

Senior Center Serving Adults Age 55+

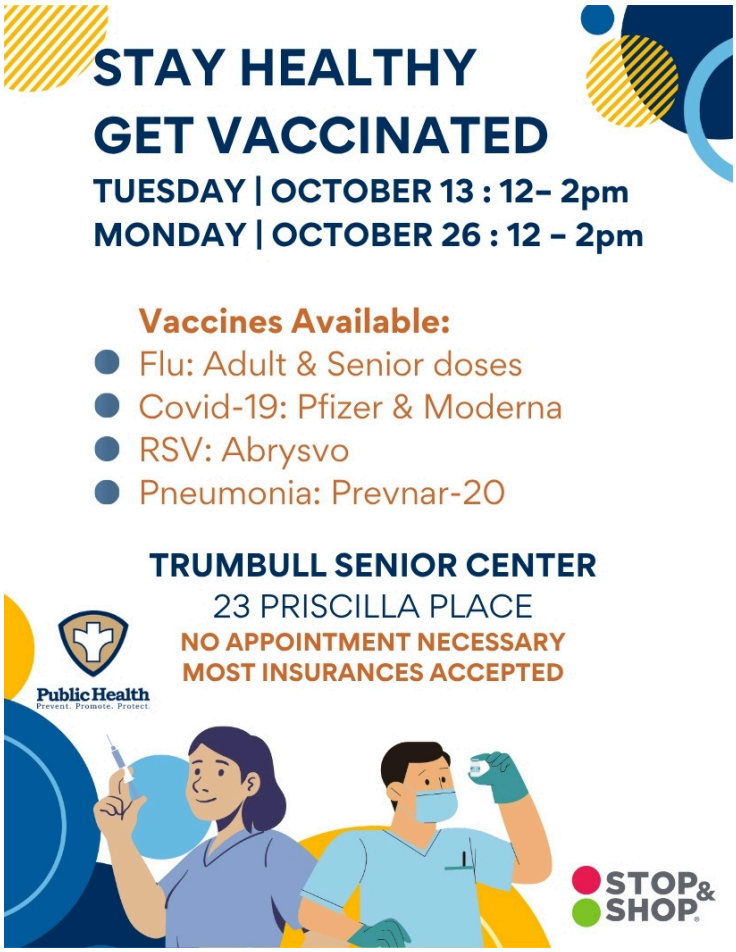
23 Priscilla Place • Trumbull, CT • 06611 (203) 452-5199 October 2026

SWCAA Medicare Updates

Medicare Updates Presentation
Friday, October 16th at 10:00 AM

Join the Southwestern CT Agency on Aging (SWCAA) 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 2027. Their CHOICES experts will also cover expected costs, how to choose a plan and more! **To register, please call (203) 452-5199.**

Upcoming Vaccine Clinics



Trumbull Nature & Arts Center

Nature and Nostalgia
Thursday, October 8th at 10:00 AM



Led by an Environmental Educator from the Trumbull Nature & Arts Center, this sensory based program invites participants to engage with a curated collection of natural and nostalgic objects. Each item is specifically chosen to foster memory recall, sensory stimulation, and social connection.

During this program, participants can:

- Awaken Memories: Experience natural and nostalgic aromas designed to evoke fond, familiar scents from nature and daily life.
- Listen & Connect: Reconnect with familiar sounds of the outdoors that recall childhood experiences.
- Engage & Share: Handle textured natural objects that serve as catalysts for storytelling and peer interaction.

Spaces are limited and registration is required. To sign up, please call (203) 452-5199.

Fall Watercolors Painting Class



Watercolors with Renu
Monday, October 19th
10:00 AM to 11:30 AM
Cost: $5 for Residents
$7 for Non-Residents

Join Art Strokes Instructor, Renu Vora for a fun fall watercolors painting class. No experience necessary. All supplies will be provided and are built into the cost of the workshop. **To sign up, please call (203) 452-5199.**

The Senior Center will be closed on Monday, October 12th in observance of Columbus Day.

