



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

OCTOBER 2024

FLU SHOT CLINICS



Trumbull Health Department

Senior Center

FLU SHOT CLINICS

Let's protect yourself and your loved ones

TUESDAY | OCTOBER 15, 2024 10:00 – 12:00pm
MONDAY | OCTOBER 21, 2024 12:00 – 2:00pm

- No appointment necessary
- Please arrive with your license, Medicare & or insurance card(s).
- 65 years of age and older, high dose available.
- Most major insurances accepted.
- Paperwork will be provided when you arrive.
- Short sleeves shirt recommended.

HALLOWEEN LUNCHEON

Halloween Luncheon
Thursday, October 31st
12:00 PM—1:00 PM
Cost: Suggested \$5—\$7 Donation
Menu: Assorted Sandwiches

Join us for a Halloween Luncheon, wear a costume for a chance to win a gift card! Lunch reservations are required by calling 24 hours in advance. **Please call (203) 452-5199 ext. 3 to reserve your lunch.**

We will be closed on Monday, October 14th in observance of Columbus Day.

RESTAURANT WEEK

2024 Trumbull Restaurant Week
Friday, October 4th to Friday, October 11th

Information on participating restaurants and their specials can be found at:
www.trumbullrestaurantweek.com



The event aims to highlight local eateries as part of the Trumbull Celebrates Local effort. During Restaurant Week, participating Trumbull restaurants will offer an array of specials including prix fixe menus, buy-one-get-one options, and other discounts. Help us to support local restaurants by stopping into any of our participating establishments, October 4th—11th, 2024!

MEDICARE UPDATES PRESENTATION

Medicare Updates Presentation
Tuesday, October 15th at 10:00 AM



Join the Southwestern CT Agency on Aging as they provide a presentation from their CHOICES Medicare Experts. They will be providing an overview of the Medicare program and any updates Medicare is introducing for 2025. Their CHOICES experts will also cover expected costs, how to choose a plan and more! To register, please call (203) 452-5199.

UPCOMING PROGRAMS AT A GLANCE

- **Brain Games**—October 3rd & 17th, *see page 5*
- **Bingo**—October 8th & 25th, *see page 5*
- **MyPlate for Older Adults**—October 10th, *see page 5*
- **Painting w/ Gisselle**—October 17th, *see page 5*
- **Sing Into Fall Karaoke**—October 21st, *see page 5*
- **Real Estate Panel**—October 22nd, *see page 5*
- **Trivia with Mary**—October 28th, *see page 5*
- **Movie**—October 28th, *see page 5*



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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 & Trip Coordinator

Kyle Black
kblack@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

**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: Chair
Mark Ryan: Vice Chair
Alissa Heilbrunn: Secretary
Barbara Crandall: Clerk

Kathleen Bordelon
Nancy Lucas
Linda Randall
Eve Rothbard
Evelyn Wiesner

MEMBERSHIP**JULY 1ST - JUNE 30TH**

Membership runs from July 1st—June 30th.

You can join at anytime during the year.

Resident Annual Fee: \$10

Non-Resident Annual Fee: \$30

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

TRUMBULL COMMUNITY TELEVISION

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

OCTOBER BIRTHDAYS

We would like to wish a very happy birthday to:

- Valerie Albrecht
- Andrea Alexander
- Gloria Anderson
- Mary Ellen Antal
- Edward Bardinelli
- Gail Bazan
- Ingeborg Benedetto
- Jitendra Bharucha
- Maureen Bova
- Carl A. Coletta
- James Corless
- William Costello
- Pauline Crouch
- Beverly Dugas
- Virginia Flores
- Mary Fricke
- Caroly Gibson
- Debra Gilbert Taylor
- Judith Gilmore
- Linda Hakala
- Walter Hoyt
- Gladys Imbro
- Carol King
- Marilyn A. Lamy
- Dolores Larsen
- Janet Lett
- Barbara Lucas
- Theresa Malo
- Jeanette Margiotta
- Ann Melli
- Lyndel Miccio
- Barbara Musante
- Kendra Norman
- Bernice Oleyar
- George Papageorge
- Judy Pedro
- Suzette Sicsico
- Flor Soto
- Robert Stoppel
- Mohammed Taher
- Paulette Terio
- Kathleen Toombs
- Michael Vartuli
- Kathy Wheeler
- Janet Wolfinger
- Joanna Yang



ART CLASSES IN-PERSON

8-Week Painting with Jill Every Friday Beginning 10/4 through 11/22 10:00 AM to 12:00 PM

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

Students are responsible for their own supplies (a list will be provided upon request).

