



TOWN OF Trumbull HUMAN SERVICES



Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

OCTOBER 2023

TRUMBULL RESTAURANT WEEK

Trumbull Restaurant Week will run from Friday, October 13th to Friday, October 20th, 2023. The event aims to highlight local eateries as part of the Trumbull Celebrates Local effort.



During the event, restaurants will offer an array of specials including prix fixe menus, buy-one-get-one options, and other discounts. Come see what our tremendous establishments have to offer and help to support local!

For information on this year's participating restaurants and their specials, visit the Trumbull Restaurant Week website:

www.trumbullrestaurantweek.com

LOTUS LANTERN WORKSHOP

Lotus Lantern Workshop
Wednesday, October 25th
10:00 AM—11:15 AM

Join the Korean Spirit and Culture Promotion Project for a lotus lantern craft class, which involves making a traditional Korean lotus lantern and a presentation about the lotus and lantern festival, followed by the showing of a documentary film.



Cost: \$3
Registration is required to participate. To reserve your seat, please call (203) 452-5199.

MEDICARE UPDATES PRESENTATION

Medicare Updates Presentation
Tuesday, October 17th at 11:00 AM

Join the Southwestern CT Agency on Aging as they provide a presentation from their CHOICES Medicare Experts. They will be providing an overview of the Medicare program and any updates Medicare is introducing for 2024. Their CHOICES experts will also cover expected costs, how to choose a plan and more!

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



YOUR DONATION MATTERS

Your Donation Matters

Donations are used to support programs that enrich the lives of seniors and those at need in the community. You can choose where you would like your donation to go:

- ☐ Senior center programming
- ☐ In Memory of _____
- ☐ Lunch or program scholarships
- ☐ Winter Heating assistance
- ☐ Food pantry
- ☐ Other: _____

Please make checks payable to:
The Trumbull Human Services

Thank you for your support!

We will be closed on Monday, October 9th in observance of Columbus Day.

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If you are single & make less than \$2,390/month or a couple & make less than \$3,220/month, then you are eligible to get your Medicare Part B premium of \$170.10 a month put back into your Checking account, pay \$0 for your prescription medications & have a \$0 premium Medicare insurance policy with NO copayments

Call me for a free confidential consultation -

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Michael W. Antonini | 203-521-9671

Medicare Insurance Broker

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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**Senior Center Coordinator**

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

Front Desk

Amanda DeBernardo (203) 452-5199
adebernardo@trumbull-ct.gov

Transportation/Trips

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

SOCIAL SERVICES (203) 452-5198**Social Services Coordinator**

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

Social Services Receptionist

Judy Cahill (203) 452-5135
jcahill@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

Vicki Tesoro (203) 452-5005
Firstselectman@trumbull-ct.gov

Priscilla Place Café

Elaine Marcucio (203) 452-5199 Ext 3
New England Young at Heart

FOLLOW US ON FACEBOOK

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



HOURS OF OPERATION

SENIOR CENTER HOURS:

Monday-Friday 9:00 a.m.—3:30 p.m. (203) 452-5199

SOCIAL SERVICES HOURS:

Monday-Friday 9:00 a.m.—4:00 p.m.

Please call (203) 452-5198 for an appointment.

FOOD PANTRY: Monday, Tuesday, Thursday

By appointment only, please call (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: \$10 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.

Subscribe to My Community Online to receive our newsletters by email: <https://mycommunityonline.com/organization/trumbull-senior-center>