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Staff Directory

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

SENIOR CENTER (203) 452-5199
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rmogensen@trumbull-ct.gov

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Transportation & Trip Coordinator
Emily Buell (203) 452-5137
ebuell@trumbull-ct.gov

SOCIAL SERVICES (203) 452-5198
Social Services Coordinator
Jennifer Gillis B.A. (203) 452-5133
jgillis@trumbull-ct.gov

Social Services Administrative Support
Otilia Quinta (203) 452-5135
oquinta@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

Hours of Operation

SENIOR CENTER HOURS:
Monday—Friday 9:00 AM—3:30 PM

SOCIAL SERVICES HOURS:
Monday—Friday 9:00 AM—4:00 PM
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
Paul McGeary: Secretary
Barbara Crandall: Clerk
Debra Gilbert Taylor
Kathleen Bordelon
Linda Randall
Eve Rothbard
Evelyn Wiesner

Membership July 1st - June 30th

You can join at anytime throughout 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

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.

Social Media Pages

FOLLOW US ON FACEBOOK:
https://www.facebook.com/TrumbullSeniorCenter/

FOLLOW US ON INSTAGRAM:
@trumbullseniorcenter

October Birthdays

We would like to wish a very happy birthday to:

- Gloria Anderson
- Edward Bardinelli
- Chris Barlow
- Gail Bazan
- Ingeborg Benedetto
- Jitendra Bharucha
- Maureen Bova
- William Costello
- Ernest Foito
- Mary Fricke
- Debra Gilbert Taylor
- Rose Guglielmo
- Linda Hakala
- Nancy Jackson
- Linda Jennette
- Carol King
- Theresa Malo
- Jeanette Margiotta
- Ann Melli
- Harvey Mamrus
- Mohini Monteiro
- Barbara Musante
- Bernice Oleyar
- George Papageorge
- Judy Pedro
- Vivian Sherwood
- Suzette Sicsico
- Francelina Simoes
- Flor Soto
- Robert Stoppel
- Paulette Terio
- Michael Vartuli
- Janet Wolfinger
- Joanna Yang



Balance Assessment

Balance Assessment and Strength Training Clinic
Wednesday, October 21st
10:00 AM to 2:00 PM
By Appointment

Free Fall Safety Clinic! Monitor My Health will be providing fall risk screenings, balance assessments, and individualized exercise recommendations. Participants will be signed up for a 20 minute fall risk screening and will receive a strength training handbook and free set of resistance bands. **Appointments are highly encouraged due to limited spaces, although, some walk-ins may be accommodated, schedule permitting. To sign up, please call (203) 452-5199.**

ABOUT MONITOR MY HEALTH: Monitor My Health is a 501(c)(3) nonprofit organization dedicated to improving the health and well-being of individuals through evidence based health promotion programs. Our organization leads a variety of initiatives, including diabetes prevention and management, healthy aging, chronic disease prevention, and fall prevention.

Monitor My Health SINCE 2016
www.MonitorMyHealth.org

Shredding Event



Art Workshop

4-Week Art Workshop
with Thomas Doty
Fridays from
10:00 AM to 12:00 PM
October 9th - October 30th
Registration opens on Friday, September 25th at 9:00 AM

Join Instructor and Artist Thomas Doty for this four-week studio-style workshop where students work independently on their own painting projects and at their own skill levels. The instructor will provide individualized guidance, feedback, demonstrations, and encouragement as needed. Students are responsible for their own art supplies (paint, brushes, canvas, etc.). **Cost: $10 for Residents and $20 for Non-Residents. Payment must be received within one week of signup. Limited seats available (70% reserved for residents). To sign up, please call (203) 452-5199.**

Improv Workshop

Fun, Laughter, Connection through Improvisation (Improv)
10-Week Workshop
Thursdays at 1:00 PM
July 23rd through October 15th
(Dates have been extended to include makeup classes)

Curious about Improv, but not interested in "performing?" This class is designed just for you! There's no stage, no audience, and absolutely no pressure—just a welcoming group enjoying creative and funny Improv exercises–all at your comfort level. These activities gently stretch and tone the brain, help improve memory, and stimulate new brain connections that support creative thinking. Participants often find themselves feeling more relaxed, more adaptable, and better able to approach everyday situations with fresh perspective. Join Tori Lawlor, Improv/Acting teacher of over 13 years and share laughs, mental stimulation, and the simple joy of trying something new, without ever having to "perform"!

To sign up, please call (203) 452-5199.

