



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

OCTOBER 2021

NEWS AND ANNOUNCEMENTS: The Center will be closed on Monday, October 11th, in observance of Columbus Day.

The Trumbull Health Department is offering an “additional dose” of COVID-19 vaccinations (Pfizer and Moderna) for those who are immunocompromised.

An additional dose of vaccine is a dose administered when the immune response to a standard primary vaccine series is likely to not be protective. While a provider referral is not required to receive an “additional dose” of a COVID vaccine, it is **highly recommended** that you consult with your healthcare provider in making a joint decision about your receiving and the timing of your additional dose. You can call the Health Department at **(203) 452-1030** to make an appointment.



By receiving an additional dose, you are attesting that you meet the above status of moderately to severely immunocompromised and understand the importance of speaking with your healthcare provider.



THE PRISCILLA PLACE CAFE

JOIN US FOR LUNCH. In person!



Tuesdays and Thursdays from 12:00 PM to 1:00 PM



We welcome Elaine Marcucio, from New England Young at Heart!

Elaine will offer a hot meal, soup, sandwiches, salads, and snacks.

Prices will range from \$1.50-\$10.00.

See page 10 for the menu.

- To make a reservation for lunch, please call the café directly at 203-452-5199 ext 3.
- To make a reservation for a presentation and lunch, please call the front office at 203-452-5199.
- If you attend a presentation at the senior center on Tuesday or Thursday, lunch is half off!
- Transportation is available to and from the Center.
- You can order lunch to go!
- Frozen meals will also be available for purchase.

Be sure to join us for a Halloween luncheon on Thursday, October 28th.

*Financial assistance is available.

Donations make it possible to provide lunch scholarships to those who have hardships. See the front office to apply. If you'd like to help subsidize a senior lunch, you can make checks payable to *Trumbull Human Services* with a note “for lunch.” Checks can be mailed to Trumbull Senior Center, 23 Priscilla Place, Trumbull, CT 06611



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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/Trips

Linda Fera (203) 452-5137
lfera@trumbull-ct.gov

SOCIAL SERVICES (203) 452-5198

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

Priscilla Place Café (203) 452-5199

Elaine Marcucio
New England Young at Heart

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

Newsletter Mailed: \$9 annually

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

Autumn Cook-Along Class
Wednesday, October 13th
2:00 PM

Join ShopRite of Shelton Dietitian, Siddhi Sheth, an Autumn themed virtual cook-along class. Watch as Siddhi demonstrates delicious and healthy seasonal recipes, and feel free to follow along at home! Siddhi will also provide you with recipes that you can make at a different time.

Meeting ID: 809 418 0302
Passcode: 12345

Wellness Wednesday
Wednesday, October 20th
2:00 PM

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

Meeting ID: 809 418 0302
Password: 12345

Virtual Bingo
Friday, October 29th
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 CLASSES — IN-PERSON

- **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 is now closed for the above workshop.

The next registration period begins on Monday, December 6th at 9:00 AM.

If you have any questions and/or need more information, please call the office at (203) 452-5199.

AARP Foundation Tax-Aide is Looking for Volunteers

AARP Foundation Tax-Aide provides free tax preparation and filing services to primarily seniors of moderate income. We are looking for compassionate and friendly people to join our volunteer team. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping those in need. You don't need to be an accountant or tax professional. Our volunteers come from a variety of backgrounds.

To learn more, please contact Steve Archer at 203-258-7343. You can also register as a Tax-Aide Volunteer by going to www.aarpfoundation.org/taxaide.

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 to join an art class.

OCTOBER BIRTHDAYS

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

- Elaine Ceccarelli
- Brenda Derman
- Beverly Dugas
- Alison Goveia
- Bernice Homa
- Walter Hoyt
- Barbara Lucas
- Jeanette Margiotta
- Barbara Musante
- Lucinda Parnoff
- Elza Perigyi
- Mary Picco
- Stephen Shapiro
- Dolores Shoop
- Francelina Simoes
- Kathleen Toombs
- Angiel Valentino
- Joanna Yang



IN PERSON PROGRAMS AND GAMES

Book Club Meeting

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.

