



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

NOVEMBER 2023

THANK YOU VETERANS

RSVP REQUIRED

Stop by the Trumbull Senior Center on Thursday, November 2nd between 11:00 AM—12:30 PM (*reservations are required*) to pick up a little thank you from the Trumbull Senior Center and Right at Home.

Due to limited supply this is open to Veterans only and reservations are required. Reservations will be on a first come, first serve basis. To RSVP, please call the main office at (203) 452-5199.



MARK ALBERTSON PRESENTS

**Mark Albertson Presents:
The History of Armistice/Veterans Day
Thursday, November 2nd
at 10:30 AM**

Join historian Mark Albertson for an informative presentation on the History of Armistice/Veterans Day. To RSVP, please call (203) 452-5199.

SAVE THE DATE

**“We Need a Little
Christmas Show”**

**Thursday, December 14th at 1:00 PM
and
Friday, December 15th at 11:00 AM**

Please call (203) 452-5199 to reserve your seat.

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. (203) 452-5137
- 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.
- 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 Friday, November 10th in observance of Veteran's Day and on Thursday, November 23rd and Friday, November 24th in observance of Thanksgiving.

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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

(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/>



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.

COMMISSION ON AGING

Mike Ganino: Chair
Ron Foligno: Vice Chair
Alissa Heilbrunn: Secretary
Barbara Crandall: Clerk

Nancy Lucas
Evelyn Wiesner
Mark Ryan
Linda Randall

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.

MISSION STATEMENT

Enrich the lives of older adults by offering programs and education that promote a healthy lifestyle, support independence, and enhance community engagement.

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

WISHING A VERY HAPPY BIRTHDAY DAY TO:

- | | | |
|------------------------|-------------------------|-----------------------|
| •Christine Abramson | •Linda Evanko | •Joseph Muccherino |
| •Maryann Ameden | •Phyllis Evans | •Ameeta Muppidi |
| •Francesca Amore | •Elizabeth Falsetti | •Sheila Nieves |
| •Svetlana Andrievsky | •Sue Farrelly | •Jacqueline Norcel |
| •Diana Bendik | •Sandra Fisher | •Anne O'Hagan |
| •Nancy Benick | •Lois Foito | •Frances O'Neil |
| •Tom Bolduc | •Voidel Foreman | •Barbara Orlanski |
| •Lucille Borowy | •Thomas Frazer | •Julia Panella |
| •Virginia Breiner | •Roy Fuchs | •Antonio Petitti |
| •Kathleen Brixius | •Elizabeth Gasparini | •Josephine Pompa |
| •Gabriel Butler | •Gloria Giammattei | •Marietta Recupido |
| •Felicia Butler | •Tammy Gilchrist | •Judith Restieri |
| •Dawn Cantafio | •Dorothy Griffith | •Christine Rosa |
| •Brian Clampet | •June Harris | •Eve Rothbard |
| •Jean Crowley | •Harvey Hevenstone | •Marla Rubin |
| •Harold Dale | •June Hlywa | •Rita Saboe |
| •Mary Ann Dalling | •Cynthia Holmes | •Nancy Sacco |
| •Benedict Danielczuk | •Art Hungerford | •Donna Saputo |
| •George Danielczuk | •Colleen Hurley | •Mary Sklana |
| •Rose Marie D'Aquila | •Richard Jones | •Nora Smith |
| •Judith D'Aurio | •Mary Keane | •Albert Song |
| •Annette DeCarlo | •Ralph Keese | •Molly Stetz |
| •Karen DeHaan | •Walter Kowinko | •William Stone |
| •Helen D'Elia | •Ronald Linden | •William Sutay Sr |
| •Lorraine Dellavecchio | •Cynthia Lucas | •Lorraine Szamatulski |
| •Jean Devan | •Helane Marcovici | •Elinor Theriault |
| •Michael DeVaney | •Marian McCarthy | •John Tratnyek |
| •Debbie Dib | •William McCarthy Jr. | •Nancy Tuttle |
| •Barbara DiDomenico | •Maureen McNamara | •Bernardo Vittorio |
| •Frank DiMarco | •Barbara Mickut | •Ellen Voynick |
| •Edward Donato | •Roy Molgard | •Peter Yeh |
| •Mabel Dudeney | •Karen Moyher Vecchiola | •Theresa Zaffuto |
| •Darlene Dwyer | •Robert Mraz | •Guo Jun Zhang |

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 8-week workshops that are scheduled to begin November 2nd and 3rd. **Please note that there will not be classes the weeks of 11/9 & 11/10, 11/23 & 11/24, 12/21 & 12/22, and 12/28 & 12/29.**

Seats are limited and preregistration is required. To inquire about openings, 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.

