



THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

23 Priscilla Place • (203) 452-5199

NOVEMBER 2018

Senior Commission Chairman

Amy DeZenzo (203) 261-0872

Director of Human Services

Michele Jakab (203) 452-5144

Administrative Assistant

Ashley Ryan Grace (203) 452-5199

Senior Center Receptionist

Jeannie Franco (203) 452-5199

Social Services (203) 452-5198

Jennifer Gillis (203) 452-5133

Food Pantry

Monica Vallejo (203) 452-5135

First Selectman

Vicki Tesoro (203) 452-5005

The Center will be closed on Monday, November 12th in observance of Veterans Day and November 22nd and November 23rd in observance of Thanksgiving.

Smile A While Returns!

Friday, November 30th

11:00 AM

Join us for our annual Holiday Performance by the fabulous musical group, *Smile A While*.



Snacks and refreshments will sponsored by Griswold Home Care.

This event fills up quickly!

Be sure to RSVP by calling (203) 452-5199.



SENIOR CITIZEN COMMISSION

Chairman - Amy DeZenzo

Secretary - Gail D'Elia

Clerk - Barbara Crandall

Ron Foligno

Roberta Bellows

Evelyn Wiesner

Mary Isaac

Marcy Kelly

Come For Lunch!

The Dining Room

Thursday, November 15th

Butternut Squash Soup

Roast Turkey

Gray & Stuffing

Mashed Potatoes

Peas & Pearl Onions

Cranberry Sauce

Pumpkin Trifle

Catered by A Pinch of Salt

Suggested Donation \$3.25

Reservations must be made

(2) days in advance by

calling

203-378-3086.

Music played by

DJ Al Song!



Medicare Open Enrollment

Tuesday, November 13th

1:30 PM-3:00 PM

Join a free presentation that is open to the public about Medicare Open Enrollment

at:

Trumbull YMCA

20 Teofil Drive

Trumbull, CT 06611

YMCA Members call: 203-445-9633

Laughter Yoga

Monday, November 26th, 11AM

Join Judy Nighland, Certified Laughter Yoga Instructor, for a fun class to help decrease stress and put a smile on your face! All levels welcomed. No experience necessary. Chairs can be used.

To RSVP, please call (203) 452-5199

CENTER HOURS

Monday through Friday

9:00 AM—4:00 PM

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Part D Rx plan.



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Trumbull Senior Center

06-5293

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Lunch and Learn Elder Fraud

**Wednesday, November 7th
10:30 AM**

What makes seniors vulnerable? Join Laurette Gachelin, from eCaregivers, for an informative presentation about common frauds and how to protect yourself from them. Be sure to ask Laurette about eCaregivers. eCaregivers is a platform that connected care seekers to different care providers. For more information and to RSVP, please call (203) 452-5199.

Lunch and Learn Senior Safety Tips to Prepare for Winter Wednesday, November 14th 11:00 AM

Join us for an informative where Trumbull resident, Jay Kiley, Owner of SYNERGY Home Care will go over things to do/prepare for winter around the home as well as things NOT to do. Handouts will be provided along with a healthy lunch. For more information and to RSVP, please call (203) 452-5199.

AARP Safe Drivers Course Friday, November 16th 9:00 AM—1:00 PM

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

Steady Steps Program Monday, November 19th 10:30 AM

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

Accessing Medical Records Tuesday, November 20th 11:30 AM

(Returning students: 12:00)
Wellness Nurse, Victoria Benoit, teaches how to access your own personal medical records online. Six seats available. Computer experience not necessary. To RSVP, please call (203) 452-5199.

Medicare Appointments and Counseling

**Monday, November 26th
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.

THE CRATE: A Story of War, a Murder, and Justice Wednesday, November 28th 10:30 AM

Join author, Deborah Levison, as she discusses her book, THE CRATE: A Story of War, a Murder, and Justice, part of which takes place in Trumbull. This intimate story tells of a grisly crime that rocked Deborah's family of Holocaust survivors. The book has been selected as a finalist in the 2018 International Book Awards and has received a Readers Favorite 5-Star Award. Snacks will be provided. To RSVP, please call (203) 452-5199.

Smile A While Holiday Show Friday, November 30th 11:00 AM

Join us for our annual Holiday Show with a spectacular performance by the Smile A While Group. Snacks and refreshments sponsored by Griswold Home Care. To RSVP, please call (203) 452-5199.

Evening Programs:

Elder Law Discussion Thursday, November 15th 5:30 PM

Aretha Franklin died without a Will. Why is this a problem? What might have met her family's and her needs better? Now who inherits her estate? What we can learn for our own planning from the "Queen of Soul?" Attorney Lyn Eliovson will present a round-table discussion about elder law. For more information and to RSVP, please call (203) 452-5199.