Veterans Benefits Screenings

Tuesday, October 12th at 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.*

Stay Safe on the Road

Friday, October 15th at 11:30 AM

Join AAA for a defensive driving course that will give you a refresher on your driving skills, strategies, and new traffic laws. To RSVP, please call the office at (203) 452-5199.

Café Program:

All attendees receive lunch at 50% discount.

Health Literacy & Mental Health Awareness

Tuesday, October 19th at 11:30 AM

Join our Wellness Nurse Tori for an informative presentation on health literacy and mental health awareness. To reserve lunch, please call (203) 452-5199 ext 3.

Falls Assessments &**Balance Testing**

Wednesday, October 20th at 11:00 AM

Join Christina Cylwik, PT (and Trumbull resident) and Gigi Weiss, MSPT, Director of Rehabilitation Services at RVNAhealth for a hands-on Falls Assessment and Balance Testing session. You'll leave the session armed with information and techniques to help keep you safe. To RSVP, please call (203) 452-5199.

COMPUTER LESSONS WITH CATHY *NEW!*

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

Friday, October 29th 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. Call (203) 452-5199 to RSVP.

BRAIN GAMES

Thursday, October 7th at 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.

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 11:00 AM to 2:00 PM

DRAMA CLUB *NEW!*

Begins Tuesday, October 12th—December 28th at 12:00 PM

Are you interested in theatre and acting? Make new friends, have fun and join the Center's Drama Club. No experience necessary to join. For more information and to join, please call the office at (203) 452-5199.

Interested in playing Bridge?

Call the office at
(203) 452-5199!

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, October 14th at 7:00 PM****Topic: Letting Go**

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 26th****Intermediate Tap Dance with Melody****Tuesdays at 11:00 AM****12 Week Session: July 6th—October 26th****Jazz Dance & Exercise with Melody *Coming Soon!*****Tuesdays at 11:00 AM**

Beginning Tuesday, November 2nd through December 21st

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, October 19th**

This is a deep relaxation class with Reiki.

Please bring a yoga mat and small throw blanket.

Optional: small pillow for head rest.

Weight-ing to Exercise & Line Dance with Nancy—Wednesdays at 9:00 AM *New Class!*

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.

**In Memory of John Lang**

John was born in Yugoslavia and lived on a farm until he was drafted into the German army. Shortly thereafter, he was captured by the Russians and spent 5 years in a Russian prison camp. After the war, he joined his mother and brother in Germany. Not too long later, he met and married his wife and moved

to the United States with his wife and daughter, Elizabeth Thomas, and lived in Queens. John worked as a carpenter's helper and later as a furniture refinisher. After he retired, John moved to Trumbull. He joined the Senior Center and said it was the best thing he could have done. He loved to play cards and he also loved to dance and he loved people. He always had a smile for everyone. John will surely be missed and remembered by everyone at the Center.

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



COMMUNITY NEWS

Community Shredding Event
October 19-12
or until the truck is full
Trumbull Nature and Arts Center

brought to you by
TRUMBULL COMMUNITY WOMEN
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Trumbull Community Women is hosting a free document shredding event on Saturday, October 19, at the Nature and Arts Center, 7115 Main Street from 9:00 a.m. until 12:00 p.m. or until the truck is full. Although the event is free, donations are welcome.

Trumbull Community Women would like to thank Amazon for underwriting this project.

SUDOKU

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			1	3			8
				9			

ANSWER

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

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.

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

ENERGY ASSISTANCE AND WINTER HEAT HELP

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 2021-2022 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.

There is no harm in calling to see if you are eligible!

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. Call CHOICES at (203) 333-9288



GROUPS

FAMILY CONFLICT GROUP ON ZOOM

Facilitated by Dr. Cornelia Morris, PhD, LADC

**Meets the 1st and 3rd Wednesday of each month at 10:00 AM
Wednesday, October 6th and October 20th**

For more information and to join, please contact Ashley Grace at 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.