Commission on Aging

Commission on Aging Meeting Dates for 2026

- Friday, October 23, 2026
- Friday, November 20, 2026
- Friday, December 11, 2026

Meetings will be held at 2:00 PM at Town Hall Chambers.

Sign Language Classes

- **Continuing Sign Language**
  Wednesdays at 10:00 AM
- **Intro to Sign Language**
  Wednesdays at 11:00 AM
  (No experience necessary)

To sign up, please call (203) 452-5199.

BrainingUp

BrainStretches
8-Week Workshop
Wednesdays at 10:00 AM
Beginning November 4th through December 30th
Cost: $10 for Residents
$20 for Non-Residents

BrainingUP is back with a new workout for your brain! Created specifically for Trumbull, this custom series delivers high-energy group sessions—not lectures, not passive learning, but genuine cognitive workouts. Each week pairs a fascinating new topic with fast-moving games and improv-style challenges. Facilitators lead the way, putting your attention, memory recall, and mental agility to work in real time.

Think of it as a gym for your mind—only with laughter and conversation instead of treadmills. Every session blends stimulating discovery with social connection, designed for adults who want to stay sharp, curious, and confident.

At BrainingUP, we believe an active mind is cultivated through novelty, practice, and continuous learning. **Spaces are limited and registration is required. 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

- **Monday, October 5th**—The Stolen Queen by Fiona Davis
- **Monday, November 2nd**—Martha's Vineyard Beach by Martha Hall Kelly
- **Monday, December 7th**—We All Live Here by Joj Moyes

Brain Games Thursday, October 1st & 15th 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.**

Collette Tours 2027: Ireland and California Travel Information Session Wednesday, October 7th at 10:30 AM

Join us for a Travel Presentation showcasing two overnight tours for 2027: Ireland and California.

Shades of Ireland:
April 22-May 1, 2027; 10 days
From history-filled Dublin to the rolling green hills and dramatic coast, experience Ireland's charms on a journey through the Emerald Isle. A vibrant blend of captivating culture and stunning scenery, these are the shades of Ireland you've always imagined. Pick up a detailed itinerary at the center!

Coastal California:
Sept. 15-24, 2027; 10 days
From soaring redwoods to cultural meccas and verdant valleys, explore the rich sights, sounds, and tastes of California. Indulge in a feast of natural, cultural, and historical wonders. Pick up a detailed itinerary at the center!

To sign up, please call Emily at (203) 452-5137.

collette

Medicare Changes for 2027: What You Need to Know Monday, October 5th at 10:30 AM

Medicare changes again on January 1st. Prescription costs shift and the drug deductible goes up. Plans change too—benefits get cut, service areas shrink, and some plans terminate outright, which means people can lose coverage they've had for years without expecting it. Advantage and Supplement work differently, and which one you're in changes what all of this means for you. Joe Violetta of 4 Core Financial will walk through the differences, plus what to gather before you compare plans and the mistakes people make most often. Free checklist booklet for everyone who attends. **To sign up, please call (203) 452-5199.**

Positive Living with Nurse Susan Thursday, October 8th at 10:30 AM

2nd Thursday of every month
According to the National Center for Health Statistics, on any given day 22.7% of Americans eat fast food for breakfast. Join Nurse Susan for healthy and prediabetic recipes and samples of muffins and blueberry breakfast cake. We can decide if these recipes are keepers or never again! Also, if you would like to share your favorite recipe or a healthy recipe, please bring 8 copies. We will end with a free raffle! **To sign up, please call (203) 452-5199**.

Magic for Every Occasion Redux Thursday, October 29th 9:30 AM to 11:00 AM

Practice Practice Practice! A fun 90 minutes with professional magician, Mike Ganino, enjoying and learning some basic prestidigitation. Hone your digital dexterity and have fun at the same time. **Spaces are limited. To sign up, please call (203) 452-5199.**

Bingo

- **Tuesday, October 20th at 1:00 PM**
  Sponsored by Home Instead
- **Friday, October 30th at 12:30 PM**

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

Monthly Birthday Party Tuesday, October 27th

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 Maefair Center for Health and Rehabilitation. **To reserve lunch, call (203) 452-5199 ext. 3.**

Computer Lessons w/ Cathy Mondays at 12:30 PM

Questions about using your phone or laptop? The Computer Tutor is available at the center for individual, one-on-one help. **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.

