



# THE CENTER AT PRISCILLA PLACE

*Senior Center Serving Adults Age 55+*

# 2019

Happy New Year



23 Priscilla Place • (203) 452-5199

JANUARY 2019

## Director of Human Services

Michele Jakab (203) 452-5144

## Administrative Assistant

Ashley Grace (203) 452-5199

## Senior Center Receptionist

Jeannie Franco (203) 452-5199

## Social Services (203) 452-5198

Jennifer Gillis (203) 452-5133

Ashley Sylvester (203) 452-5135

## Food Pantry

Karen Seferi (203) 452-5136

## First Selectman

Vicki Tesoro (203) 452-5005

## SENIOR CITIZEN COMMISSION

**Clerk** - Barbara Crandall

Ron Foligno

Evelyn Wiesner

Mary Isaac

Marcy Kelly

## CENTER HOURS

Monday through Friday  
9:00 AM—4:00 PM



Like us on  
**facebook**

**The Center will be closed on January 1st in observance of New Year's Day and Monday, January 21st in observance of Martin Luther King Day.**

### All Members: Be Sure to Sign in at the Check In Station!

The Senior Center will now be using check in stations for our members to sign in whenever they come to the Senior Center. We will no longer use paper sign in sheets. We are asking everyone who comes in for the day to sign in. Even if you are just having coffee or playing a card game. Signing in ensures your program has a room to use and enough space. Without signing in, we won't know a room is in use and we could possibly give it to another program. Don't worry! Our members have shown that anyone can sign in on the computer. You just need to enter your phone number and touch what program you will attend. Stop by the desk and we will be glad to help.

*See you at the Check In Station!*

## NEW!

### Caregiver Support Group

Monday, January 7th, 2:00 PM

Monday, January 28th, 2:00 PM

Are you caring for a loved one? Join this group and share your feelings in a safe environment amongst others who are going through the same experiences. You can learn about resources, caregiving strategies and other value tools to provide support. Most importantly, you'll find out that you're not alone.

This group will be facilitated by Ashley Sylvester from Social Services.

For more information and to RSVP, please call Ashley at (203) 452-5135.

### Join Our New Walking Group!

Every Thursday at 1:00 PM

Kick off the New Year with health and wellness in mind! Join the Walking Group with our Wellness Nurse Victoria.

The group will walk every Thursday beginning Thursday, January 17th at 1:00 PM. The group will meet at the Trumbull Mall for the winter. We will meet on the second floor in front of Target. We will get outside when the weather gets better. Make new friends and get healthy in the New Year.

For more information and to RSVP, please call (203) 452-5199

### New Workshop

#### **Beginners Tap Dance Workshop with Joy**

Mondays at 11:30 AM  
January 7th-March 11th



Join instructor Joy Koch for a fun tap dance class. No experience necessary.

Please bring your own tap shoes.



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Trumbull Senior Center

06-5293

# WORKSHOPS, LUNCH AND LEARNS, EVENTS

## Lunch and Learn

### Steady Steps Program

Monday, January 7th

Lunch at 12:15 PM

**Presentation begins at 1:00 PM**

Join us for a presentation on how to prevent falls and receive a personalized balance assessment and an individualized screening. Presented by VNA Community Healthcare and Hospice. Lunch will be sponsored by A Place For Mom. To RSVP, please call (203) 452-5199.

## Create a VISIONBOARD with Intention and Purpose

Wednesday, January 9th

**10:30 AM-12:30 PM**

Set yourself up for success in 2019! Simple step by step instruction by Jessica Kolbusz, Holistic Practitioner. Feel free to bring your own makers and scissors. Paper and magazines will be supplied. To RSVP, please call (203) 452-5199.

## Genealogy

Monday, January 14th

**10:30 AM**

Have you always been interested in learning about your family history? Join us for an informative presentation about genealogy. Refreshments and snacks will be served. This program is being sponsored by Right at Home. To RSVP, please call (203) 452-5199.

## Basic Computer Tips and Tricks with Cathy

Wednesday, January 16th

**10:30 AM—11: 15 AM**

Learn tips on how to use your computer easier, create shortcuts, save files, and clear up clutter. Presented by our fabulous Computer Tutor, Cathy. To RSVP, please call (203) 452-5199.

