



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

JANUARY 2023



Wishing everyone a
happy and healthy
New Year!

TRUMBULL MAIN STREET DOLLARS PROGRAM

The Main Street Dollars program will provide up to 310 certificates to Trumbull residents to spend from December 1, 2022 – January 31, 2023. Each certificate is worth \$10 dollars and a customer must spend a minimum of \$20 dollars at one of the participating businesses in order to apply the certificate. Certificates can be applied toward any goods or merchandise at Next Chapter Books, Pure Poetry, City Line Florist, Xperiment Virtual Reality, Plasko's Farm and Escapology. Residents can pick up certificates at the Economic and Community Development Office at Trumbull Town Hall, or at the Trumbull Senior Center on Priscilla Place.

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

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



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>

We will be closed on Monday, January 2nd in observance of New Year's Day and on Monday, January 16th in observance of Martin Luther King Day

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Michael W. Antonini | 203-521-9671

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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

JANUARY BIRTHDAYS

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

- | | |
|----------------------|------------------------|
| • Robert Abercrombie | • Irene Marella |
| • Linda Abraham | • Melachrina May |
| • Scott Adams | • Carrie McGeough |
| • Janet Arnone | • George Meagher |
| • Nicolas Boyer | • Catherine Mears |
| • Maureen Brooks | • Neil Miller |
| • Antoinette Bruno | • Pam Moore |
| • Timothy Cantafio | • Rose Nolan |
| • Daniel Casey | • Susan Nolan |
| • Stanley Chen | • Karen Orrico |
| • Nancy Cingari | • Mary Jane Paris |
| • Patricia Corda | • Frank Petrillo |
| • Joseph Dimenna | • Ann Roviello |
| • Genevieve Everlith | • James Russo |
| • Elaine Fattibene | • Connie Scalise |
| • Sheila Finnegan | • Donna Spicer |
| • Susan Fisch | • Joy Ann Strickland |
| • Max Fritz | • Ann Sweeney |
| • Emerson Gilmore | • Christine Tritchonis |
| • Patricia Hammett | |
| • Robert Hammond | |
| • Glen Homa | |
| • Michelle Ieronimo | |
| • Jane Keefe | |
| • Lisa Kish | |
| • Thaddeus Laskowski | |
| • Stan Marczyk | |



ART CLASSES ONLINE

Drawing with Chris (part 1) at 9:00 AM on Mondays

Painting with Chris (part 1) at 9:00 AM on Fridays

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

These are ongoing art workshops that are available on Zoom. 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

These are 12 week workshops that are currently in progress. There is a \$25 fee for Non-residents. Please call the office at (203) 452-5199 to check for availability. The next registration period will open in February, stay tuned for dates which will be posted here.

PICKLEBALL LESSONS

Beginner pickleball lessons return on Wednesdays for 6 weeks beginning February 8th until March 15th from 11:15 AM-12:15 PM.

Registration opens on Thursday, January 12th at 9:00 AM (no earlier)
Cost: \$45 (includes all six lessons)

Spaces are limited and registration is required! Open to Trumbull residents/members only, who have not previously taken lessons at the senior center.

To register, please call Ronnie at (203) 452-5199. Payments must be made within two business days.

PHOTOS FROM "THE BEST OF SMILE A WHILE" DRAMA CLUB PERFORMANCE



IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

1st Monday of every month
at 11:00 AM

- **Look Again by Lisa Scottoline**
Monday, January 9th
- **The Music of Bess by Eileen Garvin**
Monday, February 6th
- **Summer of 69 by Elin Hilderbrand**
Monday, March 6th

Brain Games

Thursday, January 5th and 19th
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.

