



Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

FEBRUARY 2022

CLOSURES: The Center will be closed on Monday, February 21st, in observance of President's Day.

AARP TAX-AIDE

AARP is offering free income tax help. Beginning Wednesday, February 2nd until Wednesday, April 13th. Appointments will be on Wednesdays and Fridays at the Trumbull Library at 33 Quality Street from 9:30 AM to 12:30 PM.

WHAT TO BRING:

- **Photo ID or other type of identification**
- **Social Security Card and Statement (SSA 1099)**
- **A copy of your 2020 tax return**
- **All tax forms received for tax year 2021 (W-2, 1095, 1099)**
- **End of year investment statements (INT, DIV, Stocks, Bonds)**
- **List of Itemized Deductions (Medical, Donations, Taxes)**
- **IRS Letter on Stimulus Payment, Child Tax Credits**
- **IRS PIN if issued, cancelled check for Direct Deposit**
- **Any other tax documents you might have**

You must make an appointment by calling the Trumbull Library at (203) 452-5197.

NEW LUNCH PRICES!

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

SANTA'S RUNWAY BROUGHT HOLIDAY CHEER

At least three blocks long, Sterling Road residents created quite a sight to see with an amazing lights display. In addition to bringing much needed holiday cheer to the community, they turned their special event into a fundraiser for Trumbull Social Services. A total of \$4,500 was raised by visitors. The proceeds will go to helping Trumbull Residents with financial assistance.



Joe McDonald and Zoltan Szabo founded the project . Pictured here with Michele Jakab, Director of Human Services Trumbull.

PICKLEBALL LESSONS RETURN!

Pickleball lessons return for 6 weeks beginning Wednesday, February 16th until March 23rd from 11:30 AM until 12:30 PM.

Space is limited. Please call the office at (203) 452-5199 to sign up for one or all 6 sessions.

Residents: No cost.
Non-residents: \$5.00 per session.

Membership is required.





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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

Mike Ganino

Ron Foligno: Vice Chair

Jean DaRold: Secretary

Evelyn Wiesner

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

Virtual Baking Demo**Wednesday, February 9th—3:00 PM**

Join ShopRite of Shelton's Dietitian, Siddhi Sheth, for a "Treats for your Sweetie" virtual baking demonstration. Watch as Siddhi showcases some delicious Valentine's treats (with a dose of nutrition to boot) that you will want to make for all of the special people in your life! To RSVP, call (203) 452-5199.

Wellness Wednesday**Wednesday, February 16th—2:00 PM**

Join us on Zoom to connect with other members and receive important Senior Center updates and announcements. Meeting ID: 809 418 0302 Password: 12345

Virtual Bingo**Friday, February 18th—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.

Tour Milan New Program!**Tuesday, February 10th
10:00 AM**

Would you like to tour Milan, Italy? Well now you can from the comfort of your own home with a live virtual tour. Join us for this interactive experience to discover the breathtaking architecture of Milan and Italy's history and culture. To RSVP, please call the office at (203) 452-5199.

Bitcoin and Cryptocurrency**Thursday, February 24th
11:00 AM**

What is Bitcoin? Join Lee Ratner, 5 year industry insider, Bitcoin trader and investor, for an educational discussion about these new and often confusing forms of electronic currencies and assets. Space is limited. To RSVP for this virtual program, call (203) 452-5199.

ART CLASSES — IN-PERSON

- **Watercolors Class—Thursdays from 10:00 AM—12:00 PM**
12 Week Workshop—Begins February 10th—April 28th
- **Oil/Acrylic Painting Class—Fridays from 10:00 AM—12:00 PM**
12 Week Workshop—Begins February 11th —April 29th

Registration period for the above workshops is now closed. The next registration period will open on Monday, April 4th at 9:00 AM.

LUNCH AND MOVIE

Thursday, February 10th

Lunch: 12:00 PM

Movie will begin: 1:30 PM

On the menu: Ravioli Meatballs**Movie: Being the Ricardos**

Starring: Nicole Kidman, Javier Bardem, J.K. Simmons

In this drama, follow Lucy and Desi as they face a crisis that could end their careers as well as their marriage.