**Meets the 2nd and 4th Tuesday of each month at 9:00 AM
Tuesday, October 12th and October 26th**

For more information and to join, please contact Ashley Grace at agrace@trumbull-ct.gov and/or call the office at (203) 452-5199.

CAREGIVER SUPPORT GROUP ON ZOOM

Thursday, October 14th and October 28th 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.

TRANSPORTATION (203) 452-5137

HOURS: MONDAY-FRIDAY 9:00 AM—1:00 PM



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.

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...



**Let's Welcome Our New
Transportation Coordinator,
Linda Fera!**

Linda has worked for 25 years in a senior living community in Shelton. She makes her home in Shelton and is the proud mother of four children and four grandchildren. She enjoys the

beach, traveling, walking, and reading. We are grateful to have Linda on our team at the Trumbull Senior Center. Be sure to stop by and say hello to Linda or give her a call at (203) 452-5137.

OCTOBER TRIPS

Walmart Shopping Trip

Friday, October 8th

Estimated pick up time between 9:00 am—9:45 am.
Shopping time is from 10:00 am—11:00 am.

Plasko's Farm Cafe

Friday, October 15th

We will leave the Center at 10:00 am and return at approximately 11:30 am. Reconnect with old friends and/or meet new friends. The cozy Café offers a variety of hot and cold beverages and an assortment of baked goods. Be sure to stop by the farm bakery where you can buy some of their renowned apple cider donuts as well as pies, breads, etc. to take home.

The Shuttle Loop is Back!

Friday, October 22nd

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. Please let transportation know what store(s) you plan to visit when you sign up. There is a minimum of 3 passengers and maximum of 14 passengers per trip.

Trip to Dollar Tree and Olive Garden

Friday, October 29th

We will leave the Center at 10:15 am. Shopping time at Dollar Tree is from 10:30 am -11:15 am. For those who don't want to shop, there is a Dunkin' Donuts located in the same plaza. At 11:15 am, we will head to Olive Garden Italian Restaurant for a delicious luncheon. You will pay individually for your meal at the restaurant.

To sign up for any of these trips and/or transportation appointments, please call Linda during the transportation business hours at (203) 452-5137.

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Genesis

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REHABILITATION CENTER

6448 Main Street, Trumbull • 203-268-6204

Tuesday, October 5th	Tuesday, October 12	Tuesday, October 19th	Tuesday, October 26th
Lunch Special Chicken Cacciatore served over linguini (fresh chicken breast simmered with onion ,garlic, red peppers & mushrooms in a red sauce)	Lunch Special Meatloaf ,mashed potatoes ,gravy & vegetable	Lunch Special Stuffed Cabbage (farm fresh cabbage stuffed with beef & rice simmered in a tomato sauce)	Lunch Special Crab Cakes (2) Served with Rice & Coleslaw
Thursday, October 7th	Thursday, October 14th	Thursday, October 21st	Thursday, October 28th
Lunch Special Clams & Linguine (white wine garlic butter sauce)	Lunch Special Shrimp Stir Fry (shrimp sautéed with fresh vegetables over rice)	Lunch Special Eye of Round, (sliced thin) Gravy, Mashed Potato, & Vegetable	<i>Halloween Luncheon</i> \$8.00 Includes Stuffed Chicken Breast (bread stuffing) Vegetable Roasted Potatoes
Other Menu Selections for October Turkey Club Turkey, Lettuce, Tomato, Bacon on Whole Wheat Turkey Sandwich Lettuce, Tomato on Whole Wheat Tuna Salad Sandwich Lettuce, Tomato on Whole Wheat Salad topped with Tuna Salad or Grilled Chicken Grilled Chicken Sandwich Lettuce, Tomato on soft roll	Lunch Menu Pricing Lunch Special \$8.00 Cup of Soup \$2.00 Bowl of Soup \$3.00 Club Sandwich \$6.00 Sandwiches \$5.00 Dessert \$1.50	All lunch specials are served with Soup or Salad & Dessert All sandwiches are served with a side. Lunch Served on Tuesdays & Thursdays from 12:00 PM to 1:00 PM. Reservations can be made by calling 203-452-5199 ext 3. Reservations must be made 24 hours in advance.	