## Accessing Medical Records

**Tuesday, January 22nd**

**11:30 AM**

**(Returning students: 12:00 PM)**

Wellness Nurse, Victoria Benoit, teaches how to access your own personal medical records online. Six seats available. Computer experience not necessary. Please know your e-mail account login information. To RSVP, please call (203) 452-5199.

## What is Reiki?

**Wednesday, January 23rd**

**10:30 AM-12:30 PM**

Learn the rich history of REIKI. Presented by Jessica Kolbusz, Holistic Practitioner. Snacks and refreshments will be served. For more information and to RSVP, please call (203) 452-5199.

## AARP Safe Drivers Course

**Friday, January 25th**

**9:00 AM—1:00 PM**

\$15.00 members and \$20.00 non-members. Checks only please. To RSVP, please call (203) 452-5199.

## Medicare Appointments and Counseling

**Monday, January 28th**

**9:00 AM—12:00 PM**

Scott Berney, representing Berney Insurance Group, will be present to counsel individually on Medicare Supplemental plans as well as Medicare Advantage plans. Scott is an independent agent who represents multiple carriers including Anthem BC/BS, Aetna, Connecticare, AARP/United Health, Humana and Silverscript. To schedule a 30 minute appointment, please call (203) 452-5199.

## Upcoming Events:

### • 8 Week Workshop

#### A Matter of Balance

Thursday: February 7th, 14th, 21st, 28th, March 7th, 14th, 28th, April 4th (Snow Day: April 11th)

**1:00 PM—3:00 PM**

A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. Lunch will be provided by Right at Home.

### • Valentine's Day Holiday Luncheon

Performance by the Hoot Owls  
Wednesday, February 13th  
**11: 00 AM**

\$8.00 Per Person.

## Sue's Salon

Haircuts,  
manicures & pedicures  
Licensed professional.

Please call (203) 981-7061 to make an appointment.

### Price List:

Shampoo/set/blow dry: \$15.00

Shampoo/cut: \$18.00

Neck Trim: \$10.00

Color/cut/set: \$50.00 +

Perm/wash/cut/set/blow dry:

\$65.00

## PROGRAMS

### Knitting & Crochet Group

Every Tuesday

10:00 AM

Please bring your own supplies. Extra yarn is available. Donations welcomed. New members are welcomed and the group is eager to learn new concepts, share skills, and make new friends!

### Daily Lunch Program

Join us for a hot lunch

Monday-Friday at 11:45 AM.

Reservations required 2 days in advance. Call (203) 378-3086. Suggested donation of \$3.25.

#### Alternative Menu:

Chef Salad: carrots, cherry tomatoes, spring mix, cucumbers, cheese and low sodium turkey breast.

### Family Conflict Group

Thursday, January 3rd & 17th

2:00 PM

This support group is run by a licensed professional and is for anyone feeling frustrated with their family relationships. For any questions and to sign up, please contact **Chante Moreno** at **(203) 452-5155** or **cmoreno@trumbull-ct.gov**.

### The Book Club

#### January Book:

“The Aviator’s Wife” by Melanie Benjamin

Monday, January 7th, 11:00 AM

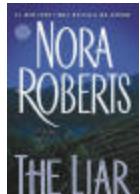


#### February Book:

“The Liar”

by Nora Roberts

Monday, February 4th, 11:00 AM



### Computer Tutor: 1:1 Sessions

Every Wed. and Thurs.

10:30 AM—12:00 PM

- How to send emails/photos, use the internet, social media, anything!

You must RSVP. (203) 452-5199.

If you have a laptop, please bring it in.

### Slim Approach Group

Every Thursday, 10:00 AM

Weekly weight management support group. **New members are welcomed!**

### Veteran’s Group

Friday, January 11th, 9:00 AM

All Veterans are welcome; any gender, any era, branch of service, or type of discharge.

Join Christopher Dean, MSW Student, every 2nd Friday of the month for discussion and support. To RSVP, please call (203) 452-5199

### Lunch and Movie

Friday, January 18th

11:30 AM—2:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

#### Feature Film:

#### Nine Lives

A businessman finds himself trapped inside the body of the family’s cat. Starring: Kevin Spacey and Jennifer Garner. To RSVP, please call (203) 452-5199.