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

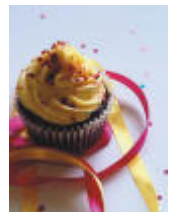
Painting with Chris (part 2) at 1:00 PM on Fridays

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

FEBRUARY BIRTHDAYS

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

- Daisy Blake
- Daniel Borges
- Marie Chiappetta
- Barbara Chuga
- Margaret Cooney
- Virginia Day
- Mary Donohue
- Kathleen Dunn
- Ann Flowers
- Marie Folchick
- James Grosso Sr.
- Louise Iannarelli
- Russel Jagoe
- Mary Louis Jagoe
- Elaine Laskowski
- Mark Lewandowski
- Mary Minopoli
- Ralph Minopoli
- Julianne Nyitrai
- Donna Ortolini
- Thomasina Petrahai
- Jim Rule
- Deborah Shapiro
- Lynn Stewart
- Jack Talley
- Domenico Testani
- Magdalene Toothill
- Stephen Visosky



IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

BOOK CLUB MEETINGS

- **We Were the Lucky Ones** by Georgia Hunter
Monday, February 7th at 11:00 AM
- **The Grace Year** by Kim Lippett
Monday, March 7th at 11:00 AM

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

LUNCH AND LEARN**THYROID AWARENESS AND BLOOD DONORS**

Thursday, February 17th at 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, February 22nd at 1:15 PM

Join us to celebrate our February birthdays with cake and coffee! This event is sponsored by the Watermark at 3030 Park. To RSVP, please call the office at (203) 452-5199.

LUNCH AND LEARN**HOOPLA AND LIBBY—READER APPS**

Thursday, February 24th at 11:00 AM

Are you interested in learning more about the reader apps, Hoopla and Libby? Join the Trumbull Library to help get you started so that you will be on your way to reading all different ebooks and audio books. Stay for lunch after the presentation! **To RSVP for lunch, please call (203) 452-5199 ext 3.**

LUNCH AND LEARN**MARK ALBERTSON PRESENTS HELEN KELLER: A CONNECTICUT SOCIALIST**

Monday, February 28th at 12:30 PM

Have lunch on us and chat with some familiar faces. Afterwards, join Historian, Mark Albertson, for an informative and interesting presentation about the life of Helen Keller. To RSVP, please call the office at (203) 452-5199.

BRAIN GAMES

Thursday, February 3rd 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, February 18th at 12:30 PM

Membership and registration required. Call (203) 452-5199 to RSVP.

COMPUTER LESSONS WITH CATHY

Mondays at 12:30 PM and Thursdays at 11:00 AM

Please call (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.

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 at 4:00 PM

Join your friends at River Valley Retirement Community in Trumbull for a nice dinner and some fun dancing! For more information and to RSVP, please call the office at (203) 452-5199.

- **RITA'S AFRICAN SHOW/PRESENTATION**

Rescheduled to Monday, March 28th at 1:00 PM

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 RSVP, please 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

New Zoom Information:

Meeting ID: 891 3297 7909 / Passcode: Peace

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, February 17th 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 Rose

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, February 22nd

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.

How can you stay up to date on town government and community events?

By watching Trumbull Community Television!

TCTV is your local connection to government meetings, school events, and community information. Watch us on Charter Spectrum channel 194, on YouTube at TCTV Trumbull, or on Facebook to watch LIVE municipal meetings and events.



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

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.



CAREGIVER SUPPORT

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.



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, February 8th & 22nd**

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, FEBRUARY 4TH.**

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, FEBRUARY 18TH.** 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. PLEASE CONFIRM CANCELLATION POLICY WHEN SIGNING UP.

BUS TRIPS

NEW ENGLAND CAROUSEL MUSEUM

Friday, February 25, 2022

Leave Senior Center: 9:00 am

Return to Center: Approx. 2:30 pm

Cost: \$9.00

On our tour we will discover the museum collection of over 200 antique wooden horses and objects, explore their restoration department where these American treasures are preserved. After our museum visit, we'll stop for lunch before heading home. See flyer for more details. **The last day to sign up is February 21st.**

AQUA TURF TRIP

St. Patrick's Day Celebration

Tuesday, March 15, 2022

Depart Senior Center 10:15 am

Return to Center: Approx. 4:00 pm

Cost: \$47.00

Join us as we celebrate St. Patrick's Day in style. The price is all-inclusive. Enjoy complimentary coffee and donuts upon arrival, a delicious lunch served family style, a complimentary glass of beer or wine and door prizes. Music will be provided by the Maclean Avenue Band. See flyer for more details. **The last day to sign up is February 15th.**

TEA WITH TRACY LUNCHEON TRIP

Friday, March 11, 2022

Depart Senior Center: 11:10 am

Return to Center: Approx. 2:00 pm

Cost \$2.00

Enjoy a relaxing lunch at Tea with Tracy located in the historic antique district of Seymour, CT. The menu consists of tea sandwiches, salads, soups, desserts and of course, tea. You will pay for your lunch individually at the tearoom. After lunch, we will have time to explore the unique neighboring shops. **Last day to sign up is March 2nd.**

