



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
mjakab@trumbull-ct.gov

(203) 452-5144

SENIOR CENTER**Senior Center Coordinator**

Ronnie Mogensen
rmogensen@trumbull-ct.gov

(203) 452-5199

(203) 452-5199

Front Desk

Amanda DeBernardo
adebernardo@trumbull-ct.gov

(203) 452-5199

Transportation/Trips

Erinne Bugge
ebugge@trumbull-ct.gov

(203) 452-5137

SOCIAL SERVICES**Social Services Coordinator**

Jennifer Gillis B.A.
jgillis@trumbull-ct.gov

(203) 452-5198

(203) 452-5133

Social Services Receptionist

Judy Cahill
jcahill@trumbull-ct.gov

(203) 452-5135

Food Pantry

Karen Seferi
kseferi@trumbull-ct.gov

(203) 452-5136

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

(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 30THMembership 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 Mucchierino
- 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
- Videl 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 Therriault
- Michael DeVaney
- Marian McCarthy
- John Tratnyek
- Debbie Dib
- William McCarthy Jr.
- Nancy Tuttle
- Barbara DiDomenico
- Maureen McNamara
- Bernardo Vittori
- 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

4 ACTIVITIES, PROGRAMS AND EVENTS

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!



TRUMBULL ACADEMY OF KARATE
Courage, Honor, Respect

IN PERSON PROGRAMS AND GAMES

Book Club Meetings**1st Monday of every month at 11:00 AM**

- **A Woman is No Man by Etaf 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**

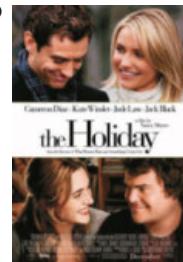
Join Clinical Liaison, Mary Sourivanh, LPN of Wilton Meadows Rehabilitation & Care Center and Senior Advisor, Justin Brown of Bridges by EPOCH Trumbull for a discussion on 10 early signs and symptoms of Alzheimer's and Dementia, causes and risk factors for Alzheimer's Disease and the stages of Alzheimer's 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.**

CAREGIVERS ALWAYS WELCOME!

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!

6 HEALTH AND WELLNESS

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

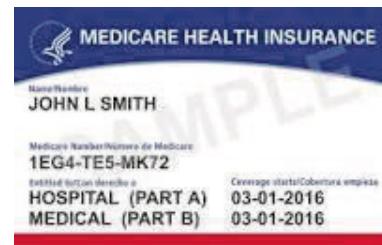
When it comes to choosing a healthcare plan for yourself or family members the information can be overwhelming, and your options can potentially change from year-to-year. Certified CHOICES

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.**

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.



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 dessert! 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.



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**ADT-Monitored Home Security**

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