COMMISSION ON AGING

Mike Ganino: Chair

Ron Foligno: Vice Chair

Alissa Heilbrunn: Secretary

Barbara Crandall: Clerk

Nancy Lucas

Debra Gilbert Taylor

Evelyn Wiesner

Mark Ryan

Linda Randall

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
- Edward Bardinelli
- Ingeborg Benedetto
- Barbara Bennett
- Maureen Bova
- Helga Brana
- Carl Coletta
- Jane Deyoe
- Beverly Dugas
- Mary Fricke
- Carolyn Gibson
- Debra Gilbert Taylor
- Linda Hakala
- Walter Hoyt
- Gladys Imbro
- Carol King
- Marilyn Lamy
- Dolores Larsen
- Robert Lewis
- Lorraine Liquigli
- Barbara Lucas
- Theresa Malo
- Jeanette Margiotta
- Ann Melli
- Lyndel Miccio
- Barbara Musante
- Susan Palazzo
- George Papageorge
- Loraine Pataky
- Judy Pedro
- Frank Pifko
- Gilbert Saltman
- Stephen Shapiro
- Dolores Shoop
- Suzette Sicisco
- Francelina Simoes
- Flor Soto
- Robert Stoppel
- Ken Szymansky
- Paulette Terio
- Kathleen Toombs
- Michael Vartuli
- Lorraine Wojchik
- Joanna Yang



ART CLASSES IN-PERSON

Returning in November:

- **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 8-week workshops that are scheduled to begin November 2nd and 3rd.

Registration opens on Monday, October 16th at 9:00 AM.

Seats are limited and preregistration is required. To sign up, please call (203) 452-5199. Please note that each workshop will need a minimum of 10 signups for the classes to take place.

Cost for Residents: \$20

Cost for Non-Residents: \$40

Payment must be received within two business days of signing up or your registration may be voided. Payments are non-refundable. Membership is required to participate. *Scholarships are available to Trumbull residents. All inquiries are kept confidential.*

ART CLASSES ON ZOOM

- **Drawing with Chris at 9:00 AM on Mondays starting 9/11/23 through 10/30/23**
- **Painting with Chris on Fridays, Part 1 at 9:00 AM and Part 2 at 1:00 PM on Fridays starting 9/1/23 through 10/27/23**

Preregistration is required, to inquire about openings, please call (203) 452-5199. Next workshop will be December/January.

Cost for Residents: \$20

Cost for Non-Residents: \$40

Cost is for each individual 2 month workshop. If you would like to sign up for the entire year of Drawing or Painting on Zoom, the cost is \$80 for residents and \$160 for non-residents. Payments are non-refundable. *Scholarships are available to Trumbull residents. All inquiries are kept confidential.*

RIVER VALLEY INVITES YOU

River Valley Retirement Community invites you to a presentation by Arthur N. Gottlieb, LCSW, CSA:

The Wizard of Oz
Thursday, October 12th
1:00 PM—2:00 PM

101 Oakview Drive, Trumbull

Released on August 25, 1939, Metro Goldwin Mayer's fantasy musical-drama was based on the 1900 novel "The Wonderful Wizard of Oz" by L. Frank Baum. In a year noted for remarkable films, "The Wizard of Oz" was nominated for six Academy Awards, winning Best Original Song for "Over the Rainbow" and Best Original Score by Herbert Stothard, losing the Best Picture Oscar to another 1939 blockbuster, "Gone with the Wind." "The Wizard of Oz" has since become a part of American Culture, and is widely considered to be among the top classic films of all time.

Sponsored by Right at Home. Reservations are required by calling (203) 683-6460.

NEEDLEWORK GROUP

The Needlework Group meets twice a week on Tuesdays and Thursdays from 10:00 AM to 12:00 PM. We welcome all seniors interested in knitting, crocheting, needlepoint, quilting or any other needlecraft pursuits. If you need help with a project or want to learn knitting or crocheting, feel free to stop by. We have hundreds of years of experience! We accept donations of yarn and have an abundant supply for you to utilize. We have adopted a charity—Malta House in Norwalk. It is a shelter that provides services to pregnant women with children under three years of age. If you would like to help us make blankets, hats, mittens, sweaters or baby/layette items for donation, it would be greatly appreciated!

