing in a bottle of water. No food or coffee allowed. Call (203) 452-5199 to RSVP.

**CANASTA**

Mondays from 11:00 AM to 2:00 PM

**DOMINOES**

Tuesdays from 11:00 AM to 2:00 PM

**PINOCHLE**

Wednesdays and Thursdays from 11:00 AM to 2:00 PM

**MAHJONG**

Fridays from 10:00 AM to 2:00 PM

**43rd Annual Trumbull Arts Festival**

**Sunday, September 19th, 2021**

**10:00 a.m. to 4:00 p.m. — Rain or Shine**

Town Hall Green - 5866 Main Street - Free Admission

For more information, please email [arts@trumbull-ct.gov](mailto:arts@trumbull-ct.gov) or call 203-452-5065

## EXERCISE CLASSES ON ZOOM

**Yoga with Jeannie****Mondays at 10:30 AM**

Meeting ID: 816 351 63317 / Passcode: 394826

**Tai Chi with Alma/Ken****Mondays at 1:00 PM**No Meeting ID or Passcode. Go to <https://us02web.zoom.us/j/82942995104>**Sit and Fit with Bobbi****Thursdays at 11:30 AM**

Meeting ID: 837 5596 5864 / Passcode: 12345

**Zumba Gold and Toning with Pauline****Wednesdays at 11:00 AM**

Meeting ID: 721 316 6085 / Passcode: 549424

**QiGong w/ Julie****Wednesdays at 1:00 PM**

Meeting ID: 882 5423 5052 / Passcode: 925106

**Chair Yoga with Jeannie****Thursdays at 9:00 AM**

Meeting ID: 860 9912 0061 / Passcode: 840018

**Community Meditation****Thursday, September 16th at 7:00 PM****Topic: Ancestral Meditation**

Join us for Community Meditation, led by Deborah Swann, on the third Thursday each month.

No experience is necessary.

Meeting ID: 870 1001 5761

Passcode: 603982

**Tai Chi with David on Fridays at 10:00 AM**

Meeting ID: 836 6921 0341 / Passcode: 1948

## EXERCISE CLASSES IN PERSON

**Stretch and Move with Nancy****Mondays at 9:00 AM****Zumba Gold and Toning with Pauline****Mondays at 11:15 AM****Beginners Tap Dance with Joy****Tuesdays at 10:00 AM****12 Week Session: July 6th—October 12th****Intermediate Tap Dance with Melody****Tuesdays at 11:00 AM****12 Week Session: July 6th—October 26th****Sit and Fit with Bobbi****Tuesdays at 11:30 AM**

Please bring your own weights.

**Yoga Nidra with Deborah Swann****Fourth Tuesday of each month at 1:00 PM****Tuesday, September 28th**

This is a deep relaxation class with Reiki.

Please bring a yoga mat and small throw blanket.

Optional: small pillow for head rest.

***New Class! Moderate Yoga with Deborah Swann******Tuesdays at 9:15 AM*****Begins Tuesday, September 7th at 9:15 AM**

Please bring a yoga mat and 2 yoga blocks. To join, please call the office at (203) 452-5199.

***New Class! Weight-ing to Exercise & Line Dance with Nancy—Wednesdays at 9:00 AM*****Begins Wednesday, September 1st at 9:00 AM**

Please bring your own weights.

**Tai Chi with David****Wednesdays at 10:00 AM**

Meets inside and outside at times

**Strength with Nancy****Thursdays at 10:15 AM**

Please bring your own weights.

**Pilates with Jeannie****Thursdays at 1:15 PM**

Please bring an exercise/yoga mat.

Please note that all participants must sign in for every class at the front desk and/or kiosk. An active membership is required to participate in all programs.





## WELLNESS NURSE TORI

## APPOINTMENTS WITH THE NURSE

Call (203) 452-5134 to schedule an appointment.  
Drop in appointments available on Tuesdays and Thursdays from 11:30 AM to 1:45 PM.

