

Senior Center Serving Adults Age 55+

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

Transportation to the Polls

It's that time of year again and we want to remind you that the Trumbull Senior Center offers transportation to the polls! Transportation will be available on Election Day, Tuesday, November 3rd for residents age 55+ who do not drive or have access to a vehicle. Pickups will begin at 10:00 AM.**To schedule your ride, please call (203) 452-5137.**

Holiday Craft Fair



The holidays are coming! Shop our Holiday Arts & Crafts Fair for unique, one-of-a-kind gifts while supporting the talented artists and crafters in our senior center community.

This special event will give our current members an opportunity to showcase and sell their personal works of art and handmade creations. The fair is open to the public to come shop!

If you are a current Senior Center member and an artist, crafter, needleworker, or maker interested in displaying and/or selling your work, please call the Senior Center Main Office at (203) 452-5199. Spaces are limited, and tables must be reserved in advance.

Come shop local, find unique holiday gifts!

Veterans Day Presentation

Veterans Day Special Presentation with Mark Albertson: Colonial Connecticut and the Northwest Ordinance of 1787
Monday, November 9th at 10:30 AM

In recognition of the men and women who have served our country, we invite veterans and our members to join us for a special presentation by Mark Albertson on Colonial Connecticut and the Northwest Ordinance of 1787. **Refreshments will be served, sponsored by Masonicare at Wesley Village. To sign up, please call (203) 452-5199.**

Thanksgiving Luncheon

Priscilla Place Café Thanksgiving Luncheon
Thursday, November 19th at 12:00 PM
Cost: $5-$7 Donation



Join us for a ThanksgivingLuncheon! A turkey dinner will be served with all of the fixings! **Reservations are required and must be made by Thursday, November 12th at 12:00 PM. Walk-ins will not be permitted. To make your reservation, please call (203) 452-5199 ext. 3.**

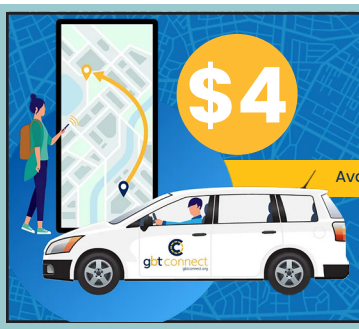
Save the Date - Holiday Bingo

Annual Holiday Bingo Bonanza & Pajama Party
Friday, December 18th
10:00 AM to 12:00 PM
Registration for this event will open on Thursday, December 3rd, more details coming soon.

Join us for a morning of exciting bingo games, amazing prizes, refreshments and a pajama contest (optional)! Membership and registration will be required to attend. More details coming soon in the December newsletter. **Cost to attend will be $8 for Residents and $10 for Non-Residents and payment must be received within one week of sign up. To sign up once registration opens on 12/1, please call (203) 452-5199.**

The Senior Center will be closed on Wednesday, November 11th in observance of Veterans Day and on Thursday, November 26th and Friday, November 27th in observance of Thanksgiving.

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Staff Directory

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SENIOR CENTER (203) 452-5199
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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

November Birthdays

We would like to wish a very happy birthday to:

- Christine Abramson
- Francesca Amore
- Johanna Andrews
- Svetlana Andrievsky
- Gretcha Brice
- Gabriel Butler
- Brian Clampet
- Benedict Danielczuk
- George Danielczuk
- Rose Mare D'Aquila
- Linda Demalt
- Theresa Devone Rivera
- Barbara DiDomenico
- Frank DiMarco
- Edward Donato
- Douglas Ebert
- Linda Evanko
- Phyllis Evans
- Elizabeth Falsetti
- Lois Foito
- Richard Hagedus
- June Harris
- June Hlywa
- Lucille Jacozzi
- Anthony Leventakos
- Emma Leventakos
- Barbara Mickut
- Roy Molgard
- Julia Panella
- Mary Paulus
- Josephine Pompa
- Eve Rothbard
- Marla Rubin
- Donna Saputo
- Debbie Simna
- Mary Sklanka
- Nora Smith
- Margaret Sulivan
- Valerie Taylor
- Elinor Therriault
- Nancy Tuttle
- Bernardo Vittori
- Craig Voytek
- Peter Yeh

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. Payment is due within one week of sign up to secure your seat. To sign up, please call (203) 452-5199.

