



**TOWN OF
Trumbull
HUMAN SERVICES**

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

OCTOBER 2022

NEW CHAIR CORE AND BALANCE CLASS

Thursdays at 1:15pm

Beginning Thursday, October 6th



Join Instructor Jeannie Stevens, Thursdays at 1:15 for her new Chair Core and Balance Class. Strengthen your core, stretch your body and improve your balance!

Please bring a foam block, or pillow and a yoga strap. Wear non-slip sneakers please.

SUPER SENIOR

Congratulations to Bob Abercrombie for being recognized by the Southwestern Connecticut Agency on Aging as a Super Senior!

Bob Abercrombie is a stellar volunteer for the Town of Trumbull! He creates an environment for all members to feel welcome and goes out of his way to put a smile on someone's face. In addition to volunteering in our Food Pantry, he recently restored the senior center's bocce court, created a bocce group and a pickleball group consisting of members hoping to make meaningful connections. In his spare time, he bakes then delivers his creations to staff and volunteers to help spread happiness. Did we mention Bob is also a full time caregiver?



RESTAURANT WEEK

OCT 7-14,2022

**Trumbull Restaurant Week returns
October 7 – 14, 2022**

Participating restaurants throughout Trumbull will offer special prix-fixe menus & deals during the week (excludes tax and gratuity). Trumbull Restaurant Week is organized by the Trumbull Economic and Community Development office & the Trumbull Chamber of Commerce.



<https://connecticutrestaurantweek.com/restaurant-weeks-ct/trumbull-restaurant-week/>

SPOTLIGHT

**Meet Melody Martin,
Dance Instructor**

Melody has been dancing all of her life. In fact, she is celebrating her 60th year of dance! Her background is in tap, jazz, ballet and musical theater. She was Dance Masters of America Miss Dance of NYC in 1978. As a member of the Gloria Jean Review she has performed in various nightclubs and resorts and has performed with Bob Hope, Enzo Stuarti and Pat Cooper. Melody loves being a part of the Trumbull Senior Center! She is a member of Smile Awhile and looks forward to the next performance in December.



Melody teaches a variety of different classes at the senior center throughout the year including Jazz and Dance, Tap and Ballet. Be sure to check out the newsletter for her current class offerings!

We will be closed on Monday, October 10th in observance of the holiday

HUMAN SERVICES STAFF

Director of Human Services

Michele Jakab, LCSW
mjakab@trumbull-ct.gov

(203) 452-5144

SENIOR CENTER**(203) 452-5199****Front Desk**

Ronnie Mogensen
rmogensen@trumbull-ct.gov

(203) 452-5199

Transportation/Trips

Erinne Bugge
ebugge@trumbull-ct.gov

(203) 452-5137

SOCIAL SERVICES

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

(203) 452-5198

(203) 452-5133

Haely Kim

hkim@trumbull-ct.gov

(203) 452-5135

Food Pantry

Karen Seferi
kseferi@trumbull-ct.gov

(203) 452-5136

First Selectman

Vicki Tesoro
Firstselectman@trumbull-ct.gov

(203) 452-5005

Priscilla Place Café

(203) 452-5199 Ext 3

Elaine Marcucio

FOLLOW US ON FACEBOOK

<https://www.facebook.com/TrumbullSeniorCenter/>

COMMISSION ON AGING

Mike Ganino: Chair
Ron Foligno: Vice Chair
Jean DaRold: Secretary
Evelyn Wiesner
Mark Ryan

Alissa Heilbrunn
Nancy Lucas
Debra Gilbert Taylor
Barbara Crandall: Clerk

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

MISSION STATEMENT

Enrich the lives of older adults by offering programs and education that promote a healthy lifestyle, support independence, and enhance community engagement.

MEMBERSHIP

JULY 1st - JUNE 30th

Membership runs from July 1st-June 30th.

You can join at anytime during the year.

