



TOWN OF Trumbull HUMAN SERVICES



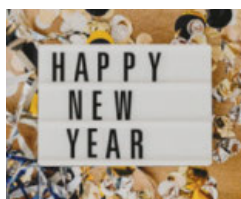
Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

JANUARY 2024

HAPPY NEW YEAR!



**Wishing everyone a
happy and healthy New
Year!**

NEEDLEWORK GROUP DONATION

Our amazingly talented needlework group adopted the Malta House in Norwalk, a shelter providing services to pregnant women with children under the age of three. The group spent countless hours making the most beautiful blankets, hats, mittens and sweaters to donate to the shelter. We appreciate their kindness and generosity!



INTRODUCTORY TO LINE DANCING

**Introductory to Line Dancing
6 Week Workshop with Tom Mohyde
Thursdays at 1:00 PM
January 18th—February 22nd**

Whether you love to dance, want to learn new dances, want a great way to exercise, dance to popular music, or would like to socialize & meet new friends, this is the class for you.

Did you know that one line dancing class equals one and a half miles of walking? Or that dancing improves your balance even more than a class just devoted to balance? And that learning new dance routines is a delightful way to sharpen your memory?

Tom Mohyde has taught thousands of students exercise through dance for over fifty years. Join Tom for this six week workshop for in introductory to line dancing!

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, January 1st in observance of New Year's Day, on Friday, January 12th for staff development/building maintenance and on Monday, January 15th in observance of Martin Luther King Day.

BUNTING APPRAISAL SERVICES



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Medicare Insurance Broker

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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF

Director of Human Services

Michele Jakab, LCSW (203) 452-5144
mjakab@trumbull-ct.gov

SENIOR CENTER

(203) 452-5199

Senior Center Coordinator

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rmogensen@trumbull-ct.gov

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Transportation/Trips

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

SOCIAL SERVICES

(203) 452-5198

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Social Services Receptionist

Judy Cahill (203) 452-5135
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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

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

JANUARY BIRTHDAYS

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

- Robert Abercrombie
- Linda Abraham
- Scott Adams
- Thomas Anderson
- Dorothy Aquilante
- Maria Aurigemma
- Deborah Bandanza
- Maureen Brooks
- Sheelah Brown
- Antoinette Bruno
- Larry Bues
- Judith Burr
- Frances Bushinsky
- Timothy Cantafio
- Stanley Chen
- Nancy Cingari
- Robert Cisero, Jr.
- Patricia Corda
- Roseann Dimarco
- Genevieve Joan Everlith
- Tom Farrelly
- Elaine Fattibene
- Sheila Finnegan
- Susan Fisch
- Patricia Hammett
- Robert Hammond
- Janet Hansen
- Matthew Helfrich
- Dolories (Laurie) Lyon
- Irene Marella
- Melachrina May
- Amelia McBride
- Carrie McGeough
- George Meagher
- Catherine Mears
- Neil Miller
- Winnie Almira Mandy-Minopoli
- Piotr Orlanski
- Karen Orrico
- Mary Jane Paris
- Joe Puma
- Ann Roviello
- Connie Scalise
- Linda Sherry
- Joy Ann Strickland
- Ann Sweeney
- Rashmi Vaidya
- Magdelina Winston



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.

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

Registration for the next round of workshops will open on Monday, January 29th at 9:00 AM for classes starting mid February.

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**

This is a two month workshop that will end on February 12th. Next registration will take place in February, date is to be determined.

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

KEEP YOUR BRAIN SHARP

Keep Your Brain Sharp—Two Part Seminar
Wednesday, January 24th & Wednesday, January 31st
10:00 AM—12:00 PM

This seminar is a 2-part program held at Senior Centers throughout Fairfield County and at the Mozaic Memory Workshop (located at Mozaic Senior Life, formerly Jewish Senior Services). The “Keep Your Brain Sharp” program provides stimulating activities such as recall, skill builders, challenging mind exercises and educational discussion topics to those who are concerned with changes in memory or have a diagnosis of Mild Cognitive Impairment. People who may benefit from the seminar are individuals who are concerned about changes in memory, have a diagnosis of Mild Cognitive Impairment and who are willing to speak about their concerns and experiences.