Effective Communication and Clear Speech

Tuesday, January 17th
at 10:30 AM

Many people with hearing loss rely on coping mechanisms such as avoiding certain social conditions (too noisy), having trouble with phone conversations (mumbled), as well as asking others to repeat themselves by speaking louder. We will discuss the various listening systems and techniques that will help you in a variety of situations. Join Mike Gravitz, founder of the local chapter of Self Help For Hard of Hearing People, as we talk about how a person with hearing loss can, and should, cope with communication difficulties; and how you- as a hearing person- can do your part in making it easier for a hard-of-hearing person to understand what is being said! **To register, please call (203) 452-5199.**

Genealogy: Obituaries with Bob Abercrombie

Thursday, January 19th
at 10:30 AM

This course will be a discussion on writing your own final story. Obituaries are used by researchers as a way to view individuals lives and accomplishments. We will go over an example of an Obituary vs. Death Notice. In addition, the course will discuss parts to be included. Remember, it is your story, don't leave it to someone who doesn't know it. **To sign up, please call (203) 452-5199.**

Calligraphy Workshop Mondays and Wednesdays beginning January 23rd at 1:00 PM (6 sessions)

Learn the art of calligraphy! This six session workshop which meets on Mondays and Wednesdays beginning January 23rd through February 8th, 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. Spaces are limited. **To register, please call (203) 452-5199.**

Bingo

Friday, January 27th
at 12:30 PM

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

First Aid Kits

Monday, January 30th
at 10:30 AM

Join Wellness Nurse Susan to create your own First Aid Kit to take home. Free medical supplies will be provided. Art supplies will also be available if you'd like to get creative and decorate your box! **Spaces are limited. To sign up, please call (203) 452-5199.**

Monthly Birthday Party Lunch and Sweets

Cost of lunch: \$5

Tuesday, January 31st
12:00 PM Lunch/12:30 PM Cake

Join us to celebrate our January 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.

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

Mahjong: Fridays at 11:00 AM

Pickleball Open Court:

Mondays & Tuesdays at 12:30 PM
(Monday/Tuesday are temporary drop in days)
Wednesdays at 12:30 PM
Fridays at 9:00 AM

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>**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

Sit and Fit with Bobbi**Thursdays at 11:30 AM**

Meeting ID: 891 3297 7909 / Passcode: Peace

Community Meditation**Thursday, January 19th 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. All class cancellations will be sent out via email to our membership. Please stop by the office if you'd like to update your email address or verify that we have one on file for you.

Stretch and Move with Nancy**Mondays at 9:00 AM****Zumba Gold and Toning with Pauline****Mondays at 11:15 AM****Tai Chi with David****Mondays and Wednesdays at 10:00 AM**

Meets inside and outside at times

Moderate Yoga with Jeannie *NEW!***Tuesdays at 9:00 AM****Beginning January 3rd (no class on 1/24)****Sit and Fit with Bobbi****Tuesdays at 11:30 AM**

Please bring your own weights.

Intermediate Tap with Rose *NEW!***Beginning Tuesday, January 3rd-February 21st****Tuesdays at 10:00 AM**

The advanced beginner should have about one year of tap dance training. The class will teach you new tap dance skills and help you improve your speed, timing and rhythm. The class will introduce basic time steps, paddle and roll combinations as well as other new combinations.

Morning Exercise with Nancy**Wednesdays at 9:00 AM**

Optional: bring weights

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, January 20th**

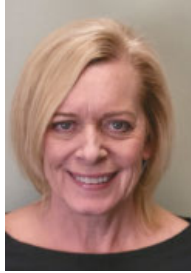
This is a deep relaxation class with Reiki.

Please bring a yoga mat and small throw blanket.

Optional: small pillow for head rest.

HEALTH AND WELLNESS

WELLNESS NURSE SUSAN



NURSE APPOINTMENTS

Call (203) 452-5134 to schedule an appointment. Drop in appointments available on Mondays and Thursdays between 9:00 AM and 1:30 PM.

