

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

JANUARY 2022

CLOSURES: The Center will be closed on Monday, January 17th in observance of Martin Luther King Day.

MAIN STREET DOLLARS

Trumbull Main Street Dollars Program

The Main Street Dollars program will provide up to 500 certificates to Trumbull residents to spend from November 30, 2021 – January 31, 2022. Each certificate is worth \$10 dollars and a customer must spend a minimum of \$20 dollars at one of the participating businesses in order to apply the certificate. Certificates can be applied toward any goods or merchandise at Plasko's Farm, Pure Poetry, and City Line Florist. Residents can pick up certificates at the Economic and Community Development Office at Trumbull Town Hall, or at the Trumbull Senior Center on Priscilla Place.

This effort is part of the ***Trumbull Celebrates Local*** initiative designed to help local business recover from the impact of the COVID-19 pandemic. Residents are encouraged to take advantage of the certificates and also to visit and support our other small businesses in town. For a list of any Trumbull small, locally operated businesses, please visit www.trumbull-ct.gov/895/Locally-Owned-Businesses.

For more information about the Main Street Dollars certificates, contact Rina Bakalar at 203-452-5043 or rbakalar@trumbull-ct.gov or Michele Jakab at 203-452-5199 or mjakab@trumbull-ct.gov.



A MATTER OF BALANCE PROGRAM



**A MATTER OF
BALANCE**
MANAGING YOUR CONCERNS ABOUT FALLS

A Matter of Balance RETURNS!

This is an award-winning program designed to manage falls and increase activity levels.

Tuesdays from 10:00 AM—12:00 PM

Workshop dates: 2/1, 2/8, 2/15, 3/1, 3/8, 3/22, 3/29, 4/5

Seats fill up quickly. You must register for this workshop and fill out program paperwork prior to attending the first class. For more information and to register, please call (203) 452-5199.

Stay for lunch, it is on us! (as long as you attend the class).

You must RSVP for lunch at (203) 452-5199 ext 3

FROZEN MEALS TO GO

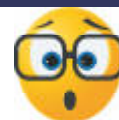
The Priscilla Place Café offers frozen meals to go in addition to the lunch program. Order from weekly meal selections. Meals are made fresh and are then frozen. Just thaw the meal in your refrigerator and pop in the oven or microwave. \$6.00 per meal. Scholarships are available.

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

Must call at least 24 hours in advance.

NEW LUNCH PRICES !

**See page 10 for the menu.
Daily lunch is now only \$5**



Now is the perfect time to sell your home.

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for a Senior Discount)



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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
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

Wellness Wednesday Wednesday, January 12th 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, January 21st 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 from 10:00 AM—12:00 PM**
12 Week Workshop—Begins January 13th-March 31st
- **Oil/Acrylic Painting Class—Fridays from 10:00 AM—12:00 PM**
12 Week Workshop—Begins January 14th—April 1st

Registration period for the above workshops is now closed. The next registration period will open on Monday, March 7th at 9:00 AM.

LUNCH AND MOVIE

Thursday, January 20th

Lunch: 12:00 PM

Movie will begin: 1:30 PM

On the menu: Eggplant Parm served with pasta & green beans

Movie: The Magic of Belle Isle

Starring: Morgan Freeman and Virginia Madsen

In this becoming of age story, a famous Western novelist finds his inspiration and passion to write again while creating new experiences in his life that he was once missing.

To RSVP to lunch, please call (203) 452-5199 ext 3.



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

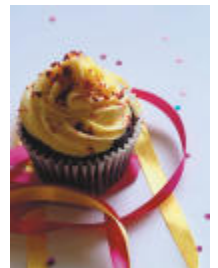
Painting with Chris (part 2) at 1:00 PM on Fridays

Please e-mail Ronnie Mogensen at rmogensen@trumbull-ct.gov to join an art class.

JANUARY BIRTHDAYS

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

- Scott Adams
- Antoinette Bruno
- Vivian Calabrese
- Stanley Chen
- Jean DeFeo
- Elaine Fattibene
- Susan Fisch
- Robert Hammond
- Glenn Homa
- Michelle Ieronimo
- Jane Keefe
- Thaddeus Laskowski
- Virginia Marcinowski
- Irene Marella
- George Meagher
- Rose Nolan
- Karen Orrico
- Mary Jane Paris
- Ann Roviello
- Connie Scalise
- Joy Ann Strickland
- Ann Sweeney
- Marilyn Wein
- Cynthia Zargo



IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meeting**The Hideaway by Lauren Denton**