GIFT WRAPPING EVENT

COMPLIMENTARY GIFT WRAPPING

AT THE TRUMBULL SENIOR CENTER
Sponsored by the Trumbull Library System



Please call the main office at (203) 452-5199 with any questions.

ART CLASSES ON ZOOM

Returning in December:

- **Drawing with Chris at 9:00 AM on Mondays**
- **Painting with Chris on Fridays, Part 1 at 9:00 AM and Part 2 at 1:00 PM on Fridays**

Registration opens on Monday, November 13th at 9:00 AM.

These are two month workshops taking place in December and January. Membership and registration is required to participate. **To register, please call (203) 452-5199.**

Cost for Residents: \$20

Cost for Non-Residents: \$40

Cost is for each individual 2 month workshop. Payments are non-refundable and must be made within two business days of signing up. Please note that each workshop will need a minimum of 10 signups for the classes to take place.

Scholarships are available to Trumbull residents. All inquiries are kept confidential.

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!

SELF DEFENSE

Senior Self Defense Seminar Tuesday, November 14th at 10:30 AM

This Self Defense Seminar is focused for Seniors who would like to be better prepared and understand the physical and mental tools needed to protect oneself during specific situations.

Learn:

- **Situational Awareness**
- **Fight or Flight**
- **How to defend in different situations**
- **How to defend you and your family in certain situations**
- **Resistance and realistic techniques**
- **Using “Mental Karate” before anything physical is started**
- **Using the art of surprise**

Master Rob Librandi

Master Rob Librandi has taught numerous self-defense classes with over 30 years of Martial Arts Training. He is a 5th Degree Black Belt in Tang Soo Do, also a 2 Time North American Martial Arts Power Breaking Champion and Member of the US Martial Arts Team and Chief Instructor at Trumbull Academy of Karate.

Cost: \$5 per person

Spaces are limited and pre-registration is required. To sign up, please call (203) 452-5199. Preference will be given to new attendees unless the class does not fill. Thank you!



IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

1st Monday of every month at 11:00 AM

- **A Woman is No Man** by Etan Rum—Monday, November 6th
- **The Violin Conspiracy** by Brendan Slocumb—Monday, December 4th
- **Apples Never Fall** by Liane Moriarty—Monday, January 8th

Community Nutrition

Wednesday, November 1st at 11:00 AM

Join Jessie, nutrition student at Sacred Heart University, for an informational discussion on creative ways to increase your vegetable intake and why it's important. **To RSVP, please call (203) 452-5199.**

Brain Games

Thursday, November 2nd and 16th 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. **To RSVP, please call (203) 452-5199.**

Dementia vs. Alzheimer's Disease: What is the Difference?

Thursday, November 9th at 10:30 AM

Join Clinical Liaison, Mary Sourivanh, LPN of Wilton Meadows Rehabilitation & Care Center and Senior Advisor, Justin Brown of Bridges by EPOCH Trumbull for a discussion on 10 early signs and symptoms of Alzheimer's and Dementia, causes and risk factors for Alzheimer's Disease and the stages of Alzheimer's treatments. **To RSVP, please call (203) 452-5199.**

Trivia with Mary

Monday, November 13th 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: The Holiday
Monday, November 13th at 1:00 PM

Dumped and depressed, English rose Iris agrees to swap homes with similarly unlucky in love Californian Amanda for a much-needed break. Iris finds herself in a palatial Hollywood mansion while Amanda navigates the lanes of a picture-perfect English village. Soon enough, both love-lorn ladies bump into local lads perfect for a romantic pick-me-up. Starring Kate Winslet, Cameron Diaz and Jude Law. **To RSVP, please call (203) 452-5199.**



Bingo

- **Tuesday, November 14th at 11:00 AM (Room: Studio 108). Sponsored by Civita Care Center at Milford.**

- **Friday, November 17th at 12:30 PM (Room: Priscilla Place Café).**

Please call (203) 452-5199 to RSVP.