THE WALKING GROUP **NEW!**

Tuesdays from 9:30 AM—10:30 AM

at Trumbull Mall beginning January 3rd

Join Wellness Nurse Susan every Tuesday at 9:30 AM in front of Target on the second floor inside the Trumbull Mall. For more information, please call (203) 452-5134.

HEALTH TIP FROM WELLNESS NURSE SUSAN

During the month of December, Wellness Nurse Susan held a raffle for a colorful motivational water bottle to encourage all of us to drink more water. Drinking enough water each day is important for many reasons including sleep quality, cognition, and mood. Being well-hydrated keeps joints lubricated and prevents infection. Be sure to keep yourself properly hydrated!



Keep an eye out for healthy tips and suggestions from Wellness Nurse Susan in our main lobby!

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 crises.



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

COFFEE AND LEARN WITH DR. MORRIS

New Time!

Meets the 1st and 3rd Wednesday of each month at 9:00 AM—**Wednesday, January 4th & 18th**

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.

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, January 10th & 24th**

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 ADVANTAGE OPEN ENROLLMENT PERIOD

From January 1 – March 31 each year, if you're enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan). You can use this time to switch to another Medicare Advantage Plan only if you are **already** enrolled in a Medicare Advantage Plan, and you can only switch plans **once** during this period. New coverage becomes effective the first month after the plan gets your request.

What is Medicare Advantage Plan?

- Medicare Advantage (also known as Part C) is a Medicare-approved plan from a private insurance company that offers an alternative to Original Medicare for your health and drug coverage. These “bundled” plans include Part A, Part B, and usually Part D.
- In most cases, you can only use doctors who are in the plan's network.
- In many cases, you may need to get approval from your plan before it covers certain drugs or services.
- Plans may offer some extra benefits that Original Medicare doesn't cover – like vision, hearing, and dental services.

More information can be found on www.medicare.gov and we are also here for help. If you need any assistance, 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. Pickup time is between 9:00-9:45 AM, shop for 1 1/2 hours and then return home. Our loop day is **FRIDAY, JANUARY 6TH**. Stores include Big Y, Best Buy, Kohl's and Target. Also included are TJ Maxx, McDonald's, 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, JANUARY 20TH**.

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. 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

NEXT CHAPTER BOOKS & LUNCH

Trumbull, CT - Lunch at Emma's

Friday, January 13th

Cost: \$17—**Cash or Check** (Includes lunch)

Depart: 11:00 AM

SHORLINE TROLLEY MUSEUM & LUNCH

***Registration opens January 6th at 9:00 AM**

East Haven, CT - Lunch at Cracker Barrel

Friday, January 27th

Cost: \$11—**CASH ONLY**

Depart: 10:15 AM

**Please dress for weather, trip will include a lot of walking, stairs and standing, please plan accordingly.*

OPEN DOOR TEA LUNCH

***Registration opens January 13th at 9:00 AM**

Stratford, CT

Friday, February 10th

Cost: \$30—**CASH ONLY**

Depart: 11:00 AM

STAMFORD MUSEUM & NATURE CENTER

***Registration opens January 25th at 9:00 AM**

Stamford, CT

Friday, February 24th

Cost: \$10—**CASH ONLY**

Depart: 9:30 AM

**Please note, we will not accept early registration for any reason. Please call (203) 452-5137 on the designated registration day and time and leave a voicemail with your name, phone number and the trip you are calling for. All voicemails will be timestamped. We will call you regarding the status of your reservation.*

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 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, January 2nd Lunch Special	Monday, January 9th Lunch Special	Monday, January 16th Lunch Special	Monday, January 23rd Lunch Special	Monday, January 30th Lunch Special
The center is closed in observance of New Year's Day	Chicken Divan	The center is closed in observance of Martin Luther King Day	Stuffed Peppers	Manicotti with Meatballs
Tuesday, January 3rd Lunch Special	Tuesday, January 10th Lunch Special	Tuesday, January 17th Lunch Special	Tuesday, January 24th Lunch Special	Tuesday, January 31st Lunch Special
Baked Potato Chili Bar	Shepards Pie	Turkey Dinner	Chicken Parm	Swedish Meatballs
Thursday, January 5th Lunch Special	Thursday, January 12th Lunch Special	Thursday, January 19th Lunch Special	Thursday, January 26th Lunch Special	
Beef Stroganoff	Roasted Boneless Thigh	Pork Loin	Cookout	