Preregistration is required and spaces are limited. Participants must be able to attend both dates of the seminar in order to signup. Open to members who have not previously taken seminar. To RSVP, please call 203-452-5199 by January 17th.

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Formerly Jewish Senior Services

MATTER OF BALANCE WORKSHOP



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



Classes offered on-site
Program is **FREE*** to all participants

**Tuesdays, January 30th
through April 2nd, 2024
1:00pm-3:00pm**

Register Now! Space is limited.
(Please note there will be no class on 2/20 and 3/5)

Co-sponsored by the Trumbull Senior Center

**For more information/
registration please call (203)
452-5199**

**Matter of Balance is provided through a grant from the Southwest Area Agency on Aging*

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

1st Monday of every month at 11:00 AM

- **Apples Never Fall** by Liane Moriarty—Monday, January 8th
- **One Day in December** by Josie Silver—Monday, February 5th
- **Where the Forest Meets the Stars** by Glendy Vanderah—Monday, March 4th

Brain Games

Thursday, January 4th and 18th 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.**

Bingo

- **Tuesday, January 9th at 11:00 AM**

Sponsored by Compassion Home Care LLC.

- **Friday, January 26th at 12:30 PM**

Sponsored by College HUNKS Hauling Junk and Moving.

Please call (203) 452-5199 to RSVP.

Movie: It's Complicated

Monday, January 22nd at 1:00 PM

Jane, a successful restaurateur, has been divorced from Jake for many years, although they remain friends. When an innocent meal together turns into an affair, Jane finds that she is the other woman in the now-remarried Jake's life. Meanwhile, Adam, an architect hired to remodel her kitchen, is still stinging from his own divorce. He finds himself falling in love with Jane but soon realizes that he has become part of a triangle. Starring: Meryl Streep, Alec Baldwin and Steve Martin. **To RSVP, please call (203) 452-5199.**

Protecting Yourself From Scams

Thursday, January 11th at 10:30 AM

Each year, many people fall victim to scams. It's important to learn about steps you can take to help keep yourself safe. Facts about scams Seniors lose \$3 billion to scams and fraud annually. Scammers prey on the senior population for often times having financial savings and good credit. There are many different types of scams, including email scams, financial fraud, computer scams, telephone scams, mail fraud, and identity theft/fraud. Scams are stressful. Join Joe Violetta of 4CORE to review the different types of scams and provide safeguards on how to protect yourself. **To RSVP, please call (203) 452-5199.**

Reduce the Risk of Osteoporosis

Tuesday, January 30th at 10:30 AM

Wellness Nurse Susan has invited Rachel Kinzer, APRN and Kim Wills-Rinaldi, LCSW back to discuss osteoporosis, this time. We will learn what osteoporosis is, lifestyle decisions that may increase the risk of osteoporosis, common treatments, lifestyle changes that can reduce your risk and complications of osteoporosis. If we have extra time Rachel and Kim will answer other questions about Geriatric Medicine and adjusting to a new normal as we age. **To RSVP, please call (203) 452-5199.**



Watch Trumbull TV on Charter Spectrum channel 194, on YouTube at TCTV Trumbull, or on Facebook to watch LIVE municipal meetings and events.

