



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

DECEMBER 2021

CLOSURES: The Center will be closed on December 24th, 27th, and 31st in observance of Christmas and New Year's Day. Merry Christmas, Happy Hanukkah, Happy New Year!

Inclement Weather Policy for Members

CLOSURES:

When Trumbull Public Schools are closed:

- All activities including lunch will be cancelled. *(EXCEPT FOR ZOOM)* Transportation will resume if the roads are safe. Call the morning of to inquire.
- The center will remain open as a warming center. Members may stop in, charge their phones, read a book, relax and stay warm.
- Zoom classes continue as scheduled.

When the Town closes:

- The senior center will be closed to the public. Warming center information will be left on our voicemail or listed on the town website.

DELAYS:

- Activities may be cancelled or delayed (EXCEPT FOR ZOOM CLASSES)
Transportation will operate with a possible delay
- **BE SURE TO CHECK THE CENTER'S DELAYED OPENING TIME** by listening to our voicemail or by checking the following:

How to be notified of Closings and Delays

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

NBC TEXT ALERTS:

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



Wishing everyone a
Merry Christmas and
a Happy Hanukkah!



HOLIDAY DANCE

**Thursday, December 16th
1:30 PM**

Join us for a fun holiday dance on Thursday, December 16th at 1:30 PM. Stay for drinks, music, and some fun singing a long tunes with plenty of dancing!



YOU MUST RSVP — (203) 452-5199.

FROZEN MEALS TO GO

The Priscilla Place Café offers frozen meals to go in addition to the lunch program. Order from weekly meal selections. Meals are made fresh and are then frozen. Just thaw the meal in your refrigerator and pop in the oven or microwave. \$6.00 per meal. Scholarships are available.

Please call (203) 452-5199 ext 3 to make a reservation for a frozen, to go meal. Please leave your name, phone number, and meal selections.

Must call at least 24 hours in advance.

Now is the perfect time to sell your home.

2019 Family-Owned Business Award Winner

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203-268-7743

(Mention this ad when calling
for a Senior Discount)



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kathleenbunting@hotmail.com

Kathleen
Bunting

MEDICARE

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Turning 65? Let me help
you choose a Medicare
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Part D Rx plan.



CALL DAVID ADAMS AT:
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OR EMAIL:
DJADAMS@ADAMSBEN.COM

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Consulting

Helping You Continue to Feel *Right at Home*

Companionship for an afternoon • Personal care: bathing & hygiene

Meal prep, shopping, light housekeeping • Transportation & more

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203-372-6543

www.mullinsfh.com email: cfcf@outlook.com

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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF

Director of Human Services

Michele Jakab, LCSW
mjakab@trumbull-ct.gov

(203) 452-5144

SENIOR CENTER**Administrative Assistant**

Ashley Ryan Grace
agrace@trumbull-ct.gov

(203) 452-5199

(203) 452-5199

Front Desk

Ronnie Mogensen
rmogensen@trumbull-ct.gov

(203) 452-5199

Transportation/Trips

Linda Fera
lfera@trumbull-ct.gov

(203) 452-5137

SOCIAL SERVICES

Jennifer Gillis B.A.
jgillis@trumbull-ct.gov

(203) 452-5198

(203) 452-5133

Food Pantry

Karen Seferi
kseferi@trumbull-ct.gov

(203) 452-5136

Wellness Nurse

Tori Benoit
vbenoit@trumbull-ct.gov

(203) 452-5134

First Selectman

Vicki Tesoro
Firstselectman@trumbull-ct.gov

(203) 452-5005

Priscilla Place Café

(203) 452-5199 Ext 3
Elaine Marcucio
New England Young at Heart

SUDOKU

LEVEL: EASY

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

ANSWER

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

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:

<https://www.trumbull-ct.gov/Archive.aspx?AMID=50>
or call the office at (203) 452-5199



4 ACTIVITIES

ONLINE LECTURES, GAMES AND WORKSHOPS

Wellness Wednesday

**Wednesday, December 15th
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

Virtual Bingo

**Friday, December 17th
12:30 PM**

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 January 6th-March 24th.
- Oil/Acrylic Painting Class—Fridays at 11:00 AM**
12 Week Workshop—Begins January 7th-March 25th

Registration period begins on Monday, December 6th at 9:00 AM.