## THE WALKING GROUP LED BY NURSE TORI

**Tuesdays at 10:00 AM** in front of Target on the second floor inside the Trumbull Mall.

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

## GARDEN CLUB WITH WELLNESS NURSE TORI

## Thursdays at 9:30 AM

Join our Wellness Nurse Tori, who is a euthanistic gardener, to help create and start a new, organic garden group. All are welcome. Let's learn and garden together! Meets at Abraham Nichols Park. For more information and to RSVP, please call (203) 452-5199



## MENTAL HEALTH

## COUNSELING

## Mary J. Sherlach Counseling Center

The Mary J. Sherlach Counseling Center provides a therapeutic clinical setting for individual and family therapy, group therapy, and crisis intervention. These services are available for Trumbull residents, Town employees, and students who attend Trumbull schools. (203) 452-5193



**ADULT CRISIS LINE:** 1-800-467-3135

**UNITED WAY / 2-1-1:** <https://uwc.211ct.org/categorysearch/mental-health/> **OR CALL 211 FOR PROGRAMS AND SERVICES.**

## THE FRIENDSHIP LINE

24-hour toll-free hotline for older adults and adults living with a disability at the Institute on Aging who are lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide.  
1-800-971-0016



						2		
	8				7		9	
6		2				5		
	7			6				
			9		1			
				2			4	
		5				6		3
	9		4				7	
		6						

(a) Sudoku Puzzle

9	5	7	6	1	3	2	8	4
4	8	3	2	5	7	1	9	6
6	1	2	8	4	9	5	3	7
1	7	8	3	6	4	9	5	2
5	2	4	9	7	1	3	6	8
3	6	9	5	2	8	7	4	1
8	4	5	7	9	2	6	1	3
2	9	1	4	3	6	8	7	5
7	3	6	1	8	5	4	2	9

(b) Solution

We assist Trumbull residents and their families by providing assistance to help meet their basic needs. The Department provides programs such as benefits screenings, financial assistance, resources, information and assistance, counseling and advocacy. In-office and home visits are offered. Please call 203-452-5198.

### RENTERS' REBATE

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits.

Application period from  
April 1st, 2021– October 1st, 2021.

The age requirement for applicants: 65 years of age or 100 % disabled (age 18 and over) as of December 2020. Applicant must meet a one year state residency requirement during 2020. Annual income guidelines cannot exceed for a single person: \$37,600.00 and married couple: \$45,800.00. For more information and to apply, please contact (203) 452-5198.

### MEDICARE SAVINGS PROGRAM

You may be eligible to have your Medicare Part B premium paid for you. The maximum allowable gross income for individuals is \$2,617.44 per month and \$3,535.02 a month for couples. Countable income includes Social Security, pensions, annuities, 401K, IRAs, dividends, interest, rental income, wages, etc. To apply or inquire, please call (203) 452-5198.

### STAY CONNECTED

#### Friendly Phone Call Program Connect with your neighbors.

Trumbull residents 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? ***We could all could use the company.*** Call (203) 452-5199 to sign up. You can also e-mail Ronnie Mogensen at [rmogensen@trumbull-ct.gov](mailto:rmogensen@trumbull-ct.gov)

### TRUMBULL PANTRY

Available to all Trumbull residents who meet income guidelines or are facing food insecurity. We do not turn anyone away. We encourage residents who may be facing an unexpected circumstance such as a layoff, illness or have concerns going to the store to reach out to us. During difficult times, we want to reduce the stress our families face by meeting a basic need. This service is confidential. Shopping is by appointment only to ensure the confidentiality of the shopper. To sign up, please call the Food Pantry at (203) 452-5136.

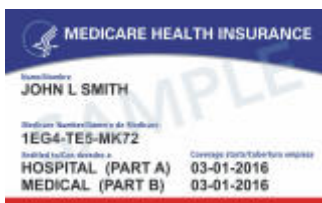
### FINANCIAL HELP

Trumbull Social Services offers Hardship and Emergency Assistance to Trumbull Residents. Please call Social Services (203) 452-5198. This can be applied towards rent, medical, utilities, or other needs.

