



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



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.**

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



October 4 - 11
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*

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



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OCTOBER EDITION



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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF

Director of Human Services

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

SENIOR CENTER

(203) 452-5199

Senior Center Coordinator

Ronnie Mogensen (203) 452-5199
rmogensen@trumbull-ct.gov

Front Desk

Amanda DeBernardo (203) 452-5199
adebernardo@trumbull-ct.gov

Transportation & Trip Coordinator

Kyle Black (203) 452-5137
kblack@trumbull-ct.gov

SOCIAL SERVICES

(203) 452-5198

Social Services Coordinator

Jennifer Gillis B.A. (203) 452-5133
jgillis@trumbull-ct.gov

Social Services Receptionist

Judy Cahill (203) 452-5135
jcahill@trumbull-ct.gov

Food Pantry

Karen Seferi (203) 452-5136
kseferi@trumbull-ct.gov

Wellness Nurse

Susan Clay, BSN RN (203) 452-5134
sclay@trumbull-ct.gov

First Selectman

(203) 452-5005

Vicki Tesoro

Firstselectman@trumbull-ct.gov

Priscilla Place Café

(203) 452-5199 Ext 3

Elaine Marcucio

New England Young at Heart

FOLLOW US ON FACEBOOK

<https://www.facebook.com/TrumbullSeniorCenter/>



HOURS OF OPERATION

SENIOR CENTER HOURS:

Monday-Friday 9:00 a.m.—3:30 p.m. (203) 452-5199

SOCIAL SERVICES HOURS:

Monday-Friday 9:00 a.m.—4:00 p.m.

Please call (203) 452-5198 for an appointment.

FOOD PANTRY: Monday, Tuesday, Thursday

By appointment only, please call (203) 452-5136.

COMMISSION ON AGING

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

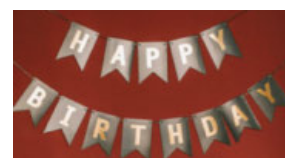


Watch Trumbull TV on Charter Spectrum channel 194, on YouTube at TCTV Trumbull, or on Facebook to watch LIVE municipal meetings and events.

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
- Carly 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

CAREGIVERS ARE ALWAYS WELCOME!

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 partici-
pate 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 PM**

Join 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 awaken-
ing 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.**



**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

Pinochle: 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.

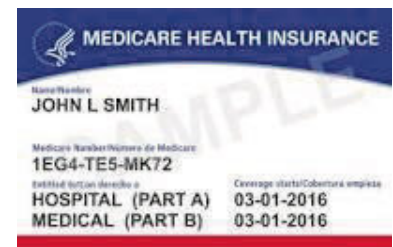
MEDICARE OPEN ENROLLMENT

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.

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