- Residents: No Cost**
- Non-residents: \$25.00 for the entire 12 week workshop.**

You can only register for one workshop at a time. Please call the office at (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.

LUNCH AND MOVIE

Thursday, December 30th

Lunch: 12:00 PM

Movie will begin: 1:30 PM

All attendees receive lunch at 50% discount.

On the menu:

Eye of round, potato, mix vegetables

Movie: Mrs. Doubtfire

Starring: Robin Williams

Robin Williams is hilarious as a divorced father who disguises himself as a sweet family nanny to get near his children. This comedy will be sure to put a smile on your face!



To RSVP to lunch and a movie, please call (203) 452-5199 ext 3. Prior to lunch, you must stop in at the front office to receive your lunch discount.

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.

DECEMBER BIRTHDAYS

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

- Karen Adams
- Janice Berliner
- Christine Bonosky
- Nancy Bremer
- Barbara Butterworth
- Elizabeth Cahill
- Karen Costantini
- Angela De Girolamo
- Mary Joan Donahue
- Martin Flowers
- Sylvia Jones
- Ann Kidwell
- Dorothy Lewandowski
- Christopher Lynch
- Nancy Lucas
- Joan Mills
- Teresa Monteiro
- Maria Monteiro
- Patsy Pagliarulo
- Audrey Paray
- Mary Pronechen
- Elizabeth Ryan
- Diane Saracino
- Marie Stapkowski
- Raymond Strickland
- Antonieta Tola
- Charles Toothill



IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meeting

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

The Hideaway by Lauren Denton
Monday, January 3rd at 11:00 AM

Guiding Emily by Barbara Hinske
Monday, February 7th at 11:00 AM

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

Benefits of Trust Planning
Tuesday, December 7th at 10:30 AM

All attendees receive lunch at 50% discount.
Amanda Gilbert-Largent, Attorney with Wiley Etter Doyon, LLC will present a soft introduction to the benefits of trust planning, Wills, Powers of Attorney and the Probate Process. **To reserve lunch, please call (203) 452-5199 ext 3. Prior to the presentation, you must check in at the front desk to receive your lunch discount.**

ClearCaptions

Thursday, December 9th at 11:15 AM

All attendees receive lunch at 50% discount.
Please join your local ClearCaptions Title IV ADA Specialist, John Noonan, for an informative conversation. John will discuss how you can receive a free ClearCaptions Phone if you struggle with any kind of hearing loss. **To reserve lunch, please call (203) 452-5199 ext 3. Prior to the presentation, you must check in at the front desk to receive your lunch discount.**

**Alzheimer's Conversations:
Protecting Your Health and
Wealth Joint Seminar**

Tuesday, December 14th at 10:30 AM

All attendees receive lunch at 50% discount.
Join the Alzheimer's Association and Edwards Jones Investments for a joint presentation about protecting your health, in addition to your wealth, now and for the future. **To reserve lunch, please call (203) 452-5199 ext 3. Prior to the presentation, you must check in at the front desk to receive your lunch discount.**

Café Program:

All attendees receive lunch at 50% discount.

Handwashing Awareness

Tuesday, December 21st at 11:30 AM

Join Stratford VNA for an informative presentation about the importance of handwashing. **To reserve lunch, please call (203) 452-5199 ext 3. Prior to the presentation, you must check in at 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, December 17th at 12:30 PM—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, December 2nd 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

Interested in playing Cribbage?

Call the office at
(203) 452-5199!

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

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.

6 HEALTH AND WELLNESS

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, December 16th at 7:00 PM

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 *New Class!*

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, December 28th

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

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 *Tuesdays at 10:00 AM* in front of Target on the second floor inside the Trumbull Mall. For more information please call (203) 452-5199.