Art Workshop

8-Week Painting Workshop with Jill Nichols
Fridays from 10:00 AM to 12:00 PM
November 6th — January 15th
(No class on 11/27, 12/25 or 1/1)
Cost for Residents: $20
Cost for Non-Residents: $40
Registration opens on Monday, October 26th at 9:00 AM

Join instructor Jill Harrington-Nichols for this 8-week painting workshop. Students will paint a subject of their choice with individual attention from the instructor. Bring in a photo or sketch for reference. Topics covered include color, color theory, mixing, brush techniques and more. Paint in the medium of your choice (watercolors, oil or acrylic. It is helpful to have basic knowledge of materials but this class is suitable for beginners and more advanced painters. Students are responsible for their own supplies (a list will be provided for new students).

To reserve your seat once registration opens, please call the main office at (203) 452-5199. Payment must be received within one week of signing up or your spot will not be guaranteed. Registration is required. Due to the limited number of spaces available for this workshop, 70% of the seats will be reserved for Trumbull Residents.

Watercolors

Watercolors with Thomas Doty
Monday, November 16th — 9:00 AM to 12:00 PM
Cost: $3 for Residents/$5 for Non-Residents

Join award-winning watercolor artist Thomas Doty for a free workshop designed to help you learn watercolor from the very beginning. During this hands-on workshop, Thomas will introduce the best papers, brushes, and watercolor paints, then demonstrate eight essential watercolor techniques. Each technique will be explained step by step as you practice it yourself. All materials are provided free of charge, so you can focus on learning, experimenting, and surprising yourself with what you create. This workshop will prepare you for a successful journey in watercolor. Whether you have never painted with watercolor or stopped after becoming frustrated, this workshop will help you begin again with confidence. **Spaces are limited and registration is required by calling (203) 452-5199.**

Nutrition Series

Students from Sacred Heart University's Community Nutrition course will be visiting the Senior Center to share practical nutrition information and tips. Each week, students will focus on a different topic and provide helpful ideas that can easily be incorporated into everyday life. Each session will be approximately 15-30 minutes in length, you do not need to attend all sessions in the series. **To sign up for any of the below classes, please call (203) 452-5199.**

All About Fiber
Monday, November 2nd at 1:00 PM
Learn why fiber is important for digestive and overall health, how much fiber we need, and simple and tasty ways to add more fiber to your daily diet.

Brain Food and Memory
Monday, November 9th at 1:00 PM
Explore how nutrition can support brain health and learn about foods and nutrients that may help support memory and cognitive health as we age.

Eating Healthy for the Holidays
Monday, November 16th at 1:00 PM
The holidays are a time to enjoy good food! Students will share practical tips for making healthier choices, managing portions, and enjoying your favorite holiday foods while still maintaining a balanced diet.

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.

IN PERSON PROGRAMS AND GAMES — CAREGIVERS ARE ALWAYS WELCOME!

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

- **Monday, November 2nd**—Martha's Vineyard Beach by Martha Hall Kelly
- **Monday, December 7th**—We All Live Here by Joj Moyes

AARP Smart Driver Course
Thursday, November 5th
9:00 AM to 1:00 PM

AARP will present their Smart Driver Safety Course. Refresh your defensive driving skills and increase your confidence behind the wheel. Cost is $20 for AARP members and $25 for non-members. Checks only, please note you will pay the instructor the day of the class. **To RSVP, please call (203) 452-5199.**

Beginner Mahjong Lessons 3-Week Workshop
Thursdays at 10:30 AM
November 5th, 12th & 19th

Curious about Mahjong? Join our 3-week workshop for fun and friendly classes designed for those who are new to the game. This is a great opportunity to learn the basics of the game and build your confidence as you play. **Spaces are limited. Beginners only. This is for anyone who has not previously taken lessons with us. Registration is required by calling (203) 452-5199.**

Positive Living
Thursday, November 12th
at 10:30 AM

2nd Thursday of every month

You're warmly invited to the next Positive Living with Nurse Susan! Join us for a relaxed, sit-down gathering focused on wellness, community, and connection. We'll spend the first 15 minutes learning how proper form can help you get the most from physical activity—no exercising required! Then, we'll share favorite hobbies and pastimes. Come relax, connect with friends, and enjoy an informative and fun hour together! **To sign up, please call (203) 452-5199**.

Bingo

- **Tuesday, November 17th at 1:00 PM**

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

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

1st & 3rd Thursday of each month.