### MEDICARE GUIDANCE

New to Medicare?

Not sure you understand your current insurance plans? Get free, unbiased information from trained volunteers and staff. (203) 452-5135



### CAREGIVER SUPPORT

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. Our Caregiver Support Group meets twice a month. It is an open group that caregivers can join at any time. Group sessions focus on helping individual caregivers as they care for themselves and their loved ones.

Services are available by appointment, Monday-Friday. Please call (203) 452-5198 for information or to make an appointment.

Residents who would like to make a donation, please make checks payable to Social Services. Donations can be mailed to: Director of Human Services, 23 Priscilla Place, Trumbull, CT 06611.



## TRANSPORTATION

The Trumbull Senior Center provides transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled. Our buses are fitted with UV light/air filtration systems. 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. **(203) 452-5137**

### MEDICAL RIDES

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

### GROCERY SHOPPING

On Wednesdays, we offer rides to Stop and Shop and ShopRite 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.

### OTHER

Let us know if you have other transportation needs.

- 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: Trumbull Senior Center, 23 Priscilla Place, Trumbull, CT 06611.

## GROUPS

### FAMILY CONFLICT GROUP ON ZOOM

Facilitated by Dr. Cornelia Morris, PhD, LADC  
**1st and 3rd Wednesday of each month at 10:00 AM**  
**Wednesday, September 1st and 15th**

For more information and to join, please contact Ashley Grace at [agrace@trumbull-ct.gov](mailto:agrace@trumbull-ct.gov)

### GRIEF AND LOSS SUPPORT

Facilitated by Dr. Cornelia Morris, PhD, LADC and co-facilitated by Ashley Grace, MSW Intern from Sacred Heart University. The group now meets in person at the Senior Center.

**2nd and 4th Tuesday of each month at 9:00 AM**  
**Tuesday, September 14th and 28th**

For more information and to join, please contact Ashley Grace at [agrace@trumbull-ct.gov](mailto:agrace@trumbull-ct.gov)

### WELLNESS WEDNESDAYS ON ZOOM

**Wednesday, September 22nd at 2:00 PM**

Join us once a month for Wellness Wednesdays. Connect with other members and receive important Senior Center news and updates.

Meeting ID: 809 418 0302

Password: 12345

### CAREGIVER SUPPORT GROUP ON ZOOM

**Thursday, September 9th and 23rd at 2:30 PM**

**Open to the Public**

All caregivers are welcome to join. For more information and to join, please email Ashley Grace at [agrace@trumbull-ct.gov](mailto:agrace@trumbull-ct.gov).



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**\*HAZARDOUS WASTE COLLECTION: SATURDAY, OCTOBER 9TH, 2021\*****Town of Trumbull Household Hazardous Waste Collection**

on Saturday, October 9TH, 2021

**TIME:** 9:00 A.M. – 2:00 P.M.**PLACE:** 307 Indian Ledge Park Drive next to BMX Facility  
SERVING TRUMBULL, MONROE & EASTON RESIDENTS  
(Must show CT Driver's License)
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for Connecticut's Economy-**

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You must first register to get an email invitation to start your application. Paper applications will not be accepted. *To apply, visit:* <https://portal.ct.gov/DOH/DOH/Programs/UniteCT>



If you need further assistance, please call 1-844-UniteCT (1-844-864-8328). If you need technical assistance, email a screenshot of the issue to [DOH-UniteCT@ct.gov](mailto:DOH-UniteCT@ct.gov).

To request a reasonable accommodation, please email [UniteCTReasonableAccommodation@ct.gov](mailto:UniteCTReasonableAccommodation@ct.gov).