Payment must be received within two business days. 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 EXPO SIGN UPS

The Senior Center will be hosting a second Art Expo on Friday, December 6th at 12:30 PM, just in time for the holidays! If you are a current member of the senior center that is participating in our art classes or are a part of our needlework group and you are interested in displaying your work, please call the main office at (203) 452-5199. Spaces are limited and tables must be reserved in advance.

SHREDDING EVENT

Community Shredding Event OCTOBER 19 from 9-1 or until the truck is full

Trumbull Nature and Arts Center



WATERCOLORS WORKSHOP

3-Week Watercolor Workshop with Renu Wednesday, October 9th, 16th & 23rd

10:00 AM—11:30 AM

Join Art Strokes Instructor, Renu Vora for a fun three-week watercolors workshop. **All supplies will be provided and are built into the cost of the workshop.** Limited spaces are available, membership and pre-registration is required. **To inquire about openings, please call (203) 452-5199.**

Cost for Residents: \$20

Cost for Non-Residents: \$30

Payment must be received within two business days. Payments are non-refundable.

SIGN LANGUAGE CLASSES

- Continuing Sign Language
Wednesdays at 10:00 AM**
- Introductory to Sign
Language
Wednesdays at 11:00 AM**

***Please note there will be no
classes on October 30th.**

No experience necessary. **To sign up, please call (203) 452-5199.**

POETRY ROUNDTABLE

Poetry Writers Roundtable

Monday, October 21st &

Monday, October 28th

10:00 AM—11:30 AM

**2nd & 4th Monday of each month
(this month will be the 3rd & 4th
Monday due to the holiday)**

Calling all poets to join published poet, Emerson Gilmore, for a Poetry Writers Roundtable! Share your work, get feedback, and connect with other poets. All levels welcome. Take that old notebook off the closet shelf and engage the art and craft of writing poetry. This group will meet the second and fourth Monday of every month at 10:00 AM. **To sign up, please call (203) 452-5199.**

TRANSPORTATION

Meet our Transportation Team!



**Pictured left to right: Kyle, Erinne, Paulette, and Jim.
Not pictured: Dave**

We would love to formally introduce our members to our Transportation Team! Kyle is our new Transportation Coordinator, Kyle will be scheduling medical rides, shopping trips and fun bus trips. She is a welcome addition to our team. Erinne has transitioned into our lead bus driver position and will continue to assist with scheduling as well, we are happy to have her on staff full-time! Paulette drives the grocery shopping bus, senior center bus, and in her spare time, you can catch her as our fabulous Bingo caller! Jim is our senior center bus driver and Dave is our medical bus driver, both will fill in as needed in other areas as well, we are lucky to have them both!

For more information about our Transportation Services, please see pages 8 and 9 or call (203) 452-5137 with any questions.

COMMISSION ON AGING

Meetings will be held at 2:00 PM

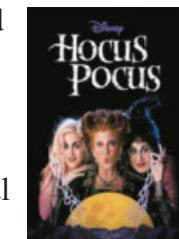
- October 25, 2024
- November 22, 2024
- December 13, 2024*

*Meeting will be held at the Trumbull Senior Center, otherwise at Town Hall Chambers.

