



TOWN OF **Trumbull** HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

NOVEMBER 2022

THE DRAMA CLUB PRESENTS

“The Best of Smile A While”

Thursday, December 1st at 1:00 PM

and

Friday, December 2nd at 11:00 AM

To reserve your seat, please call
(203) 452-5199.

LEAF PICK UP PROGRAM

Loose Leaf Collection

The Town of Trumbull offers an annual loose leaf collection program that begins in the Fall and runs until leaves have been collected in each neighborhood. Town crews will begin in the Northwest Quadrant this year, which is west of Rte. 25, will pick up from Lake Avenue moving North, then move clockwise through the Northeast, Southeast, and Southwest Quadrants until finished. Payloaders will remove larger piles of leaves first, then crews will return to finish clean up with leaf vacuums. Both phases may not occur on the same day.

Expected Start Date: The Leaf Pickup Program Start Date is expected to begin Monday, November 7, 2022. Weather conditions may delay collections.

Important Details:

- Loose leaf collection will occur only once per street.
- It is imperative all leaves are moved to the curb **no later than November 7, 2022.**
- Leaves must be placed on the lawn, at the edge of the curb - not in the roadway. Putting leaves on the pavement is subject to a \$90 fine and creates dangerous conditions for vehicles and pedestrians.
- Leaf piles must be in an accessible location.
- Leaves will not be picked up if there are branches mixed in with your leaves. Branches will clog the leaf suckers.

Please check the town's website for any updates and changes due to weather.

**We will be closed on Friday, November 11th in observance of Veteran's Day
and closed on Thursday, November 24th and Friday, November 25th in observance of Thanksgiving.**

INCLEMENT WEATHER POLICY

CLOSURES:

When Trumbull Public Schools are closed:

- All activities including lunch will be cancelled. *(EXCEPT FOR ZOOM)*
- Transportation will operate with a possible delay. 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 listed on the town website.
- All activities including lunch will be cancelled. *(EXCEPT FOR ZOOM CLASSES)*
- ZOOM classes continue as scheduled.
- Transportation will operate based on road safety and will operate with a possible delay.

DELAYS:

How to be notified of Closings and Delays

- Call the senior center, ext 2, listen for updates
- T.V. channels 12, 8, 6 and 3
- Radio WICC 660 and WEBE 108 on the radio
- Text alerts thru NBC or WSFB (see below)
- Our Facebook Page
- Sign up for our emails on the town website.

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>

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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**Front Desk**

Ronnie Mogensen
rmogensen@trumbull-ct.gov

(203) 452-5199

(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

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

Elaine Marcucio
(203) 452-5199 Ext 3

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 30THMembership 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

NOVEMBER BIRTHDAYS

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

- Francesca Amore
- Svetlana Andrievsky
- Claudia Bennett
- Kathleen Brixius
- Gabriel Butler
- Dawn Cantafio
- Harold Dale
- Rose Marie D'Aquila
- Judith D'Aurio
- Helen D'Elia
- Lorraine Dellavecchio
- Eugenius Dene
- Jean Devan
- Elaine DiCicco
- Barbara DiDomenico
- Edward Donato
- Elizabeth Falsetti
- Elizabeth Gasparrini
- Clara Goncalves
- Carol Gregory
- June Harris
- Harvey Hevenstone
- June Hlywa
- Cynthia Holmes
- Richard Jones
- Renee Kutlik
- Sandy Lynch
- Charles MacMath
- Dorothea Macol
- Kathleen Maher
- Deb Marusa
- Molly McCarthy Stetz
- William McMenamey Jr.
- Roy Molgard
- Robert Mraz
- Antonia Mraz
- Joseph Mucherino
- Sheila Nieves
- Jacqueline Norcel
- Julia Panella
- Antonio Petitti
- Josephine Pompa
- Marietta Recupido
- Amerigo Ricci
- Eve Rothbard
- Donna Saputo
- Albert Song
- William Stone
- William Sutay Sr.
- Lorraine Szamatulski
- Elinor Therriault
- Bernardo Vittori
- Deborah Weiss
- Yvonne Wilkins
- Peter Yeh

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<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.- 2:00 p.m. (203) 452-5199

*appointments and arrangements for activities can be made by appointment only after 2:00 p.m.

SOCIAL SERVICES HOURS:

Monday-Friday 9:00 a.m.- 4:00 p.m.

