



TOWN OF Trumbull HUMAN SERVICES



Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

DECEMBER 2022

CHRISTMAS LUNCH AT PRICILLA PLACE CAFÉ

Join us for a Christmas Party at the Priscilla Place Café!

Thursday, December 15th at 12:00 PM

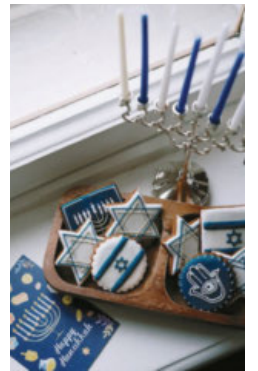
Cost: \$5

Menu: Baked Stuffed Shrimp

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



Wishing everyone a Merry Christmas and a Happy Hanukkah!



REFRESHMENTS
(WHILE SUPPLIES LAST)

TRUMBULL
PARKS &
RECREATION
EST. 1947

Holiday Tree Lighting

DECEMBER 2 6:00PM

TRUMBULL TOWN HALL GAZEBO

PERFORMANCES BY:

- MADISON MIDDLE SCHOOL BAND
- TRUMBULL YOUTH ASSOCIATION

NEXT CHAPTER BOOKS

INTRODUCING SENIOR CIRCLE TUESDAYS

at Next Chapter Books!

EVERY TUESDAY, ALL SENIORS
(HIGH SCHOOL AND 55+) RECEIVE
BOOKS, BUY ONE, GET ONE FREE!

High School Seniors present student ID at checkout. 55+ do not need to show ID.



We will be closed on Friday, December 23rd and Monday, December 26th in observance of Christmas.

BUNTING APPRAISAL SERVICES



Need an Appraisal of your home to get rid of costly PMI or for Probate, Divorce, Pre-Listing, Estate Planning or Tax Appeal purposes? Give me a call!

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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**Front Desk**

Ronnie Mogensen (203) 452-5199
rmogensen@trumbull-ct.gov

Transportation/Trips

Erinne Bugge (203) 452-5137
ebugge@trumbull-ct.gov

SOCIAL SERVICES (203) 452-5198

Jennifer Gillis B.A. (203) 452-5133
jgillis@trumbull-ct.gov

Haely Kim (203) 452-5135
hkim@trumbull-ct.gov

Food Pantry

Karen Seferi (203) 452-5136
kseferi@trumbull-ct.gov

Wellness Nurse

Susan Clay, BSN RN (203) 452-5134
sclay@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

FOLLOW US ON FACEBOOK

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



COMMISSION ON AGING

Mike Ganino: Chair	Alissa Heilbrunn
Ron Foligno: Vice Chair	Nancy Lucas
Jean DaRold: Secretary	Debra Gilbert Taylor
Evelyn Wiesner	Barbara Crandall: Clerk
Mark Ryan	

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

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

DECEMBER BIRTHDAYS

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

- | | |
|-----------------------|-------------------------|
| • Norma Wattell | • Sylvia Jones |
| • Anna Marczyk | • Elizabeth Vernon |
| • Dennis Hoben | • Mary Rick |
| • Audrey Paray | • Joan Mills |
| • Vibha Shah | • Charles DiDomenico |
| • Barbara Butterworth | • Ann Kidwell |
| • Patrick Carr | • Karen Casarin |
| • Karen Constantini | • Ann Leone |
| • Carla Loxson | • Antonieta Tola |
| • Lorraine Lynch | • Maria Teresa Monteiro |
| • Elizabeth Ryan | • Elizabeth Cahill |
| • Kathleen Corrigan | • James Connor |
| • Richard Bonosky | • Angela DeGirolamo |
| • Mary Lou Fenick | • Mary Joan Donahue |
| • Patsy Pagliarulo | • Carol Donegan |
| • Mary Pronechen | • Martin Flowers |
| • Karen Adams | • Joan Bandanza |
| • Diane Saracino | • Colleen Katz |
| • Dorothy Lewandowski | • Sally Novak |
| • Raymond Strickland | • Katherine Shields |
| • Janice Berliner | • Marie Stapkowski |
| • Christine Bonosky | • James Briggs |
| • Barbara MacMath | • Andrew Coppola |
| • Nancy Lucas | • Hilda Delgado |
| • Betty Carlson | • Barbara Gndt |
| • Carol Gabrielle | • Mary Lou Roof |
| • Frank Gallo | • Mary Ann Corcoran |

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.

