



# TOWN OF **Trumbull** HUMAN SERVICES

**Senior Center Serving Adults Age 55+**

**23 Priscilla Place • Trumbull, CT • 06611**

**(203) 452-5199**

**DECEMBER 2023**

## **WINTER FESTIVAL**

**Winter Festival  
Tuesday, December 19<sup>th</sup>  
11:00 AM—1:00 PM**

Join us for fun winter themed games, prizes, raffles and a photobooth! Games will be hosted by Senior Center staff, the Trumbull Health Department, Bridges by EPOCH, Bishop Wicke Health & Rehabilitation Center, Wilton Meadows Rehabilitation & Care Center and more!

Join us for lunch at 12:00 PM in the Priscilla Place Café. Cost of lunch is \$5. **Reservations must be made 24 hours in advance for lunch by calling (203) 452-5199 ext. 3.**

## **ST. JOSEPH CHOIR PERFORMANCE**

**Holiday Concert by the St. Joseph High School Choir  
Wednesday, December 20<sup>th</sup>  
at 12:00 PM**

Join us for a holiday concert performed by the students of the St. Joseph High School Choir! Light refreshments will be served at the conclusion of the concert.

**To reserve your seat, please call (203) 452-5199.**

## **CHRISTMAS SHOW**

**“We Need a Little Christmas Show”**

**Thursday, December 14<sup>th</sup> at 1:00 PM  
and  
Friday, December 15<sup>th</sup> 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 Monday, December 25<sup>th</sup> in observance of Christmas Day.  
Wishing everyone a very happy and healthy holiday season!**

## BUNTING APPRAISAL SERVICES



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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**

Elaine Marcucio  
New England Young at Heart

(203) 452-5199 Ext 3

**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**

Ron Foligno: Vice Chair

Alissa Heilbrunn: Secretary

Barbara Crandall: Clerk

Nancy Lucas

Evelyn Wiesner

Mark Ryan

Linda Randall

**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.

**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

**DECEMBER BIRTHDAYS**

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

- Karen Adams
- Dorothy Balestriere
- Joan Bandanza
- Inaam Baz
- Barbara Butterworth
- Elizabeth Cahill
- Betty Carlson
- Linda Ciocci
- Andrew Coppola
- Mary Ann Corcoran
- Karen Costantini
- Angela DeGirolamo
- Hilda Delgado
- David Diaz
- Charles DiDomenico
- Mary Joan Donahue
- Frank Gallo
- Barbara Gnandt
- Michael Gravitz
- Joseph Grega
- Carol Hall
- Barjam Hasani
- Dennis Hoben
- Marty Isaac
- Colleen Katz
- Ann Kidwell
- Carole Krug
- Nancy Lucas
- Lorraine Lynch
- Joan Mills
- Maria Teresa Monteiro
- Sally Novak
- Patsy Pagliarulo
- Audrey Paray
- Nuno Pereira
- Marisa Petriello
- Robert Picciulo
- Mary Rick
- Mary Lou Roof
- Elizabeth Ryan
- Jean Schoenleber
- Vibha Shah
- Raymond Strickland
- Charles Toothill
- Marilyn Vogt
- Kathleen Waterhouse
- Norma Wattell
- Zhong Liang Yan



## 4 ACTIVITIES, PROGRAMS AND EVENTS

### ART CLASSES IN-PERSON

- Oil/Acrylic Painting with Jill Fridays from 10:00 AM to 12:00 PM

This is an 8-week workshop that is currently in progress and projected to end on 1/19. **Please note that there will not be classes on 12/22, and 12/29.**

Membership and preregistration is required to participate. **To inquire about openings, please call (203) 452-5199.**

**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. 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.*

### ART CLASSES ON ZOOM

- Drawing with Chris on Mondays at 9:00 AM
- Painting with Chris on Fridays at 9:00 AM

These are two month workshops taking place in December and January.