IN PERSON PROGRAMS AND GAMES

Brain Games**Thursday, October 3rd & 17th 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.**Book Club—1st Monday of every month at 11:00 AM****• The Extraordinary Life of Sam****Hell by Robert Dugoni—**Monday, October 7th**• Brooklyn by Colm Toibin—**Monday, November 4th**Bingo****• Tuesday, October 8th at 11:00 AM****Sponsored by Caring People of CT****• Friday, October 25th at 12:30 PM****Sponsored by Spring Meadows Trumbull****Please call (203) 452-5199 to RSVP.****MyPlate for Older Adults: Nutrition for Healthy Aging**
Thursday, October 10th at 1:00 PMJoin Sacred Heart University Community Nutrition students for this presentation that will focus on the MyPlate dietary guidelines tailored to the nutritional needs of older adults. It covers the importance of a balanced diet for maintaining health, preventing chronic diseases, and supporting overall well-being as individuals age. **To RSVP, please call (203) 452-5199.****Sing Into Fall Karaoke****Monday, October 21st****1:00 PM—2:00 PM**Join Chris Curran and Craig Oshrin of CarePatrol for an hour of karaoke, donuts, cider and fun! **To RSVP, please call (203) 452-5199.****Painting with Gisselle****Thursday, October 17th at 10:00 AM**Join Gisselle of G-Vaz Care Services LLC for a fun watercolor painting class! Each attendee will receive a Velvet Art Design to paint, easy success for almost any age and ability! 4 designs to choose from. Each poster is 9" x 12". Registration is required. **To RSVP, please call (203) 452-5199.****Real Estate, Mortgage and More Discussion Panel****Discussion Panel****Tuesday, October 22nd at 1:00 PM**Join us for a discussion on the ever-changing real estate market, reverse mortgages, what options are available for those ages 55+, what important documents to have, and more. The panel will include Lisa Valenti, Senior Real Estate Specialist, Cheryl Castellano of AllPoints Mortgage LLC and Lori Dion, Attorney at Law. Bring any questions you may have for the panelists. Light refreshments will be served. **To RSVP, please call (203) 452-5199.****Movie: Hocus Pocus****Monday, October 28th at 1:00 PM**A teenage boy named Max and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century. Starring: Bette Midler, Sarah Jessica Parker and Kathy Najimy. **To RSVP, please call (203) 452-5199.**Join Chris Curran and Craig Oshrin of CarePatrol for an hour of karaoke, donuts, cider and fun! **To RSVP, please call (203) 452-5199.**

CAREGIVERS ARE ALWAYS WELCOME!

Trivia with Mary**Monday, October 28th at 10:30 AM****Last Monday of every month.** Trivia hosted by Clinical Liaison, Mary Sourivanh, LPN, from Wilton Meadows Rehabilitation & Care Center. **To RSVP, please call (203) 452-5199.****Monthly Birthday Party****Tuesday, October 29th****12:00 PM Lunch/12:30 PM Cake****Cost of lunch: \$5—\$7 Donation** Join us to celebrate this month's birthdays with lunch and cake! **The cake is sponsored by Middlebrook Farms at Trumbull.** To reserve lunch, call (203) 452-5199 ext. 3.**Computer Lessons w/ Cathy**
Mondays at 12:30 PM

Appointments required by calling (203) 452-5199.

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**Cribbage:** Tuesdays at 11:00 AM**Canasta:** Tuesdays at 12:30 PM**Scrabble:** Tuesdays at 10:30 AM**Pinocchio:** Wednesdays & Thursdays at 10:00 AM**Mahjong:** Fridays at 10:30 AM**Pickleball Open Court:**

- Mondays & Wednesdays: 12:30—3:00 PM
- Fridays: Beginners 8:30—10:00 AM/Intermediate 10:00 AM—12:30 PM

EXERCISE CLASSES ON ZOOM

Membership is required to participate in all of our Zoom programs. To register, please call the main office at (203) 452-5199. Zoom information will be sent via email upon registration.

Zoom information will remain the same for the entire membership year which runs from July 1st through June 30th.

Yoga with Jeannie
Mondays at 10:30 AM

Zumba Gold and Toning with Pauline
Wednesdays at 11:00 AM

QiGong with Julie
Wednesdays at 1:00 PM

Chair Yoga with Jeannie
Thursdays at 9:00 AM

Sit and Fit with Bobbi
Thursdays at 10:30 AM

Community Meditation with Deborah Swann
Thursday, October 17th at 7:00 PM
Third Thursday of each month.
No experience is necessary.

EXERCISE CLASSES IN PERSON

Please note that an active membership is required to participate in all programs and classes.
All participants must sign in for classes at the kiosk or with the main office. Thank you!

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
Tuesdays at 10:00 AM
8 Week Workshop
October 8th—November 26th

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 w/ Heather
Thursdays at 9:00 AM
8 Week Workshop
September 5th—October 24th

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. Please bring your own weights.

Strength and Zumba Toning with Nancy
Thursdays at 10:15 AM
Please bring your own weights.