### Monthly Birthday Party

Friday, January 25th

11:30 AM

Come celebrate our January birthdays! Cake and coffee will be served. This event is sponsored by SYNERGY Homecare. To RSVP, please call (203) 452-5199.

### Afternoon Movie

Featured Movie: **Mowgli**,

**Legend of the Jungle**

Thursday, January 31st, 12:30PM



You are welcomed to bring your lunch.

### New Bingo & 50/50 RAFFLE

Friday, January 25th

1:00 PM. 10 Games played

To RSVP, (203) 452-5199.

Sponsored by SYNERGY

Homecare and Right at Home.

\$1.00 for the first two cards. \$1.00 each additional card. All cash prizes.

## GAMES

### **Billiards: Monday-Friday.**

Call the office to get in touch with other players! Let’s get a group going!

### **Poker: Mondays and Thursdays**

**9:00 AM—3:30 PM**

Come join us for a fun game. Don’t forget to bring your poker face!

### **Bocce Ball: Mondays**

Join us outside for a fun game of Bocce Ball. The Bocce Court is open Monday-Friday from 9am-4pm. You can play anytime.

### **Texas Hold’em:**

**Wednesdays and Fridays**

**10:00 AM—3:30 PM**

### **Pinochle:**

**Wed, Thurs, Fri**

**12:30 PM**

Join a game and/or start your own!

### **Mah-Jongg:**

**Wednesdays at 12:30 PM**

**Fridays at 12:00 PM**

## FITNESS CLASSES

### Mondays:

#### **Stretch/Strengthen with Nancy-**

**9:00 AM** Stretch, balance, aerobic and strength exercises.

#### **International Folk Dance with Leng -10:00 AM**

A wonderful exercise for your mind, body and spirit.

#### **Beginners Line Dance with Shirley-1:00 PM**

Line dance to different types of music.

#### **Yoga with Jeannie-2:00 PM**

Focuses on deep breathing, balance, strength and flexibility.

### Tuesdays:

#### **Fit for Life Exercise with Marylou-9:15 AM**

Low-impact aerobic exercise/dance (including a weights segment).

#### **Ballroom Dance with Mike Stavola-10:30 AM**

Ballroom dance lessons with or without a partner.

#### **Sit and Fit with Becky and Marylou-10:30 AM**

A gentle, seated exercise class aimed to reduce stress, gain flexibility and strength.

#### **Zumba Lessons with Mike Stavola-11:30 AM**

Have fun while you dance to energetic music!

#### **Tai Chi Quan for Better Balance with Alma-1:30 PM**

Focuses on improving balance and reducing stress.

### Wednesdays:

#### **Yoga with Jeannie -9:00 AM**

This exercise focuses on breathing, stretching, balance and flexibility movements.

#### **Jazzercise with Marylou-**

**10:10 AM** Combination of low-impact aerobic exercise and dance.

#### **Tap Dance with Shirley-11:00 AM**

Experience required. Please bring your own tap shoes.

#### **Qigong with Julie-12:30 PM**

Practice that focuses on lowering stress, improving immunity and strengthening balance.

### Thursdays:

#### **Balance, Core and Stretch**

#### **(Pilates)-with Jeannie-9:00 AM**

This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

#### **Strength Training with Nancy-**

#### **10:15 AM**

Build strength and muscle while feeling stronger and more flexible. Please bring your own weights.

#### **Feldenkrais with Cathy-11:30 AM**

Awareness through movement. Learn the importance of proper movement techniques while sitting.

### Fridays:

#### **Dance & Tone with Jeannie-**

**9:00 AM** Dance to international music while toning the entire body.

#### **Tai Chi with David-10:15 AM**

An ancient martial art that helps improve balance and relieve pain.

#### **Israeli Dance with Leng—**

#### **11:30 AM**

Exercise for your mind, body and soul. No experience necessary.

## ART CLASSES

### ANNOUNCEMENT

#### Change to the art classes:

Due to the growing class sizes of all of our art classes, members will now need to sign up for all art classes in advance so we can guarantee a spot for each student and make it possible for the teacher to teach properly. Call for session information.