Dominoes: Tuesdays at 10:00 AM

Canasta: Tuesdays at 12:30 PM

Scrabble: Tuesdays at 10:30 AM

Pinochle: Wednesdays & Thursdays at 10:00 AM

Mahjong: Fridays at 10:00 AM

Pickleball Open Court:

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

EXERCISE CLASSES ON ZOOM

Membership is required to participate. To register, please call the main office at (203) 452-5199. Zoom links will be sent via email upon registration. Zoom links will remain the same for the entire membership year.

Yoga with Jeannie
Mondays at 10:15 AM

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

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 15th at 7:00 PM
Third Thursday of each month.
No experience is necessary.

EXERCISE CLASSES IN PERSON

All participants must sign in for classes at the kiosk or with the main office. Thank you!

POUND with Debbie
Mondays at 9:00 AM
Full-body exercise that combines cardio, strength training, and rhythm-based movements using lightly weighted drumsticks to perform various exercises.

Zumba Gold and Toning with Pauline
Mondays at 11:15 AM
Zumba Gold-Toning is a low impact, providing reduced moves which addresses all the major muscle groups during a fun and easy to follow dance class.

Moderate Yoga with Jeannie
Tuesdays at 9:00 AM
A mindful class connecting your body, mind and soul through stretching, strengthening, deeper breathing and balance with a focus on getting healthy without getting hurt. Please bring a yoga mat.

Tap with Rose 8-Week Workshop ***NEW!***
Tuesdays at 10:00 AM
October 6th through November 24th

Sit and Fit with Bobbi
Tuesdays at 10:30 AM
This class focuses on keeping seniors active in both mind and body with safe full body exercises done in a chair. Each session is filled with positivity, fun and a touch of humor. Please bring your own weights.

Stretch & Zumba Gold with Nancy
Wednesdays at 9:00 AM
Jump start your day with a combination of stretching with an exercise ball, aerobic/dance movements, and Zumba Gold to help improve coordination, balance, and overall flexibility - in a fun environment. Senior Center will provide exercise balls for the stretch portion of the class.

Tai Chi with David
Wednesdays at 10:00 AM
Tai Chi's flowing moves, executed slowly and gracefully, improve flexibility, strength, and balance.

High-Low Aerobics & Balance with Heather
Thursdays at 9:00 AM
Join us for some fun aerobic intervals and easy-to-follow cardio interval combinations set to upbeat music. Please bring your own weights.

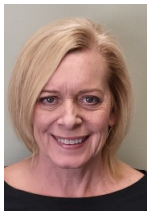
Strength and Toning with Nancy
Thursdays at 10:15 AM
Let's get stronger with a combination of upper and lower body strength exercises and cardio work to help promote overall strength and physical endurance. Please bring your own weights.

Qigong with Theresa Waldron, PhD
8-Week Workshop ***NEW!***
Thursdays at 1:00 PM
October 1st through November 19th
A great workout that you can adjust to your balance level! Qigong is an ancient practice that originated in China to train warriors - strengthening them physically & calming their minds to win battles. Studies show that Qigong has many benefits and it helps us on many levels in our every day lives as we age gracefully!

Yoga Nidra with Deborah Swann
Friday, October 2nd & 16th at 1:00 PM
First and Third Friday of each month.
A deep relaxation class with Reiki. Please bring a yoga mat and small throw blanket. Optional: small pillow.

Sound Healing with Tina
Friday, October 9th 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.

Wellness Nurse Susan



NURSE APPOINTMENTS: Please call (203) 452-5134 to schedule an appointment.

THE WALKING GROUP:
Mondays from 9:30 AM—10:30 AM
Join Wellness Nurse Susan every Monday in front of Target on the 2nd floor inside the Trumbull Mall for a weekly walking group. **Please call Nurse Susan at (203) 452-5134 for more information.**

Health Tip From Wellness Nurse Susan



Can you guess which fashion accessory is also healthy for you? Sunglasses support eye health, but remember they need to block out 100% ultraviolet rays (UV rays), which can cause cataracts and macular degeneration. Polarized sunglasses reduce glare and are helpful for light sensitivity, migraines, and bright reflections. Larger style sunglasses give more coverage, and look fabulous! Have a healthy and happy month!
Nurse Susan

Support Group

GRIEF AND LOSS GROUP:
Facilitated by Melissa DiVito, LCSW. Meets the 2nd and 4th Tuesday of each month from 9:00 AM to 10:00 AM at the Senior Center—**Tuesday, October 13th & 27th**. Grief can feel heavy, isolating, and overwhelming—but you don't have to walk through it alone. Our Grief Support Group offers a safe and caring space to share your story, listen to others, and find comfort in knowing you're not alone. Together, we'll explore ways to navigate loss, honor loved ones and support one another through healing. Whether your loss is recent or years past, you are welcome here. **To join, please call (203) 452-5199.**

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. Please call (203) 452-5193 for more information.

