



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

NOVEMBER 2024

HOLIDAY BINGO BONANZA

HOLIDAY BINGO BONANZA

Join us for an afternoon of Bingo!
Thursday, December 19th
1:00 PM to 3:00 PM
Trumbull Senior Center - Smile A While Auditorium

Membership and registration are required to participate. Cost: \$10 per member.

Grab your lucky charms and reserve your spot now by calling (203) 452-5199.

Refreshments will be served. Lots of great prizes from some amazing sponsors and take home items.

HOLIDAY ART EXPO

Trumbull Senior Center Holiday Art Expo
Friday, December 6th
12:30 PM—3:00 PM

The holidays are coming, shop our Holiday Art Expo for unique gifts! This will be an opportunity for all of our current art students, needlework group, and more to showcase their own personal works of art! Some of our artists' work will be up for sale, don't miss out! This event is open to the public to attend.

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.

THANK YOU VETERANS



Attention Veterans...The Trumbull Senior Center and Right at Home would like to thank you for your service! Stop by the Senior Center on Friday, November 8th between 10:00 AM—11:00 AM (reservations are required) to pick up a thank you gift from the Trumbull Senior Center and Right at Home. Included will be a certificate redeemable for a free coffee

and an egg and cheese sandwich at Marianna's Pantry. **Due to limited supply this is open to Veterans only and reservations are required. Reservations will be on a first come, first serve basis and gift must be picked up during the designated time. To RSVP, please call the main office at (203) 452-5199.**

THANKSGIVING LUNCHEON

Priscilla Place Café Thanksgiving Luncheon
Tuesday, November 19th
12:00 PM to 1:00 PM
Cost: \$5-\$7 Donation

Join us for a Thanksgiving Luncheon, a turkey dinner will be served with all of the fixings! Bridges by EPOCH has sponsored pumpkin pie for dessert.

Reservations are required and must be made a week in advance (by 11/12), walk-ins will not be permitted. To make your reservation, please call (203) 452-5199 ext. 3.

UPCOMING PROGRAMS AT A GLANCE

- **Diabetes & Diabetic Friendly Meals**—November 4th, see page 5
- **Sound Check**—November 7th, see page 5
- **CarFit**—November 8th, see page 4
- **Bingo**—November 12th & 22nd, see page 5
- **Funniest Films**—November 14th, see page 4
- **DownSize CT EXPO**—November 18th, see page 4
- **Brainfood/Brain Power**—November 21st, see page 5

We will be closed on Monday, November 11th in observance of Veterans Day and Thursday, November 28th and Friday, November 29th in observance of Thanksgiving.



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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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SOCIAL SERVICES

(203) 452-5198

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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	Kathleen Bordelon
Mark Ryan: Vice Chair	Nancy Lucas
Alissa Heilbrunn: Secretary	Linda Randall
Barbara Crandall: Clerk	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.

NOVEMBER BIRTHDAYS

We would like to wish a very happy birthday to:

- | | |
|--------------------------|--------------------------|
| • Francesca Amore | • Barbara Mickut |
| • Svetlana Adrievsky | • Roy Molgard |
| • Lucille Borowy | • Jacqueline Norcel |
| • Gabriel Butler | • Frances O'Neill |
| • Dawn Cantafio | • Robert O'Sullivan |
| • Brian Clampet | • Julia Panella |
| • Benedict Danielczuk | • Josephine Pompa |
| • George Danielczuk | • Marietta Recupido |
| • Rose Marie D'Aquila | • Diana Rizzuto |
| • Judith D'Aurio | • Eve Rothbard |
| • Lorraine Della Vecchio | • Marla Rubin |
| • Debbie Dib | • Donna Saputo |
| • Barbara DiDomenico | • Nora Smith |
| • Frank DiMarco | • Catherine Spigener |
| • Edward Donato | • Mallika Sundarakanthan |
| • Phyllis Evans | • Lorraine Szamatulski |
| • Elizabeth Falsetti | • Stanley Tait |
| • Voidel Foreman | • Elinor Therriault |
| • June Harris | • Wanda Therriault |
| • Cynthia Holmes | • Nancy Tuttle |
| • Anthony Leventakos | • Ellen Voynick |
| • Charles MacMath | • Peter Yeh |
| • Helane Marcovici | |
| • William McMenamy Jr. | |
| • Maureen McNamara | |

ART CLASSES IN-PERSON

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

Membership and preregistration are 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).

Please note that registration for the next workshop opens on Monday, November 18th at 9:00 AM. This workshop will begin in December and run through January for a total of eight weeks.