Monday, January 3rd at 11:00 AM

Guiding Emily by Barbara Hinske

Monday, February 7th at 11:00 AM

We Were the Lucky Ones by**Georgia Hunter**

Monday, March 7th at 11:00 AM

The Grace Year by Kim Lippett

Monday, April 4th at 11:00 AM

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

RITA'S AFRICAN SHOW**Tuesday, January 11th****10:30 AM**

Join Rita Wagener (Kabali) for an exciting presentation/show that will take you through different fashions, dances, and the culture of Africa. At the end of the presentation, you will feel like you have traveled to Africa, without being on a plane! **To reserve lunch, please call the office at (203) 452-5199.**

ELDER LAW DISCUSSION**Thursday, January 13th****10:30 AM**

Attorney Lyn Eliovson returns! Join her for a round table discussion about elder law. **To reserve lunch, please call (203) 452-5199 ext 3.**

CAFÉ PROGRAM:**Thyroid Awareness and Blood Donors****Tuesday, January 18th****11:00 AM**

Join us for an informative health presentation about thyroid health and blood donors. **To reserve lunch, please call (203) 452-5199 ext 3.**

MONTHLY BIRTHDAY PARTY RETURNS!**Tuesday, January 25th at 1:15 PM**

Join us to celebrate our January birthdays with cake and coffee!

To RSVP, please call the office at (203) 452-5199.

HOLISTIC OCCUPATIONAL THERAPY FOR PAIN**Thursday, January 27th at 10:30 AM**

Join Occupational Therapist, Qarib Ahmed, for an educational presentation about a holistic approach to pain management and healing. **To reserve lunch, please call (203) 452-5199 ext 3.**

BRAIN GAMES**Thursday, January 6th 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.

BINGO**Friday, January 21st 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.

COMPUTER LESSONS WITH CATHY**Mondays at 12:30 PM and 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.

CANASTA

Mondays: 11:00 AM to 2:00 PM, Tuesdays: 12:00 PM—3:00 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

SAVE THE DATE

- DINNER & DANCE:**

Located at River Valley Retirement Community

Friday, March 4th

4:00 PM

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, January 20th 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****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, January 25th**

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.



SUDOKU

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	2		6				1
				5	3	9	4
8	3			9			2

ANSWER

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

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

Next meeting: Thursday, January 20th, 2022—9:30 AM

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.



WEATHER POLICY

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 centers will be announced.
- Zoom class continue as scheduled.

DELAYS:

- Activities may be cancelled or delayed (*EXCEPT FOR ZOOM CLASSES*)
- Transportation will operate with a possible delay

HOW TO BE NOTIFIED

- T.V. channels 12, 8, 6 and 3
- Radio WICC 660 and WEBE 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

WSFB CHANNEL 3 TEXT ALERTS:

<https://my.textcaster.com/asa/Default.aspx?ID=c1616077-39d9-4682-b0ca-63a1ee174441>

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.



CT TAX AMNESTY PROGRAM

CT Tax Amnesty Program
in Effect Until January 31, 2022

The State of Connecticut Department of Revenue Services has announced a Connecticut Tax Amnesty program that is available to individual residents and businesses that owe taxes to the State of Connecticut. The program is in effect until January 31, 2022.



The benefits of the program include a 75% reduction in interest that is owed in connection with a state tax liability, the waiver of associated penalties, and **avoidance of criminal prosecution.**

For more details about the program and how to take advantage of it, please visit [GetRightCT.com](https://www.getrightct.com).

DENTAL HELP

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



8 SOCIAL AND HUMAN SERVICES

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.

ENERGY ASSISTANCE AND WINTER HEAT HELP

Social Services is currently accepting applications from 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, please call (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.

GROUPS

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, January 11th & 25th**

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

Do you have suggestions /ideas for different groups and/or open discussions? If so, we'd love to hear from you! Be sure to call Ashley Grace at (203) 452-5199 and/or e-mail her at agrace@trumbull-ct.gov. All suggestions/responses are kept confidential.

TRANSPORTATION

OFFICE HOURS MON-FRI 9:00 AM—1:00 PM (203) 452-5137



The Trumbull Senior Center provides transportation to residents, age 60 and over and/or age 55-59 and disabled. Buses are fitted with UV light/air filtration systems.

MEDICAL RIDES

Rides available for medical appointments on **Mon., Tues., and Thurs. from 9:00 AM to 1:00 PM.** We can book appointments months or days in advance. We travel to Bridgeport, Stratford, and Shelton.

VETERANS! Ask us about rides to the VA in New Haven.

Need a ride somewhere else?

We provide rides to the bank, hairdresser, barbershop or legal appointments.