Resident Annual Fee: \$5

Non-Resident 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

IMPORTANT PHONE NUMBERS

Elder Justice Hotline: 1-860-808-5555

Agency on Aging: (203) 333-9288

211: Referrals to local resources. Call 211

VFW: Graham Bisset (475) 243-3811

The American Legion: Ernie Foito (203) 913-5689

OCTOBER BIRTHDAYS

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

- Gloria Anderson
- Mary Ellen Antal
- Ingeborg Benedetto
- Carl Coletta
- Beverly Dugas
- Lucy Duva
- Thelma Fortson
- Richard Fox
- Mary Fricke
- Judith Gilmore
- Bernice Homa
- Walter Hoyt
- Gladys Imbro
- Carol King
- Ann Kozar
- Dolores Larsen
- Lorraine Liquigli
- Catherine Luett
- Jeanette Margiotta
- Mildred Monteiro
- Barbara Musante
- Susan Palazzo
- Lucinda Parnoff
- Loraine Pataky
- Patti Pinto
- Robert Rising
- Barbara Scioscia-Reed
- Stephen Shapiro
- Dolores Shoop
- Suzette Sicsico
- Francelina Simoes
- Kathleen Toombs
- Michael Vartuli
- Joanna Yang



4 ACTIVITIES, PROGRAMS AND EVENTS

SAVE THE DATE

**The Drama Club presents
“The Best of Smile A While”**
Thursday, December 1st and
Friday, December 2nd.
More information coming soon!
You don't want to miss it!

WRITING WORKSHOPS

Mastering Memoir (In Progress)
Mondays & Thursdays at 1:00 PM
Begins Monday, September 12th
through Monday, November 7th
**Please note there will not be classes on 9/26, 10/6, 10/10, 10/13 and 10/27*

Mastering Memoir is a 12 session course commitment that meets twice weekly on Mondays and Thursdays at 1:00 pm with Brian Hogan. If you have a tale to tell, come join the fun and learn how to make it a tale everyone will line up to hear!

**Save the Date:
The Wonder in Wondering:
Curiosity is Your Superpower
with Brian Hogan (8 Sessions)**

Begins Monday, November 14th at 1:00 PM. Registration information coming soon!

SAVE THE DATE: HAZARDOUS WASTE COLLECTION

Saturday, December 3, 2022 9:00 AM to 1:00 PM
307 Indian Ledge Park Drive next to BMX Facility
Photo ID Required.

Transport Materials Safely

Follow these tips and transport the hazardous waste materials safely for proper disposal:

- Bring materials in original containers securely closed.
- Pack containers in sturdy upright boxes and pad with newspaper, if necessary.
- Never mix chemicals together!
- Never smoke or eat while handling hazardous materials.
- Leaking or broken containers must be contained.

Do not leave vehicles unless instructed to do so.

ART CLASSES ONLINE

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.

ART CLASSES — IN-PERSON

- **Watercolors Class**
Thursdays from 10:00 AM to 12:00 PM
- **Oil/Acrylic Painting Class**
Fridays from 10:00 AM to 12:00 PM

These classes are 12 week workshops currently in progress. The next registration period will open Monday, October 17th at 9:00 AM for classes beginning mid November, dates TBD. Non-residents must register in person.

MEDICARE PROGRAMS

Medicare Guidance

Peter Tallian, CHOICES Counselor, is currently making telephone and virtual appointments. Please call the office, 203-452-5199, to make an appointment.



Southwestern CT Agency on Aging & Independent Living

MEDICARE OPEN ENROLLMENT

The annual open enrollment for Medicare is coming soon – October 15th – December 7th.

Medicare coverage should be reviewed annually to ensure that it is still meeting all your needs including your prescription drug coverage, for the upcoming year.

Plans can change from year to year. Medicare CHOICES counselors will be available for individual sessions by appointment only on October 25th – space is limited – please call Jennifer Gillis in Social Services to confirm an appointment at 203-452-5133.



Southwestern CT Agency on Aging & Independent Living

NEXT CHAPTER BOOKS



In the summer of 2021, when the Trumbull Public Schools needed a new hub for the district's ELITE (Educating Learners in Transitional Environments) program, which

provides community-based life and employability skills training for students with developmental disabilities, those involved looked to create a student-run business which would make a meaningful contribution to the community. With the TPS core values of inclusivity and the development of a lifelong love of literacy in mind, a bookstore café and “meet up” spot seemed like just the right fit. Through community collaborations, the Trumbull team learned how to create a self-funded program in the form of pre-owned bookstore and café and the idea for Next Chapter Books was born.