Yoga Nidra with Deborah Swann
Friday, October 4th & 18th at 1:00 PM
First and Third Friday of each month
This is a deep relaxation class with Reiki.
Please bring a yoga mat and small throw blanket.
Optional: small pillow for head rest.

Sound Healing with Tina
Friday, October 25th at 1:00 PM
***Normally the second Friday of each month, please note that for this month only, the class will meet on the fourth Friday.**

Experience the soothing benefits of sound healing and reiki tailored for seniors in this gentle and rejuvenating class. Please bring a pillow, yoga mat and blanket.

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.

TRUMBULL FOOD PANTRY DONATIONS

Let's help our families/kids have a great start to a new school year – Social Services & Food Pantry are seeking donations of the following items:

- Water bottles and/or juice boxes
- Individual snack items such as crackers, cookies, chips, granola bars, pop tarts, fruit cups, apple sauce cups, nuts , raisins
- Individual refrigerator snacks such as Jello & pudding cups, yogurts, string cheese, veggies & hummus, guacamole & salsa
- Handi- wipes & hand sanitizer (kid friendly sizes)
- Amazon/Target/Walmart gift cards for needed school supplies and are always greatly appreciated!

Please call (203) 452-5136 to schedule a drop off or appointment.

TRUMBULL FOOD PANTRY

use the camera function on your phone and click to the link



Facebook page

Please "like" our page!



Amazon Wish List

Please shop our page with shipping direct to the Food Pantry



Shopping List

These are items most in need right now.

ENERGY ASSISTANCE

The Connecticut Energy Assistance Program (CEAP) helps Connecticut residents afford to heat their homes. Applications for CEAP are currently being scheduled by Social Services. Basic benefits toward your heating bill will range depending on your income level, household size, and whether there is a vulnerable member in the household. Benefits are usually paid directly to your utility company or fuel supplier. Households that heat with deliverable fuels like oil or propane may be eligible for additional deliveries.

Please contact Social Services to learn more about the program and its requirements and to schedule an appointment. Call 203-452-5198 or email us at socialservices@trumbull-ct.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.

MEDICAL EQUIPMENT

The Trumbull Senior Center/ Social Services Department will no longer be accepting donations of medical equipment. **For medical equipment needs and donations, please contact Wheel It Forward located in Bridgeport, CT. (203) 652-8600.**

Wheel it Forward is open 10:00 AM – 3:00 PM, Monday-Thursday and by appointment on Fridays.

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

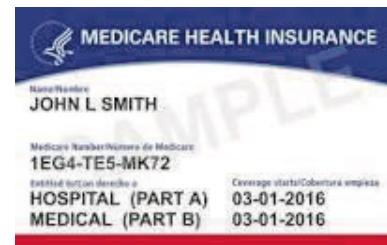


Southwestern CT Agency on Aging are here to provide you with unbiased assistance in navigating your options. This year, during the Medicare Open Enrollment period from **October 15th to December 7th**.

Open to anyone who is a Medicare beneficiary or will be a beneficiary in 2025 and who would like the opportunity to learn more about their Medicare options and changes for 2025.

CHOICES Counselors will be available at the Trumbull Senior Center on Tuesday, October 29th by appointment only. To schedule an appointment, please call our social services department at (203) 452-5198.

More information on Medicare plans for 2025 can be found on www.medicare.gov.



WELLNESS NURSE SUSAN



NURSE APPOINTMENTS

Please call (203) 452-5134 to schedule an appointment with Wellness Nurse Susan. Drop in appointments are available on Tuesdays 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.

HEALTH TIP FROM WELLNESS NURSE SUSAN

What happens when a smoker quits smoking? Many positive and healthy results happen! Research has shown that even if you're 60 or older and have been smoking for many years, quitting will improve your health. We all have heard that smoking cigarettes can cause lung cancer and heart disease, but it also can increase the risk of cancer of the mouth, larynx, esophagus, stomach, liver, pancreas, kidney, bladder, and cervix. Quitting is difficult for many people but there is help. There are various methods and using one or a few like medication, walking, exercising, nicotine products for weaning, and apps can help. Smokeless tobacco products and electronic cigarettes are not a safe choice for replacing cigarettes. Have a healthy month! 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.