SHOPPING TRIPS

GROCERY SHOPPING

Every Wednesday we offer grocery shopping trips for Residents. On the 1st and 3rd (and 5th) Wednesday of the month, we go to Stop and Shop in Trumbull and on the 2nd and 4th Wednesdays of the month we go to ShopRite in Shelton. for residents. The estimated pick up time at your home is between 9:00 AM –9:45 AM. Shop for an hour then return home.

WALMART SHOPPING TRIP

One Friday a month we offer rides to Walmart in Shelton. Estimated pick up time is between 9:00–9:45 am. Shop for an hour then return home. The January Walmart shopping date is **FRIDAY, JANUARY 14TH.**

SHOPPING LOOP

One Friday a month we offer loop shopping where you can choose the store to visit. Pick up time is between 9:00-9:45 am. Shop for 1 1/2 hours then return home. Our January loop date is **FRIDAY, JANUARY 21st.** Stores include Big Y, Best Buy, Kohl's and Target. Also included are TJ Maxx, McDonalds, Duchess and Burger King.

**PAYMENT FOR TRIPS MUST BE MADE AT
TIME OF SIGN UP**

LOCKWOOD-MATHEWS MANSION TRIP

**HOLIDAY ENCHANTMENT
AT THE MANSION**

Friday, January 7, 2022

Depart Senior Center: 9:45 am

Return to Center: Approx. 2:30 pm

Cost: \$8.00

Enjoy a special holiday tour at Lockwood-Mathews Mansion in Norwalk, CT entitled, Holiday Enchantment at the Mansion. After our tour, we will enjoy lunch at O'Neills Irish Pub and Restaurant where you will pay individually for your meal. See flyer for more details. **Last day to sign up is January 4th.**

MATTATUCK MUSEUM TRIP

Friday, January 28, 2022

Depart Senior Center 9:15 am

Return to Center: Approx. 2:00 pm

Cost: \$17.00

The museum houses a collection of American art with more than 8,000 objects including paintings, unique works on paper, photography and sculpture. A special exhibit will be on display entitled, Focus on the Makers: Samplers, Needlework and Quilts. After our visit we will plan to have lunch at Leo's Restaurant. You will pay for your meal individually at the restaurant. See flyer for more details. **The last day to sign up is January 21st.**

LUNCH AT EAST END YACHT CLUB

Friday, February 11, 2022

Depart Senior Center: 11:45 pm

Return to the Center: Approx. 2:15 pm

Join us as we enjoy lunch at the East End Yacht Club in Bridgeport, CT. The lunch menu includes: Soups, Appetizers, Salads, Hot Dogs & Burgers, Sandwich & Wraps and Seafood Specials. You will pay for your meal individually at the Club. **Last day to sign up is February 7th.**

DOWNTOWN CABARET TRIP

DECADES IN CONCERT: SPIRIT OF THE 60's

Saturday, April 2, 2022

Depart Senior Center: 4:00 pm

Return: Approx. 7:30 pm

Cost: \$42.00

Using music from some of the most prominent and influential artists of the 60's this production tells the story of the history and culture of America from JFK to the Apollo Moon Landing and everything in between. See flyer for more details. **Deadline to sign up is February 4th.**

AQUA TURF TRIP

ST. PATRICKS DAY CELEBRATION

Tuesday, March 15, 2022

Depart Senior Center 10:15 am

Return to Center: Approx. 4:00 pm

Cost: \$47.00

Enjoy complimentary coffee and donuts upon arrival, a delicious lunch served family style with entrees of corned beef & cabbage and baked scrod, a complimentary glass of beer or wine and complimentary door prizes. Music will be provided by the Maclean Avenue Band. Tax and tip included in the price. See flyer for more details. **Payment must be made at the time of sign up. Last day to sign up is February 15th.**

TOUR BUS TRIP

MUSICAL NEW YORK

Wednesday, March 23, 2022

Depart Penny Lane Commuter Lot: 8:00 AM

Estimated Return: 7:30 PM

Cost: \$158.00

On this unique trip we will travel throughout NYC by bus with an Actors Equity performer onboard. The Broadway singer will sing his/her way through the City and various neighborhoods where stars lived, loved, and performed. Hear their music and learn about their lives as we weave our way through NYC's history. Lunch will be at DaNicos. After lunch our fun musical bus journey will continue. See flyer for more details. **Last day to sign up is February 18th.**

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Genesis

St. Joseph's Center
REHABILITATION CENTER
6448 Main Street, Trumbull • 203-268-6204