SHREDDING EVENT



FLU SHOT WALK-IN CLINICS

Trumbull Senior Center



Tuesday, 9/26 : 9:00-11:00am

Monday, 10/16: 11:00-1:00pm

Thursday, 10/26: 9:00-11:00am

- ✓ Flu forms will be provided & can be downloaded on our website
- ✓ Arrive with completed paperwork
- ✓ Arrive with your license & insurance card(s)
- ✓ Short sleeves shirt recommended



MS. CONNECTICUT SENIOR AMERICA

Ms. Connecticut Senior America Send Off

Tuesday, October 10th
At 12:30 PM

Join us as we send off and wish Melody Martin, Ms. Connecticut Senior America 2023 our best in the upcoming Ms. Senior America National Pageant in Atlantic City! Cake and coffee will be served at 12:30 PM in the Priscilla Place Café. Come early and join us for lunch! Lunch will be served at 12:00. **To reserve lunch, please call (203) 452-5199 ext 3. Cost of lunch: \$5**

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

1st Monday of every month
at 11:00 AM

- **A Good Marriage** by Kimberly McCreight—Monday, October 2nd
- **A Woman is No Man** by Etaf Rum—Monday, November 6th

Brain Games

Thursday, October 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.

Healthy Autumn Meals

Thursday, October 5th
at 11:00 AM

Join ShopRite Dietitian Siddhi Sheth and Nurse Susan for a presentation on healthy meals to enjoy this Autumn. Siddhi will discuss benefits of eating seasonally, tips for finding foods in season, and will also perform a cooking demo using seasonal Fall items.

Siddhi is a Registered Dietitian and currently in In-Store Dietitian at the ShopRite of Shelton. At ShopRite she provides free nutrition services to the community, including nutrition consultations, virtual and in-person classes, grocery store tours, in-store events, and much more. **Please call (203) 452-5199 to RSVP.**

Bingo

- **Tuesday, October 10th at 11:00 AM** (Room: Studio 108).
Sponsored by Benchmark Senior Living at Split Rock.
- **Friday, October 27th at 12:30 PM** (Room: Priscilla Place Café).
Sponsored by River Valley Retirement Community.

Painting with Gisselle

Wednesday, October 11th
at 10:30 AM

Join Gisselle McCann of Always Caring Connecticut for a water-colors painting class. Each person will receive their own paint by number set to complete and bring home or have the option to create their own work of art with a blank canvas. **Limited seats available, to sign up, please call (203) 452-5199.**

Trivia with Mary

- **Thursday, October 12th at 10:30 AM**
- **Monday, October 23rd at 10:30 AM**

Trivia hosted by Clinical Liaison, Mary Sourivanh, LPN, from Wilton Meadows Rehabilitation & Care Center. **Please call (203) 452-5199 to RSVP.**

Movie: Ticket to Paradise

Monday, October 16th
at 1:00 PM

A man and his ex-wife race to Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together. Starring: Julia Roberts and George Clooney. **To RSVP, please call (203) 452-5199.**

Fall Craft

Tuesday, October 17th
at 1:00 PM

Join Patricia Stamatina, Programming Director of Middlebrook Farms at Trumbull, for a fun fall craft! Attendees will be provided materials to create their own wooden pumpkin door hanging. Spaces are limited and registration is required. **To reserve your seat, please call (203) 452-5199.**

AARP Smart Driving Course

Friday, October 20th
at 9:00 AM—1:00 PM

AARP will present their Smart Drivers Course. \$20.00 for AARP members and \$25.00 non-members. Checks only, please note you will pay the instructor the day of the class. **To RSVP, please call (203) 452-5199.**

Halloween & Monthly Birthday Party

Cost of lunch: \$5

Tuesday, October 31st

12:00 PM Lunch/12:30 PM Cake
Join us to celebrate Halloween along with this month's birthdays with lunch and cake! Be sure to wear a costume for our costume contest! **The cake will be sponsored by the Watermark at 3030.** **To reserve lunch, call (203) 452-5199 ext. 3.**

Computer Lessons

Mondays at 12:30 PM

Please call (203) 452-5199 to make a one on one appointment with Cathy. Signups are required.

Needlework Group: Tuesdays & Thursdays at 10:00 AM

Billiards/Ping Pong: Call (203) 452-5199 to reserve a table.