Trivia with Charlie

Thursday, November 30th at 9:00 AM

Join our Senior Center Intern Charlie to test your knowledge with Jeopardy style trivia games. **To RSVP, please call (203) 452-5199.**

Monthly Birthday Party

Cost of lunch: \$5

Tuesday, November 28th

12:00 PM Lunch/12:30 PM Cake Join us to celebrate this month's birthdays with lunch and cake! **The cake is sponsored by Executive Home Care.** 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
- Wednesdays at 12:30—3:00 PM
- Fridays: Beginners 8:30—10:00 AM/Intermediate 10:00 AM—12:30 PM

***Please note there will be no pickleball on Wednesday, 11/22 and on Friday, 12/15.**

SAVE THE DATE FOR THESE UPCOMING PROGRAMS:

- **12/5 at 10:30 AM**—Tony Silber Presents: Twelve Days
- **12/7 at 10:30 AM**—Art Gottlieb Presents: Dr. Pemberton and the Invention of Coca-Cola
- **12/12 at 1:00 AM**—Potassium-Beyond the Banana!

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
***No class 11/9**
 Meeting ID: 885 6009 3612
 Passcode: Peace

Community Meditation
Thursday, November 16th 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.

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
***No class 11/14 and 11/21**
 Please bring your own weights.

Line Dancing with Tom Mohyde
Tuesdays at 1:00 PM

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
***Ends November 16th & returns in January**
 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
First and Third Friday of each month at 1:00 PM **NOW TWICE A MONTH!**
Friday, Nov. 3rd & Friday, Nov. 17th
 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.

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: \$41,553
- 2 people: \$54,338
- 3 people: \$67,124
- 4 people: \$79,910
- 5 people: \$92,695

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.**

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



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. A minute can be vital to the person(s) waiting for help to arrive.

To aid our First Responders, the Town of Trumbull has an ordinance in place stipulating that numbers shall be affixed to the dwelling, mailbox, lamp-post 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.

Our first responders also want to remind homeowners/renters to make sure that over brush is not obscuring visibility and that leaving your outside lights on when you call for assistance will aid them in getting to you quickly when necessary.

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.

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.

For additional information on Choices, please call 203-333-9288.

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.



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, November 1st & 15th**. 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, November 14th & 28th**. To join, contact Dr. Cornelia Morris at cmorris@trumbull-ct.gov and/or call (203) 452-5158.

CAREGIVER SUPPORT GROUP

Facilitated by Trumbull Social Services. Meets the 3rd Tuesday of every month at 1:00 PM at the senior center—**Tuesday, November 21st**. 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.**

HEALTH TIP FROM WELLNESS NURSE SUSAN

Autumn is my favorite time of year with the cool weather, beautiful colors, and pumpkin in everything! I have a favorite memory of a hayride to pick apples with my children, nieces and nephews, and making apple desserts all that weekend. I recently discovered that roasted pears make a healthy and delicious desert! Look for my board comparing the health benefits of apples and pears and a recipe using both. Enjoy this dessert in front of the fireplace with a comfy blanket and a good book. Not only will your body benefit from the nutrients, but the benefits of relaxation. Have a happy and healthy Fall!

MATTER OF BALANCE

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 required, to inquire about openings, please call (203) 452-5199.**

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, NOVEMBER 3RD**. Stores include Big Y, Best Buy, Kohl's, Target, Home Goods, and Five Below.

WALMART SHOPPING TRIP

One Friday a month we offer rides to Walmart in Shelton. Estimated pick up time is between 9:00-9:45 AM. Shop for an hour then return home. The Walmart shopping date is **FRIDAY, NOVEMBER 17TH**.

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.