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every step of the way.**

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Trumbull Senior Center

06-5293

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 for assistance.

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>OCTOBER 2021</h1>				<p>1</p> <p>9:00 Painting Part 1 10:00 Tai Chi 11:00 Mahjong 12:00 Oil/Acrylic 12:15 Zoom Lessons 1:00 Painting Part 2</p>
<p>4</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>5</p> <p>10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit</p>	<p>6</p> <p>9:00 Weight-ing 10:00 Tai Chi 10:00 Family Conflict 11:00 Zumba Gold/Tone 11:00 Pinochle 1:00 Qigong</p>	<p>7</p> <p>9:00 Chair Yoga 9:00 Brain Games 9:30 Watercolors 9:30 Garden Club 10:15 Strength 11:00 Computer Tutor 11:00 Pinochle 11:30 Sit & Fit 1:15 Pilates</p>	<p>8</p> <p>9:00 Painting Part 1 9:00 Walmart Trip 10:00 Tai Chi 11:00 Mahjong 12:00 Oil/Acrylic 12:15 Zoom Lessons 1:00 Painting Part 2</p>
<p>11</p> <p>The Center will be closed in observance of Columbus Day.</p>	<p>12</p> <p>9:00 Grief and Loss 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit 12:00 Drama Club 12:30 Veterans Benefits</p>	<p>13</p> <p>9:00 Weight-ing 10:00 Tai Chi 11:00 Zumba Gold/Tone 11:00 Pinochle 1:00 Qigong 2:00 Autumn Cook-Along</p>	<p>14</p> <p>9:00 Chair Yoga 9:30 Garden Club 9:30 Watercolors 10:15 Strength 11:00 Computer Tutor 11:00 Pinochle 11:30 Sit and Fit 1:15 Pilates 2:30 Caregiver Support 7:00 Comm. Meditation</p>	<p>15</p> <p>9:00 Painting Part 1 10:00 Tai Chi 10:00 Plasko's Trip 10:00 Safe Driving 11:00 Mahjong 12:00 Oil/Acrylic 12:15 Zoom Lessons 1:00 Painting Part 2</p>
<p>18</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>19</p> <p>10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit 11:30 Café Program 12:00 Drama Club 1:00 Yoga Nidra</p>	<p>20</p> <p>9:00 Weight-ing 10:00 Tai Chi 10:00 Family Conflict 11:00 Zumba Gold/Tone 11:00 Fall Assessments 11:00 Pinochle 1:00 Qigong 2:00 Wellness Wed.</p>	<p>21</p> <p>9:00 Chair Yoga 9:30 Garden Club 9:30 Watercolors 10:15 Strength 11:00 Computer Tutor 11:00 Pinochle 11:30 Sit & Fit 1:15 Pilates</p>	<p>22</p> <p>9:00 Painting Part 1 9:00 The Loop 10:00 Tai Chi 11:00 Mahjong 12:00 Oil/Acrylic 12:15 Zoom Lessons 1:00 Painting Part 2</p>
<p>25</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>26</p> <p>9:00 Grief and Loss 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit 12:00 Drama Club</p>	<p>27</p> <p>9:00 Weight-ing 10:00 Tai Chi 11:00 Zumba Gold/Tone 11:00 Pinochle 1:00 Qigong</p>	<p>28</p> <p>9:00 Chair Yoga 9:30 Garden Club 9:30 Watercolors 10:15 Strength 11:00 Computer Tutor 11:00 Pinochle 11:30 Sit & Fit 1:15 Pilates 2:30 Caregiver Support</p>	<p>29</p> <p>9:00 Painting Part 1 10:00 Tai Chi 10:15 Dollar Tree Trip 11:00 Mahjong 11:30 Bingo 12:00 Oil/Acrylic 12:15 Zoom Lessons 1:00 Painting Part 2</p>

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

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