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.

HALLOWEEN PARTY PHOTOS



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.

TRUMBULL COMMUNITY WOMEN

Personalized Letters from Santa

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

Wrap up Christmas with Santa's Little Elves



This year Trumbull Community Women are offering a **gift wrapping service** for all your holiday presents. Details on pricing and order forms can be found using the qr code below or

www.Trumbullcommunitywomen.wordpress.com and click on the "holiday wrapping page."

Please note we offer volume discounts and pick up and delivery service and a 2 day turn around. On the website we show all the wrapping paper choices available as well as the ribbon and gift tag options. Note there are Christmas themed choices as well as non-specific holiday choices as well as a range of colors.

The service is available until December 19.



TRUMBULLCOMMUNITYWOMEN.ORG

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

1st Monday of every month at 11:00 AM

- **The Four Winds** by Kristin Hannah
Monday, December 5th
- **Look Again** by Lisa Scottoline
Monday, January 9th
- **The Music of Bess** by Eileen Garvin
Monday, February 6th

Brain Games

Friday, December 2nd and Thursday, December 15th at 9:00 AM

1st & 3rd Thursday of each month. Join Danielle Ramos, of Cambridge and Ludlowe Health & Rehabilitation Centers in Fairfield, to participate in fun, stimulating brain games.

Bingo Hosted by Wesley Village

Friday, December 9th at 1:00 PM

Membership and registration required. Join Lisa Bisson, Director of Community Outreach for Crosby Commons at Wesley Village for Bingo! **Please call (203) 452-5199 to RSVP.**

Wellness Retreat

Tuesdays and Thursdays
Beginning December 6th through December 15th at 1:00 PM

This program will meet in four sessions, 12/6, 12/8, 12/13 and 12/15 and is designed to bring awareness of ways to keep the winter blues away. Our bodies naturally make hormones that bring calm and contentment but many of us are unaware of how it happens and how we can help our bodies make more. We will also have fun facts and activities to jump start our happy hormones! **To register, please call (203) 452-5199.**

AAA Driver Safety Course
Friday, December 9th at 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.**



Lions Low Vision

Monday, December 12nd at 10:30 AM

Join us as we define low vision, review vision acuity levels, discuss different vision disorders, and explain how the Lions Low Vision Centers work and how they may be able to help you! **To register, please call (203) 452-5199.**

Monthly Birthday Party Lunch and Sweets

Cost of lunch: \$5

Tuesday, December 27th

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, December 30th at 12:30 PM

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

Calligraphy Workshop

Beginning January 23rd
Mondays and Wednesdays at 1:00 PM (6 sessions)

Learn the art of calligraphy! This six session workshop will teach you the basics of calligraphy and allow you to practice your skills with guidance from the instructor. Towards the end of the workshop students will each get to work on their own project such as a poem verse, place cards, or addressing envelopes. Calligraphy markers will be available to use during the classes or you have the option to purchase your own. **To register, please call (203) 452-5199.**

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

Dominoes: Tuesdays at 11:00 AM

Canasta: Tuesdays at 12:30 PM

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

Pickleball Open Court:

Tuesdays at 12:30 (temporary drop in day)

Wednesdays at 12:30

Fridays at 9:00 AM

***No Pickleball on Friday, 12/2**

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, December 15th 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

RETURNS JANUARY 3RD

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.

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

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 (No Class on 12/1/22)

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, December 16th

This is a deep relaxation class with Reiki.

Please bring a yoga mat and small throw blanket.

Optional: small pillow for head rest.