2 Daniels Farm Road, Trumbull
Hours: Mon-Tues 10:00-2:00,
Wed-Fri 10:00-5:00 Sat 9:00-3:00

nextchapterbooks@trumbullps.net

(203) 590-3285



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Trumbull Senior Center

06-5293



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.ipicommunities.com

IN PERSON PROGRAMS AND GAMES

Book Club Meetings

- **Malibu Rising by Taylor Reid Jenkins**
Monday, October 3rd-11:00 AM
- **Curious Charms of Arthur Pepper by Phaedra Patrick**
Monday, November 7th-11:00 AM
- **The Four Winds by Kristin Hannah**
Monday, December 5th-11:00 AM

Brain Games

Thursday, October 6th and 20th 9:00 AM

1st & 3rd Thursday of each month.
Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, to participate in fun, stimulating brain games.

Genealogy Basics 101 with Bob Abercrombie

Wednesday, October 19th & Wednesday, November 16th at 10:30 AM

This is a two part class, during Part one on October 19th we will discuss what you know, research goals and identify resources. In addition, we will talk about software and some online resources that are available. During Part two on November 16th, we will continue the presentation on research and analyze of your data. Then, we will go over DNA to support your research. Then, we will have a demo of Ancestry.com.



Watch Trumbull TV on Charter Spectrum channel 194, on YouTube at TCTV Trumbull, or on Facebook to watch LIVE municipal meetings and events.

Lunch and Movie

Thursday, October 20th

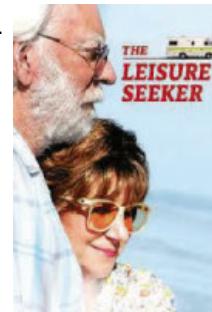
Lunch: 12:00 PM
Movie will begin: 1:00 PM

Movie: The Leisure Seeker

A runaway couple go on an unforgettable journey in the faithful old RV they call "The Leisure Seeker", travelling from Boston, Massachusetts to The Ernest Hemingway Home in Key West, Florida. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the end.

Starring: Helen Mirren, Donald Sutherland, and Christian McKay

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

**Monthly Birthday Party Lunch and Sweets**

Tuesday, October 25th

12:00 PM Lunch/12:30 PM Cake

Join us to celebrate our September birthdays with lunch and cake! Everyone is welcome to join no matter what month your birthday falls in. To attend both lunch and cake please RSVP by calling (203) 452-5199 ext 3. If you plan on joining for cake only, please call the main office at (203) 452-5199.

Halloween Party/Lunch

Monday, October 31st

12:00 PM

Wear your costume and join us for lunch as we celebrate Halloween! A special dessert and goodies will be served in addition to lunch. To RSVP for lunch please call (203) 452-5199 ext 3.

CAREGIVERS ALWAYS WELCOME!

Bingo

Friday, October 28th at 12:30 PM
Membership and registration required. Please 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.

Billiards: Call to reserve a table**Ping Pong:** Call to reserve a table**Canasta:** Mondays at 12:30 PM**Dominoes:** Tuesdays at 11:00 AM**Scrabble:** Tuesdays at 10:30 AM**Pinochle:**

Wednesdays & Thursdays at 10:00 AM

NEW!

Rummikub:

Wednesdays at 10:30 AM

NEW!

Bridge:

Fridays at 10:00 AM

Mahjong: Fridays at 11:00 AM**Bocce:**

Mondays & Thursdays at 10:00 AM

Pickleball Open Court:

Wednesdays at 12:30
Fridays at 9:00 AM



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: 891 3297 7909 / Passcode: Peace

Zumba Gold and Toning with Pauline

Wednesdays at 11:00 AM

Meeting ID: 721 316 6085 / Passcode: 549424

QiGong with Julie

Wednesdays at 1:00 PM

Meeting ID: 892 6346 2926 / Passcode: 975824

Chair Yoga with Jeannie

Thursdays at 9:00 AM

Meeting ID: 860 9912 0061 / Passcode: 840018

Community Meditation

Thursday, October 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

EXERCISE CLASSES IN PERSON

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.