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.*

DOWNSIZING

DownSize CT EXPO

Monday, November 18th from 10:00 AM to 12:00 PM

DownSize CT EXPO is a comprehensive resource for homeowners undergoing the downsizing process. By bringing together experts in the five key areas of transition—Residential, Emotional, Legal, Medical, and Financial—the EXPO offers invaluable advice, access to resources, and trusted partners to guide individuals through this challenging period. Light refreshments will be served. **To RSVP, please call (203) 452-5199.**



Rhiannon Benedetto
Reverse Mortgage Specialist
Neat Lending



Susan Oderwald
Always Best Care
Senior Care Services



Lisa Bisson
Director of Community Outreach
Wesley Village



Ethel-Anne Roome
Grief Recovery Specialist



Ted Heckel
Medicare Specialist
American Senior Benefits



Danielle Rownin
Realtor®, Downsizing Specialist
Keller Williams Realty



Robin Lynch
Volunteer Coordinator
Caring Hospice Connecticut



Andrea Ruby
Owner
Living Forward, Move Management



Denise Mortati
Estate Planning
Elder Care Attorney



Florisa Zinghini
Aging Life Care Manager
Reddi-Care Connections.com

FUNNIEST MOMENTS IN FILM

Funniest Moments in Film
Thursday, November 14th
at 1:00 PM

Join award-winning author and pop culture historian Marty Gitlin for The Funniest Moments in Film - the biggest belly-laughs in movie history. This interactive presentation highlights the best of the best from the silent era to the modern era. The presentation will include plenty of fun trivia questions and will be followed by a question-and-answer period. This one is a blast to feel free to join in! **To sign up, please call (203) 452-5199.**

LEAF PICKUP

The Town of Trumbull offers an annual loose leaf collection program that begins in the Fall and runs until leaves have been collected in each neighborhood once. **Expected Start Date: The 2024 Leaf Pickup Program is expected to begin on Monday, November 4, 2024. Weather conditions may delay collections.**

CARFIT

CarFit
Friday, November 8th
10:00 AM to 2:00 PM
(By Appointment Only)

There's a lot more to safe driving than how you drive. Having the proper fit inside your vehicle can make a big difference and help protect you and those around you. With CarFit, an educational program developed by AAA, AARP, and the American Occupational Therapy Association, you'll get information and resources on how you can enhance your safety in the driver's seat. Sacred Heart University Occupational Therapy students will be on hand to ensure the safest "fit" for your vehicle.

Appointments are required by calling (203) 452-5199. Appointments will last approximately 30 minute.

SIGN LANGUAGE CLASSES

- Continuing Sign Language Wednesdays at 10:00 AM
 - Introductory to Sign Language Wednesdays at 11:00 AM
- No experience necessary. **To sign up, please call (203) 452-5199.**

POETRY ROUNDTABLE

Poetry Writers Roundtable
Monday, November 18th & 25th
10:00 AM—11:30 AM
2nd & 4th Monday of each month
(this month will be the 3rd & 4th Monday due to Veterans Day)

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.**

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ARE ALWAYS WELCOME!

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

- **Brooklyn by Colm Toibin—** Monday, November 4th
- **Fly Away by Kristin Hannah—** Monday, December 2nd

Diabetes & Diabetic Friendly Meals

Monday, November 4th at 10:30 AM

Nurse Susan invites you to celebrate Diabetes Awareness Month, and join ShopRite Dietitian Siddhi Sheth, MS, RDN, CDN, for a presentation on diabetes and nutrition. Siddhi will discuss the importance of nutrition management in Diabetes, share tips for making meals Diabetes friendly, and conclude with a recipe demonstration. We will have some fun with a raffle at the conclusion of the program! **To RSVP, please call (203) 452-5199.**

Sound Check—Celebrating Life Through Better Hearing

Thursday, November 7th at 10:30 AM

Did you know that basic hearing tests can screen for risk of falls? That hearing loss can be mistaken for dementia? That we hear with our brains? Good hearing provides us with enjoyment, warns us of urgency, presents us with important information and helps us to perceive where our body is in space. Nurse Susan invites Dr. Willa Horowitz, Au.D. Practice Owner/Audiologist Acuity Hearing Solutions LLC Home Visit Hearing Healthcare Services for a presentation that enlightens us to ways we can conserve and protect our hearing, understand the consequences of not recognizing or not treating hearing loss and know the delight of improving our hearing. Attendees will be entered into a raffle. **To RSVP, please call (203) 452-5199.**

Brain Games

Thursday, November 7th & 21st 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, November 12th at 11:00 AM**

• **Friday, November 22nd at 12:30 PM**

To RSVP, please call (203) 452-5199.

