



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

DECEMBER 2024

HAPPY HOLIDAYS

We would like to wish our members and their families a very happy and healthy holiday season, we look forward to seeing you in the new year!

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.

Thank you to our sponsors:



HOLIDAY CONCERT

**St. Joseph High School
Holiday Performance
Wednesday, December 18th
12:00 PM—1:00 PM**

Join us for a holiday concert performed by the students of the St. Joseph High School Advanced Instrumental Class, Concert Choir and Chamber Choir at the senior center! Light refreshments will be served, sponsored by Maefair Center for Health and Rehabilitation. To reserve your seat, please call (203) 452-5199.

HOLIDAY LUNCHEON AND BRUNCH

Priscilla Place Café Holiday Celebrations:

**Holiday Luncheon
Monday, December 16th at 12:00 PM**

Cost: \$5—\$7 Donation

Menu: Baked Stuff Shrimp

**New Years Eve Holiday Brunch
Tuesday, December 31st at 11:00 AM**

Cost: \$5—\$7 Donation

Menu: Frittata, Pancakes, and More

Reservations are required and must be made 24 hours in advance by calling (203) 452-5199 ext. 3.

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.

We will be closed on Wednesday, December 25th in observance of Christmas Day.



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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

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Senior Center Coordinator

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SOCIAL SERVICES

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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.

DECEMBER BIRTHDAYS

We would like to wish a very happy birthday to:

- | | |
|-----------------------|-------------------------|
| • Karen Adams | • Patricia Mongillo |
| • Joan Bandanza | • Maria Teresa Monteiro |
| • Inaam Baz | • Linda Nassrah |
| • Martine Bove | • Cicelia Nathan |
| • Nancy Bremer | • Audrey Paray |
| • Barbara Butterworth | • Marisa Petriello |
| • Elizabeth Cahill | • Barbara Plofkin |
| • Richard Chandler | • Mary Rick |
| • Kirankumar Chauhan | • Mary Lou Roof |
| • Linda Ciocci | • Jean Schoenleber |
| • Barbara Cooper | • Vibha Shah |
| • Karen Costantini | • Byron Skillin |
| • Richard DelVecchio | • Robert Suggs |
| • Charles DiDomenico | • Charles Toothill |
| • Mary Joan Donahue | • Kathleen Waterhouse |
| • Barbara Gnant | • Norma Wattell |
| • Anthony Gonsalves | |
| • Michael Gravitz | |
| • Joseph Grega | |
| • Dennis Hoben | |
| • Tim Horton | |
| • Joan Joyce | |
| • Carole Krug | |
| • Nancy Lucas | |
| • Lorraine Lynch | |
| • Joan Mills | |



ART CLASSES IN-PERSON

8-Week Painting with Jill
Every Friday From 12/6—1/31
 (No class on 12/27)
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).

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.

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, December 9th & 23rd
10:00 AM—11:30 AM
2nd & 4th Monday of each month

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.**

RIDE SHARE PROGRAM

**GBT Connect Ride Sharing:**

- Start by downloading the GBT Connect app or call (203) 916-9355 to get started. All Trumbull residents are eligible.
- The service is 7 days a week. 6:00 AM—8:00 PM, anywhere within the town of Trumbull.
- \$4 per ride (each way). Pay through the app, with a credit/debit card or with cash when boarding.
- You can book a ride up to two days in advance.
- All vehicles are wheelchair accessible and drivers are trained to help people with disabilities.
- The app shows estimate of when your ride will arrive and how long to your destination.

MEDICARE PATROL

Senior Medicare Patrol
Monday, December 16th
at 10:30 AM

The Senior Medicare Patrol (SMP) wants to help prevent Medicare Fraud & Abuse. Join Tiana, SMP Coordinator, to find out how healthcare fraud happens and ways to protect yourself and Medicare! Scammers are evolving with their tricks and tactics, let's learn what they are and how to prevent falling for their traps. **To sign up, please call (203) 452-5199.**

REMEMBERING RICHIE



It is with great sadness that we share the passing of Richard Jones. Richie was a long-time member and volunteer of the senior center and a

former senior center bus driver and town employee. Richie was also known as the man behind the camera for Trumbull Community Television, recording events for the town including our Commission on Aging meetings and many presentations and programs at the senior center. May he rest in peace, he will be missed!

THE POWER OF PROTEIN

The Power of Protein
Thursday, December 5th
at 10:30 AM

Join Registered Dietitian Nutritionist Carmen Weber to learn all about the amazing power of protein! Learn what exactly protein is and what role it plays in our body. Understand what foods are good sources, how much we need, practical ways to get more into your day and what could happen if you don't get enough. We'll also touch on what health conditions may need a protein restriction. Time permitting, we'll have a simple activity to reinforce material covered and/or a very quick, high protein food demo and sample. Handouts and a recipe available for all. **To RSVP, please call (203) 452-5199.**

HOLIDAY TREE LIGHTING



IN PERSON PROGRAMS AND GAMES

CAREGIVERS ARE ALWAYS WELCOME!