HEALTH AND WELLNESS

MEET THE NEW WELLNESS NURSE

We are pleased to introduce Susan Clay BSN, RN as the new Senior Wellness Nurse for the Town of Trumbull. Susan will be at the Senior Center Monday, Tuesday and Thursday from 8:30 a.m to 3:00 pm. Her office is located in the Nursing Suite just next door to the Social Services offices. Over the next few weeks Susan will stopping by many of the activities to introduce herself but she is also available by appointment by calling 203-452-5134 or by email to sclay@trumbull-ct.gov

Susan earned her Bachelor of Science in Nursing from Western Connecticut State University and throughout her career she has worked at Bridgeport Hospital in Urology, Orthopedic and Surgical Intensive Care units. She then moved to Ohio and worked at the renowned Cleveland Clinic in their Cardiac Care unit where she cared for post op patients and was a staff nurse and charge nurse for 50 patients.

She took some time off from nursing to raise her son and daughter in Huntsville, Alabama. However, during her hiatus from nursing she volunteered her time at an AIDS/HIV clinic as well as participating in medical mission trips to Nicaragua and Cambodia.

When Susan returned to the nursing workforce it was as a Forensic Nurse at a Crisis Center. There she worked closely with law enforcement to collect evidence and care for survivors of assault, abuse and domestic violence. Susan felt she really made a difference in this role and enjoyed working with an amazing team of people.

After her children were grown, Susan returned to Connecticut to be closer to her extended family. Upon her return she began working with special needs children at the Wheeler Clinic Northwest Village School. There she cared for students with complex social, emotional, developmental, learning and/or behavioral challenges. For the past two years Susan has worked for the Town of Trumbull as a substitute school nurse for all 14 Trumbull Schools.

Originally from Bridgeport, Susan now resides in Shelton near friends and family. She is happy to be back in Connecticut because she can be near the Long Island Sound where she loves to take walks and is also closer to New York City where she enjoys going to Broadway Shows.

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 driveways.

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, December 13th & 27th**
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, December 7th & 21st

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.

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.

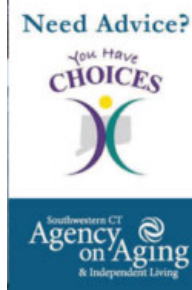
MEDICARE OPEN ENROLLMENT

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.



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.

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 8:30 AM—11:30 AM

(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.

TRIP & TRANSPORTATION OFFICE HOURS

Erinne, our Transportation and Trip Coordinator, will be in the office Monday through Friday from 8:30 AM until 11:30 AM and can be reached at (203) 452-5137. If you are calling outside of those hours, please leave a message and you will receive a return phone call within one business day. If you are calling about a ride that is scheduled for that day and Erinne is not in the office, please call the front office at (203) 452-5199 ext. 2.

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, DECEMBER 2nd**. 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, DECEMBER 16th**.

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 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 (Trip is full, call for waitlist)

Cost: \$10.00 +Lunch

(Cash Only)

Depart: 9:30 AM

Estimated Return: 1:30 PM

GOODSPEED THEATER CHRISTMAS SHOW

Registration for this trip opens on 12/2 at 9:00 AM

East Haddam, CT—Lunch at Gelston House

Wednesday, December 14th

Cost: \$100

(Cash or check made out to Trumbull Senior Center)

Depart: 10:15 AM

Estimated Return: 6:30 PM

NEXT CHAPTER BOOKS/LUNCH

Registration for this trip opens on 12/7 at 9:00 AM

Trumbull, CT

Friday, January 13th

Cost: \$17 (includes lunch at Emma's Restaurant)

Depart: 11:00 AM

Estimated Return: 1:30 PM

BUS TRIPS

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.

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 inquiries 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, December 5th Lunch Special	Monday, December 12th Lunch Special	Monday, December 19th Lunch Special	Monday, December 26th Lunch Special
	Eye of Round	Meat Loaf	Holiday Brunch	The Center is closed in observance of Christmas.
	Tuesday, December 6th Lunch Special	Tuesday, December 13th Lunch Special	Tuesday, December 20th Lunch Special	Tuesday, December 27th Lunch Special
	Tuscan Chicken	Chicken Cacciatore	Stuffed Shells	Crab Cakes
Thursday, December 1st Lunch Special	Thursday, December 8th Lunch Special	Thursday, December 15th Lunch Special	Thursday, December 22nd Lunch Special	Thursday, December 29th Lunch Special
Pork Loin	Cookout	Christmas Party! Baked Stuffed Shrimp	Chicken Burrito Casserole	Homemade Pizza