### Mondays:

#### **Drawing with Christine-9:45 AM**

This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

#### **Afternoon Oil Painting with Missy-12:30 PM**

Paint in oil or any medium. Learn about composition, color, and value. Bring reference material and supplies. Non-toxic methods will be emphasized.

### Tuesdays & Thursdays:

#### **Watercolors with Sabine-**

**9:30 AM Water color class taught by Artist Sabine Bonnar.** All levels are welcome. A supply list will be provided.

### Fridays:

#### **Acrylic/Oil Painting with**

#### **Christine-10:00 AM**

A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcome. Please bring your own supplies and subject matter. A supply list will be provided.



## The Travel Corner: *Let Your Journey Begin*



We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides to doctors, shopping, and the Senior Center. Service animals and assistive devices welcome.

Pick up times for the Senior Center bus are from 8:45 am-10:00 am with reservations. Medical ride appointments are on a first come, first serve basis. Monday, Tuesday, and Thursday.

### **The American Clock and Watch Museum and Oasis Restaurant**

**Thursday, January 10th**

Go back in time and visit the American Clock and Watch Museum in Bristol. Be sure to check out their creative gift shop. Enjoy lunch at Oasis Restaurant.

Admission to the museum is \$5.00.

Please pay the day of at the museum.

You are responsible for the cost of your lunch. Transportation fee is \$2.00. Please pay the fee at the front office. 20 maximum riders.

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

**Bus Schedule:**

- Bus will leave the Center by 9:00 AM
- Museum from 10:30 AM—12:00 PM
- Oasis Restaurant from 12:30 PM—2:00 PM
- Bus will return to the Center by 3:30 PM

### **The Shuttle Loop:**

#### **Estimated pick up time between 9:00 AM-10:00 AM**

Stores within the “Loop” include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

#### **• Thursday, January 3rd, 17th**

### **Trumbull Mall/PriceRite:**

#### **Estimated pick up time between 9:00 AM-10:00 AM**

Stores include the Trumbull Mall, PriceRite, Marshalls, Stop and Shop, and more. Hop on and let the driver know where you would like to go!

#### **• Thursday, January 10th**



### **Yale Collection of Musical Instruments and the Bridgeport Flyer**

**Thursday, January 24th**

Enjoy an early brunch at the Bridgeport Flyer in Milford. Afterwards, take a trip to New Haven and receive a tour of Yale School of Music's Collection of Musical Instruments. Admission to the museum is \$5.00; cash only. Please pay the day of at the museum. You are responsible for the cost of your lunch. Transportation fee is \$2.00.

Please pay the fee at the front office.

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

**Bus Schedule:**

- Bus will leave the Center by 10:45 AM
- The Bridgeport Flyer 11:00 AM—12:30 PM
- Yale Collection of Musical Instruments from 1:30 PM—2:30 PM
- Bus will return to the Center by 3:00 PM

### **The Christmas Tree Shop and Eli's Tavern**

**Thursday, January 31st**

Take a trip to Orange and go shopping at the new, updated Christmas Tree Shop. Enjoy a delicious lunch at Eli's Tavern. Transportation fee is \$2.00. Please pay at the front desk. You are responsible for the cost of your lunch. To RSVP, please call (203) 452-5199.

**Bus Schedule:**

- Bus will leave the Center by 9:30 AM
- Christmas Tree Shop from 10:00 AM-12:00 PM
- Eli's Tavern from 12:30 PM-2:00 PM
- The bus will return to the Center by 2:30 PM

### **Rides to Stop and Shop Schedule**

- Stern Village: Wednesdays (pick up 9:00 AM-9:15 AM)
- Trumbull Residents: Tuesdays (pick up 9:15 AM-9:45 AM) Shopping is from 10:00 AM -11:00 AM. You will be picked up between 9:00 AM-9:45 AM.

# NEWS FROM THE OUTREACH DEPARTMENT

## Senior Resource Panel

**Tuesday, January 22nd**

**8:30 AM**

Come and learn what services the Town of Trumbull and Resource Professionals have to offer in regards to preparing for an emergency. For more information and to RSVP by January 17th, please call (203) 452-5199.

Meeting will be held at:

St. Joseph's Manor, 6448 Main Street, Trumbull  
Enter through the Adult Day Care Doors, located  
in the back of the building past Teresian Towers.