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Trumbull Senior Center

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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 Ronnie Mogensen at [rmogensen@trumbull-ct.gov](mailto:rmogensen@trumbull-ct.gov) for assistance.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>SEPTEMBER 2021</b></p>		<p>1</p> <p>9:00 Weight-ing 10:00 Family Conflict 10:00 Tai Chi 11:00 Zumba Gold/Tone 11:00 Pinochle 1:00 Qigong</p>	<p>2</p> <p>9:00 Chair Yoga 9:00 Brain Games 9:30 Garden Club 10:15 Strength 11:00 Computer Tutor 11:00 Pinochle 11:30 Sit and Fit 1:15 Pilates</p>	<p>3</p> <p>9:00 Painting Part 1 10:00 Tai Chi 10:00 Mahjong 12:15 Zoom Lessons 1:00 Painting Part 2</p>
		<p>8</p> <p>9:00 Weight-ing 10:00 Tai Chi 11:00 Knee Arthritis 11:00 Zumba Gold/Tone 11:00 Pinochle 1:00 Qigong</p>	<p>9</p> <p>9:00 Chair Yoga 9:30 Garden Club 10:15 Strength 11:00 Computer Tutor 11:00 Pinochle 11:30 Sit &amp; Fit 1:15 Pilates 2:30 Caregiver Support</p>	<p>10</p> <p>9:00 Painting Part 1 10:00 Tai Chi 10:00 Mahjong 12:15 Zoom Lessons 1:00 Painting Part 2</p>
		<p>15</p> <p>9:00 Weight-ing 10:00 Family Conflict 10:00 Tai Chi 11:00 Zumba Gold/Tone 11:00 Pinochle 1:00 Qigong</p>	<p>16</p> <p>9:00 Chair Yoga 9:30 Garden Club 10:15 Strength 11:00 Computer Tutor 11:00 Pinochle 11:30 Sit and Fit 1:15 Pilates 7:00 Comm. Meditation</p>	<p>17</p> <p>9:00 Painting Part 1 10:00 Tai Chi 10:00 Mahjong 12:00 Senior Picnic 12:15 Zoom Lessons 1:00 Painting Part 2</p>
		<p>22</p> <p>9:00 Weight-ing 10:00 Tai Chi 11:00 Zumba Gold/Tone 11:00 Pinochle 1:00 Qigong 2:00 Wellness Wednesday</p>	<p>23</p> <p>9:00 Chair Yoga 9:30 Garden Club 10:15 Strength 11:00 Computer Tutor 11:00 Pinochle 11:30 Bingo 11:30 Sit &amp; Fit 1:15 Pilates 2:30 Caregiver Support</p>	<p>24</p> <p>9:00 Painting Part 1 10:00 Tai Chi 10:00 Mahjong 12:00 Drive thru 12:15 Zoom Lessons 1:00 Painting Part 2</p>
		<p>29</p> <p>9:00 Weight-ing 10:00 Tai Chi 11:00 Zumba Gold/Tone 11:00 Pinochle 1:00 Qigong</p>	<p>30</p> <p>9:00 Chair Yoga 9:30 Garden Club 10:15 Strength 11:00 Computer Tutor 11:00 Pinochle 11:30 Sit &amp; Fit 1:15 Pilates</p>	
<p>6</p> <p>The Center will be closed in observance of Labor Day.</p>	<p>7</p> <p>9:15 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Plant-based diet 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit &amp; Fit</p>			
<p>13</p> <p>9:00 Drawing Part 1 9:00 Stretch 10:30 Yoga 11:00 Book Club 11:00 Canasta 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2</p>	<p>14</p> <p>9:00 Grief and Loss 9:15 Moderate Yoga 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit &amp; Fit 12:30 Veterans Benefits</p>			
<p>20</p> <p>9:00 Drawing Part 1 9:00 Stretch 10:30 Yoga 11:00 Canasta 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2</p>	<p>21</p> <p>9:15 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit &amp; Fit</p>			
<p>27</p> <p>9:00 Drawing Part 1 9:00 Stretch 10:30 Yoga 11:00 Canasta 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2</p>	<p>28</p> <p>9:00 Grief and Loss 9:15 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit &amp; Fit 1:00 Art Gottlieb 1:00 Yoga Nidra</p>			

- In Person Programs are in **Blue Text**.
- Virtual Programs are in **Black Text**.

Programs are subject to change. Please be on the look out for our reminder e-mails for class and program updates.