Call for an appointment (203) 452-5198

FOOD PANTRY: Monday, Tuesday, Thursday

By appointment only (203) 452-5136

4 ACTIVITIES, PROGRAMS AND EVENTS

WRITING WORKSHOPS

Finding the Wonder in Wondering: Curiosity is Your Superpower with Brian Hogan (4 Sessions)

Mondays at 1:00 PM

November 14th—December 5th
Cost of this course is \$25.00

In this course you'll discover the power hidden deep within your own curiosity. Through writing exercises that take advantage of the latest cutting edge science we will use curiosity to:

- Improve memory
- Increase intimacy and connection
- Decrease social anxiety
- Accelerate knowledge acquisition
- And have a blast while doing it!

You'll be able to harness the powerful benefits of curiosity to regulate your emotions, improve learning, alleviate suffering, and experience more awe and wonder in your life.

To register for this workshop, please call (203) 452-5199. Payment is due within two business days of when you sign up.

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.

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

The current Watercolors workshop ends on 11/3, with a new session beginning on 11/17.

The current Oil/Acrylic workshop ends on 11/4, with a new session beginning on 11/18.

*Advanced registration is required.
Please call the office at (203) 452-5199 to check for availability.*

DRIVER SAFETY

AAA Driver Safety Course
Friday, December 9th
9:00 AM

The AAA Driver Improvement Program is a free class for the 'mature' driver – both AAA members and non-members -- that reviews the basics of defensive driving and strategies on ways to keep your keys. Connecticut drivers 60 and older who complete the program qualify for a minimum 5% discount on a portion of their annual insurance premiums. When you complete the class, AAA will mail you a certificate to submit to your insurance company for the discount.

To register, please call (203) 452-5199.



THANKSGIVING

Join us for Thanksgiving Dinner at the Priscilla Place Café!

Thursday, November 17th at 12:00 PM

Cost: \$5

Menu: Roasted turkey with gravy, stuffing, yams, yellow squash, cranberry sauce, bread and salad.

Reservations are required 24 hours in advance by calling (203) 452-5199 ext. 3.



IN PERSON PROGRAMS AND GAMES

Book Club Meetings

1st Monday of every month at 11:00 AM

- **Curious Charms of Arthur Pepper by Phaedra Patrick**
Monday, November 7th
- **The Four Winds by Kristin Hannah**
Monday, December 5th
- **Look Again by Lisa Scottoline**
Monday, January 9th

Brain Games

Thursday, November 3rd and 17th at 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.

Round Table with Attorney**Linda L. Eliovson**

Wednesday, November 9th

10:00 AM

What happens if we do nothing? Not having a life plan and an appropriate estate plan to meet your family's and your current needs is a decision in and of itself—*Let's Talk!*

Attorney Linda L. Eliovson of the firm Eliovson and Tenore in Fairfield will present an open round-table discussion regarding the identification of potential future crises in your life and the planning needed to minimize the effects on you and your family. Attorney Eliovson will review basic legal documents, financial discussion for titling/access to assets, preservation of assets, long term care needs, death of spouse, etc. Attendees can bring their questions and concerns to the table for a mutually beneficial discussion. To RSVP please call 203-452-5199.

CAREGIVERS ALWAYS WELCOME!

Monthly Birthday Party**Lunch and Sweets**

Cost of lunch: \$5

Tuesday, November 29th

12:00 PM Lunch/12:30 PM Cake

Join us to celebrate our November 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.

Bingo

Friday, November 18th

12:30 PM

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

Computer Lessons with Cathy

Mondays at 12:30 PM

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

Rummikub:

Wednesdays at 10:30 AM

NEW!

Bridge:

Fridays at 10:00 AM

NEW!

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, November 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

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

Tuesdays at 10:15 AM starting November 15th

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 until November 29th

New sessions returning in the spring!

Sit and Fit with Bobbi

Tuesdays at 11:30 AM

Please bring your own weights.

Morning Exercise with Nancy

Wednesdays at 9:00 AM

Optional: bring weights

Beginners Ballet with Melody

Wednesdays at 11:15 AM

Begins Wednesday, November 9th-November 30th

No experience necessary.

Optional: Ballet shoes or socks. No sneakers.

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

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, November 18th

This is a deep relaxation class with Reiki.

Please bring a yoga mat and small throw blanket.

Optional: small pillow for head rest.

MENTAL HEALTH

Older Adults and Mental Health

As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one. Although many people will adjust to these life changes, some may experience feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illnesses such as depression and anxiety.

Mental health is important at every stage of life. Effective treatment options are available to help older adults manage their mental health and improve their quality of life. Recognizing the signs and seeing a health care provider are the first steps to getting treatment.