LEISURE TRIPS

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

KEELER TAVERN TOUR

***Registration opens November 3rd at 9:00 AM**

Ridgefield, CT

Friday, December 8th

Cost: \$14-Cash or check to the Senior Center

Depart: 9:00 AM

Come tour the Keeler Tavern and learn about colonial life. The Tavern played a significant role in the battle of Ridgefield in 1777. Lunch will be at Venice Restaurant and Pizza. Cost doesn't include lunch.

****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.***

BUS TRIPS

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

A TASTE OF NEW YORK! (FULL)

Thursday, November 9, 2023

Depart Penny Lane Lot: 8:45 AM

Estimated Return: 7:00 PM

SILVER BELLS AND DIAMONDS

(Signups are closed)

Tuesday, December 5, 2023

Depart Penny Lane Lot: 9:45 AM

Estimated Return: 5:15 PM

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.

UPCOMING TRIPS WITH COLLETTE TOURS:

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

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.**

		Thursday, November 2nd
		Chicken Burrito
Monday, November 6th	Tuesday, November 7th	Thursday, November 9th
Lasagna	Roasted Chicken Thighs	Meatloaf
Monday, November 13th	Tuesday, November 14th	Thursday, November 16th
Stuffed Shells	Ham	Thanksgiving Celebration! Turkey Dinner
Monday, November 20th	Tuesday, November 21st	Thursday, November 23rd
Chicken Parm over Linguini	Meat Loaf	The Center is closed in observance of Thanksgiving.
Monday, November 27th	Tuesday, November 28th	Thursday, November 30th
Chicken Francese	Sausage and Peppers	Cook Out Hamburger, Hot Dog or Vegetable Burger

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
NOVEMBER 2023 *All virtual programs are written in GREEN text.				
				
		1 9:00 Morning Exercise 9:00 Stop and Shop 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 11:00 Community Nutrition 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	2 9:00 Chair Yoga 9:00 Brain Games 9:15 High-Low Aerobics 10:00 Watercolors w/ Jill 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Mark Albertson 10:30 Sit & Fit 12:00 Lunch 12:30 Drama Rehearsal	3 8:30 Beginner Pickleball 9:00 The Loop 9:30 Mahjong 10:00 Oil/Acrylic w/ Jill 10:00 Intermediate Pickleball 1:00 Yoga Nidra
6 9:00 Stretch & Zumba Gold 9:00 Matter of Balance 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	7 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	8 9:00 Morning Exercise 9:00 Matter of Balance 9:00 Shoprite 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	9 9:00 Chair Yoga 9:15 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Dementia v Alzheimer's 12:00 Lunch 12:30 Drama Rehearsal	10 The Center is closed in observance of Veteran's Day.
13 9:00 Stretch & Zumba Gold 9:00 Matter of Balance 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 10:30 Trivia with Mary 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Movie	14 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Self Defense 11:00 Dominoes 11:00 Bingo 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	15 9:00 Morning Exercise 9:00 Matter of Balance 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	16 9:00 Chair Yoga 9:00 Brain Games 9:15 High-Low Aerobics 10:00 Watercolors w/ Jill 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	17 8:30 Beginner Pickleball 9:00 Walmart 9:30 Mahjong 10:00 Oil/Acrylic w/ Jill 10:00 Intermediate Pickleball 12:30 Bingo 1:00 Yoga Nidra
20 9:00 Stretch & Zumba Gold 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	21 9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Caregiver Support	22 9:00 Morning Exercise 9:00 Shoprite 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 1:00 Qigong	23 The Center is closed in observance of Thanksgiving.	24 The Center is closed in observance of Thanksgiving.
27 9:00 Stretch & Zumba Gold 9:00 Matter of Balance 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	28 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:30 Scrabble 10:30 Sit & Fit 11:00 Dominoes 12:00 Lunch 12:30 Birthday Party 12:30 Canasta 1:00 Line Dancing	29 9:00 Morning Exercise 9:00 Matter of Balance 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	30 9:00 Chair Yoga 9:00 Trivia w/ Charlie 10:00 Watercolors w/ Jill 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit & Fit 12:00 Lunch 12:30 Drama Rehearsal	