Rummikub: Mondays at 10:30 AM

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 9:30 AM

Pickleball Open Court:

- Mondays at 12:30—3:00 PM **(temporary drop in day)**
- Wednesdays at 12:30—3:00 PM
- Fridays: Beginners 8:30—10:00 AM/Intermediate 10:00 AM—12:30 PM

*A Matter of Balance Program
Returns in November! See Page 8
for more details.*

EXERCISE CLASSES ON ZOOM

Yoga with Jeannie
Mondays at 10:30 AM
 Meeting ID: 816 351 63317
 Passcode: 394826

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 10:30 AM
 Meeting ID: 885 6009 3612
 Passcode: Peace

Community Meditation
Thursday, October 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

To help maintain our Zoom programs, membership is required to participate. If you would like to check the status of your membership, please call (203) 452-5199 or stop by the main office to join or renew. Thank you!

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.

Stretch and Zumba Gold with Nancy
Mondays at 9:00 AM

Zumba Gold and Toning with Pauline
Mondays at 11:15 AM

Moderate Yoga with Jeannie
Tuesdays at 9:00 AM
 Please bring a yoga mat.

Tap with Rose—8 Week Workshop
Tuesdays at 10:00 AM
October 3rd—November 21st

Sit and Fit with Bobbi
Tuesdays at 10:30 AM
 Please bring your own weights.

Line Dancing with Tom Mohyde
Tuesdays at 1:00 PM
August 22nd—October 31st
CLASS DATES EXTENDED!

Morning Exercise with Nancy
Wednesdays at 9:00 AM

Tai Chi with David
Wednesdays at 10:00 AM
 Meets inside and outside at times.

High-Low Aerobics & Balance with Christine
Thursdays at 9:15 AM
August 24nd—November 16th
 Join us for some fun aerobic intervals and easy-to-follow cardio interval combinations set to upbeat music. We will also incorporate intervals of balance work. All exercises can be done using a chair as desired.

Strength and Zumba Toning with Nancy
Thursdays at 10:15 AM
 Please bring your own weights.

Yoga Nidra with Deborah Swann
Third Friday of each month at 1:00 PM
Friday, October 20th
 This is a deep relaxation class with Reiki.
 Please bring a yoga mat and small throw blanket.
 Optional: small pillow for head rest.

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.

WELCOME JUDY

We are very excited to welcome Judy Cahill to our Social Services staff as our new receptionist! Many of you may recognize Judy or have met her before, she has previously worked for the Town of Trumbull in various departments, including the Senior Center since September 2022. Prior to working for the town, Judy worked as a coordinator for Urological Associates in Trumbull for 17 years. She is a grandma to two beautiful boys and is happily married to her husband, Jeff. Judy enjoys working with people in our community, and looks forward to meeting you!



CONNECTICUT ENERGY ASSISTANCE PROGRAM

Applications for Assistance are being accepted beginning Monday, October 2, 2023.

The following are the income guidelines for 2023:

1 person : \$37,645
2 people: \$ 49,228
3 people: \$ 60,811
4 people: \$ 72,394
5 people : \$ 88, 977

When applying, you must have the Social Security numbers for everyone living in your household.

Applications will be taken by appointment only (in person or remotely).

Please contact 203-452-5198 to schedule an appointment and obtain required documentation list.

MEDICARE OPEN ENROLLMENT

When it comes to choosing a healthcare plan for yourself or family members the information can be overwhelming, and your options can potentially change from year-to-year. Certified CHOICES Counselors with the Southwestern CT Agency on Aging are here to provide you with unbiased assistance in navigating your options. This year, during the Medicare Open Enrollment period from **October 15 to December 7**.

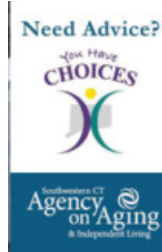
Open to anyone who is a Medicare beneficiary or will be a beneficiary in 2024 and who would like the opportunity to learn more about their Medicare options and changes for 2024.

CHOICES Counselors will be available at the Trumbull Senior Center on Tuesday, October 24th by appointment only. To schedule an appointment, please call our social services department at (203) 452-5198.

More information on Medicare plan for 2024 can be found on www.medicare.gov.

EMERGENCY ASSISTANCE

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.



ARE YOUR HOUSE NUMBERS VISIBLE IN THE EVENT OF AN EMERGENCY?