## Need a Ride to the Doctor?

We offer rides to and from medical appointments on Mondays, Tuesdays, and Thursdays. We travel to Trumbull, Bridgeport and Stratford. All riders must be independent; caregivers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle. Senior Center membership is not required but all riders must fill out a registration form.

**Donations are gratefully accepted.**

## Energy Assistance:

Winter Heating/Energy

Assistance Program beginning in October.

The Connecticut Energy

Assistance Program (CEAP) can assist households with their primary heating source (oil, gas, electric) costs during the winter months. If the household's primary heating costs are included in rent, you may also apply for assistance. **THIS PROGRAM IS INCOME AND ASSET BASED.** Please call Social Services directly at 203-452-5198 for program guidelines, required documentation and to schedule an appointment.

Home bound visits are available upon request

**ALL INQUIRIES ARE STRICTLY  
CONFIDENTIAL**

## Caregiver Resources:

There are over 55 million people around the country who are family caregivers caring for a loved one with a physical, cognitive or emotional disability. Although family caregiving can be a rewarding experience, it can also be physically and emotionally demanding particularly for older caregivers. The following programs are to assist family caregivers by providing some assistance in the form of services for either the caregiver or the care recipient to alleviate some of the demands of the family caregiver.

### RESPITE SERVICES

Respite care provides a break, or a time of caregiver relief, from the constant physical and emotional stress of caring for a person with a chronic illness. The task of caring for a person with a chronic illness can be overwhelming. Family caregivers often develop stress-related illnesses such as heart disease, hypertension, or ulcers. An occasional break allows an exhausted caregiver to regroup, both physically and emotionally, and to find the strength to carry on. The following programs have been designed to assist caregivers by providing some services and support to caregivers that provide them with a break (respite) from their caregiving role.

### CT Alzheimer's Respite Care Program

Provides up to \$7,500 in services to caregivers caring for a loved one with Alzheimer's Disease or Dementia. This program can pay for in-home help, adult day care, meals on wheels, in-patient respite to allow the caregiver to take a needed vacation and other services.

### National Family Caregiver Program

Provides up to \$3,500 to caregivers caring for a loved one over the age of 60. This program also can pay for in-home help such as a home health aide, companion and homemakers as well as adult day care, in-patient respite, emergency response systems and home-delivered meals

**This information can be found at [www.swcaa.org](http://www.swcaa.org)**

**To inquire, please contact our Social Services  
Department at (203) 452-5198**



## COMMUNITY NEWS

### **The Center at Priscilla Place Inclement Weather Policy for Members**

If Trumbull Public Schools are **closed** due to bad weather, all Priscilla Place activities/classes/transportation/lunches are cancelled however the center will remain open as a warming center on occasion.

If the Trumbull Public Schools are **delayed**, the Center at Priscilla Place **morning** activities are delayed. Be sure to check all closings and delays for the delayed opening time.

**Trumbull Senior Center Closings and Delays are publicized on T.V. channels 12, 8, 6 and 3; on WICC 660 and WEBC 108 on the radio; and on the and Town of Trumbull website. For a text alert on our delayed or closing status sign up at:**

NBC:<https://www.nbcconnecticut.com/news/local/Sign-Up-For-Winter-Weather-Closing-Alerts-106521708.html>  
OR

#### **WSFB CHANNEL 3:**

<https://my.textcaster.com/asa/Default.aspx?ID=c1616077-39d9-4682-b0ca-63a1ee174441>

If travel becomes hazardous during the course of the day due to bad weather, staff may decide to cancel activities for the remainder of the day. If this occurs, all bus passengers will be driven home. No passenger will be left stranded. Members and instructors are encouraged to check for cancellations or delays during inclement weather.

#### **Sunday Cabarets**

- February 24th, 2019, 1:30 PM:  
*Songs from the Heart*



### **Your Donation Matters**

**Would you like to leave a donation in memory of someone or help fund a particular class or program?**  
Donations are used to support Senior Center programs that enrich the lives of seniors at the center and in the community. All contributions are gratefully accepted. Here are some donation suggestions: Arts and Crafts, In Memory of.., Luncheon scholarship, Exercise Workshop.