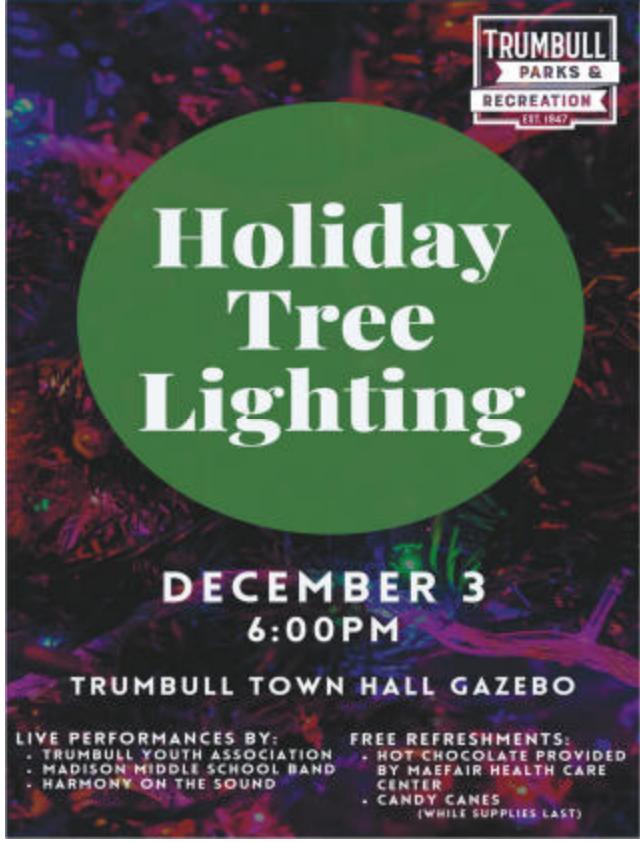
GARDEN CLUB WITH WELLNESS NURSE TORI

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

Next meeting: Thursday, January 20th, 2022. See you in the New Year! Join 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) 452-5134.



COMMUNITY NEWS



decorating contest. Entries will be judged based on curbside appeal only. Submissions are due by December 12th and judging will take place December 14-15.

Winners will be announced on Facebook and on the Trumbull Community Women's website on December 17th.

Submit your nomination by e-mail to trumbullcommunitywomen@gmail.com. Be sure to include your name and/or the name of the different nominee, address of home to be judged, contact phone number and contact e-mail.

MENTAL HEALTH

The Mary J. Sherlach Counseling Center provides a therapeutic clinical setting for individual, family and group therapy, and crisis intervention. 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.



Personalized Letters from Santa

Trumbull Community Women is pleased to announce our annual personalized letters from Santa. Due to the current unreliability of the post office, the letters will all be mailed locally and they will have a festive stamp stating the letter is from the "North Pole" on the envelope. In order that the letters are received by the children before Christmas, all orders must be received by us by **Monday, December 6th. The cost is \$7.00 per letter.**

We are offering the option of paying by credit card or by check.

- To pay by credit card online, click on this link, <https://secure.anedot.com/trumbull-community-women/holidayletter> place your order, and then email this completed form to trumbullholidayletters@gmail.com.

Trumbull 2021 Holiday Home Decorating Contest

Trumbull Community Women is sponsoring a holiday home

decorating contest. Entries will be judged based on curbside appeal only. Submissions are due by December 12th

and judging will take place December 14-15.

Winners will be announced on Facebook and on the Trumbull Community Women's website on December 17th.

Submit your nomination by e-mail to trumbullcommunitywomen@gmail.com. Be sure to include your name and/or the name of the different nominee, address of home to be judged, contact phone number and contact e-mail.

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) 452-5198 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 seniorsmilesub@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
December 1st & 15th**

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, December 14th & 28th**
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 Residents, age 60 and over and/or age 55-59 and disabled. Our buses are fitted with UV light/air filtration systems.