Stretch and Move with Nancy

Mondays at 9:00 AM

Zumba Gold and Toning with Pauline

Mondays at 11:15 AM

Moderate Yoga with Deborah Swann

Tuesdays at 9:00 AM

Please bring a yoga mat and two yoga blocks.

Optional: yoga strap and blanket

Gentle Yoga with Deborah Swann

NEW!

Tuesdays at 10:15 AM

8 Week Course—ends 10/25 (may be extended)

Gentle Yoga focuses on stretching, breath and movement. It is perfect for those who prefer a slower class to improve flexibility, strength, breath, and release tension OR for those who are beginners. Practice includes easy floor poses and chair work, as well as the use of props to adapt poses to be more accessible.

Please bring yoga mat and block.

Optional props: yoga strap and blanket.

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.

Morning Exercise with Nancy

Wednesdays at 9:00 AM

Weights are optional to bring.

Beginners Ballet with Melody

Wednesdays at 11:15 AM

Begins Wednesday, September 7th-October 19th

No experience necessary.

Optional: Ballet shoes or socks. No sneakers.

Please note there will not be a class on 10/12

Tai Chi with David

Mondays and Wednesdays at 10:00 AM

Meets inside and outside at times

Strength with Nancy

Thursdays at 10:15 AM

Please bring your own weights.

Chair Balance and Core with Jeannie

New!

Thursdays at 1:15 PM

Please bring a foam block or pillow and a yoga strap.

Please wear non-slip sneakers.

Yoga Nidra with Deborah Swann

Third Friday of each month at 1:00 PM

Friday, October 21st

This is a deep relaxation class with Reiki.

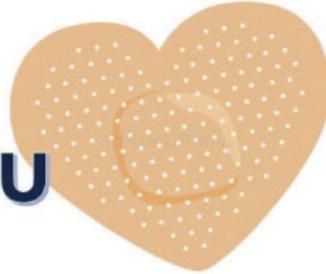
Please bring a yoga mat and small throw blanket.

Optional: small pillow for head rest.



UPCOMING FLU CLINIC: OCTOBER 4TH

Fight The Flu



Flu Clinic for seniors!

Tuesday, 10/4

9:00 – 10:00 am AND 11:30 am - 12:30 pm

Trumbull Senior Center

- ✓ Appointments preferred. Contact the Senior Center to make an appointment.
- ✓ Walk-ins will be accepted while supplies last.
- ✓ Flu forms can be located at the front desk at the Senior Center
- ✓ Arrive with completed paperwork
- ✓ Bring your license, insurance card(s), card when applicable
- ✓ Short sleeves shirt recommended
- ✓ Regular and high dose flu vaccine will be available.



DRUG TAKE BACK DAY

The Trumbull Police Department will be having “Take Back Drugs Day” on Saturday, October 29th from 10:00 AM until 2:00 PM at the Trumbull PD Sub-Station located at the Trumbull Shopping Park, 5065 Main Street in Trumbull. Please bring any unused, unwanted or expired drugs for proper disposal. There will also be a “drive up” option where cars can pull up and drop items into a bin.

The Trumbull PD Sub-Station is located near Door 4 (Panera Bread) between the old Lord & Taylor and Macy's.

DOCUMENT SHREDDING EVENT

Trumbull Community Women's semi-annual shredding event at the Trumbull Nature and Arts Center (7115 Main Street, Trumbull) will be held rain or shine on October 15th from 9:00 AM until 12:00 PM (or until the truck is full). Shredding is free but any contributions will be greatly appreciated and go back to the community. If you have in excess of 10 banker's boxes, please contact us prior to the event. Feel free to contact us with any questions at trumbullcommunitywomen@gmail.com

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

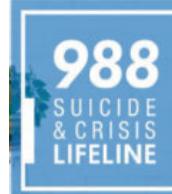
UNITED WAY / 2-1-1: <https://uwc.211ct.org/categorysearch/mental-health/> **OR CALL 211 FOR PROGRAMS AND SERVICES.**

THE FRIENDSHIP LINE: 1-800-971-0016

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.