Trivia with Charlie

Thursday, January 25th at 9:00 AM

Join our Senior Center Intern Charlie to test your knowledge with Jeopardy style trivia games. A small breakfast will be served at the conclusion of trivia for those in attendance. **To RSVP, please call (203) 452-5199.**

Monthly Birthday Party

Cost of lunch: \$5

Tuesday, January 30th

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 Maefair Health Care Center.** **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

EXERCISE CLASSES ON ZOOM

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

Zumba Gold and Toning with Pauline
Wednesdays at 11:00 AM
 Meeting ID: 721 316 6085
 Passcode: 549424

QiGong with Julie
Wednesdays at 1:00 PM
 Meeting ID: 892 6346 2926
 Passcode: 975824

Chair Yoga with Jeannie
Thursdays at 9:00 AM
 Meeting ID: 860 9912 0061
 Passcode: 840018

Sit and Fit with Bobbi
Thursdays at 10:30 AM
 Meeting ID: 885 6009 3612
 Passcode: Peace

Community Meditation
Thursday, January 18 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

Tai Chi with David
Wednesdays at 10:00 AM

High-Low Aerobics & Balance with Heather—8 Week Workshop **NEW!**
Thursdays at 9:00 AM
January 18th—March 7th

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.

Introductory to Line Dancing w/ Tom Mohyde—6 Week Workshop **NEW!**
Thursdays at 1:00 PM
January 18th—February 22nd

Yoga Nidra with Deborah Swann
First and Third Friday of each month at 1:00 PM
Friday, Jan. 5th & Friday, Jan. 19th
 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 households during a difficult time.



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=IwAR3NxPXecAKOnX8005ZVINxkkhpDxWUdRuWVNxiT8HOn7tScko8n1U9n23M>

CONNECTICUT FAIR HOUSING CENTER

The Connecticut Fair Housing Center in partnership with the Southwestern CT Agency on Aging (SWCAA) is offering free virtual Office Hours to help individuals aged 60+ with limited tenant and homeowner rights issues. Tenant rights issues may include but are not limited to potential age and disability discrimination, including requests for reasonable accommodations/modifications and rent increases. Homeowner rights issues may include foreclosure questions/concerns, including but not limited to reverse mortgage foreclosures, tax foreclosures, and water or sewer lien foreclosures.



- open to all adults aged 60+ and others receiving services from SWCAA
- occur the 2nd and 4th Wednesday each month at 10:00am via Teams (please note the 2nd December session is the 3rd Wednesday 12/20)
- are accessible by computer or phone

Register for virtual office hours:
www.tinyurl.com/cfhcofficehours

Contact the Center by phone at:
(860) 247-4400

For more information about the Connecticut Fair Housing Center, you can visit their website (<https://ctfairhousing.org/what-we-do/>). You will find a great deal of information including fair housing resources in English and Spanish.

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, January 3rd & 17th**. 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, January 9th & 23rd**. 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, January 16th**. 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

The health effects of sitting too much are not good. As you would guess the health effects are weight gain, high blood pressure and high blood sugar, unhealthy cholesterol levels, and excess body fat around the waist. Even standing expends more energy than sitting. Sitting and body fat around the stomach can put pressure on the heart and cause high blood pressure. I think a New Year's resolution of just moving more is easy to do.

FLU VACCINES AT THE HEALTH DEPARTMENT



MENTAL HEALTH

The Mary J. Sherlock Counseling Center

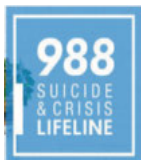
Provides a therapeutic clinical setting for individual, family and group therapy, and crisis intervention. Services are available for Trumbull residents, Town employees, and students who attend Trumbull schools. (203) 452-5193

**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***NEW SCHEDULE!***

The second Wednesday of every month we offer a loop shopping trip 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 day is **WEDNESDAY, JANUARY 10TH**. 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, JANUARY 19TH**.

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 4th Wednesday 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.

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: \$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 30th 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.

HOUSATONIC MUSEUM OF ART

Bridgeport, CT

Friday, January 26th

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.

TAPPING REEVE HOUSE***RESCHEDULED FROM OCTOBER******(WAITLIST AVAILABLE)***

Litchfield, CT

FRIDAY, February 9th

Cost: \$14—CASH ONLY (Doesn't include lunch)

Depart: 9:15 AM

Tour America's first law school! Lunch will be at Market Place Tavern (entrees starting at \$16).