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

- **Fly Away by Kristin Hannah**—Monday, December 2nd
- **Still Life with Bread Crumbs by Anna Quindlen**—Monday, January 6th

Ornament Craft w/ Mary Thursday, December 5th at 1:00 PM

Join Clinical Liaison Mary Sourivanh, LPN, from Wilton Meadows Rehabilitation & Care Center for a fun Christmas at the Beach Ornament craft. **Spaces are limited. To sign up, please call (203) 452-5199.**



Ornament Painting Monday, December 9th at 10:00 AM

Cost: \$2
Join Art Strokes Instructor, Renu Vora for a fun ornament painting class using acrylic paints. All supplies will be provided. **Spaces are limited. To sign up, please call (203) 452-5199.**

Oral Health for Older Adults Thursday, December 12th at 10:30 AM

Join ComForCare for this informative program that will discuss the importance of oral health as we age. By the end of this educational program, participants will be able to identify common oral health issues and causes, describe helpful techniques for maintaining and improving optimum oral health, and discuss tips and tools to help prevent issues and maintain teeth and gums. There will be a free raffle after the presentation! **To sign up, please call (203) 452-5199.**

Floral Arrangements Wednesday, December 18th at 10:00 AM

Cost: \$2
Restorative Blooms, a local non-profit, will be hosting a flower arranging workshop! Unleash your creativity while surrounded by beautiful fresh flowers! Join Allie, a Horticulture Therapist, in creating your own flower arrangement to take home or gift to a loved one. Following the program please stay to enjoy a cup of herbal tea and conversation! No experience necessary, guidance and materials provided! **Spaces are limited. To sign up, please call (203) 452-5199.**

Brain Games Thursday, December 19th at 9:00 AM

1st & 3rd Thursday of each month. (Please note there will be no Brain Games on 12/5)
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.**

Movie: Elf Monday, December 16th at 1:00 PM

Buddy was accidentally transported to the North Pole as a toddler and raised to adulthood among Santa's elves. Unable to shake the feeling that he doesn't fit in, the adult Buddy travels to New York, in full elf uniform, in search of his real father. As it happens, this is Walter Hobbs, a cynical businessman. After a DNA test proves this, Walter reluctantly attempts to start a relationship with the childlike Buddy with increasingly chaotic results. Starring: Will Ferrell, James Caan, Mary Steenburgen, and Zooey Deschanel. **To RSVP, please call (203) 452-5199.**

Trivia with Mary Monday, December 30th 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, December 10th 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

***No Pickleball on 12/6 & 12/18**

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, December 19th 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
***No class on 12/30**

Zumba Gold and Toning with Pauline
Mondays at 11:15 AM
***No class on 12/23 & 12/30**

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

Tap with Rose *RETURNING SOON!*
Tuesdays at 10:00 AM
8 Week Workshop

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
November 14th—January 16th
***No class on 12/26**

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
***No class on 12/26**
Please bring your own weights.

Yoga Nidra with Deborah Swann
Friday, December 6th & 20th 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, December 13th at 1:00 PM
Second Friday of each month.

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.

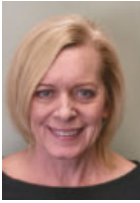


ENERGY ASSISTANCE

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

Lewy Body Dementia is a disease associated with abnormal deposits of a certain protein in the brain. These deposits, called Lewy bodies, affect chemicals in the brain that can lead to problems with thinking, movement, behavior, mood, and other body functions. Early signs of this disease can be similar to symptoms found in other brain diseases like Alzheimer's disease. Some distinctive symptoms that distinguish this form of dementia from others may include: visual hallucinations early on, fluctuations in cognitive ability, and a very interesting disorder called REM sleep behavior disorder, in which people appear to physically act out their dreams by yelling, flailing, punching, kicking and falling out of bed. An accurate diagnosis of which type of dementia is important for tailored treatment and what to expect with the disease. 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://uwv.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, December 4th & 18th**. 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, December 10th & 24th**. 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, December 17th**. 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 BAG REMINDER

There is a 4 bag per person limit for all shopping trips. Drivers are not required to assist with any bags over 15 lbs. Please remember, 3 bags plus a case of soda or water = 4 bags). Thank you all for your 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, DECEMBER 4TH**. Stores include Big Y, Best Buy, Kohl's, Target, and Five Below.

ALDI SHOPPING TRIP

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, DECEMBER 11TH**. 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, DECEMBER 18TH**.

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)

**OSBORNE HOMESTEAD MUSEUM—Derby, CT
FRIDAY, DECEMBER 13TH**

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

Depart Penny Lane Lot: 9:30 AM

Lunch will be at Caloroso.

FAIRFIELD MUSEUM & HISTORY CENTER

—Fairfield, CT

***Registration opens on December 13th at 9:00 AM
WEDNESDAY, JANUARY 15th**

Cost: \$7—CASH ONLY (Doesn't include breakfast)

Depart Penny Lane Lot: 9:30 AM

Enjoy a talk about Bridgeport's triumphant summer of 1915 and how the city became a powerful arsenal for the allied war effort at home and abroad. Breakfast will be at the Circle Diner.