988 SUICIDE AND CRISIS LIFELINE



This new, simplified tool is critical for older adults and those living with a disability because such individuals are at greater risk for mental health crisis and suicide. As SAMSHA pointed out in its [Appropriations Report for 988](#), suicide rates are higher among older adults. Among men, the suicide rate is highest for adults aged 75 and older, while among women, the suicide rate is highest among those aged 45 to 64. Likewise, a recent study found that people with disabilities were significantly more likely than those without disabilities to report suicidal ideation, planning, or attempt. **Calling 988 will direct the caller to representatives specifically trained in the management of suicide risk and other mental health crises.**

SUPPORT GROUPS

GRIEF AND LOSS GROUP:

Facilitated by Dr. Cornelia Morris, PhD, LADC
Meets the 2nd and 4th Tuesday of each month
at 9:00 AM—Tuesday, October 11th & 25th

To join, contact Dr. Cornelia Morris at cmorris@trumbull-ct.gov and/or call (203) 452-5158.

COFFEE AND LEARN WITH DR. MORRIS

Meets the 1st and 3rd Wednesday of each month at 10:00 AM—**Wednesday, October 5th & 19th**

Join Dr. Morris for this open-discussion group that will touch base on all different life topics and provide an opportunity for discussion and reflection. The group will meet at the Senior Center. To join, contact Dr. Cornelia Morris at cmorris@trumbull-ct.gov and/or call (203) 452-5158.

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.

FOOD PANTRY

Available to all Trumbull residents who meet income guidelines **or** are facing food insecurity. We do not turn anyone away. 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 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.

SENIOR FARMERS MARKET

The Seniors Farmers Market Voucher Program is a supplemental food program that provides vouchers to eligible seniors which may be redeemed at local designated Farmer's Markets throughout Connecticut. These vouchers provide seniors with the opportunity to purchase locally grown fresh fruits, vegetables, fresh cut herbs, honey and eggs with participating vendors during the summer months. The program is administered nationally by the State Department of Agriculture. For income guidelines and additional program information, please contact Jennifer Gillis, Social Service Coordinator at 203-452-5133 or jgillis@trumbull-ct.gov.

FOOD PANTRY NEEDS

LIST:

- Coffee: 1 lb containers
- Tea
- Breakfast foods: hot and cold cereals, breakfast bars, pop tarts
- Canned Fruit
- Apple Sauce (ie: low sugar, no sugar, natural juices)
- Pancake mix and syrup
- Jarred tomato sauce and tomato product (crushed, puree, diced, paste)
- Shelf stable milk (whole, soy, almond)
- Gluten Free products
- Juice and juice boxes
- Peanut butter and jelly
- Beans (low sodium, kidney, black, white, red, garbanzo, pink, pinto)
- Laundry detergent and dish soap
- Hygiene products: shampoo, conditioner, lotion, toothpaste, deodorant
- Cleaning supplies
- Facial tissues
- Napkins

Monetary donations of gift cards are appreciated. Checks can be made payable to The Trumbull Food Pantry.

MEET HAELEY, OUR NEW SOCIAL WORKER!

My name is Haeley Kim and I am a Licensed Clinical Social Worker. I have 12 years of experience working as a social worker and I have worked in different sectors within the field including Public Welfare, Health Care, and Mental Health.



Before joining Trumbull Human Services, I worked as a supervisor of Health and Recovery Plan in New York where I supervised a team of Behavioral Health Care Managers. Prior to that, I was the supervisor of the field social work team at a Managed Long Term Care plan. Through my work, I gained vast experience working with seniors and individuals with disabilities and I have enjoyed witnessing the quality of lives being improved with appropriate support and social/community services.

I am very excited to be joining the Trumbull Human Services team and I look forward to working with Trumbull residents and community members!

TRANSPORTATION

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.

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

MEDICAL RIDES

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

Need a ride somewhere else?

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



VETERANS!

Ask us about rides to the VA in West Haven.

Check out Page 9 for trips and travel.