Brainfood to Boost Your Brain Power and Memory

Thursday, November 21st at 1:00 PM

Sacred Heart University students in the Nutrition and Dietetics program will share a presentation on practical tips and insights on 'brain-boosting' foods that may help improve cognitive function and memory. They'll explore how proper nutrition can support brain health, enhance mental clarity, and potentially reduce the risk of memory-related issues, with a focus on easy-to-implement dietary choices. **To RSVP, please call (203) 452-5199.**

Movie: The Greatest Showman

Monday, November 25th at 1:00 PM

An original musical inspired by the life of P.T. Barnum. Barnum was a visionary who rose from nothing to create the "Greatest Show on Earth", a spectacle and celebration of his larger-than-life imagination that captivated audiences around the globe. Starring: Hugh Jackman, Zac Efron, Michelle Williams and Zendaya. **To RSVP, please call (203) 452-5199.**

Trivia with Mary

Monday, November 25th 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, November 26th

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 Watermark at 3030.** 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

Chair Yoga with Jeannie
Thursdays at 9:00 AM

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

Sit and Fit with Bobbi
Thursdays at 10:30 AM

QiGong with Julie
Wednesdays at 1:00 PM

Community Meditation with Deborah Swann
Thursday, November 21st 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

High-Low Aerobics & Balance w/ Heather
Thursdays at 9:00 AM

Zumba Gold and Toning with Pauline
Mondays at 11:15 AM

8 Week Workshop
November 14th—January 16th
***No class on 11/28 & 12/26**

Moderate Yoga with Jeannie
Tuesdays at 9:00 AM
Please bring a yoga mat.

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.

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

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

Sit and Fit with Bobbi
Tuesdays at 10:30 AM
Please bring your own weights.

Yoga Nidra with Deborah Swann
Friday, November 1st & 15th 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.

Line Dancing with Tom Mohyde
Tuesdays at 1:00 PM

Morning Exercise with Nancy
Wednesdays at 9:00 AM

Sound Healing with Tina
Friday, November 8th at 1:00 PM
Second Friday of each month.

Tai Chi with David
Wednesdays at 10:00 AM

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 prepare for the upcoming holiday season – Social Services & Food Pantry are seeking donations of the following items:

- Stuffing
- Cranberry sauce
- Gravy
- Vegetables
- Apple sauce
- Cornbread, cake and brownie mixes
- Frozen pies
- Sweet potatoes
- Grocery store gift cards 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.

Karen Seferi Food Pantry Coordinator kseferi@trumbull-ct.gov
23 Priscilla Place Trumbull, CT 06611 Phone: 203-452-5136

Hours: Monday, Tuesday and Thursday 9:30am-4:00pm.
Appointments are required. Please call ahead for donation drop off.

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.

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.

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.

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



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

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

The mind-body connection is a concept that has been accepted in many cultures for thousands of years, but until recently, scientists didn't understand just how powerful it could be. Now we know how our emotions can affect our health (for better or worse). Research has shown that mental illness with stress can put you at risk for some medical conditions. Stress elevates cortisol which can negatively disrupt just about every body function, such as digestive, immune, cardiovascular, and reproductive systems. Conversely, physical illness might cause stress and depression. We need to take care of mental and physical health for a happier healthier life. 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, November 6th & 20th**. Join Dr. Morris for this open-discussion group that will touch base on all different life topics and provide an opportunity for discussion and reflection. To join, contact Dr. Cornelia Morris at cmorris@trumbull-ct.gov and/or call (203) 452-5158.

GRIEF AND LOSS GROUP

Facilitated by Dr. Cornelia Morris, PhD, LADC. Meets the 2nd and 4th Tuesday of each month at 9:00 AM at the senior center—**Tuesday, November 12th & 26th**. 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—**There will be no meeting for November**. 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!

ADDITIONAL MEDICAL TRANSPORTATION

For the month of November we are able to offer medical transportation on the following dates in addition to our normal medical schedule of Monday, Tuesday, and Thursday:

- Friday, November 1st
- Friday, November 8th
- Friday, November 15th

To inquire about availability and to schedule your ride, please call (203) 452-5137.

SHOPPING TRIPS

SHOPPING BAG REMINDER

Friendly reminder, there is a 4 bag per person limit for all shopping trips. The drivers are not required to assist with any bags over 15 lbs. (cases of water, bags of soda, bulky heavy items). A case of water or soda will be in place of a shopping bag, (3 bags and 1 case of soda = 4 bags). Thank you all for your continued cooperation.

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, NOVEMBER 6TH**. Stores include Big Y, Best Buy, Kohl's, Target, and Five Below.

ALDI SHOPPING TRIP **NEW!**

The second Wednesday of every month we offer rides to Aldi in Monroe. Estimated pick up time is between 9:00—9:45 AM. Shop for an hour, then return home. The Aldi shopping date is **WEDNESDAY, NOVEMBER 13TH**. Don't forget to bring a quarter for a shopping cart!