Many addresses in Trumbull are not clearly visible making it difficult to locate residents quickly in case of an emergency.

To aid our First Responders, the Town of Trumbull has an ordinance in place stipulating that numbers shall be affixed to the dwelling, mailbox, lamppost or similar fixture of every residence. The numbers should be large enough for easy daytime visibility and reflective for nighttime vision.

Trumbull's Home Depot has very generously supplied house numbers, free-of-charge, to those senior/disabled residents that are in need.

If you know of an elderly or disabled friend or neighbor that does not have visible numbers, please reach out to them and ask them to contact us or you may contact us for them.

Please contact Social Services at (203) 452-5198. Please leave your name, address and phone number. Numbers may be picked up at the Senior Center, 23 Priscilla Place, Monday-Friday 9:00 AM—3:00 PM.

TRUMBULL LOCAL MEALS

The Local Meals Program provides residents in Trumbull with an allotted number of meals from participating Trumbull restaurants. Eligibility guidelines state that applicants must either be impacted in some way by COVID-19, have a diagnosis of another illness, are caring for an ill loved one in the household, recent death of a family member, change in financial circumstance, or recently became homebound/isolated. **If you would like to inquire about the program, please call social services at 203-452-5198.**

This is a temporary, short term program designed to assist households during a difficult time.

WELLNESS NURSE SUSAN

**NURSE APPOINTMENTS**

Please call (203) 452-5134 to schedule an appointment with Wellness Nurse Susan. Drop in appointments are available on Mondays and Thursdays between 9:00 AM and 1:30 PM.

THE WALKING GROUP**Mondays from 9:30 AM—10:30 AM**

Join Wellness Nurse Susan every Monday from 9:30 AM until 10:30 AM in front of Target on the second floor inside the Trumbull Mall for her weekly walking group. For more information, please call (203) 452-5134.

SUPPORT GROUPS

COFFEE AND LEARN WITH DR. MORRIS

Meets the 1st and 3rd Wednesday of each month at 9:00 AM at the senior center—**Wednesday, October 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. 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 at the senior center—**Tuesday, October 10th & 24th**. To join, contact Dr. Cornelia Morris at cmorris@trumbull-ct.gov and/or call (203) 452-5158.

CAREGIVER SUPPORT GROUP

Facilitated by Rita Mazzarello, MSW of Assisted Living Services, Inc. and Jennifer Gillis, Trumbull Social Services. Meets the 3rd Tuesday of every month at 1:00 PM at the senior center—**Tuesday, October 17th**. Caring for a senior loved one is a constant challenge. Countless others share this burden. How do they do it? What have they learned? These illuminating discussions help caregivers gain the perspective and strength necessary to remain positive and empathetic as they continue their selfless service. **To attend, please call (203) 452-5199.**

A MATTER OF BALANCE RETURNS!

This is an award-winning program designed to reduce fall risks at home and to increase activity levels by incorporating strength and balance activities into your daily routine.

Class will meet every Monday and Wednesday from 9:00 AM to 11:00 AM beginning Monday, November 6th through Wednesday, December 6th. Please note that there are no classes the week of 11/20 and 11/22. Registration is required. Spaces are limited and do fill up quickly. **To register, please call (203) 452-5199.**

HEALTH TIP FROM WELLNESS NURSE SUSAN

There are many ways alcohol can affect your health. Age-related changes in the body can make older adults more sensitive to the effects of alcohol. Many older adults take multiple medications that can interact badly with alcohol. Consider the danger of drinking alcohol in the evening followed by sleeping pills before bed. A trip to the bathroom during the night can result in a fall. Alcohol abuse makes it more difficult for your doctor to accurately diagnose and treat medical and psychological conditions. It might mask symptoms and/or exaggerate others. Have an honest discussion with your physician about your alcohol use or alcohol abuse and your health. Have a happy and healthy month!

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

**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.



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.



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 days are **FRIDAY, OCTOBER 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, OCTOBER 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 and then return home.

BUS TRIPS

FLYERS FOR ALL BUS TRIPS ARE AVAILABLE AT THE SENIOR CENTER ACROSS FROM THE BUNNY FOUNTAIN ROOM AND NEXT TO STUDIO 108.