SHOPPING TRIPS

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 loop date is **FRIDAY, OCTOBER 7TH**. Stores include Big Y, Best Buy, Kohl's and Target. Also included are TJ Maxx, McDonalds, Duchess and Burger King.

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 Walmart shopping date is **FRIDAY, OCTOBER 21ST**.

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.

LEISURE TRIPS

PAYMENT FOR TRIPS MUST BE MADE WITHIN 5 DAYS OF SIGN UP OR YOUR RESERVATION MAY BE RELEASED - PLEASE CONFIRM CANCELLATION POLICY.

TRIP POLICY REMINDER: Payment must be made within 5 business days of reservations to keep your seat.**GOODSPEED OPERA HOUSE & LUNCH**
(Full, Waitlist available)

East Haddam, CT

Tuesday, **October 5th**

Cost: \$82.00 Includes Lunch

Depart: 10:15 am Estimated Return: 6:00 pm

GUILFORD GHOST TOUR

Guilford, CT **CASH ONLY** Lunch not included

Friday, **October 14th**

Cost: \$12.00 + LUNCH

Depart: 9:45 am Estimated Return: 1:45 pm

BRANFORD SCARECROWS ON THE GREEN

Branford, CT

Friday, **October 28th**

Cost: \$2.00 + LUNCH

Depart: 10:30 am Estimated Return: 1:45 pm

BUS TRIPS

AUTUMN RAILWAY IN THE BERKSHIRES

(Full, Waitlist available)

Enjoy the colors of autumn on the scenic railway in the Berkshires. After lunch, we will visit a local winery!

Sunday October 23, 2022

Depart Penny Lane Lot: 7:30 am

Estimated Return: 6:30 pm

Cost: \$138 Per person **Checks to: Tours of Distinction**

AMERICA THE BEAUTIFUL

Celebrate the music of America and enjoy a family style lunch.

Thursday November 10, 2022

Depart Penny Lane Lot: 9:45 am

Estimated Return: 5:15 pm

Cost: \$106 Per person **Checks to: Friendship Tours**

RADIO CITY CHRISTMAS SPECTACULAR

Enjoy the city during the holidays in the morning and see the Rockettes in the afternoon! Food is not included.

Tuesday November 29, 2022

Depart Penny Lane Lot: 8:00 am

Estimated Return: 8:00 pm

Cost: \$185 Per person **Checks to: Tours of Distinction**

GLENN MILLER ORCHESTRA

Enjoy a family style lunch and a lively holiday Show!

Wednesday December 7, 2022

Depart Penny Lane Lot: 9:45 am

Estimated Return: 5:15 pm

Cost: \$114 Per person **Checks to: Friendship Tours**

Please call (203) 452-5137 to schedule an appointment to register and discuss trips.



Priscilla Place Café Lunch Hours:

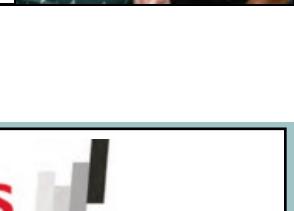
Mondays, Tuesdays, and Thursdays 12:00 PM -1:00 PM.

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 hours in advance. Suggested donation of \$5.00.

*Financial assistance is available. See the front office to apply.
All inquires are kept confidential.**Other Menu Selections:**Turkey Club*

***Only available when ordering 24 hours in advance and you must specify in message that you would like the club sandwich**

Monday, October 3rd Lunch Special	Monday, October 10th Lunch Special	Monday, October 17th Lunch Special	Monday, October 24th Lunch Special	Monday, October 31st Lunch Special
Vegetable Cacciatore with watermelon and a chickpea/tomato/cucumber salad	Senior Center is closed in observance of the holiday!	Pork Loin with sweet potato, squash, apple sauce, watermelon, bread and a salad	Mousaka with an apple, bread and a salad.	HALLOWEEN PARTY! Meat lasagna with broccoli/cauliflower, a banana, bread and a salad
Tuesday, October 4th Lunch Special	Tuesday, October 11th Lunch Special	Tuesday, October 18th Lunch Special	Tuesday, October 25th Lunch Special	
Chicken pot pie, an orange, bread and a salad	Vegetable lasagna, watermelon, bread, and spinach salad with cranberries and red onion	Chicken Parmesan with green beans, an orange, bread and a salad	Stuffed cabbage with carrots, grapes, bread and a salad	
Thursday, October 6th Lunch Special	Thursday, October 13th Lunch Special	Thursday, October 20th Lunch Special	Thursday, October 27th Lunch Special	
Stuffed Squash with grapes, bread and a salad	Swedish meatballs with egg noodles, carrots and peas, an orange, bread and a salad	Stuffed shrimp with baked potato, zucchini, a banana, bread and a salad	Manicotti with green beans, an orange, bread and a salad	