UPCOMING TRIPS

DOWNTOWN CABARET TRIP

DECades in Concert:

SPIRIT OF THE SIXTIES

SATURDAY, APRIL 3RD, 2022 / COST: \$42.00

Depart Senior Center: 4:00 PM

Return: Approx. 8:00 PM

This production brings audiences back to the 1960s to revisit the sights and sounds of the era that changed EVERYTHING. Using music from some of the most prominent and influential artists of the 60's Decades in Concert: Spirit of the Sixties tells the story of the history and culture of America from JFK to the Apollo Moon Landing and everything in between. Theater Covid Policy: (subject to change) You are currently permitted to bring your own food and beverages into the theater. Masks must be worn when not eating or drinking. Proof of vaccination (or a negative Covid test within 48 hours) is required. **Please call (203) 452-5137 to sign up.**

Payment must be made at time of sign up.

Deadline to sign up is January 7th.

SHOPPING LOOP: MILFORD/ORANGE

FRIDAY, DECEMBER 17TH

Milford Crossing: Stores include Walmart, Marshalls, Joanne Fabrics, Barnes and Noble, Staples, Home Goods, and more. **Christmas Tree Shop Plaza:** Stores include Christmas Tree Shop, Yankee Candle, A.C. Moore, etc.

Please call 203-452-5137 to sign up. Be sure to mention which store you plan to visit.

There is a minimum of 4 passengers and maximum of 14 passengers per trip.

DECEMBER TRIPS

WALMART SHOPPING TRIP

FRIDAY, DECEMBER 3RD

Estimated pick up time between 9:00—9:45 am.

Shopping time is from 10:00—11:00 am

RICH FARM ICE CREAM TRIP

FRIDAY, DECEMBER 3RD

Depart Senior Center: 1:00 pm

Return to Senior Center: Approx. 3:00 pm

It's never too cold for ice cream! Rich Farm ice cream in Oxford, CT is rated "Best in CT 2021" and is made daily on the premises using the highest quality of ingredients. The cozy indoor dining space at the farm is now open so we will have a comfortable place to enjoy our creamy treat! Don't miss this last chance to enjoy CT's favorite ice cream before the farm stand closes down for the winter. **To sign up, please (203) 452-5137 to sign up.**

AMERICAN CLOCK & WATCH MUSEUM TRIP

FRIDAY, DECEMBER 10TH - Cost: \$7.00

Depart Senior Center: 9:15 am

Return to Senior Center: Approx. 2:30 pm

Get into the spirit of the holidays with the Mantels of the Season event at the museum! Enjoy whimsical fireplace mantles, festive tablescapes and cozy corners festooned with seasonal and creative décor. The museum in Bristol, CT, houses the largest permanent collection of American timepieces in the world with several items dating back hundreds of years. Learn how CT became the clock manufacturing center of the world. The museum is art, science, and history all rolled into one! After our museum visit, we will have lunch across the street at the Parkside Café. You will pay for your meal individually at the Café (cash or credit card only). Museum Covid Policy: If unvaccinated, masks are required; however, the museum strongly requests mask wearing for all visitors despite vaccination status. **Please call (203) 452-5137 to sign up. Payment is due at sign up. Deadline to sign up is December 7th.**