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.

Trumbull's Prevention Partnership

October is National Substance Abuse Prevention Month and Fentanyl Preventio Month - a perfect time for a refresher on how to secure all substances that can be misused. **Stop by the TPAUD table at the Senior Center on Friday, October 23rd from 9:00-11:30 AM for a FREE medication locking bag as well as tools and info on how to prevent substance abuse. TPAUD will also be offering FREE Naloxone kits and opioid overdose prevention training, while supplies last.**

Dog Day Festival

Trumbull Parks & Recreation with Trumbull Animal Group Invite You to: 2026 Trumbull Dog Day Festival Presented by Choice Pet
Saturday, October 3rd - 11:00 AM to 2:00 PM
Unity Park, 36 Bayberry Lane

Festival Lineup Includes: Pet Parade, Training Demos, Pet Merchants, Food Trucks, Giveaways, and more! Admission is free but donations are encouraged. 100% of proceeds go to the Trumbull Animal Group. Visit www.trumbull-ct.gov/DogDayFestival for more information.

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: 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 based on availability.

See page 9 for shopping and trip information!

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.

FOOD PANTRY NEEDS

Help keep the food pantry stocked and ready to serve our community. No time to get to the store but would like to donate? Visit our Amazon Wish List by scanning this QR Code:

THANK YOU FOR HELPING OUR PANTRY GROW

Our heartfelt thanks to all who donated produce to the pantry, enabling us to stock the shelves with fresh fruits, vegetables, and herbs. Among the donations were ears of corn, tomatoes, chard, potatoes, cucumbers, peaches, and apples. In addition, our own garden, in its first year, had a modest yield of chives, basil, dill, cucumbers, peppers, and tomatoes. Thanks to you, all our shoppers enjoyed "the fruits (and vegetables) of your labor!"



CONNECTICUT ENERGY ASSISTANCE (CEAP)

Connecticut Energy Assistance Program (CEAP) helps residents offset their home heating costs . The 2026–2027 benefit amounts range from $ 355.00 - $ 705.00 and are based on household size, income, and heating source . Benefits are paid directly to your fuel vendor or utility company.

CEAP is an annual benefit and must be applied for each year to receive assistance.

This program is administered by the Connecticut Department of Social Services in partnership with local Community Action Agencies.

Please contact Social Services at 203-452-5198 or by email at socialservices@trumbull-ct.gov for more detailed program information and to schedule an appointment.

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 15 to December 7. Counselors are available in your communities by appointment.

Open to anyone who is a Medicare beneficiary or will be a beneficiary in 2027 and who would like the opportunity to learn more about their Medicare options and changes for 2027 from Certified CHOICES.

For questions about CHOICES, please contact Katie Wheeler at 203-814-3639 or by email at kwheeler@swcaa.org

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

SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP)

November 30th is the last day for voucher holders to spend benefits. Don't forget to return your voucher card to Social Services for safe keeping until next season. Hope to see you at the Market!



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.

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

The Senior Community Service Employment Program (SCSEP) helps low-income adults aged 55 and older get back into the workforce.

Participants get temporary work assignments where they learn new skills and gain work experience. These jobs usually offer 20 hours per week at minimum wage. The program also provides extra training and support to help older adults find long-term employment after completing the program.