MUSICAL NEW YORK TRIP

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 and performed. Hear their music and learn about their lives as we weave our way through NYC's history. Lunch will be at DaNicos. See flyer for more details. **Last day to sign up is February 18th.**

UPCOMING 2022 BUS TRIPS

Look for details to be posted

- **April 20** Let History Come Alive -Hudson Valley
- **May 24** Block Island Breeze
- **June 8** Catacombs by Candle Light - Old Saint Patrick's Cathedral NY
- **June 14** "Barry Manilow Tribute" at St. Clements Castle. \$106
- **July 19** Providence - Italian Style
- **July 27** Essex Steam Train and Riverboat
- **August 10** Exploring our Past - Newburgh NY and River Rose Cruise
- **Sept. 8** "Sounds of Summer" at Amarante's Sea Cliff
- **Sept. 14** Newport Speakeasy - Newport, RI
- **Sept. 19-21** Multi-Day Trip - Sights and Sounds "David" in Lancaster PA
- **October 16** Autumn Railway in the Berkshire
- **Nov. 10** "America the Beautiful" at Grand Oak Villa \$106
- **Nov. 23** Radio City - Rockettes
- **December 7** Glenn Miller Orchestra at Aqua Turf \$114
- **December TBD** - West Point Christmas

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Genesis

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Tuesday, February 1st Lunch Special	Tuesday, February 8th Lunch Special	Tuesday, February 15th Lunch Special	Tuesday, February 22nd Lunch Special	
Cavetelli, Broccoli & Sausage	Meatloaf, Gravy, Potato and Broccoli	Tuscan Chicken (boneless thighs in a light cream sauce with fresh spinach & cherry tomatoes) over angel hair pasta	BBQ Chicken with collard greens and red roasted potatoes	
Thursday, February 3rd Lunch Special	Thursday, February 10th Lunch Special	Thursday, February 17th Lunch Special	Thursday, February 24th Lunch Special	
Stuffed Peppers	Ravioli Meatballs	Beef Pot Pie, cooked with potatoes, carrots, string beans in a flaky crust	Pork loin with gravy, sweet potato and apple sauce	
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 <u>Salad</u> topped with Tuna Salad or Grilled Chicken <u>Grilled Chicken</u> <u>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. • 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 inquires kept confidential. Lunch prices are a suggested donation		

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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
	<div>1</div> 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:00 Matter of Balance 11:00 Dominoes 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch	<div>2</div> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 11:00 Zumba Gold/Tone 1:00 Qigong	<div>3</div> 9:00 Chair Yoga 9:00 Brain Games 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:30 Sit & Fit 12:00 Lunch 1:15 Pilates	<div>4</div> 9:00 Painting Part 1 9:00 Walmart Trip 9:30 Pickleball Court 10:00 Tai Chi 11:00 Mahjong 1:00 Painting Part 2
	<div>7</div> 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	<div>8</div> 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:00 Matter of Balance 11:00 Dominoes 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch	<div>9</div> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 1:00 Qigong 3:00 Baking Demo	<div>10</div> 9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:00 Virtual Tour-Milan 10:15 Strength 11:00 Computer Tutor 11:30 Sit & Fit 12:00 Lunch 1:30 Movie 1:15 Pilates
<div>14</div> 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	<div>15</div> 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 10:00 Matter of Balance 11:00 Dominoes 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch	<div>16</div> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 11:00 Zumba Gold/Tone 11:30 Pickleball Lesson 1:00 Qigong 2:00 Wellness Wednesday	<div>17</div> 9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Blood Donor 11:00 Computer Tutor 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates 7:00 Comm. Meditation	<div>18</div> 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 12:30 Virtual Bingo 1:00 Painting Part 2
<div>21</div> The Center is closed in observance of President's Day.	<div>22</div> 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:00 Matter of Balance 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	<div>23</div> 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	<div>24</div> 9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Hoopla/Libby 11:00 Computer Tutor 11:00 Bitcoin 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates	<div>25</div> 9:00 Painting Part 1 9:00 Carousel Trip 9:30 Pickleball Court 10:00 Oil/Acrylic 10:00 Tai Chi 11:00 Mahjong 1:00 Painting Part 2
<div>28</div> 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 11:00 Canasta 11:15 Zumba 12:30 Computer Tutor 12:30 Mark Albertson 1:00 Tai Chi 2:00 Drawing Part 2	<div> <h2>FEBRUARY 2022</h2> <ul style="list-style-type: none"> In Person Programs are in Black Text. Virtual Programs are in Green Text </div>			