Please note that this month we will only be meeting the 3rd Thursday.

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.**

Fall Prevention
Monday, November 23rd
at 10:30 AM

Join Nurse Susan and TruBlue of Fairfield for an informative talk on senior home safety and fall prevention, presented by Certified Senior Home Safety Specialists. We'll cover practical, expert-backed strategies—from securing loose rugs and improving stairway lighting to no-trip thresholds and safer bathrooms—that reduce fall risk and support aging in place. This isn't a sales pitch: as a business founded by people who navigated aging parents themselves, we're simply sharing tools you can use, whether or not you ever need our services. There will be small giveaways for everyone in attendance. **To sign up, please call (203) 452-5199.**

Alcohol Ink Painting Class
Monday, November 30th
at 1:15 PM

Cost: $2 per person. Payment is due prior to the day of class.

Join Bobbi to experience the magic of alcohol ink (a highly saturated, fast-drying ink with an alcohol base). Each person will create their own alcohol ink artwork on a heart shaped ornament to take home. All supplies included. Spaces are limited and registration is required. **To sign up, please call (203) 452-5199.**

Monthly Birthday Party
Tuesday, November 24th

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 can help with:

- Too much junk email
- Searching the internet
- Creating and saving files and documents
- Text messaging.

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

***No Pickleball on 11/25**

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, November 19th 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.

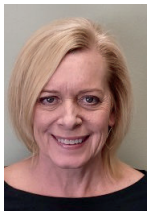
Strength and Toning with Nancy
Thursdays at 10:15 AM
Let's get stronger with a combination of upper and lower body strength exercises and cardio work to help promote overall strength and physical endurance. Please bring your own weights.

Qigong with Theresa Waldron, PhD
8-Week Workshop
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, November 6th & 20th 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, November 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.

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

Exercising at the gym or a senior center is a great way to stay active, healthy, and connected. Exercise and socialization can help support healthy aging. But if you prefer to exercise at home or at your own pace, there's another great option: on-demand SeniorShape with Lauren! SeniorShape offers a variety of on-demand exercise videos, including walking with strength, yoga and pilates, weight training and standing or floor exercises. You can choose the workout that fits your interests, ability, and pace. Lauren is a knowledgeable and pleasant instructor who makes exercising enjoyable and accesssible. You may find a new addition to your exercise routine! Have a healthy and happy month! Nurse Susan

Support Group

GRIEF AND LOSS GROUP:
Facilitated by Michelle Valerio, LPC-A, NCC of M.J.A. Behavioral Health & Wellness. Meets the 2nd Tuesday of each month from 9:00 AM to 10:00 AM at the Senior Center—**Tuesday, November 10th**. 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

Practicing gratitude is one of the simplest ways to improve your physical and mental health. Scientists have found that actively focusing on the good things in our lives lowers stress, improves sleep, and boosts heart health. There are small things you can do. Keep a Gratitude Journal and write down three specific things you are thankful for each day - no matter how small. Write a short Gratitude Note to someone who has made a positive impact on your life. Take a Grateful Walk and find things to be grateful for in your surroundings.

Thank you TAG!



A special thank you to the Trumbull Health Department's Teen Advisory Group (TAG) for volunteering their time and helping us celebrate National Senior Center Month this September! We truly appreciate your energy, enthusiasm, and support in making our Celebration Dance such a wonderful event!

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:

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.

THANK YOU TO THE COMMUNITY FOR A SUCCESSFUL SCHOOL SUPPLY DRIVE



The Social Services staff would like to extend a heartfelt "BIG" THANK YOU!!! , to all the community members that helped make "our kiddos" ready for another school year with all of the generous donations we received. We could not do what we do without your continued support – WE APPRECIATE YOU ALL!

MEDICARE OPEN ENROLLMENT

Need Advice? You Have CHOICES

Southwestern CT Agency on Aging & Independent Living

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, NOVEMBER 4TH.**

TRADER JOES/ALDI: Due to holidays, there will not be a trip to Trader Joes or Aldi for the month of November.

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 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. **Please note that due to the holiday schedule, the shopping trip that would have taken place on Friday, November 27th has been rescheduled to Monday, November 23rd.**

Leisure Trips

CLINTON OUTLETS—Clinton, CT
Friday, November 13, 2026
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.