Membership and preregistration is required to participate. **To inquire about openings, please call (203) 452-5199.**

**Cost for Residents: \$20**

**Cost for Non-Residents: \$40**

Cost is for each individual 2 month workshop. Payment must be received within two business days of signing up or your registration may be voided. Payments are non-refundable. 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.*

### INVENTION OF COCA-COLA

Arthur N. Gottlieb, LCSW, CSA  
Presents: Dr. Pemberton and  
the Invention of Coca-Cola  
Thursday, December 7<sup>th</sup>  
at 10:30 AM

After having been wounded in 1865 during the American Civil War, Dr. John Smith Pemberton began using Morphine to relieve the pain of his injuries. After becoming addicted, Dr. Pemberton started looking for a substitute for Morphine. He began mixing elixirs which originally contained alcohol, cocaine and the Cola nut. Eventually, this beverage (without the alcohol and cocaine) became the venerable and ubiquitous carbonated beverage known as Coca-Cola. **Please call (203) 452-5199 to RSVP.**

### GIGGLING PIG CRAFT

**Giggling Pig Winter Craft**  
Monday, December 4th at 1:00 PM

Come join in on some holiday fun with Giggling Pig! This special art class will feature adorable ceramic gnomes! They will be painted with acrylic paint and then sprayed with a shiny clear gloss. You can paint your gnome however you choose! Put on your creative hats and grab your friends and join us for this fun holiday paint event!



Christmas Tree Gnome

**Cost: \$6 (\$30 value).** Membership and registration is required to participate, spaces are limited. **To sign up, please call (203) 452-5199.**

### CARDIOVASCULAR SCREENINGS—TUESDAY, DECEMBER 5<sup>TH</sup>

**PROACTIVE HEALTH CARE**  
Tuesday, December 5<sup>th</sup> 10:00 AM—2:00 PM

#### OUR SERVICE:



- ✓ 20-min non-invasive circulation test providing a clear picture of your cardiovascular health
- ✓ Real-time results and recommendations
- ✓ Clinicians will be onsite to offer this valuable test to all and family members

#### INSURANCE ACCEPTED!

**The following insurances will be accepted:** Connecticare, Anthem, BCBS, Wellcare, UnitedHealthcare, Oxford, UMR, Cigna, Stirling Benefits, CT Medicaid (Husky), & Government Medicare (Part B)

**\*\*Kindly be aware that a Cash Price of \$50.00 is available for individuals whose insurance is not included in the list above, yet still wish to undergo the test.**

**Appointments are required. To schedule, please call (203) 452-5199.**

**Please note:** Aetna does not cover this test but all other insurances listed on the flyer do. If you would please make sure to check if your individual insurance is listed there that would be helpful. We will offer a cash price for those that still want to test. If you are unsure please call 860-919-7358 and ask for Doreen so she can help you verify the insurance.

### GIFT WRAPPING EVENT

**COMPLIMENTARY GIFT WRAPPING**  
AT THE TRUMBULL SENIOR CENTER  
Sponsored by the Trumbull Library System



Need help gift wrapping? Volunteers will be available Thursday, December 7th from 10AM- 4PM to gift wrap! Open to Trumbull residents ages 55+ or those with a disability.

**Limit 5 items per person.**  
No membership to the senior center required for this event.

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

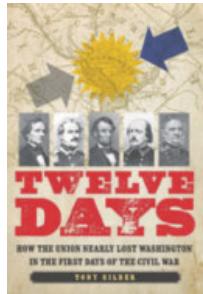
## IN PERSON PROGRAMS AND GAMES

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

- **The Violin Conspiracy by Brendan Slocumb**—Monday, December 4<sup>th</sup>
- **Apples Never Fall by Liane Moriarty**—Monday, January 8<sup>th</sup>

