



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

NOVEMBER 2021

CLOSURES: The Center will be closed on Thursday, November 11th, in observance of Veterans Day.

The Center will be closed on Thursday and Friday, November 25th and 26th, in observance of Thanksgiving.

LUNCH AND A MOVIE IS BACK!

Tuesday, November 30th at 1:30 PM

\$4 for lunch and movie (discounted lunch if you stay for the movie. Regular price \$8)

Movie: And So It Goes
starring Michael Douglas
and Diane Keaton. This is a romantic comedy about a self-absorbed realtor that enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed.



To RSVP to lunch and a movie, please call

(203) 452-5199 ext 3. / On the menu: Beef pot pie

Join us for lunch at The Priscilla Place Cafe
Lunch on Tuesdays and Thursdays from 12pm-1pm

FREE LUNCH SAMPLES

Try the cooking!

- * Monday, November 8th, 10:00 AM
- * Wednesday, November 10th, 10:00 AM

- Lunch Menu: Page 10.
- Discounts: See page 5 for programs offering lunch discounts.

*Financial assistance is available. See the front office to apply. All inquiries kept confidential.

PICKLEBALL IS BACK!

We are excited to announce that Pickleball will return to the Center beginning on Friday, November 5th!

OPEN COURT/DROP IN:

Limited equipment available

Membership is required.

Begins Friday, November 5th

Every Friday from 9:30 AM until 11:30 AM

If you plan on coming to open court, please call (203) 452-5199.

Stay tuned for more information about instructor lessons.



Volunteers Wanted
Call to inquire (203) 452-5199

- ◇ Front Desk Reception (computer skills required)
Shifts available: Monday or Wednesday 9am-1pm
- ◇ Café on Tuesdays or Thursdays: serve, clean-up
- ◇ Birthday cards: write out cards for our members
- ◇ Holiday decorator: help us decorate for the holidays!
- ◇ Book, puzzle, magazine station: keep organized.
- ◇ Teach mahjong
- ◇ Shredding, cleaning out files

**Be sure to inquire about the volunteer tax program!*

Now is the perfect time to sell your home.

2019 Family-Owned Business Award Winner

35 Years of Local Real Estate Experience!

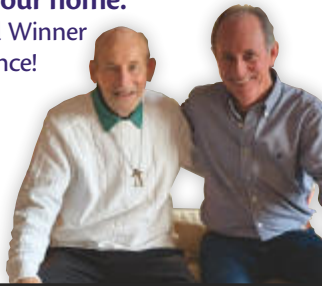
Residential and Commercial



Steve Hodson

203-268-7743

(Mention this ad when calling
for a Senior Discount)



Helping You Continue to Feel *Right at Home*

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Part D Rx plan.*



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(203) 545-6600

OR EMAIL:

DJADAMS@ADAMSBEN.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/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 Ext 3

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

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.

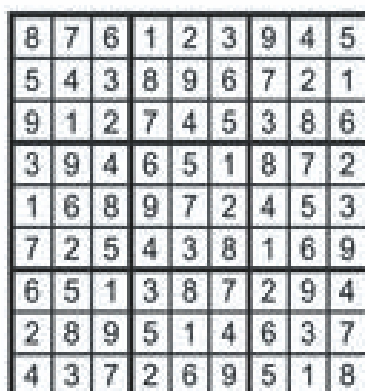
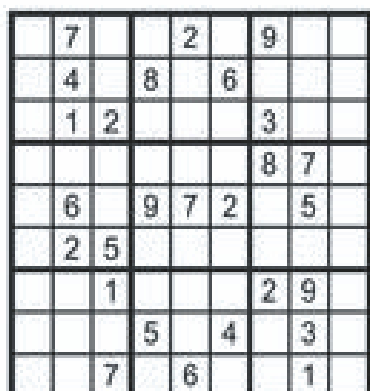
Residents Annual Fee: \$5

Non-Residents Annual Fee: \$20

Newsletter Mailed: \$9 annually

You may print our membership form out online:

Medium Sudoku (Set 16)



ONLINE LECTURES, GAMES AND WORKSHOPS

Wellness Wednesday
Wednesday, November 3rd
2:00 PM

Join us on Zoom to connect with other members and receive important Senior Center updates and news.

Meeting ID: 809 418 0302
Password: 12345

Medicare Updates
Wednesday, November 10th
2:00 PM

Do you have questions about new Medicare updates? Join Lisa Alhabal, Choices Counselor, from Southwestern CT Agency on Aging, for an informative, virtual presentation about Medicare changes. For more information and to RSVP, please call the office at (203) 452-5199.

