



THE CENTER AT PRISCILLA PLACE

2019

Happy New Year



Senior Center Serving Adults Age 55+

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

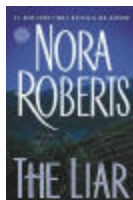
January Book:

"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!

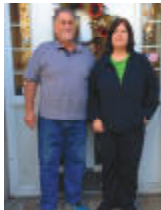
- **Thursday, January 3rd, 17th**

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

**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 WEBE 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



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>

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

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!

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

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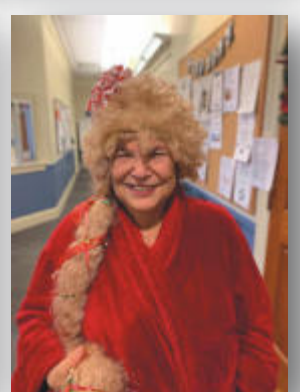
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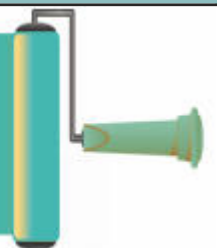
SMILE A WHILE HOLIDAY PERFORMANCE

The Staff at the Center would like to give a big thank you to the amazing Smile A While group for performing their wonderful holiday show!

Also, we would like to thank Griswold Home Care for volunteering their time and for their delicious desserts.



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DAY AND OVERNIGHT TRIPS: *Stop by the Center for detailed flyers*



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 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

Getaway Tours



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

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.

Friendship 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

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.

Getaway Tours

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

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