**Tony Silber Presents:****Twelve Days****Tuesday, December 5<sup>th</sup> at 10:30 AM**

Author and award winning journalist, Tony Silber discusses his riveting book, "Twelve Days: How The Union Nearly Lost Washington In The First Days Of The Civil War." Those in attendance will be entered to win a copy of the book. **Please call (203) 452-5199 to RSVP.**

**Brain Games****Thursday, December 7<sup>th</sup> and 21<sup>st</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. **To RSVP, please call (203) 452-5199.**

**Winter Arrangement****Friday, December 8<sup>th</sup> at 1:00 PM**

Join Jaimee of Craft Art Pop & Events to make your very own winter green arrangement for the upcoming holiday season! **Cost: \$10, registration/membership is required. Please call (203) 452-5199 to reserve your seat.**



SAMPLE ONLY

**Movie: Love Actually****Monday, December 11<sup>th</sup> at 1:00 PM**

Follows the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England. Starring: Hugh Grant, Liam Neeson and Martine McCutcheon. **To RSVP, please call (203) 452-5199.**

**Trivia with Mary****Monday, December 11<sup>th</sup> 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.**

**Potassium: Beyond the Banana!****Tuesday, December 12<sup>th</sup> at 1:00 PM**

We need to consume an adequate amount of potassium through eating a balanced diet chosen from all the food groups. Join Registered Dietitian Carmen Weber to understand what this mineral does in our bodies, explore which food groups have foods rich in potassium, learn which foods are lower in it and how to reduce it in foods if needed. We'll also look at how to find it on a food label. Time permitting, we will have an activity to reinforce concepts covered and/or a tiny taste of a potassium-rich food. **Please call (203) 452-5199 to RSVP.**

**Bingo**

- **Tuesday, December 12<sup>th</sup> at 11:00 AM**
- **Friday, December 29<sup>th</sup> at 12:30 PM**

**Please call (203) 452-5199 to RSVP.**

## CAREGIVERS ALWAYS WELCOME!

**Trivia with Lisa****Thursday, December 14<sup>th</sup> at 11:00 AM**

Join Lisa Bisson from Bishop Wicke Health & Rehabilitation Center for a fun-filled hour of trivia about the Farmers Almanac – Forecasts and Fun Facts! Please call (203) 452-5199 to RSVP. **Please call (203) 452-5199 to RSVP.**

**Monthly Birthday Party****Cost of lunch: \$5****Tuesday, December 26<sup>th</sup>**

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 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
- 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 12/15 and 12/20.**

## 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**

**\*No class on 12/27**

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, December 21<sup>st</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**  
**RETURNS IN FEBRUARY!**

#### **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**

#### **Morning Exercise with Nancy**

**Wednesdays at 9:00 AM**

**\*No class on 12/27**

#### **Tai Chi with David**

**Wednesdays at 10:00 AM**

#### **Strength and Zumba Toning with Nancy**

**Thursdays at 10:15 AM**

**\*No class on 12/28**

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, Dec. 1<sup>st</sup> & Friday, Dec. 15<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.

## 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*



## CONNECTICUT DEPARTMENT OF AGRICULTURE ANIMAL CONTROL PROGRAM

The Connecticut Department of Agriculture's Animal Control Program will be accepting applications to help eligible low-income families in Connecticut afford sterilizations and vaccinations for their pets.

The Low-Income program helps CT residents to vaccinate and sterilize their owned pets. To be eligible for benefits, recipients must be a Connecticut resident and on one of six public assistance programs outlined in C.G.S. Sec. 22-380e and approved by the Department of Social Services. Once participation is confirmed, vouchers are then issued by the APCP to low-income recipients for up to two pets. The voucher will provide a one-time sterilization benefit of \$80 for a male cat, \$120 for a female cat, \$180 for a male dog and \$200 for a female dog.