ADT-Monitored Home Security

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<div>December 2022</div> <div>*All virtual programs are written in GREEN text.</div> 			<div>1</div> <div> 9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 11:30 Sit & Fit 12:00 Lunch 1:00 Best of Smile A While 1:15 Chair Balance and Core </div>	<div>2</div> <div> 9:00 Painting Part 1 9:00 Brain Games 9:00 Shopping Loop 10:00 Oil/Acrylic 10:00 Bridge 11:00 Mahjong 11:00 Best of Smile A While 1:00 Painting Part 2 </div>
<div>5</div> <div> 9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 11:00 Book Club 11:15 Zumba 12:00 Lunch 12:30 Computer Tutor 1:00 Tai Chi 1:00 Wonder in Wondering </div>	<div>6</div> <div> 9:00 Moderate Yoga 10:00 Knitting 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Canasta 12:30 Pickleball 1:00 Wellness Retreat </div>	<div>7</div> <div> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Coffee and Learn 10:00 Stop and Shop 10:30 Rummikub 11:00 Zumba Gold/Tone 1:00 Qigong 12:30 Pickleball </div>	<div>8</div> <div> 9:00 Chair Yoga 10:00 Pinochle 10:15 Strength 11:30 Sit & Fit 12:00 Lunch 1:15 Chair Balance and Core 1:00 Wellness Retreat </div>	<div>9</div> <div> 9:00 Painting Part 1 9:00 Pickleball 9:00 AAA Driver Safety 9:30 Lockwood Tour Trip 10:00 Oil/Acrylic 10:00 Bridge 11:00 Mahjong 1:00 Bingo 1:00 Painting </div>
<div>12</div> <div> 9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:30 Lions Low Vision 11:15 Zumba 12:00 Lunch 12:30 Computer Tutor 1:00 Tai Chi </div>	<div>13</div> <div> 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Pickleball 12:30 Canasta 1:00 Wellness Retreat </div>	<div>14</div> <div> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 10:15 Goodspeed Trip 10:30 Rummikub 11:00 Zumba Gold/Tone 1:00 Qigong 12:30 Pickleball </div>	<div>15</div> <div> 9:00 Chair Yoga 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:30 Sit and Fit 12:00 Lunch/Christmas Party 1:00 Wellness Retreat 1:15 Chair Balance and Core 7:00 Comm. Meditation </div>	<div>16</div> <div> 9:00 Painting Part 1 9:00 Pickleball 9:00 Walmart 10:00 Oil/Acrylic 10:00 Bridge 11:00 Mahjong 1:00 Painting 1:00 Yoga Nidra </div>
<div>19</div> <div> 9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 11:15 Zumba 12:00 Lunch 12:30 Computer Tutor 1:00 Tai Chi </div>	<div>20</div> <div> 9:00 Moderate Yoga 10:00 Knitting 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Pickleball 12:30 Canasta </div>	<div>21</div> <div> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Coffee and Learn 10:00 Stop and Shop 10:30 Rummikub 11:00 Zumba Gold/Tone 1:00 Qigong 12:30 Pickleball </div>	<div>22</div> <div> 9:00 Chair Yoga 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:30 Sit and Fit 12:00 Lunch 1:15 Chair Balance and Core </div>	<div>23</div> <div> The Center is closed in observance of Christmas </div>
<div>26</div> <div> The Center is closed in observance of Christmas </div>	<div>27</div> <div> 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch/Birthday Party 12:30 Pickleball 12:30 Canasta </div>	<div>28</div> <div> 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 </div>	<div>29</div> <div> 9:00 Chair Yoga 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:30 Sit and Fit 12:00 Lunch 1:15 Chair Balance and Core </div>	<div>30</div> <div> 9:00 Painting Part 1 9:00 Pickleball 10:00 Oil/Acrylic 10:00 Bridge 11:00 Mahjong 12:30 Bingo 1:00 Painting </div>