Warning Signs:

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues, or pain
- Misuse of alcohol or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Engaging in thinking or behavior that is concerning to others
- Seeing, hearing, and feeling things that other people do not see, hear, or feel

Source:

<https://www.nimh.nih.gov/health/topics/older-adults-and-mental-health>

Help is available: If you are unsure where to go for help call (203) 452-5193, the Mary J. Sherlach Counseling Center.

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



UNITED WAY:

Call 211 for resources and assistance. 24 hours a day. <https://uwc.211ct.org/categorysearch/mental-health/>

988 Suicide and Crisis Lifeline

Calling 988 will direct the caller to representatives specifically trained in the management of suicide risk and other mental health.



U-TURNS ON PRISCILLA PLACE

SAFETY POLICY

It has been brought to our attention that members are turning around in the road rather than driving through the parking lot to turn around. This is causing traffic and safety issues. We ask that all members drive through the back parking lot to turn around. We work hard to respect our neighbors and their quality of life. This includes not turning around in our neighbors drive ways.

Thank you for understanding.

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, November 8th & 22nd

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, November 2nd & 16th**
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.

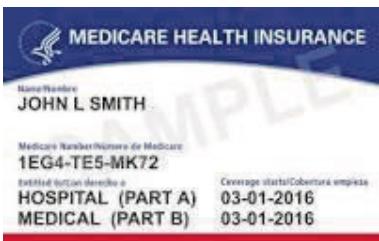
8 SOCIAL AND HUMAN SERVICES

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.

MEDICARE OPEN ENROLLMENT



From October 15 – December 7 each year, you can make changes to your Medicare health plans and prescription drug plans for the following year. During this open enrollment period, you are eligible to join or switch your Medicare Advantage Plan or to change from a Medicare Advantage Plan to traditional Medicare. The changes made will be effective January 1st of 2023. It is important for Medicare beneficiaries to review their current Medicare Advantage plan if there is one and understand any possible changes like cost, coverage, and what providers and pharmacies are in network for 2023. More information on Medicare plan for 2023 can be found on www.medicare.gov and we are also here for help. If you need any assistance or would like to learn further about your plans, you can schedule an appointment by calling our social services department at 203-452-5198.



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.

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 (Stop and Shop, Big Y, Target, Walmart, etc.). Checks can be made payable to The Trumbull Food Pantry. Contributions are accepted by mail to the Department of Human Services, 23 Priscilla Place, Trumbull, CT 06611.

ENERGY/HEAT ASSISTANCE

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 2022-2023 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!

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.

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

SPECIAL MILFORD 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, NOVEMBER 4TH. For this month only, stores include Christmas Tree Shop, Walmart, JoAnn Fabrics, Home Goods, Marshalls and Barnes and Noble.

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, NOVEMBER 18th**.

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.

TRUMBULL SENIOR CENTER TRIP POLICY*For Senior Center Sponsored Trips*

**For Tour Company Sponsored Trips, there is a separate policy.*

ELIGIBILITY:

- **Membership is required** to participate in Senior Center Sponsored Trips
- **Daytrips must be paid for in full at time of signup.**
- **Phone reservations will be held for 2 business days only.** You must be a member to make a phone reservation and can only hold a spot for you and one additional member. If the registrant does not show up within 2 business days to pay the trip fee, the reservation will automatically be dropped.
- Due to high demand, 70% of the seats will be held for Trumbull residents. There is a waitlist for every trip.

CANCELLATION PROCESS:

- Participants must contact the Senior Center if it becomes necessary to cancel for any reason.
- When possible, the space will be filled by someone from the waiting list.
- Participants may not transfer their reservation, all cancellations must be processed through the Senior Center.
- There will be no refunds for those canceling unless the reservation has been resold or the Senior Center receives a refund from the provider.

PARKING

- On day trips, participants are required to park their vehicles at the outer edges of either Senior Center parking lot.

DEPARTURE PROCEDURE

- Participants are requested to be at the Senior Center at least 15 minutes before departure time for day trips.
- If you arrive late for a trip, the bus will not wait for you. Refunds will not be made if you miss a trip.