The program will begin accepting applications on November 1, 2023. To apply for the program, please print and complete the document on this website:

<https://portal.ct.gov/-/media/DOAG/APCP/2022/Low-Income-Applications-2022/LI-FY-2023-Application-English.pdf?fbclid=IwAR3NxPXecAKQnX8005ZVINxkkhpDxWUDRuWVNXiT8HOn7tScko8n1U9n23M>

## MEDICARE OPEN ENROLLMENT

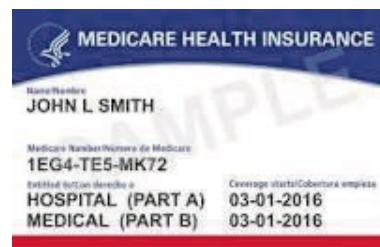
When it comes to choosing a healthcare plan for yourself or family members the information can be overwhelming, and your options can potentially change from year-to-year.

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](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.



## 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, December 6<sup>th</sup> & 20<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, December 12<sup>th</sup> & 26<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 Trumbull Social Services. Meets the 3rd Tuesday of every month at 1:00 PM at the senior center—**Tuesday, December 19<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.

## HEALTH TIP FROM WELLNESS NURSE SUSAN

If you are not familiar with the NIH it is the National Institute on Aging the nation's medical research agency [www.nih.gov](http://www.nih.gov). I recently read an article in the AARP newsletter titled "Calorie Restriction in Humans Builds Strong Muscles and Stimulates Healthy Aging Genes". I encourage you to read this article about the study that was done. Even a small reduction in caloric intake may make a big difference in your health. As with any weight loss plan make sure to take in enough vitamins and minerals and discuss your plan with your doctor. Have a healthy month!

## SHOPRITE DIETITIAN SIDDHI SHETH AND NURSE SUSAN



## 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.



## 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, DECEMBER 1<sup>ST</sup>**. Stores include Big Y, Best Buy, Kohl's, Target, 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, DECEMBER 15<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.**

**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 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: \$4349 pp Double/\$5149 pp Single**

**(Cost includes Airfare).**

10 days, 14 meals. Transportation to the airport included.

**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**

**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**

Ridgefield, CT

**Friday, December 8<sup>th</sup>**

**Cost: \$14—Cash or check to the Senior Center (Cost doesn't include lunch)**

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.

**HOUSATONIC MUSEUM OF ART**

**\*Registration opens December 15<sup>th</sup> at 9:00 AM**

Bridgeport, CT

**Friday, January 26<sup>th</sup>**

**Cost: \$2—CASH ONLY (Doesn't include lunch)**

Depart: 9:15 AM

Join us for a visit close by and is home to one of the premier college art collections in the United States! Lunch will be at Ralph n Rich'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.**

**SENIOR CENTER TRIP POLICY REMINDERS**

**FOR A FULL COPY OF THE TRIP POLICY, PLEASE SEE ERINNE**

**ELIGIBILITY:**

- Membership is required** to participate in Senior Center Sponsored Trips
- Due to high demand, 70% of the seats will be held for Trumbull residents.
- Phone reservations will be held for 2 business days only.** You must be a member to make a phone reservation and can only hold a spot for you and one additional member. If the registrant does not show up within 2 business days to pay the trip fee, the reservation will automatically be dropped.

**CANCELLATION PROCESS:**

- Participants must contact the Senior Center if it becomes necessary to cancel for any reason.
- When possible, the space will be filled by someone from the waiting list.
- Participants may not transfer their reservation to a friend; all cancellations must be processed through the Senior Center.
- There will be no refunds for those canceling unless the reservation has been resold or the Senior Center receives a refund from the provider.