**Please make the check payable to:  
The Trumbull Senior Center**

If you would like to specify what your donation is for, please do so here or on the memo of your check:

*Thank you for your support!*

### **Hardship and Emergency Assistance**

The Town of Trumbull offers Hardship and Emergency Assistance to Trumbull Residents in need. Please call Social Services to inquire about program criteria and eligibility.

**Applications are available online at:**

[http://www.trumbull-ct.gov/  
content/10623/10655/11041/default.aspx](http://www.trumbull-ct.gov/content/10623/10655/11041/default.aspx)

### **AARP Tax Aide**

#### **APPOINTMENTS NECESSARY**

For the tax year 2018, AARP Tax Aide certified volunteers will offer free income tax preparation at the Trumbull Senior Center from 9:00 AM until 12:00 PM each Wednesday from February 6th through April 10th, 2019. **For appointments at the Senior Center, call (203) 452-5199.**

#### **What To Bring:**

- A copy of your 2017 tax return.
- Social Security Statement, SSA 1099.
- All tax forms received for tax year 2017 (W2, 1099, etc.).
- End of year investment statements (INT, DIV, STOCKS, BONDS).
- Documentation to support itemized deductions or credits claimed (medical, taxes, contributions, education expenses)

**The Trumbull Library is also offering free income tax preparation on Fridays from**

**10:00 AM—1:00 PM.**

**Call (203) 452-5197**

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| <b>JANUARY</b>   | <p><b>1</b><br/>The Center will be closed in observance of the New Year!<br/><br/><b><u>Happy New Year!</u></b></p>  | <p>9:00 Yoga<br/>10:00 Poker<br/>10:10 Jazzercise<br/>10:30 Computer Tutor<br/>11:00 Tap Dance<br/>12:30 Pinochle &amp; Mahjong<br/>12:30 Qigong</p>  | <p><b>2</b><br/>9:00 Balance &amp; Core<br/><b>9:00 The Loop</b><br/>9:30 Water Colors<br/>10:00 Slim Approach<br/>10:15 Strength Training<br/>10:30 Computer Tutor<br/>11:30 Feldenkrais<br/><b>2:00 Family Conflict Group</b></p>   | <p><b>3</b><br/>9:00 Dance &amp; Tone<br/>10:00 Oil Painting<br/>10:00 Poker<br/>10:15 Tai Chi<br/>11:30 Israeli Dance<br/>12:00 Mahjong<br/>12:30 Pinochle<br/>1-4 Billiards Game</p> <p><b>4</b></p>   |
| <p>9:00 Stretch<br/>9:45 Drawing<br/>10:00 Folk Dance + Poker<br/>10:30 Bridge<br/><b>11:00 The Book Club</b><br/><b>11:30 Beginners Tap</b><br/><b>12:15 Steady Steps Prog.</b><br/><b>12:30 Oil Painting Missy</b><br/>1:00 Line Dancing<br/>2:00 Yoga<br/><b>2:00 Caregiver Support</b></p> | <p><b>7</b><br/>9:15 Fit for Life<br/>9:30 Water Colors<br/>10:00 Knit/Crochet<br/>10:30 Ballroom Dance<br/>10:30 Sit and Fit<br/>11:30 Zumba Lessons<br/>12:00 Dominoes<br/>1:30 Tai Chi Quan</p>                     | <p><b>8</b><br/>9:00 Yoga<br/>10:00 Poker<br/>10:10 Jazzercise<br/>10:30 Computer Tutor<br/><b>10:30 Vision and Goals</b><br/>11:00 Tap Dance<br/>12:30 Pinochle &amp; Mahjong<br/>12:30 Qigong</p> | <p><b>9</b><br/>9:00 Balance &amp; Core<br/><b>9:00 Clock/Watch Museum</b><br/><b>9:00 Trumbull Mall/PriceRite</b><br/>9:30 Water Colors<br/>10:00 Slim Approach<br/>10:15 Strength Training<br/>10:30 Computer Tutor<br/>11:30 Feldenkrais<br/>12:30 Pinochle</p>                    | <p><b>10</b><br/>9:00 Dance &amp; Tone<br/><b>9:00 Veterans Support</b><br/>10:00 Oil Painting<br/>10:00 Poker<br/>10:15 Tai Chi<br/>11:30 Israeli Dance<br/>12:00 Mahjong<br/>12:30 Pinochle<br/>1-4 Billiards Game</p>                                       |