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday	
9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 11:00 Book Club 11:15 Zumba 12:00 Lunch 12:15 Drama Club 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi 1:00 Mastering Memoir	3 9:00 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:15 Gentle Yoga 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch	4 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 10:00 Coffee and Learn 10:15 42nd St/Godspeed Opera 10:30 Rummikub 11:00 Zumba Gold/Tone 11:15 Beginners Ballet 1:00 Qigong 12:30 Pickleball Court	5 9:00 Chair Yoga 9:00 Brain Games 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:00 Bocce 10:15 Strength 11:00 Computer Tutor 11:30 Sit & Fit 12:00 Lunch 1:15 Chair Balance and Core	6 9:00 Painting Part 1 9:00 The Loop 9:00 Pickleball Court 10:00 Oil/Acrylic 10:00 Bridge 11:00 Mahjong 1:00 Painting Part 2	7
The Center is closed in observance of the holiday	10 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:15 Gentle Yoga 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch	11 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 10:30 Rummikub 11:00 Zumba Gold/Tone 1:00 Qigong 12:30 Pickleball Court	12 9:00 Chair Yoga 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:00 Bocce 10:15 Strength 11:00 Computer Tutor 11:30 Sit & Fit 12:00 Lunch 1:15 Chair Balance and Core	13 9:00 Painting Part 1 9:00 Pickleball Court 9:45 Guilford Ghost Tour 10:00 Oil/Acrylic 10:00 Bridge 11:00 Mahjong 1:00 Painting Part 2	14
9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 10:30 Beltone Presents 11:00 Book Club 11:15 Zumba 12:00 Lunch 12:15 Drama Club 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi 1:00 Mastering Memoir	17 9:00 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:15 Gentle Yoga 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch	18 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 10:00 Coffee and Learn 10:30 Genealogy 10:30 Rummikub 11:00 Zumba Gold/Tone 11:15 Beginners Ballet 1:00 Qigong 12:30 Pickleball Court	19 9:00 Chair Yoga 9:00 Brain Games 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:00 Bocce 10:15 Strength 11:00 Computer Tutor 11:30 Sit and Fit 12:00 Lunch 1:00 Mastering Memoir 1:00 Movie 1:15 Chair Balance and Core 7:00 Comm. Meditation	20 9:00 Painting Part 1 9:00 Pickleball Court 9:00 Walmart 10:00 Oil/Acrylic 10:00 Bridge 11:00 Mahjong 1:00 Painting 1:00 Yoga Nidra	21
9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 11:15 Zumba 12:00 Lunch 12:15 Drama Club 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi 1:00 Mastering Memoir	24 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:15 Gentle Yoga 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch	25 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 10:30 Rummikub 11:00 Zumba Gold/Tone 1:00 Qigong 12:30 Pickleball Court	26 9:00 Chair Yoga 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:00 Bocce 10:15 Strength 11:00 Computer Tutor 11:30 Sit and Fit 12:00 Lunch 1:15 Chair Balance and Core	27 9:00 Painting Part 1 9:00 Pickleball Court 10:00 Oil/Acrylic 10:00 Bridge 11:00 Mahjong 12:30 Bingo 1:00 Painting Part 2	28
9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 11:15 Zumba 12:00 Lunch/Halloween Party 12:15 Drama Club 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi	31 	<h1>OCTOBER 2022</h1> <p>*All virtual programs are written in GREEN text.</p>			