FAIRFIELD THEATER COMPANY—
Fairfield, CT
Wednesday, December 9, 2026
***Registration opens on Thurs. Nov. 12 at 11:30.**
Cost: $4 (does not include lunch) CASH ONLY
Depart the Penny Lane Lot: 10:45 AM
Come enjoy the matinee show *The Holiday in the Warehouse*. Lunch at Sophie's Pizza Bar.

LOCKWOOD-MATTHEWS MANSION—
Norwalk, CT
Friday, December 11, 2026
***Registration opens on Thurs. Nov. 5 at 11:30.**
Cost: $24 (does not include lunch) CASH ONLY
Depart the Penny Lane Lot: 8:45 AM
Celebrate the holiday season with a visit to the beautiful Lockwood-Matthews Mansion. Enjoy a 90-minute guided tour of the mansion's main floor and upstairs. Lunch at Old Post Tavern in Fairfield.

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 Ham with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert & Coffee.

Upcoming Collette Tours:

Shades of Ireland
April 22-May 1, 2027; 10 days
Pick up a detailed itinerary at the center!

Coastal California
Sept. 15-24, 2027; 10 days
Pick up a detailed itinerary at the center!

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.

Monday, November 2nd	Tuesday, November 3rd	Thursday, November 5th
Lasagna	BBQ Chicken	Meatloaf
Monday, November 9th	**Tuesday, November 10th**	**Thursday, November 12th**
Stuffed Shells with Meatballs	Pork Loin	Stuffed Peppers
Monday, November 16th	**Tuesday, November 17th**	**Thursday, November 19th**
Roasted Chicken	Eye of Round	 **Thanksgiving Celebration:** Gravy, Stuffing, Green Beans
Monday, November 23rd	**Tuesday, November 24th**	**Thursday, November 26th**
Shrimp Stir Fry	Baked Potato with Chili	**The Senior Center will be closed.**
Monday, November 30th		NEW ENGLAND Young at Heart™ *Live Well, Laugh Often, Love Much*
Cookout: Hamburger or Veggie Burger		





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 POUND 9:30 Walking at Mall 10:15 Yoga (Zoom) 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct. 1:00 All About Fiber	3 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	4 9:00 Stretch & Zumba 9:00 Shopping Loop 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 10:00 BrainStretches 11:00 Intro Sign Lang. 11:15 Zumba (Zoom) 12:30 Pickleball Open Ct.	5 9:00 Chair Yoga (Zoom) 9:00 High-Low Aerobics 9:00 Driver Safety 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Mahjong Lessons 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Qigong	6 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Painting w/ Jill 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Yoga Nidra
9 9:00 POUND 9:30 Walking at Mall 10:15 Yoga (Zoom) 10:30 Mark Albertson 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct. 1:00 Brain Food	10 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 Canasta	11 The Senior Center will be closed in observance of Veterans Day.	12 9:00 Chair Yoga (Zoom) 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Mahjong Lessons 10:30 Positive Living 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Qigong	13 8:30 Beginner Pickleball 9:00 Shoprite 9:15 Clinton Outlets 10:00 Painting w/ Jill 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Sound Healing
16 9:00 POUND 9:00 Watercolors w/ Tom 9:30 Walking at Mall 10:15 Yoga (Zoom) 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct. 1:00 Eating Healthy	17 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	18 9:00 Stretch & Zumba 9:00 Walmart Shopping 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 10:00 BrainStretches 11:00 Intro Sign Lang. 11:15 Zumba (Zoom) 12:30 Pickleball Open Ct.	19 9:00 Chair Yoga (Zoom) 9:00 High-Low Aerobics 9:00 Brain Games 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Mahjong Lessons 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Qigong 7:00 Community Med. (Zoom)	20 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Painting w/ Jill 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Yoga Nidra
23 9:00 POUND 9:00 Shoprite 9:30 Walking at Mall 10:15 Yoga (Zoom) 10:30 Fall Prevention 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	24 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 Birthday Party 12:30 Canasta	25 9:00 Stretch & Zumba 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 10:00 BrainStretches 11:00 Intro Sign Lang. 11:15 Zumba (Zoom)	26 The Senior Center will be closed in observance of Thanksgiving.	27 The Senior Center will be closed in observance of Thanksgiving.
30 9:00 POUND 9:30 Walking at Mall 10:15 Yoga (Zoom) 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct. 1:15 Alcohol Ink Painting				

NOVEMBER 2026

*All virtual programs are written in GREEN text.