Continued on the bottom of the next column

LEISURE TRIPS

PAYMENT FOR TRIPS MUST BE MADE WITHIN 2 DAYS OF SIGN UP OR YOUR RESERVATION MAY BE RELEASED

LOCKWOOD MATHEWS MANSION TOUR

Norwalk, CT—Lunch at Dry Dock Cafe

Friday, December 9th

Registration for this trip opens on 11/4 at 9:00 AM

Cost: \$10.00 +Lunch (**Cash Only**)

Depart: 9:30 AM

Estimated Return: 1:30 PM

BUS TRIPS**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 made out 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 made out to: Tours of Distinction

GLENN MILLER ORCHESTRA AT AQUA TURF

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 made out to: Friendship Tours

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

TRUMBULL SENIOR CENTER TRIP POLICY CONTINUED**RETURN PROCEDURE**

- Prior to the trip, participants are requested to arrange transportation home from the Senior Center if they do not drive.
- Return times are always approximate. Every effort will be made to return to the Senior Center by the time designated during sign up.
- Should there be a lengthy delay or unusually early return, the trip captain will make every effort to give participants an opportunity to notify by phone those who would be picking them up.

Priscilla Place Café Lunch Hours:

Mondays, Tuesdays, and Thursdays from 12:00 PM -1:00 PM.
Please check in for lunch by 12:30.

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, November 7th Lunch Special	Monday, November 14th Lunch Special	Monday, November 21st Lunch Special	Monday, November 28th Lunch Special
	Baked potato chili bar	Porchettia with pasta and green beans	Meatloaf with mashed potatoes and broccoli	Lasagna
Tuesday, November 1st Lunch Special	Tuesday, November 8th Lunch Special	Tuesday, November 15th Lunch Special	Tuesday, November 22nd Lunch Special	Tuesday, November 29th Lunch Special
Meat loaf	Roasted pork loin with sweet potato and zucchini	Shepard's Pie	Tuscan chicken	BBQ chicken with sweet potato and collard greens
Thursday, November 3rd Lunch Special	Thursday, November 10th Lunch Special	Thursday, November 17th Lunch Special	Thursday, November 24th Lunch Special	
Chicken oregano with rice and peas	Stuffed peppers	Turkey Dinner: Roasted turkey with gravy, stuffing, yams and squash	The Center is closed in observance of Thanksgiving.	

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday	
	9:00 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch	1 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 10:00 Coffee and Learn 10:30 Rummikub 11:00 Zumba Gold/Tone 1:00 Qigong 12:30 Pickleball Court	2 9:00 Chair Yoga 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:00 Bocce 10:15 Strength 11:30 Sit & Fit 12:00 Lunch 1:00 Mastering Memoir 1:15 Chair Balance and Core	3 9:00 Painting Part 1 9:00 Pickleball Court 9:00 The Milford Loop 10:00 Oil/Acrylic 10:00 Bridge 11:00 Mahjong 1:00 Painting Part 2	4
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 12:30 Drama Club 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi 1:00 Mastering Memoir	7 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch	8 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 10:30 Attorney Elovson 10:30 Rummikub 11:00 Zumba Gold/Tone 11:15 Beginners Ballet 1:00 Qigong 12:30 Pickleball Court	9 9:00 Chair Yoga 10:00 Pinochle 10:00 Bocce 10:15 Strength 11:30 Sit & Fit 12:00 Lunch 1:15 Chair Balance and Core	10 The Center is closed in observance of Veterans Day	11
9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 11:15 Zumba 12:00 Lunch 12:30 Drama Club 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi 1:00 Wonder in Wondering	14 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	15 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	16 9:00 Chair Yoga 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:00 Bocce 10:15 Strength 11:30 Sit and Fit 12:00 Lunch 1:15 Chair Balance and Core 7:00 Comm. Meditation	17 9:00 Painting Part 1 9:00 Pickleball Court 9:00 Walmart 10:00 Oil/Acrylic 10:00 Bridge 11:00 Mahjong 12:00 Bingo 1:00 Painting 1:00 Yoga Nidra	18
9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 11:15 Zumba 12:00 Lunch 12:30 Drama Club 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi 1:00 Wonder in Wondering	21 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	22 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 10:30 Rummikub 11:00 Zumba Gold/Tone 11:15 Beginners Ballet 1:00 Qigong 12:30 Pickleball Court	23 The Center is closed in observance of Thanksgiving	25 The Center is closed in observance of Thanksgiving	25
9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 11:00 Basics of Technology 11:15 Zumba 12:30 Drama Club 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi 1:00 Wonder in Wondering	28 9:00 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:15 Gentle Yoga 10:30 Price is Right for Health 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch/Birthday Party	29 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 10:30 Rummikub 11:00 Zumba Gold/Tone 11:15 Beginners Ballet 1:00 Qigong 12:30 Pickleball Court	30	<h1>NOVEMBER 2022</h1> <p>*All virtual programs are written in GREEN text.</p> 	