OCTOBERFEST AT KRUCKER'S (FULL)

Thursday, October 19, 2023

Cost: \$129

Depart Penny Lane Lot: 9:00 AM

Estimated Return: 6:30 PM

A TASTE OF NEW YORK!

Thursday, November 9, 2023

Last day to signup is October 5th

Cost: \$134 (Checks made out to Friendship Tours)

Depart Penny Lane Lot: 8:45 AM

Estimated Return: 7:00 PM

SILVER BELLS AND DIAMONDS

Tuesday, December 5, 2023

Cost: \$118 (Checks made out to Friendship Tours)

Depart Penny Lane Lot: 9:45 AM

Estimated Return: 5:15 PM

Listen to the greatest hits the Diamonds are so well known for at the Aqua Turf Club. Main entrees are Chicken Parmigiana and Scrod with Cracker Crumb Stuffing. **The last day to sign up is October 27th.**

BUS TRIPS CONTINUED**UPCOMING TRIPS WITH COLLETTE TOURS:**

- **Cowboy Country: Sept. 12-Sept. 19, 2024**
- **Cultural Treasures of Japan: March 30th through April 12, 2025**

FRIENDSHIP TOURS: BERMUDA CRUISE

June 16th—23rd, 2024

Cost: \$1449 pp Double (Includes Transportation to the dock)

7 days, all meals, classic drink package and staff gratuities included in cost. \$400 deposit due March 4th. Passport required to register. **Call (860) 243-1630 to register.**

COLLETTE TOURS: DISCOVER SCOTLAND!

April 28th—May 7th, 2024 (only 10 seats available)

Cost: \$4199 pp Double/\$4999 pp Single

(Cost includes Airfare).

10 days, 14 meals. Transportation to the airport included. Deposit due by October 28th.

**Collette Tours Presentation on Scotland
Wednesday, October 11th at 10:00 AM**

Join Collette Tours for a Presentation on their upcoming trip to Scotland! Trip dates: April 28—May 7, 2024. **To RSVP or for more information, please call (203) 452-5137.**

**LEISURE TRIPS**

PAYMENT FOR TRIPS MUST BE MADE WITHIN 2 DAYS OF SIGN UP OR YOUR RESERVATION MAY BE RELEASED. PLEASE CONFIRM CANCELLATION POLICY.

TAPPING REEVE HOUSE

Litchfield, CT

Friday, October 13th

Cost: \$14-CASH ONLY (Cost doesn't include lunch)

Depart: 9:15 AM

Lunch will be at Market Place Tavern (entrees start at \$16).

FASCIAS CHOCOLATE TOUR

Waterbury, CT

Friday, October 27th

Cost: \$14-CASH ONLY (Cost doesn't include lunch)

Depart: 9:15 AM

Lunch will be at Maggie McFly's.

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

Priscilla Place Café Lunch Hours:

Mondays, Tuesdays, and Thursdays from 12:00 PM—1:00 PM.

Please check in for lunch by 12:30.

Suggested donation of \$5.00

As long as participant fills out registration forms

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 (by 12:00 PM the day prior or if ordering for Monday lunch, please call by 12:00 PM the Friday before).

***For holiday lunches and parties, reservations must be made a week in advance.**

*Financial assistance is available. See the front office to apply.

All inquiries are kept confidential.

Other Menu Selections:

Sandwich*

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

Monday, October 2 nd	Tuesday, October 3 rd	Thursday, October 5 th
Stuffed Shells	Grilled Chicken Caesar Salad	Vegetable Lasagna
Monday, October 9 th	Tuesday, October 10 th	Thursday, October 12 th
The Center is closed in observance of Columbus Day.	Chicken Parm and Linguini	Stuffed Squash with Rice
Monday, October 16 th	Tuesday, October 17 th	Thursday, October 20 th
Shrimp Scampi Over Pasta	Lasagna	Chicken Francese
Monday, October 23 rd	Tuesday, October 24 th	Thursday, October 26 th
Roasted Boneless Chicken Thigh with Sweet Potatoes	Eye of Round	Cook Out! Hamburgers, Hot Dogs, Veggie Burgers
Monday, October 30 th	Tuesday, October 31 st	
Eggplant Parm with Pasta	HALLOWEEN PARTY! Costumes are encouraged! Frittata, pancakes, home fries	