**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 & 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, January 1 st	Tuesday, January 2 nd	Thursday, January 4 th
The Center is closed in observance of New Year's Day.	Shrimp Stir Fry	Roasted Boneless Chicken Thighs
Monday, January 8 th	Tuesday, January 9 th	Thursday, January 11 th
Stuffed Shells and Meatballs	Pork Loin	Stuffed Peppers
Monday, January 15 th	Tuesday, January 16 th	Thursday, January 18 th
The Center is closed in observance of Martin Luther King Day!	Eye of Round	Sausage & Peppers
Monday, January 22 nd	Tuesday, January 23 rd	Thursday, January 25 th
Stuffed Acorn Squash	Baked Potatoes with Chili	Cook Out: Hamburger, Hot Dog, or Veggie Burger
Monday, January 29 th	Tuesday, January 30 th	
BBQ Boneless Chicken Thigh	Marsala Bucatini	

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>The Center is closed in observance of New Year's Day.</p>	<p>2</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:30 Scrabble 10:30 Sit & Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p>	<p>3</p> <p>9:00 Morning Exercise 9:00 Stop and Shop 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>4</p> <p>9:00 Chair Yoga 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit & Fit 12:00 Lunch</p>	<p>5</p> <p>8:30 Beginner Pickleball 9:30 Mahjong 10:00 Oil/Acrylic w/ Jill 10:00 Intermediate Pickleball 1:00 Yoga Nidra</p>
<p>8</p> <p>9:00 Stretch w/ Nancy 9:00 Drawing w/ Chris 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p>	<p>9</p> <p>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</p>	<p>10</p> <p>9:00 Morning Exercise 9:00 The Loop Shopping 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>11</p> <p>9:00 Chair Yoga 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit & Fit 10:30 Scams 12:00 Lunch</p>	<p>12</p> <p>The Center is closed for maintenance and staff development.</p>
<p>15</p> <p>The Center is closed in observance of Martin Luther King Day.</p>	<p>16</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:30 Scrabble 10:30 Sit & Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Caregiver Support</p>	<p>17</p> <p>9:00 Morning Exercise 9:00 Stop and Shop 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>18</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit & Fit 12:00 Lunch 1:00 Line Dancing 7:00 Comm. Meditation</p>	<p>19</p> <p>8:30 Beginner Pickleball 9:00 Walmart 9:30 Mahjong 10:00 Oil/Acrylic w/ Jill 10:00 Intermediate Pickleball 1:00 Yoga Nidra</p>
<p>22</p> <p>9:00 Stretch w/ Nancy 9:00 Drawing w/ Chris 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Movie</p>	<p>23</p> <p>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 Canasta 1:00 Line Dancing</p>	<p>24</p> <p>9:00 Morning Exercise 9:00 Shoprite 10:00 Tai Chi 10:00 Pinochle 10:00 Keep Your Brain Sharp 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>25</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Trivia w/ Charlie 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit & Fit 12:00 Lunch 1:00 Line Dancing</p>	<p>26</p> <p>8:30 Beginner Pickleball 9:15 Housatonic Museum 9:30 Mahjong 10:00 Intermediate Pickleball 12:30 Bingo</p>
<p>29</p> <p>9:00 Stretch w/ Nancy 9:00 Drawing w/ Chris 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p>	<p>30</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:30 Scrabble 10:30 Sit & Fit 10:30 Osteoporosis 11:00 Dominoes 12:00 Lunch 12:30 Birthday Party 12:30 Canasta 1:00 Line Dancing 1:00 Matter of Balance</p>	<p>31</p> <p>9:00 Morning Exercise 9:00 Stop and Shop 10:00 Tai Chi 10:00 Pinochle 10:00 Keep Your Brain Sharp 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>JANUARY 2024</p> <p>*All virtual programs are written in GREEN text.</p> 	