To join the program, you must:

- Be unemployed
- Be 55 years or older
- Live in Connecticut
- Have a family income no higher than 125% of the federal poverty level

For more information please visit: The WorkPlace Inc.
www.workplace.org/maturityworks

Providers in your area:
1000 Lafayette Blvd, 5th Fl,
Bridgeport, CT 06604
Corrine Harris, 203-930-1637
Email: charris@workplace.org

458 Grand Ave, Rm 110,
New Haven, CT 06513
Corrine Harris, 203-930-1637
Email: charris@workplace.org

Please stop by Social Services to pickup flyers with additional 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. Stores include Big Y, Best Buy, Kohl's, Target, and Five Below. Our loop day is **WEDNESDAY, OCTOBER 7TH.**

TRADER JOES/ALDI: We will be rotating between Aldi and Trader Joe's each month. **This month will be a Aldi's trip.** Estimated pick up time is between 9:00-9:45AM. Shop for an hour, then return home. The Aldi shopping date is **WEDNESDAY, OCTOBER 28TH.**

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 21ST.**

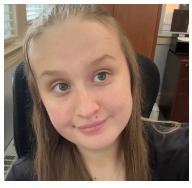
GROCERY SHOPPING: Every Friday we offer grocery shopping trips for residents. On the 1st and 3rd (and 5th) Friday of the month, we go to Stop and Shop in Trumbull and on the 2nd and 4th Friday of the month we go to ShopRite in Shelton. The estimated pick up time at your home is between 9:00 AM—9:45 AM. Shop for an hour and then return home.

Bus Trips

A TRIBUTE TO THE PLATTERS—
PLAINVILLE, CT
Wednesday, December 9, 2026
Cost: $137 (Checks made to Friendship Tours)
Checks and waivers due by November 2nd.
Depart the Penny Lane Lot: 10:45 AM
Estimated Return: 4:15 PM
A Tribute to The Platters honors one of the greatest vocal groups of all time. Family style menu: Garden Salad, Pasta, Roast Turkey & Baked Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert & Coffee.

Say Hello to Kaylee!

Meet Kaylee, our new Lead Bus Driver!



I was born and raised in Bridgeport but I currently reside in Ansonia. I'm a 24-year-old mom to a handsome 2-year-old boy, Giovanni, who will be turning 3 in December. Giovanni is autistic nonverbal and is very interested in cars and the outdoors. I enjoy spending most of my time with my son, out at the beach or taking a drive around town. I previously worked as a school bus driver for almost 2 years, and before that worked in retail and management.

I look forward to meeting you all, being able to support you, as well as being your new bus driver!

Leisure Trips

KATHARINE HEPBURN MUSEUM—
Old Saybrook, CT
Friday, October 23, 2026
Cost: $14 (does not include lunch) CASH ONLY
Depart the Penny Lane Lot: 8:45 AM
Lunch at Little Pub.

CLINTON OUTLETS—Clinton, CT
Friday, November 13, 2026
***Registration opens on Thurs. Oct. 15 at 11:30.**
Cost: $4 (does not include lunch) CASH ONLY
Depart the Penny Lane Lot: 9:15 AM
Get ready for the holidays and enjoy a day of shopping at Clinton Premium Outlets. Lunch at Lenny & Joe's Fish Tale.

Collette Tours 2027: Ireland and California Travel Information Session
Wednesday, October 7th at 10:30 AM
See Page 5 for more information.

Trip Registration Update

Based on survey results, effective September 1, 2026: All trip registrations will be BY PHONE ONLY at designated registration time, please read below for more information. For full policy, please see Emily.

- **Membership is required to participate in Senior Center Sponsored Trips.**
- **Reservations are accepted by phone only. To reserve a seat, call the Transportation Line at (203) 452-5137 and leave a timestamped voicemail.** Calls will not be answered during registration. Calls made to any other phone number, in-person reservations, and email submissions will not be accepted.
- Calls must be placed at or after the designated registration time. Any voicemail received before the official registration time will be voided. For example, if registration opens at 9:00 AM, a voicemail left at 8:58 AM will not be counted (no exceptions).
- You must be a current member to make a reservation. Each member may reserve a seat for themselves and one additional member only.
- Payment is due within one week of making your reservation. If payment is not received within that time, your reservation will be forfeited, and your seat will be offered to the next person on the waitlist.
- Due to high demand, 70% of available seats are reserved for Trumbull residents.
- A waitlist will be maintained for every trip.
- Only cash payments are accepted.

Please note: The Senior Center reserves the right to cancel or modify a trip due to weather, insufficient registration, or circumstances beyond its control.

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.
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.