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust



- Burglary
- Fire Safety

- Flood Detection
- Carbon Monoxide



SafeStreets

1-855-225-4251

Genesis

St. Joseph's Center

REHABILITATION CENTER
6448 Main Street, Trumbull • 203-268-6204

Thursday, December 2nd Lunch Special	Thursday, December 9th Lunch Special	Thursday, December 16th Holiday Lunch	Thursday, December 23rd Lunch Special	Thursday, December 30th Lunch Special
Chicken Cacciatore served over fresh linguine	Stuffed Peppers served with brown rice and green beans	Chicken Marsala, Baked Potato, and Vegetable Medley	Tuscan Chicken (chicken thigh with fresh spinach and a light cream sauce) brown rice & green beans	Eye of round, potato, mixed vegetables
Tuesday, December 7th Lunch Special	Tuesday, December 14th Lunch Special	Tuesday, December 21st Lunch Special	Tuesday, December 28th Lunch Special	
Meatloaf, Mashed Potatoes with Gravy, Zucchini	Chicken Parm served with pasta and broccoli	Roasted Pork Loin with gravy, sweet potatoes, cauliflower	Turkey with gravy, stuffing, sweet potato, carrots	
Other Menu Selections: <u>Turkey Club</u> Turkey, Lettuce, Tomato, Bacon on Whole Wheat <u>Turkey Sandwich</u> Lettuce, Tomato on Whole Wheat <u>Tuna Salad</u> Sandwich Lettuce, Tomato on Whole Wheat Salad topped with Tuna Salad or Grilled Chicken <u>Grilled Chicken Sandwich</u> Lettuce, Tomato on soft roll	Lunch 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	Hours: Tuesdays & Thursdays 12:00 PM -1:00 PM. <ul style="list-style-type: none"> • All lunch specials are served with: Soup or Salad & Dessert • All sandwiches are served with a side. Reservation Line: 203-452-5199 ext 3 Reservations must be made 24 hrs in advance. *Financial assistance is available. See the front office to apply. All inquiries kept confidential.		



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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday	
		<p>DECEMBER 2021</p> <ul style="list-style-type: none"> • In Person Programs are in Black Text. • Virtual Programs are in Green Text 	<p>1 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 11:30 Pickleball Lesson 1:00 Qigong</p>	<p>2 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</p>	<p>3 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 1:00 Ice Cream Trip</p>
<p>6 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</p>	<p>7 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 Trust Planning 11:00 Jazz Dance 11:00 Dominoes 11:30 Sit & Fit 12:00 Drama Club 12:00 Lunch</p>	<p>8 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 11:30 Pickleball Lesson 1:00 Qigong</p>	<p>9 9:00 Chair Yoga 9:30 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:15 ClearCaptions 11:30 Sit & Fit 12:00 Lunch 1:15 Pilates</p>	<p>10 9:00 Painting Part 1 9:15 Museum Trip 9:30 Pickleball Court 10:00 Tai Chi 11:00 Mahjong 11:00 Oil/Acrylic 1:00 Painting Part 2</p>	
<p>13 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</p>	<p>14 9:00 Grief Support 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 10:30 Alzheimer's 11:00 Jazz Dance 11:00 Dominoes 11:30 Sit & Fit 12:00 Drama Club 12:00 Lunch</p>	<p>15 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Conflict Group 10:00 Stop and Shop 11:00 Zumba Gold/Tone 11:30 Pickleball Lesson 1:00 Qigong 2:00 Wellness Wednesday</p>	<p>16 9:00 Chair Yoga 9:30 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates 1:30 Holiday Dance 7:00 Comm. Meditation</p>	<p>17 9:00 Painting Part 1 9:00 The Loop 9:30 Pickleball Court 10:00 Tai Chi 11:00 Mahjong 11:00 Oil/Acrylic 12:30 Bingo 1:00 Painting Part 2</p>	
<p>20 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</p>	<p>21 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Jazz Dance 11:00 Dominoes 11:30 Sit & Fit 11:30 Café Program 12:00 Lunch 12:00 Drama Club 1:00 Yoga Nidra</p>	<p>22 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 11:30 Pickleball Lesson 1:00 Qigong</p>	<p>23 9:00 Chair Yoga 9:30 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates</p>	<p>24 The Center is closed in observance of Christmas Eve. Merry Christmas and Happy Holidays!</p>	
<p>27 The Center is closed in observance of Christmas Day.</p> 	<p>28 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:00 Drama Club</p>	<p>29 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 11:00 Zumba Gold/Tone 1:00 Qigong</p>	<p>30 9:00 Chair Yoga 9:30 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:30 Sit and Fit 12:00 Lunch 1:30 Movie 1:15 Pilates</p>	<p>31 The Center is closed in observance of New Year's Day. Happy New Year!</p>  <p>Here's to 2022!</p>	