**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, December 4 <sup>th</sup>	Tuesday, December 5 <sup>th</sup>	Thursday, December 7 <sup>th</sup>
Chicken Cacciatore	<b>Holiday Breakfast:</b> French Toast Casserole, Spinach/Mushroom Frittata. <b>Hot Chocolate sponsored by Wilton Meadows.</b>	Kielbasa
Monday, December 11 <sup>th</sup>	Tuesday, December 12 <sup>th</sup>	Thursday, December 14 <sup>th</sup>
Chicken Marsala	BBQ Boneless Chicken Thighs	<b>Holiday Luncheon:</b> Stuffed Shrimp
Monday, December 18 <sup>th</sup>	Tuesday, December 19 <sup>th</sup>	Thursday, December 21 <sup>st</sup>
Stuffed Peppers	Roasted Pork Loin	Crab Cakes
Monday, December 25 <sup>th</sup>	Tuesday, December 26 <sup>th</sup>	Thursday, December 28 <sup>th</sup>
<b>The Center is closed in observance of Christmas.</b>	Meatball Sub	<b>Winter Cookout:</b> Burger, Hot Dog or Veggie Burger
<b>NEW ENGLAND</b> <b>Young at Heart</b> Live Well, Laugh Often, Love Much		

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<b>DECEMBER 2023</b>				1
*All virtual programs are written in GREEN text.				
 <b>HAPPY HOLIDAYS!</b>				
4 9:00 Stretch & Zumba Gold 9:00 Matter of Balance <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 1:00 Giggling Pig	5 9:00 Moderate Yoga 10:00 Needlework Group 10:00 Pulse4Pulse 10:30 Scrabble 10:30 Sit & Fit 10:30 Tony Silber Presents 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	6 9:00 Morning Exercise 9:00 Stop and Shop 9:00 Coffee and Learn 9:00 Matter of Balance 10:00 Tai Chi 10:00 Pinochle <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	7 <b>9:00 Chair Yoga</b> 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:00 Gift Wrapping 10:15 Strength 10:30 Art Gottlieb Presents <b>10:30 Sit &amp; Fit</b> 12:00 Lunch 12:30 Drama Rehearsal	8 8:30 Beginner Pickleball <b>9:00 Painting w/ Chris</b> 9:00 The Loop 9:30 Mahjong 10:00 Oil/Acrylic w/ Jill 10:00 Intermediate Pickleball 1:00 Yoga Nidra
11 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> 10:30 Trivia w/ Mary 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Movie	12 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:30 Scrabble 10:30 Sit & Fit 11:00 Dominoes 11:00 Bingo 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Potassium	13 9:00 Morning Exercise 9:00 Shoprite 10:00 Tai Chi 10:00 Pinochle <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	14 <b>9:00 Chair Yoga</b> 10:00 Pinochle 10:00 Needlework Group 10:15 Strength <b>10:30 Sit &amp; Fit</b> 11:00 Trivia w/ Lisa 12:00 Lunch 1:00 Christmas Show	15 <b>9:00 Painting w/ Chris</b> 9:00 Walmart 9:30 Mahjong 10:00 Oil/Acrylic w/ Jill 11:00 Christmas Show 1:00 Yoga Nidra
18 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	19 9:00 Moderate Yoga 10:00 Needlework Group 10:30 Scrabble 10:30 Sit & Fit 11:00 Dominoes 11:00 Winter Festival 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Caregiver Support	20 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> 12:00 St. Joseph HS Choir <b>1:00 Qigong</b>	21 <b>9:00 Chair Yoga</b> 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:15 Strength <b>10:30 Sit &amp; Fit</b> 12:00 Lunch <b>7:00 Comm. Meditation</b>	22 8:30 Beginner Pickleball <b>9:00 Painting w/ Chris</b> 9:30 Mahjong 10:00 Intermediate Pickleball
25 The Center is closed in observance of Christmas.	26 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	27 9:00 Shoprite 10:00 Tai Chi 10:00 Pinochle <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	28 <b>9:00 Chair Yoga</b> 10:00 Pinochle 10:00 Needlework Group <b>10:30 Sit &amp; Fit</b> 12:00 Lunch	29 8:30 Beginner Pickleball <b>9:00 Painting w/ Chris</b> 9:30 Mahjong 10:00 Intermediate Pickleball 12:30 Bingo