| <p>9:00 Stretch<br/>9:45 Drawing<br/>10:00 Folk Dance<br/>10:00 Poker<br/>10:30 Bridge<br/><b>10:30 Genealogy</b><br/><b>11:30 Beginners Tap</b><br/><b>12:30 Oil Painting Missy</b><br/>1:00 Line Dancing<br/>2:00 Yoga</p>   | <p><b>14</b><br/>9:15 Fit for Life<br/>9:30 Water Colors<br/>10:00 Knit/Crochet<br/>10:30 Ballroom Dance<br/>10:30 Sit and Fit<br/>11:30 Zumba Lessons<br/>12:00 Dominoes<br/>1:30 Tai Chi Quan</p>                    | <p><b>15</b><br/>9:00 Yoga<br/>10:00 Poker<br/>10:10 Jazzercise<br/>10:30 Computer Tutor<br/><b>10:30 Computer Tips</b><br/>11:00 Tap Dance<br/>12:30 Mahjong &amp; Pinochle<br/>12:30 Qigong</p>   | <p><b>16</b><br/>9:00 Balance &amp; Core<br/><b>9:00 The Loop</b><br/>9:30 Water Colors<br/>10:00 Slim Approach<br/>10:15 Strength Training<br/>10:30 Computer Tutor<br/>11:30 Feldenkrais<br/>12:30 Pinochle<br/><b>1:00 Walking Group</b><br/><b>2:00 Family Conflict Group</b></p> | <p><b>17</b><br/>9:00 Dance &amp; Tone<br/>10:00 Oil Painting<br/>10:00 Poker<br/>10:15 Tai Chi<br/><b>11:30 Lunch &amp; Movie</b><br/>11:30 Israeli Dance<br/>12:00 Mahjong<br/>12:30 Pinochle<br/>1-4 Billiards Game</p> <p><b>18</b></p>                    |
| <p><b>21</b><br/>The Center will be closed in observance of Martin Luther King Day.</p>  | <p>9:15 Fit for Life<br/>9:30 Water Colors<br/>10:00 Knit/Crochet<br/>10:30 Ballroom Dance<br/>10:30 Sit and Fit<br/>11:30 Zumba Lessons<br/><b>11:30 Medical Records</b><br/>12:00 Dominoes<br/>1:30 Tai Chi Quan</p> | <p><b>22</b><br/>9:00 Yoga<br/>10:00 Poker<br/>10:10 Jazzercise<br/>10:30 Computer Tutor<br/><b>10:30 What is Reiki?</b><br/>11:00 Tap Dance<br/>12:30 Pinochle and Mahjong<br/>12:30 Qigong</p>    | <p><b>23</b><br/>9:00 Balance &amp; Core<br/>9:30 Water Colors<br/>10:00 Slim Approach<br/>10:15 Strength Training<br/>10:30 Computer Tutor<br/><b>10:45 Yale School of Music</b><br/>11:30 Feldenkrais<br/>12:30 Pinochle<br/><b>1:00 Walking Group</b></p>                          | <p><b>24</b><br/>9:00 Dance &amp; Tone<br/><b>9:00 AARP Safe Drivers</b><br/>10:00 Oil Painting<br/>10:00 Poker<br/>10:15 Tai Chi<br/>11:30 Israeli Dance<br/><b>11:30 Monthly Birthday</b><br/>12:00 Mahjong/Pinochle<br/>1:00 New Bingo</p> <p><b>25</b></p> |
| <p>9:00 Stretch<br/><b>9:00 Medicare-S. Berney</b><br/>9:45 Drawing<br/>10:00 Folk Dance + Poker<br/><b>11:30 Beginners Tap</b><br/>1:00 Line Dancing<br/><b>12:30 Oil Painting Missy</b><br/>2:00 Yoga<br/><b>2:00 Caregiver Support</b></p>  | <p><b>28</b><br/>9:15 Fit for Life<br/>9:30 Water Colors<br/>10:00 Knit/Crochet<br/>10:30 Ballroom Dance<br/>10:30 Sit and Fit<br/>11:30 Zumba Lessons<br/>12:00 Dominoes<br/>1:30 Tai Chi Quan</p>                    | <p><b>29</b><br/>9:00 Yoga<br/>10:00 Poker<br/>10:10 Jazzercise<br/>10:30 Computer Tutor<br/>11:00 Tap Dance<br/>12:30 Pinochle &amp; Mahjong<br/>12:30 Qigong</p>                                  | <p><b>30</b><br/>9:00 Balance &amp; Core<br/><b>9:30 Christmas Tree Shop</b><br/>9:30 Water Colors<br/>10:00 Slim Approach<br/>10:15 Strength Training<br/>10:30 Computer Tutor<br/>11:30 Feldenkrais<br/><b>12:30 Afternoon Movie</b><br/>1:00 Walking Group</p>                     | <p><b>31</b></p> <p><b>2019</b></p>  |