Tuesday, January 4th Lunch Special	Tuesday, January 11th Lunch Special	Tuesday, January 18th Lunch Special	Tuesday, January 25th Lunch Special	
Meatloaf, Mashed Potatoes, Broccoli	Eye of Round, Roasted Red Potatoes, Carrots	Tuscan Chicken (boneless thighs in a light cream sauce with fresh spinach & cherry tomatoes) with butternut squash risotto	Chicken Cacciatore over pasta	
Thursday, January 6th Lunch Special	Thursday, January 13th Lunch Special	Thursday, January 20th Lunch Special	Thursday, January 27th Lunch Special	
Roasted Pork Loin, Sweet Potatoes, Green Beans, Applesauce	Chicken Marsala, Brown Rice, Fresh Zucchini	Eggplant Parm with pasta and green beans	Turkey Dinner, Stuffing, Mixed Vegetables	
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 Sandwich</u> Lettuce, Tomato on Whole Wheat <u>Salad topped with Tuna Salad or Grilled Chicken</u> <u>Grilled Chicken Sandwich</u> Lettuce, Tomato on soft roll	Lunch Pricing: Lunch Special \$5.00 Cup of Soup \$2.00 Bowl of Soup \$3.00 Club Sandwich \$4.00 Sandwiches \$4.00 Dessert \$1.50	<u>Hours:</u> Tuesdays & Thursdays 12:00 PM -1:00 PM. <ul style="list-style-type: none">All lunch specials are served with: Soup or Salad & DessertAll 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 inquires kept confidential. Lunch prices are a suggested donation		

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Ewa Grzymala

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life ins and state cases**

Reg. # HCA0000732

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Trumbull Senior Center

06-5293

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 11:00 Canasta 11:00 Book Club 11:15 Zumba 12:30 Computer Tutor 1:00 Tai Chi 2:00 Drawing Part 2</p>	<p>4</p> <p>10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Dominoes 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch</p>	<p>5</p> <p>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>6</p> <p>9:00 Chair Yoga 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:30 Sit & Fit 12:00 Lunch 1:15 Pilates</p>	<p>7</p> <p>9:00 Painting Part 1 9:30 Pickleball Court 9:45 Lockwood Trip 10:00 Oil/Acrylic 10:00 Tai Chi 11:00 Mahjong 1:00 Painting Part 2</p>
<p>10</p> <p>9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 11:00 Canasta 11:15 Zumba 12:30 Computer Tutor 1:00 Tai Chi 2:00 Drawing Part 2</p>	<p>11</p> <p>9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 African Show 11:00 Dominoes 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch</p>	<p>12</p> <p>9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 1:00 Qigong 2:00 Wellness Wednesday</p>	<p>13</p> <p>9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:15 Strength 10:30 Elder Law 11:00 Computer Tutor 11:30 Sit & Fit 12:00 Lunch 1:15 Pilates</p>	<p>14</p> <p>9:00 Painting Part 1 9:00 Walmart Trip 9:30 Pickleball Court 10:00 Oil/Acrylic 10:00 Tai Chi 11:00 Mahjong 1:00 Painting Part 2</p>
<p>17</p> <p>The Center is closed in observance of Martin Luther King Day.</p>	<p>18</p> <p>10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 11:00 Café Program 11:00 Dominoes 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch</p>	<p>19</p> <p>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>20</p> <p>9:00 Chair Yoga 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates 1:30 Movie 7:00 Comm. Meditation</p>	<p>21</p> <p>9:00 Painting Part 1 9:00 The Loop 9:30 Pickleball Court 10:00 Oil/Acrylic 10:00 Tai Chi 11:00 Mahjong 12:30 Bingo 1:00 Painting Part 2</p>
<p>24</p> <p>9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 11:00 Canasta 11:15 Zumba 12:30 Computer Tutor 1:00 Tai Chi 2:00 Drawing Part 2</p>	<p>25</p> <p>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 12:00 Canasta 1:00 Yoga Nidra 1:15 Birthday Party</p>	<p>26</p> <p>9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 1:00 Qigong</p>	<p>27</p> <p>9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:15 Strength 10:30 Holistic Therapy 11:00 Computer Tutor 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates</p>	<p>28</p> <p>9:00 Painting Part 1 9:30 Pickleball Court 10:00 Oil/Acrylic 10:00 Tai Chi 11:00 Mahjong 11:45 Yacht Trip 1:00 Painting Part 2</p>
<p>31</p> <p>9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 11:00 Canasta 11:15 Zumba 12:30 Computer Tutor 1:00 Tai Chi 2:00 Drawing Part 2</p>	<p>JANUARY 2022</p> <ul style="list-style-type: none"> In Person Programs are in Black Text. Virtual Programs are in Green Text 			