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>The Center is closed in observance of New Year's Day</p>	<p>3</p> <p>9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Knitting 10:00 Intermediate Tap 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Canasta 12:30 Pickleball</p>	<p>4</p> <p>9:00 Morning Exercise 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Coffee and Learn 10:00 Stop and Shop 11:00 Zumba Gold/Tone 1:00 Qigong 12:30 Pickleball</p>	<p>5</p> <p>9:00 Chair Yoga 9:00 Brain Games 10:00 Pinochle 10:15 Strength 11:30 Sit & Fit 12:00 Lunch 1:15 Chair Balance and Core</p>	<p>6</p> <p>9:00 Painting Part 1 9:00 Shopping Loop 11:00 Mahjong 1:00 Painting Part 2</p>
<p>9</p> <p>9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball 1:00 Tai Chi</p>	<p>10</p> <p>9:00 Grief Support 9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Intermediate Tap 10:00 Knitting 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Canasta 12:30 Pickleball</p>	<p>11</p> <p>9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 1:00 Qigong 12:30 Pickleball</p>	<p>12</p> <p>9:00 Chair Yoga 10:00 Pinochle 10:15 Strength 11:30 Sit & Fit 12:00 Lunch 1:15 Chair Balance and Core</p>	<p>13</p> <p>9:00 Painting Part 1 9:00 Pickleball 11:00 Mahjong 11:00 Next Chapter Books 1:00 Painting Part 2</p>
<p>16</p> <p>The Center is closed in observance of Martin Luther King Day</p>	<p>17</p> <p>9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Knitting 10:00 Intermediate Tap 10:30 Scrabble 10:30 Effective Comm. 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Pickleball 12:30 Canasta</p>	<p>18</p> <p>9:00 Morning Exercise 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 11:00 Zumba Gold/Tone 1:00 Qigong 12:30 Pickleball</p>	<p>19</p> <p>9:00 Chair Yoga 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:15 Strength 10:30 Genealogy: Obituaries 11:30 Sit and Fit 12:00 Lunch 1:15 Chair Balance and Core 7:00 Comm. Meditation</p>	<p>20</p> <p>9:00 Painting Part 1 9:00 Pickleball 9:00 Walmart 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting Part 2 1:00 Yoga Nidra</p>
<p>23</p> <p>9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball 1:00 Tai Chi 1:00 Calligraphy</p>	<p>24</p> <p>9:00 Grief Support 9:30 Walking Group at Mall 10:00 Knitting 10:00 Intermediate Tap 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Pickleball 12:30 Canasta</p>	<p>25</p> <p>9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 1:00 Qigong 12:30 Pickleball 1:00 Calligraphy</p>	<p>26</p> <p>9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:30 Sit and Fit 12:00 Lunch 1:15 Chair Balance and Core</p>	<p>27</p> <p>9:00 Painting Part 1 9:00 Pickleball 10:00 Oil/Acrylic 10:15 Trolley Museum 11:00 Mahjong 12:30 Bingo 1:00 Painting Part 2</p>
<p>30</p> <p>9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:30 First Aid Kits 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball 1:00 Tai Chi 1:00 Calligraphy</p>	<p>31</p> <p>9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Knitting 10:00 Intermediate Tap 10:30 Scrabble 10:30 First Aid Kits 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch/Birthday Party 12:30 Pickleball 12:30 Canasta</p>	<div> <h1>January 2023</h1> <p>*All virtual programs are written in GREEN text.</p>  </div>		