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, NOVEMBER 20TH**.

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)

JONES FAMILY FARMS WINERY—Shelton, CT **THURSDAY, NOVEMBER 7th**

Cost: \$4—CASH ONLY (Doesn't include breakfast)

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.

OSBORNE HOMESTEAD MUSEUM—Derby, CT ***Registration opens on November 8th at 9:00 AM** **FRIDAY, DECEMBER 13th**

Cost: \$4—CASH ONLY (Doesn't include lunch)

Depart Penny Lane Lot: 9:30 AM

Lunch will be at Caloroso.

BUS TRIPS

SHADOWS OF THE 60'S

Tuesday, December 3, 2024—Plantsville, CT

***Trip is currently full**

Cost: \$124 (Checks made to Friendship Tours)

Depart Penny Lane Lot: 10:30 AM

Estimated Return: 4:15 PM

CHRISTMAS IN NEWPORT

Friday, December 6, 2024—Newport, RI

Last day to Register: October 30th

Cost: \$150 (Checks made to Friendship Tours)

Depart Penny Lane Lot: 7:45 AM

Estimated Return: 7:00 PM

UPCOMING TRIPS WITH COLLETTE TOURS:

- **Cultural Treasures of Japan: March 30th-April 12th, 2025**
- **Alaska Discovery Land & Cruise: June 11th—June 22nd, 2025**
- **Spain's Classics: October 17th—October 28th, 2025**
- **Exploring the Alpine Countries: April 23rd—May 4th, 2026**

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.

Monday, November 4 th	Tuesday, November 5 th	Thursday, November 7 th
Sausage and Peppers	Vegetable Quiche	Meatloaf and Mashed Potatoes
Monday, November 11 th	Tuesday, November 12 th	Thursday, November 14 th
The Senior Center is closed in observance of Veterans Day.	Shrimp Florentine	Pork Loin with Roasted Sweet Potato
Monday, November 18 th	Tuesday, November 19 th	Thursday, November 21 st
Roast Beef and Mashed Potatoes	Thanksgiving Celebration Reservations Required Turkey Dinner	Cookout! Burger, Hot Dog or Veggie Burger
Monday, November 25 th	Tuesday, November 26 th	Thursday, November 28 th
Meat Lasagna	Chicken Sandwich	The Senior Center is closed in observance of Thanksgiving.

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<div>  </div> <div> <h1>NOVEMBER 2024</h1> <p>*All virtual programs are written in GREEN text.</p> </div>				<div>1</div> <div> 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Yoga Nidra </div>
<div>4</div> <div> 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 10:30 Diabetes 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court </div>	<div>5</div> <div> 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 1:00 Line Dancing </div>	<div>6</div> <div> 9:00 Morning Exercise 9:00 Coffee and Learn 9:00 Shopping Loop 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 </div>	<div>7</div> <div> 9:00 Chair Yoga 9:00 Brain Games 9:45 Jones Family Farm 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sound Check 10:30 Sit and Fit 12:00 Lunch 12:30 Drama Club Rehearsal </div>	<div>8</div> <div> 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:00 CarFit Testing 10:00 Veterans Thank You 10:30 Mahjong 1:00 Sound Healing </div>
<div>11</div> <div> The Senior Center is closed in observance of Veterans Day. </div>	<div>12</div> <div> 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 11:00 Bingo 12:00 Lunch 12:30 Canasta 1:00 Line Dancing </div>	<div>13</div> <div> 9:00 Morning Exercise 9:00 Aldi Shopping Trip 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 </div>	<div>14</div> <div> 9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Clinton Crossing 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 Funniest Films 7:00 Comm. Meditation </div>	<div>15</div> <div> 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Yoga Nidra </div>
<div>18</div> <div> 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 Poetry 10:00 DownSize CT 10:30 Rummikub 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court </div>	<div>19</div> <div> 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 1:00 Line Dancing </div>	<div>20</div> <div> 9:00 Morning Exercise 9:00 Coffee and Learn 9:00 Walmart 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 </div>	<div>21</div> <div> 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 and Fit 12:00 Lunch 12:30 Drama Club Rehearsal 1:00 Brainfood </div>	<div>22</div> <div> 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 12:30 Bingo </div>
<div>25</div> <div> 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 </div>	<div>26</div> <div> 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 12:30 Birthday Party 1:00 Line Dancing </div>	<div>27</div> <div> 9:00 Morning Exercise 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 </div>	<div>28</div> <div> The Senior Center is closed in observance of Thanksgiving. </div>	<div>29</div> <div> The Senior Center is closed in observance of Thanksgiving. </div>