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		Thursday, October 1st
		Fish Sandwich
Monday, October 5th	**Tuesday, October 6th**	**Thursday, October 8th**
Manicotti with Meatballs	Tuscan Chicken	Pork Loin
Monday, October 12th	**Tuesday, October 13th**	**Thursday, October 15th**
The Senior Center will be closed.	Roast Beef	Taco Salad Plate
Monday, October 19th	**Tuesday, October 20th**	**Thursday, October 22nd**
Eggplant Parmesan	Chicken Sandwich	Shrimp Stir Fry
Monday, October 26th	**Tuesday, October 27th**	**Thursday, October 29th**
Ham and Scalloped Potatoes	Cookout: Hamburger or Veggie Burger	Halloween Party Chicken Salad, Egg Salad or Tuna Salad Sandwich





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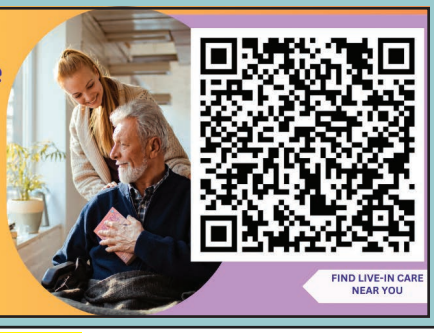
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October 2026

*All virtual programs are written in GREEN text.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Chair Yoga (Zoom) 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Qigong 1:00 Improv	2 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Yoga Nidra
5 9:00 POUND 9:30 Walking at Mall 10:15 Yoga (Zoom) 10:30 Medicare Changes 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	6 9:00 Moderate Yoga 10:00 Needlework 10:00 Dominoes 10:00 Tap 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:30 Canasta	7 9:00 Stretch & Zumba 9:00 Shopping Loop 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 10:30 Collette Tours 11:00 Intro Sign Lang. 11:15 Zumba (Zoom) 12:30 Pickleball Open Ct.	8 9:00 Chair Yoga (Zoom) 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:00 Nature/Nostalgia 10:15 Strength 10:30 Positive Living 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Qigong 1:00 Improv	9 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Inter. Pickleball 10:00 Art Workshop 10:00 Mahjong 10:00 Art Workshop 1:00 Sound Healing
12 The Senior Center will be closed in observance of Columbus Day.	13 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework 10:00 Dominoes 10:00 Tap 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:00 Vaccine Clinic 12:30 Canasta	14 9:00 Stretch & Zumba 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:15 Zumba (Zoom) 12:30 Pickleball Open Ct.	15 9:00 Chair Yoga (Zoom) 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Qigong 1:00 Improv 7:00 Community Med. (Zoom)	16 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Inter. Pickleball 10:00 Mahjong 10:00 Art Workshop 10:00 Medicare Updates 1:00 Yoga Nidra
19 9:00 POUND 9:30 Walking at Mall 10:00 Watercolors 10:15 Yoga (Zoom) 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	20 9:00 Moderate Yoga 10:00 Needlework 10:00 Dominoes 10:00 Tap 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:30 Canasta 1:00 Bingo	21 9:00 Stretch & Zumba 9:00 Walmart Shopping 10:00 Tai Chi 10:00 Pinochle 10:00 Balance Assessment 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:15 Zumba (Zoom) 12:30 Pickleball Open Ct.	22 9:00 Chair Yoga (Zoom) 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Qigong	23 8:30 Beginner Pickleball 8:45 Katharine H. Muse. 9:00 Shoprite 10:00 Inter. Pickleball 10:00 Mahjong 10:00 Art Workshop
26 9:00 POUND 9:30 Walking at Mall 10:15 Yoga (Zoom) 11:15 Zumba Gold/Tone 12:00 Lunch 12:00 Vaccine Clinic 12:30 Computer Tutor 12:30 Pickleball Open Ct.	27 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework 10:00 Dominoes 10:00 Tap 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:30 Birthday Party 12:30 Canasta	28 9:00 Stretch & Zumba 9:00 Aldi Shopping 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:15 Zumba (Zoom) 12:30 Pickleball Open Ct.	29 9:00 Chair Yoga (Zoom) 9:00 High-Low Aerobics 9:30 Magic 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Qigong	30 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Inter. Pickleball 10:00 Mahjong 10:00 Art Workshop 12:30 Bingo