Building Resiliency:
Herbal Remedies to Boost the Immune System

Wednesday, November 17th
2:00 PM

Join Nora Toomey, Clinical Herbalist of True Bloom, for a presentation about the foundations of supporting a healthy Immune System. Dive deep into knowledge about plants that prevent and treat colds, flus, viruses, and go over some easy herbal remedies, including recipes for Elderberry Syrup. To RSVP for this virtual program, please call the office at (203) 452-5199.

Virtual Bingo
Friday, November 19th
10:00 AM

To RSVP, call (203) 452-5199 and indicate that you are signing up for virtual bingo. If you need bingo supplies, 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 11:00 AM**
12 Week Workshop—Begins October 1st-December 31st

*Registration is now closed for the above workshops.
The next registration period begins on Monday, December 6th at 9:00 AM.*

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.

MEDICARE GUIDANCE

New to Medicare?
Or not sure you understand your current insurance plans? Get free, unbiased information from trained volunteers and staff. Call CHOICES at (203) 333-9288



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.

NOVEMBER BIRTHDAYS

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

- Edward Donato
- Linda Evanko
- Christine Abramson
- Francesca Amore
- Ted Borowy
- Maryann Chetlen
- Rose Marie D'Aquila
- Helen D'Elia
- Harold Dale
- Rosemary DelPrete
- Elaine DiCicco
- John Donohue
- Voidel Foreman
- Richard Jones
- Kathleen Maher
- William McMenamy Jr
- Peter O Mila
- Patricia Milot
- Roy Molgard
- Joseph Mucherino
- Sheila Nieves
- Julia Panella
- Joanne Pellecchia
- Nancy Sacco
- Donna Saputo
- Molly Stetz
- Valerie Taylor
- Bernardo Vittori
- Peter Yeh



IN PERSON PROGRAMS AND GAMES

Book Club Meeting**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.

Historian Mark Albertson**Returns In Person!****Friday, November 5th at 2:00 PM****History Talk: Armistice/Veterans Day**

To RSVP for this history presentation,
call (203) 452-5199.

Café Program:**All attendees receive lunch at 50% discount.****Diabetes Awareness****Tuesday, November 16th at 11:30 AM**

Join our Wellness Nurse Tori for an
informative presentation about diabetes.

To reserve lunch, please call
(203) 452-5199 ext 3. Prior to the
presentation, please stop by the front desk
to receive your lunch discount.

Veterans Benefits Screenings**Tuesday, November 16th at 12:30 PM**

Ramon Augusto, from the CT 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.*

Fall Prevention**Thursday, November 18th at 11:00 AM****Open to the Public****All attendees receive lunch at 50% discount.**

Join Ann Dyke, APRN and Injury
Prevention Coordinator at Bridgeport
Hospital, for an informative presentation
about preventing falls with an emphasis
on how medications can contribute to
falls. If you have questions about your
specific medications, please bring a list of
your medications in and Ann would be
happy to speak with you further.

To reserve lunch, please call
(203) 452-5199 ext 3. Prior to the
presentation, please stop by the front desk
to receive your lunch discount.

River Valley Retirement Community**Tuesday, November 23rd at 10:30 AM****All attendees receive lunch at 50% discount.**

Join us for a presentation by Rita Bell, River Valley's Senior Living
Consultant, and learn more about this all inclusive retirement
community. To reserve lunch, please call (203) 452-5199 ext 3.
Prior to the presentation, please stop by the front desk to receive
your lunch discount.

COMPUTER LESSONS WITH CATHY**Thursdays at 11:00 AM**

To receive a private tutor lesson, please call the office at
(203) 452-5199 to make an appointment with Cathy.

KNITTING GROUP

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

BILLIARDS: Players can reserve a table for an hour at a time.
Please call (203) 452-5199 to RSVP.

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, November 19th at 10:00 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, November 4th 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 10:00 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 Cribbage?

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, November 18th at 7:00 PM

Topic: Gratitude

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

Ends Tuesday, December 28th

Jazz Dance & Exercise with Melody

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, November 23rd

This is a deep relaxation class with Reiki.

Please bring a yoga mat and small throw blanket.

Optional: small pillow for head rest.

Morning Exercise with Nancy *New Class!*

Wednesdays at 9:00 AM

Weights are optional to bring.

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

NURSE APPOINTMENTS

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

Beginning in November, the Garden Club will meet once a month due to the cooler weather.

Next meeting: Thursday, November 18th 9:30 AM

Join our Wellness Nurse Tori, who is an enthusiastic 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, 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

2021/22 LEAF PICK-UP PROGRAM NOTICE EXPECTED TO BEGIN ON MONDAY, NOVEMBER 8, 2021

We will start in the Southwest Quadrant this year, which is west of Rte. 25, will pick up from Old Town Road moving North, then move clockwise thru the Northwest, Northeast and Southeast Quadrants until finished. Pay loaders will remove larger piles of leaves first, then crews will return to finish clean up with leaf vacuums. Both phases may not occur on the same day.