LEISURE TRIPS CONTINUED

MOCA WESTPORT—Westport, CT

***Registration opens on December 27th at 9:00 AM
FRIDAY, JANUARY 24th**

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

Depart Penny Lane Lot: 9:00 AM

Visit the exhibition called ON FIRE: Energy, Climate, and Infrastructure from the Westport Public Art Collections. There will also be a feature from the annual high school show called Humans and Nature: A Changing Relationship which complements the ON FIRE exhibit. Breakfast will be at the Southport Diner.

BUS TRIPS

SHADOWS OF THE 60'S

Tuesday, December 3, 2024—Plantsville, CT

***Registration is closed.**

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

***Registration is closed.**

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

Depart Penny Lane Lot: 7:45 AM

Estimated Return: 7:00 PM

SWING INTO SPRING WITH THE KING

Wednesday, April 16, 2024—Bolton, CT

Cost: \$133 (Checks made to Friendship Tours)

Depart Penny Lane Lot: 9:45 AM

Estimated Return: 5:00 PM

Richie Santa performs as an Elvis tribute artist with a show that will not disappoint! From the time he was eight years old he honed his skill to move & sing as ELVIS. With the power of Richie's voice, the transformation was complete. There will never be another Elvis. Yet as long as fans support the music, Richie will continue to perform his show as a tribute to the greatest entertainer of all time - ELVIS. **Menu Choice of: Chicken Florentine, OR Stuffed Sole w/ Crabmeat Stuffing**

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**

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, December 2 nd	Tuesday, December 3 rd	Thursday, December 5 th
Meatballs and Stuff Shells	Grilled Chicken over Caesar Salad	Vegetable Lasagna
Monday, December 9 th	Tuesday, December 10 th	Thursday, December 12 th
Pork Loin with Sweet Potatoes	Fish Sandwich with Sweet Potato Wedges	Eye of Round with Mashed Potatoes
Monday, December 16 th	Tuesday, December 17 th	Thursday, December 19 th
Holiday Party! Baked Stuffed Shrimp with Baked Potato	Lasagna	Chicken Francese with Mashed Potatoes
Monday, December 23 rd	Tuesday, December 24 th	Thursday, December 26 th
Roasted Boneless Chicken Thigh	There will be no lunch served on this day.	There will be no lunch served on this day.
Monday, December 30 th	Tuesday, December 31 st	
Eggplant Parmesan and Pasta	Holiday Brunch at 11:00 AM! Spinach/Tomato Frittata, Pancakes, Homefries, and Bacon/Sausage.	

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</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>3</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>4</p> <p>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</p>	<p>5</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Power of Protein 10:30 Sit and Fit 12:00 Lunch 1:00 Ornament Craft w/ Mary</p>	<p>6</p> <p>9:00 Stop & Shop 10:00 Painting w/ Jill 10:30 Mahjong 12:30 Art Expo 1:00 Yoga Nidra</p>
<p>9</p> <p>9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 Poetry 10:00 Ornament Painting 10:30 Rummikub 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p>	<p>10</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 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>11</p> <p>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</p>	<p>12</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Oral Health 10:30 Sit and Fit 12:00 Lunch</p>	<p>13</p> <p>8:30 Beginner Pickleball 9:00 Shoprite 9:30 Osbourne Homestead 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Sound Healing</p>
<p>16</p> <p>9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Medicare Patrol 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch—Holiday Party 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Movie</p>	<p>17</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 1:00 Caregiver Support</p>	<p>18</p> <p>9:00 Morning Exercise 9:00 Coffee and Learn 9:00 Walmart Shopping Trip 10:00 Tai Chi 10:00 Pinochle 10:00 Floral Arrangement 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:00 Holiday Concert 1:00 Qigong</p>	<p>19</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 1:00 Holiday Bingo Bonanza 7:00 Comm. Meditation</p>	<p>20</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>23</p> <p>9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 Poetry 10:30 Rummikub 10:30 Yoga 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p>	<p>24</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Cribbage 12:30 Canasta 1:00 Line Dancing</p>	<p>25</p> <p>The Senior Center is closed in observance of Christmas Day.</p>	<p>26</p> <p>9:00 Chair Yoga 10:00 Pinochle 10:00 Needlework Group 10:30 Sit and Fit</p>	<p>27</p> <p>8:30 Beginner Pickleball 9:00 Shoprite 10:00 Intermediate Pickleball 10:30 Mahjong</p>
<p>30</p> <p>9:30 Walking Group at Mall 10:30 Rummikub 10:30 Trivia w/ Mary 10:30 Yoga 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p>	<p>31</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Cribbage 11:00 Lunch-Holiday Brunch 12:30 Canasta 1:00 Line Dancing</p>	<div> <h2>DECEMBER 2024</h2> <p>*All virtual programs are written in GREEN text.</p>  </div>		