



# 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 13<sup>th</sup> to Friday, October 20<sup>th</sup>, 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](http://www.trumbullrestaurantweek.com)



## LOTUS LANTERN WORKSHOP

**Lotus Lantern Workshop  
Wednesday, October 25<sup>th</sup>  
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 17<sup>th</sup> 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 9<sup>th</sup> in observance of Columbus Day.**

## BUNTING APPRAISAL SERVICES



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Trumbull Senior Center

06-5293

## HUMAN SERVICES STAFF

**Director of Human Services**

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mjakab@trumbull-ct.gov

(203) 452-5144

**SENIOR CENTER****Senior Center Coordinator**

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**(203) 452-5199**

(203) 452-5199

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**SOCIAL SERVICES****Social Services Coordinator**

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(203) 452-5133

**Social Services Receptionist**

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**Wellness Nurse**

Susan Clay, BSN RN  
sclay@trumbull-ct.gov

(203) 452-5134

**First Selectman**

Vicki Tesoro  
Firstselectman@trumbull-ct.gov

(203) 452-5005

**Priscilla Place Café**

Elaine Marcucio  
New England Young at Heart

(203) 452-5199 Ext 3



## 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 1<sup>ST</sup> - JUNE 30<sup>TH</sup>

Membership runs from July 1<sup>st</sup>-June 30<sup>th</sup>.

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

Nancy Lucas

Ron Foligno: Vice Chair

Debra Gilbert Taylor

Alissa Heilbrunn: Secretary

Evelyn Wiesner

Barbara Crandall: Clerk

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
- Caroly Gibson
- Debra Gilbert Taylor
- Linda Hakala
- Walter Hoyt
- Gladys Imbro
- Carol King
- Marilyn Lamy
- Dolores Larsen
- Robert Lewis
- Lorraine Liquiglio
- 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



## 4 ACTIVITIES, PROGRAMS AND EVENTS

### 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 2<sup>nd</sup> and 3<sup>rd</sup>.

**Registration opens on Monday, October 16<sup>th</sup> 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 signup 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

**Community Shredding Event**

Oct 21 from 9-12

or until the truck is full

Trumbull Nature and Arts Center



Brought to you by  
**TRUMBULL COMMUNITY WOMEN**

### 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 10<sup>th</sup>  
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

**Book Club Meetings**

1st Monday of every month  
at 11:00 AM

- **A Good Marriage by Kimberly McCreight—**

Monday, October 2<sup>nd</sup>

- **A Woman is No Man by Etaf Rum—**Monday, November 6<sup>th</sup>

**Brain Games**

Thursday, October 5<sup>th</sup> and 19<sup>th</sup>  
at 9:00 AM

1<sup>st</sup> & 3<sup>rd</sup> 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 5<sup>th</sup>  
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 10<sup>th</sup> at 11:00 AM (Room: Studio 108).**

**Sponsored by Benchmark Senior Living at Split Rock.**

- **Friday, October 27<sup>th</sup> at 12:30 PM (Room: Priscilla Place Café).**

**Sponsored by River Valley Retirement Community.**

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

## CAREGIVERS ALWAYS WELCOME!

**AARP Smart Driving Course**

Friday, October 20<sup>th</sup>  
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 31<sup>st</sup>**

**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

**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 19<sup>th</sup> 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 3<sup>rd</sup>—November 21<sup>st</sup>****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 22<sup>nd</sup>—October 31<sup>st</sup>*****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 24<sup>nd</sup>—November 16<sup>th</sup>**

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 20<sup>th</sup>**

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 24<sup>th</sup> 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](http://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 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month at 9:00 AM at the senior center—**Wednesday, October 4<sup>th</sup> & 18<sup>th</sup>**. 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](mailto:cmorris@trumbull-ct.gov) and/or call (203) 452-5158.

## GRIEF AND LOSS GROUP

Facilitated by Dr. Cornelia Morris, PhD, LADC  
Meets the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at 9:00 AM at the senior center—**Tuesday, October 10<sup>th</sup> & 24<sup>th</sup>**. To join, contact Dr. Cornelia Morris at [cmorris@trumbull-ct.gov](mailto: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 17<sup>th</sup>**. 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.**

## 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.



## 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 6<sup>th</sup> through Wednesday, December 6<sup>th</sup>. 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.



**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 6<sup>TH</sup>**. 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 20<sup>TH</sup>**.

**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 5<sup>th</sup>**

**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 27<sup>th</sup>.**

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

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

**FRIENDSHIP TOURS: BERMUDA CRUISE**

**June 16<sup>th</sup>—23<sup>rd</sup>, 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 28<sup>th</sup>—May 7<sup>th</sup>, 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 28<sup>th</sup>.

**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 13<sup>th</sup>**

**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 27<sup>th</sup>**

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

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Trumbull Senior Center

06-5293

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