RESIDENTS CAN TRACK THE LEAF COLLECTION PROGRESS AND WHAT QUADRANTS THEY ARE LOCATED IN BY VIEWING THE [2021 LEAF PICKUP PROGRESS MAP](#), UPDATED DAILY.

**LOOSE LEAF COLLECTION WILL BE DONE ONLY ONCE ON EACH STREET.
IT IS IMPERATIVE THAT YOUR LEAVES ARE AT THE CURB
NO LATER THAN NOVEMBER 8TH.**

LEAVES MUST BE PLACED ON THE LAWN, AT THE EDGE OF THE CURB; NOT IN THE ROADWAY. Putting leaves on the pavement is subject to a \$90 fine and creates dangerous conditions for vehicles and pedestrians. Do not deposit your leaves on someone else's property or vacant lot - unless you have the owner's permission.

In the event of an early snowfall, if crews are not able to complete leaf collection, leaves in the gutter may be plowed back partially onto your lawn and may remain snow covered. In the spring, the grass may show temporary signs of stress because it has been covered over, but will remedy itself as the weather warms.

BAGGED LEAF COLLECTION: Residents may request bagged leaf pickup at any time throughout the program by calling 203-452-5070. All leaves must be in **PAPER BAG**. Plastic bags will not be picked up. Please call the above number for any questions, comments, or additional information.

Thank you,
Town of Trumbull Highway Department

8 SOCIAL AND HUMAN SERVICES

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. This service is confidential. Shopping is by appointment only to ensure the confidentiality of the shopper. To sign up, (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.

DENTAL HELP

Senior Smiles

is a new program offered by Fones School of Dental Hygiene providing basic dental care for seniors age 65 and older.

■ **SERVICES COVERED**
Basic services like fillings, simple extractions, dentures and partials will be provided at Fones Clinic at NO CHARGE during the grant period. Services provided at the discretion of the dentist.

■ **FOR ELIGIBILITY REQUIREMENTS**, please call Fones School of Dental Hygiene Clinic: (203) 576-4137 or email seniorsmiles@bridgeport.edu



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 offer one-on-one support services. Call (203) 452-5198 for information. 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.

GROUPS

CONFLICT RESOLUTION AND SKILL BUILDING *New!*

10 week, in person, group session facilitated by Dr. Cornelia Morris, PhD, LADC that focuses on understanding conflict, skills for effective communication, and resolution. This group is for anyone experiencing conflict in their family or relationships at home, at work, or in the community.

**Meets the 1st and 3rd Wednesday of each month at 10:00 AM
Begins Wednesday, November 3rd**

For more information, or to register, please contact Dr. Cornelia Morris at 203-452-5193 or cmorris@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.

Meets the 2nd and 4th Tuesday of each month at 9:00 AM

Tuesday, November 9th and 23rd

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

(203) 452-5137

OFFICE 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 from 9:00 AM (earliest appointment) to 1:00 PM (latest appointment)**. We can book appointments months or days in advance. We travel to Bridgeport, Stratford, and Shelton.

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.

Day Trips with Tours of Distinction

- **Holiday Tea at Caramoor**
Date: Thursday, December 16th
Cost: \$128.00 Per Person

Join us as we travel to Caramoor Center for Music and the Arts in Katonah, New York. Enjoy a Yuletide inspired concert in a Renaissance-styled acoustically perfect Music Room. The highlight of the day is the Afternoon Holiday Tea replete with tables covered with savory finger sandwiches, scones, and tea served in fine porcelain tea cups.

Deadline to sign up is Wednesday, November 10th. Masks are required and proof of vaccination must be shown at the venue. For more information and to sign up, please contact Linda at (203) 452-5137.



NOVEMBER TRIPS

Walmart Shopping Trip

Friday, November 5th

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

Collinsville Antiques Co. of New Hartford

Friday, November 12th

We will leave the Center at 9:00 am and return at approximately 2:00 pm. We will take a leisurely drive up Route 8 with the hope that there may be still some fall color to enjoy. Our journey will take us to the Collinsville Antique Co. in New Hartford, CT, a multi-dealer shop that has over 22,000 sq ft of floor space on one floor with more than 100 dealers offering an eclectic mix of antiques, collectibles, jewelry, stained glass, lighting, musical instruments and LPs, and tons of just plain cool stuff. We will set aside approximately 1 ½ hours to browse/shop after which we will head to lunch nearby (location for lunch is to be determined).