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, October 2nd & 16th**. 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, October 8th & 22nd**. 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, October 15th**. 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

(203) 452-5137



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. **For more information or to view our transportation guidelines please visit: <https://www.trumbull-ct.gov/289/Transportation-Services>**

MEDICAL APPOINTMENTS: Medical appointment rides are available on **Mondays, Tuesdays, and Thursdays from 9:00 AM to 1:00 PM**. We require a minimum of 48 hours notice to see if we can accommodate the appointment into our schedule, rides can be booked days or months in advance. We travel to Trumbull, Bridgeport, Stratford, parts of Shelton, and Rt. 111 in Monroe up to the CVS.

SENIOR CENTER: Rides are available Monday through Friday to the senior center. Please call for more information and times. We require a minimum of 48 hours notice for all rides.

VETERANS: Ask us about rides to the VA in West Haven.

Need a ride somewhere else? We provide rides to the bank, hairdresser, barbershop, or legal appointments.

See page 9 for shopping and trip information!

SHOPPING TRIPS**SHOPPING LOOP**

The first 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, OCTOBER 2ND**. Stores include Big Y, Best Buy, Kohl's, Target, and Five Below.

WALMART SHOPPING TRIP

The third Wednesday of every 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 **WEDNESDAY, OCTOBER 16TH**.

GROCERY SHOPPING

Every Friday we offer grocery shopping trips for residents. On the 1st and 3rd (and 5th) Friday of the month, we go to Stop and Shop in Trumbull and on the 2nd and 4th Friday 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 DUE WITHIN 2 DAYS)

- Each trip has a registration date/time, to allow everyone the same opportunity to register. You must 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 are timestamped. We will not accept early registrations. Payment is due within two business days of signup.**
- Each trip has a bus fee of \$4, this is built into the listed cost of each trip.**
- Senior Center bus trips will depart from the Penny Lane Commuter Lot. Please arrive a few minutes early to allow time for parking, check-in, and departure.**

GIGGLING PIG—Shelton, CT**WEDNESDAY, OCTOBER 16TH****Cost: \$29—CASH ONLY (Doesn't include lunch)**

Depart Penny Lane Lot: 9:40 AM

Lunch will be at Riverdale Diner.

WEBB DEANE STEVENS MUSEUM—

Wethersfield, CT

Registration opens on September 20th at 9:00 AM THURSDAY, OCTOBER 24TH*Cost: \$19—CASH ONLY (Doesn't include lunch)**

Depart Penny Lane Lot: 8:45 AM

Lunch will be at Wood-N-Tap Restaurant.

LEISURE TRIPS CONTINUED**JONES FAMILY FARMS WINERY—Shelton, CT*****Registration opens on October 11th at 9:00 AM THURSDAY, NOVEMBER 7TH****Cost: \$4—CASH ONLY (Doesn't include lunch)**

Depart Penny Lane Lot: 9:45 AM

Breakfast at Plaza Diner. The wine tasting is \$17.95/ person which will be due at the winery. There is an incline up a dirt road to get to the tasting room.

CLINTON PREMIUM OUTLETS—Clinton, CT***Registration opens on October 18th at 9:00 AM THURSDAY, NOVEMBER 14TH****Cost: \$4—CASH ONLY (Doesn't include lunch)**

Depart Penny Lane Lot: 9:00 AM

Lunch will be at Lenny and Joe's.

BUS TRIPS**CHER AT GRAND OAK VILLA*****REGISTRATION IS CLOSED*****Thursday, October 10, 2024—Oakville, CT****Cost: \$124 (Checks made to Friendship Tours)**

Depart Penny Lane Lot: 10:30 AM

Estimated Return: 4:15 PM

SHADOWS OF THE 60'S**Tuesday, December 3, 2024—Plantsville, CT****Cost: \$124 (Checks made to Friendship Tours)****Last Day to Register: October 25th**

Depart Penny Lane Lot: 10:30 AM

Estimated Return: 4:15 PM

CHRISTMAS IN NEWPORT**Friday, December 6, 2024—Newport, RI****Cost: \$150 (Checks made to Friendship Tours)****Last Day to Register: October 30th**

Depart Penny Lane Lot: 7:45 AM

Estimated Return: 7:00 PM

The Breakers is the grandest of Newport's 'cottages' and is the sumptuous mansion of Commodore Cornelius Vanderbilt. Upon arrival everyone receives an audio guide. Our lunch will be at the Johnny's Restaurant at the Wyndham. **Menu Choice of: Chicken Piccata, Baked Stuffed Scrod with Seafood Stuffing and Newburgh Sauce, OR Pasta Primavera.**

UPCOMING TRIPS WITH COLLETTE TOURS:

- Cultural Treasures of Japan: March 30th-April 12th, 2025**

COLLETTE PRESENTATION: ALASKA**DISCOVERY LAND & CRUISE****Wednesday, November 13th at 1:00PM**

Join us for a presentation with Tracy from Collette Tours for information about an upcoming trip to Alaska. To sign up, call (203) 452-5137.