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Stretch & Zumba Gold 9:00 Drawing w/ Chris 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p>	<p>3</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit & Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p>	<p>4</p> <p>9:00 Morning Exercise 9:00 Coffee and Learn 9:00 Stop and Shop 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>5</p> <p>9:00 Chair Yoga 9:00 Brain Games 9:15 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit & Fit 11:00 Healthy Autumn Meals 12:00 Lunch</p>	<p>6</p> <p>8:30 Beginner Pickleball 9:00 Painting Part 1 w/ Chris 9:00 The Loop 9:30 Mahjong 10:00 Intermediate Pickleball 1:00 Painting Part 2 w/ Chris</p>
<p>9</p> <p>The Center is closed in observance of Columbus Day.</p>	<p>10</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit & Fit 11:00 Dominoes 11:00 Bingo 12:00 Lunch 12:30 Ms. Senior CT Send Off 12:30 Canasta 1:00 Line Dancing</p>	<p>11</p> <p>9:00 Morning Exercise 9:00 Shoprite 10:00 Tai Chi 10:00 Pinochle 10:00 Collette Tours 10:30 Painting w/ Gisselle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>12</p> <p>9:00 Chair Yoga 9:15 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Trivia w/ Mary 10:30 Sit & Fit 12:00 Lunch</p>	<p>13</p> <p>8:30 Beginner Pickleball 9:00 Painting Part 1 w/ Chris 9:15 Tapping Reeve House 9:30 Mahjong 10:00 Intermediate Pickleball 1:00 Painting Part 2 w/ Chris</p>
<p>16</p> <p>9:00 Stretch & Zumba Gold 9:00 Drawing w/ Chris 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 11:00 Flu Shot Clinic 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Movie</p>	<p>17</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit & Fit 11:00 Dominoes 11:00 Medicare Updates 12:00 Lunch 12:30 Canasta 1:00 Fall Craft 1:00 Line Dancing 1:00 Caregiver Support</p>	<p>18</p> <p>9:00 Morning Exercise 9:00 Stop and Shop 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>19</p> <p>9:00 Chair Yoga 9:00 Brain Games 9:15 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit & Fit 12:00 Lunch 12:30 Drama Rehearsal 7:00 Comm. Meditation</p>	<p>20</p> <p>8:30 Beginner Pickleball 9:00 Painting Part 1 w/ Chris 9:00 Walmart 9:00 AARP Safe Driving 9:30 Mahjong 10:00 Intermediate Pickleball 1:00 Painting Part 2 w/ Chris 1:00 Yoga Nidra</p>
<p>23</p> <p>9:00 Stretch & Zumba Gold 9:00 Drawing w/ Chris 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Trivia w/ Mary 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p>	<p>24</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit & Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p>	<p>25</p> <p>9:00 Morning Exercise 9:00 Shoprite 10:00 Tai Chi 10:00 Pinochle 10:00 Lotus Lantern 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>26</p> <p>9:00 Chair Yoga 9:00 Flu Shot Clinic 9:15 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit & Fit 12:00 Lunch 12:30 Drama Rehearsal</p>	<p>27</p> <p>8:30 Beginner Pickleball 9:00 Painting Part 1 w/ Chris 9:15 Fascias Choc. Tour 9:30 Mahjong 10:00 Intermediate Pickleball 12:30 Bingo 1:00 Painting Part 2 w/ Chris</p>
<p>30</p> <p>9:00 Stretch & Zumba Gold 9:00 Drawing w/ Chris 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p>	<p>31</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit & Fit 11:00 Dominoes 12:00 Lunch 12:30 Halloween & Birthday Party 12:30 Canasta 1:00 Line Dancing</p>	<div> <h1>OCTOBER 2023</h1> <p>*All virtual programs are written in GREEN text.</p>  </div>		