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Take a look at our day and overnight trips. Everyone is welcome.



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E-mail Jeannie Franco with any questions [jfranco@trumbull-ct.gov](mailto:jfranco@trumbull-ct.gov) or call (203) 452-5199.

Payment and trip policy forms are required before signing up. To view all trip flyers, visit the Center or visit our website: <http://www.trumbull-ct.gov>



### 2019 Trips

#### Sleigh Ride at Adams Farm

Thursday, March 7th, 2019

\*Snow date is March 8th, 2019\*

**Cost: \$119.00**

Travel to Vermont. Get ready for the sleigh ride of your lifetime!

Every sleigh is pulled by a team of Belgian Draft horses.

Includes: Transportation, complete luncheon, sleigh ride, driver's gratuity

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#### 2019 American Athletic Conference (AAC) Women's Basketball Tournament

Featuring the UConn Women's Huskies

Sunday, March 10th, 2019

**Cost: TBA**

Depart from your area en route to the Mohegan Sun Arena. Come out and support your favorite female basketball players!

Includes: Transportation, tickets to the game, food voucher and casino bonus, driver's gratuity

*Getaway Tours*

#### Westchester Broadway

##### Theatre Presents:

##### Rhythm of the Dance

**Tuesday, March 12th, 2019**

**Cost: \$107.00 Per Person**

Travel to Elmsford, NY to watch a matinee performance at the Westchester Broadway Theatre. After lunch, sit back and relax as you watch Rhythm of the Dance. Includes: Transportation, lunch and show, driver's gratuity

*Getaway Tours*

#### Broadway

##### "Kiss Me Kate" or

##### "The Cher Show"

**Wednesday, April 3rd, 2019**

**Cost: \$249.00 Per Person**

Travel to the Theatre District and enjoy lunch at Carmines. After lunch, you can choose to enjoy one of the two shows: "Kiss Me Kate" or "The Cher Show." Includes: Transportation, Orchestra/Front Mezzanine Tickets, Lunch at Carmine's, gratuities for driver and tour director.

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#### Gaelic Meets Garlic

**Tuesday, March 19th, 2019**

**Cost: \$91.00 Per Person**

George Casey comes to the Grand Oak Villa for guaranteed belly-laughs. Also appearing, Tony Riccio. Includes: Carafes of Red and White Wines, Crackers and Cheese, Entrée of Corned Beef and Cabbage plus Chicken Parmesan, transportation.

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#### The Culinary Institute of America

**Tuesday, April 9th, 2019**

**Cost: \$130.00**

Travel to the Culinary Institute of America. You will dine at the Caterina De Medici Ristorante. After lunch, head over to the Millbrook Winery. Includes: Transportation, lunch, tour and tasting at Millbrook Winery, driver's gratuity.

*Getaway Tours*

#### Mohegan Sun

**Tuesday, March 26th, 2019**

**Cost: \$33.00 Per Person**

**Minimum of 30 people**



**Leaves:** 9:30 AM from Penny Lane Commuter Lot in Trumbull

**Departure:** 4:00 PM from Mohegan Sun

**Includes:** Transportation, casino bonus, driver's gratuity

*Getaway Tours*

#### Westchester Broadway Theatre Presents: Newsies!

**Thursday, April 25th, 2019**

**Cost: \$105.00 Per Person**

Take a trip to the Westchester Broadway Theatre in Elmsford, NY and enjoy the musical, Newsies. Includes: Transportation, lunch and show at the Westchester, driver's gratuity

*Getaway Tours*