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-\$7.00***As long as participant fills out registration forms***All lunch specials are served with: Soup **or** Salad & Dessert

Other Menu Selections: Sandwich—Only available when ordering 24 hours in advance and it must be specified in your reservation that you are ordering a sandwich.

Sandwiches are NOT available on special event days.

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.

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals.

NEW ENGLAND Young at Heart™ <i>Live Well, Laugh Often, Love Much</i>	Tuesday, October 1st	Thursday, October 3rd
	Chef Salad	Fish Sandwich and Sweet Potato Wedges
Monday, October 7th	Tuesday, October 8th	Thursday, October 10th
Stuffed Shells and Meatballs	Tuscan Chicken and Rice	Pork Loin and Sweet Potato
Monday, October 14th	Tuesday, October 15th	Thursday, October 17th
The Senior Center is closed in observance of Columbus Day.	Sausage and Peppers over Rice	Taco Salad
Monday, October 21st	Tuesday, October 22nd	Thursday, October 24th
Eggplant Parmesan	Chicken Sandwich	Cookout: Burger, Hot Dog or Veggie Burger
Monday, October 28th	Tuesday, October 29th	Thursday, October 31st
Ham and Scalloped Potatoes	Chicken Burrito Bake	Assorted Sandwiches Happy Halloween! Wear a costume for a chance to win a prize!

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>OCTOBER 2024</h1> <p>*All virtual programs are written in GREEN text.</p>	<p>1</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Cribbage 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p>	<p>2</p> <p>9:00 Morning Exercise 9:00 The Loop Shopping 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>3</p> <p>9:00 Chair Yoga 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 12:30 Drama Club Rehearsal</p>	<p>4</p> <p>8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Yoga Nidra</p>
<p>7</p> <p>9:00 Stretch w/ Nancy 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>8</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Bingo 11:00 Dominoes 11:00 Cribbage 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p>	<p>9</p> <p>9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Watercolors w/ Renu 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>10</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 12:30 Drama Club Rehearsal 1:00 MyPlate for Older Adults</p>	<p>11</p> <p>8:30 Beginner Pickleball 9:00 Shoprite 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong</p>
<p>14</p> <p>The Senior Center is closed in observance of Columbus Day.</p>	<p>15</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap w/ Rose 10:00 Medicare Updates 10:00 Flu Shot Clinic 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Cribbage 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Caregiver Support</p>	<p>16</p> <p>9:00 Morning Exercise 9:00 Walmart 9:00 Coffee and Learn 9:40 Giggling Pig Trip 10:00 Tai Chi 10:00 Pinochle 10:00 Watercolors w/ Renu 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>17</p> <p>9:00 Chair Yoga 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Painting w/ Gisselle 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 12:30 Drama Club Rehearsal 7:00 Comm. Meditation</p>	<p>18</p> <p>8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Yoga Nidra</p>
<p>21</p> <p>9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 Poetry 10:30 Rummikub 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:00 Flu Shot Clinic 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Karaoke</p>	<p>22</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Cribbage 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Real Estate Panel</p>	<p>23</p> <p>9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Watercolors w/ Renu 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>24</p> <p>8:45 Webb Deane Stevens Museum Trip 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 12:30 Drama Club Rehearsal</p>	<p>25</p> <p>8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 12:30 Bingo 1:00 Sound Healing</p>
<p>28</p> <p>9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 Poetry 10:30 Rummikub 10:30 Trivia w/ Mary 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>29</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Cribbage 12:00 Lunch 12:30 Canasta 12:30 Birthday Party 1:00 Line Dancing</p>	<p>30</p> <p>9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>31</p> <p>9:00 Chair Yoga 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 12:30 Drama Club Rehearsal</p>	 <p>Happy Halloween!</p>