If you would like to join us on this trip, please call Linda at 203-452-5137. **The transportation cost for this trip is \$2.00. Please pay this at the front desk.** You will pay individually for your lunch. Seating on the trip is limited so don't miss out!

The Shuttle Loop is Back!

Friday, November 19th

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. Minimum of 3 passengers and maximum of 14 passengers per trip.

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

St. Joseph's Center

REHABILITATION CENTER

6448 Main Street, Trumbull • 203-268-6204

Tuesday, November 2nd Lunch Special	Tuesday, November 9th Lunch Special	Tuesday, November 16th Lunch Special	Tuesday, November 23rd Lunch Special	Tuesday, November 30th Lunch Special
Beef Stroganoff	Roasted Pork Loin	Chicken Parm	Eye of Round	Beef Pot Pie
Thursday, November 4th Lunch Special	Thursday, November 11th	Thursday, November 18th Lunch Special	Thursday, November 25th	
Chicken Pot Pie	The Center is closed in observance of Veterans Day.	<i>Thanksgiving Dinner</i>	The Center is closed in observance of Thanksgiving.	
Other Menu Selections 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	<p>All lunch specials are served with Soup or Salad & Dessert</p> <p>All sandwiches are served with a side.</p> <p>Lunch Served on Tuesdays & Thursdays from 12:00 PM to 1:00 PM.</p> <p>Reservations can be made by calling 203-452-5199 ext 3</p> <p>Reservations must be made 24 hrs in advance.</p>		

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Ewa Grzymala

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Trumbull Senior Center

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All Virtual Programs can be accessed online and/or dialed in. Programs are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 11:00 Book Club 11:00 Canasta 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2	2 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Jazz Dance 11:00 Dominoes 11:30 Sit & Fit 12:00 Drama Club 12:00 Lunch	3 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 10:00 Conflict Group 11:00 Zumba Gold/Tone 10:00 Pinochle 1:00 Qigong 2:00 Wellness Wed.	4 9:00 Chair Yoga 9:00 Brain Games 9:30 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:30 Sit & Fit 12:00 Lunch 1:15 Pilates	5 9:00 Painting Part 1 9:00 Walmart Trip 9:30 Pickleball Court 10:00 Tai Chi 11:00 Mahjong 11:00 Oil/Acrylic 1:00 Painting Part 2 2:00 Mark Albertson
8 9:00 Drawing Part 1 9:00 Stretch & Move 10:00 Samples 10:30 Yoga 11:00 Canasta 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2	9 9:00 Grief and Loss 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Jazz Dance 11:00 Dominoes 11:30 Sit & Fit 12:00 Drama Club 12:00 Lunch	10 9:00 Morning Exercise 10:00 Pinochle 10:00 Samples 10:00 Tai Chi 10:00 Shoprite 11:00 Zumba Gold/Tone 1:00 Qigong 2:00 Medicare Updates	11 The Center is closed in observance of Veterans Day. Thank you Veterans for your service!	12 9:00 Painting Part 1 9:00 Collinsville Trip 9:30 Pickleball Court 10:00 Tai Chi 11:00 Mahjong 11:00 Oil/Acrylic 1:00 Painting Part 2
15 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 11:00 Canasta 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2	16 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 11:00 Jazz Dance 11:00 Dominoes 11:30 Sit & Fit 11:30 Café Program 12:00 Drama Club 12:00 Lunch 12:30 Veterans Benefits	17 9:00 Morning Exercise 10:00 Conflict Group 10:00 Pinochle 10:00 Stop and Shop 10:00 Tai Chi 11:00 Zumba Gold/Tone 1:00 Qigong 2:00 Herbal Remedies for Health and Immunity	18 9:00 Chair Yoga 9:30 Garden Club 9:30 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:00 Fall Prevention 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates 7:00 Comm. Meditation	19 9:00 Painting Part 1 9:00 The Loop 9:30 Pickleball Court 10:00 Tai Chi 10:00 Bingo 11:00 Mahjong 11:00 Oil/Acrylic 1:00 Painting Part 2
22 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 11:00 Canasta 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2	23 9:00 Grief and Loss 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 River Valley 11:00 Jazz Dance 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:00 Drama Club 1:00 Yoga Nidra	24 9:00 Morning Exercise 10:00 Pinochle 10:00 Tai Chi 10:00 Shoprite 11:00 Zumba Gold/Tone 1:00 Qigong	The Center is closed on Thursday, the 25th and Friday, the 26th in observance of Thanksgiving. Happy Thanksgiving! 	
29 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 11:00 Canasta 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2	30 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Jazz Dance 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:00 Drama Club 1:30 Lunch & Movie	<h1>NOVEMBER 2021</h1> <ul style="list-style-type: none">In Person Programs are in Black Text.Virtual Programs are in Green Text		