Upcoming Events:

- **Medicare Updates-
Presented by SWCAA
Tuesday, December 4th
11:00 AM –12:00 PM**
- **Trumbull Senior Center's
Annual Holiday Lunch
Music provided by DJ Al Song
Friday, December 21st
12:00 PM. Cost \$ 8**

Sue's Salon

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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. Everyone welcome.

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.
(Egg salad and tuna are substituted.)



Family Conflict Group

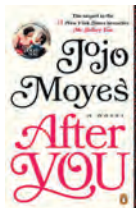
Thursday, November 1st & 15th
2:00 PM

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

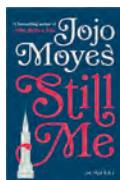
November Book:

"After You" by Jojo Moyes
Monday,
November 5th,
11:00 AM



December Book:

"Still Me" by Jojo Moyes
Monday, December
3rd., 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, November 9th, 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, November 9th

11:30 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: The Book Club

A comedy based on four women that have attended a monthly book club for the past thirty years, where they bond over the suggested literature. **Starring:** Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen. To RSVP, please call (203) 452-5199.

Monthly Birthday Party

Friday, November 16th

11:30 AM

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

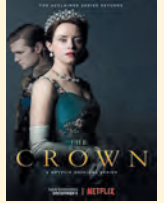
Afternoon Movie or TV Show

Every Thursday at 12:30PM

Bring your lunch.

The Crown, Season 2

We will watch 2 episodes per week. Until we finish the series!



New Bingo & 50/50 RAFFLE

Friday, November 16th

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 & Fridays

12:30 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 internal and external 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 Israeli Dance is great exercise for your mind, body and soul. No experience necessary. \$5.00 per class.

ART CLASSES

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.

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 welcomed. 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 Connecticut Post Mall (including the new Boscov's Department Store) and Mama Teresa's Restaurant

Thursday, November 15th

With the holidays on the way, take a trip to the Connecticut Post Mall in Milford and enjoy a fun day of shopping. Stores include Target, Macy's, Sears, Payless and more. Be sure to check out the new Boscov's Department Store that recently opened in October! After shopping, enjoy a delicious lunch at Mama Teresa's Restaurant. You are responsible for the cost of your lunch and shopping. Transportation fee is \$2.00. To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 10:30 AM
- The Connecticut Post Mall 11:00 AM—1:30 PM
- Bus will return to the Center by 2:00 PM

Trumbull Mall/PriceRite:

Choose what store or restaurant you want to go to.

Must RSVP: (203) 452-5199

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, November 1st**

The Shuttle Loop:

Choose what store or restaurant you want to go to.

Must RSVP: (203) 452-5199

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, November 8th**

Yale Peabody Museum of Natural History and Frank Pepe Pizzeria

Thursday, November 29th

Take a tour of the Yale Peabody Museum of Natural History and get a history lesson back in time. Enjoy lunch at the famous Frank Pepe Pizzeria in New Haven. Admission to the museum and guided tour is \$12.00. Cash or check only. Checks can be made out to the Peabody Museum. Please pay at the front office. You are responsible for the cost of your lunch. Transportation fee is \$2.00. To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 10:15 AM
- The Yale Peabody Museum 11:00 AM—1:00 PM
- Frank Pepe Pizzeria from 1:15 PM-2:45 PM
- Bus will return to the Center by 3:30 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.

Wheelchair accessible, aides or caregivers are welcome. Must RSVP: (203) 452-5199



NEWS FROM THE OUTREACH DEPARTMENT



Medicare's Open Enrollment Period is October 15th - December 7th

What is Medicare Open Enrollment?

October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans? People in a Medicare health or prescription drug plan should always review the materials their plans send them and make sure their needs are still met for the following year. Plans can change year to year.

Where can I go to get help? You Have CHOICES: Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, Eligibility Screening.

- Senior Center/Social Services Counselor Jennifer Gills (203) 452-5133

The CHOICES Program:

- Provides information to persons age 60 and older and persons with disabilities.
- Is a cooperative program of the State of Connecticut Department of Social Services, the Area Agencies on Aging, and the Center for Medicare Advocacy.
- Is comprised of both staff, in-kind professionals from local service agencies and volunteers.
- Is also known as the CT SHIP or State Health Insurance Assistance Program.
- Is funded by the Centers for Medicare and Medicaid Services and the Administration on Aging through the Older Americans Act.
- Produces the following guides: -Guide to Choosing a Medicare Prescription Drug Plan in Connecticut

Energy Assistance:

Social Services will begin taking applications for the 2018-2019. 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 @ 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**

Is your Home Safe for you?

Would you like a Home Safety Check that could help prevent a fall and help you remain more independent in your home?

The Social Services Department offers free home visits to all Trumbull Residents that are interested in ensuring their home is safe from hazards that could jeopardize their independence. The department will send someone out to conduct a safety check with you. No work or assistance is performed on your home, but recommendations will be made. Such recommendations could be:

- Removing trip hazards such as area rugs or cables
- Looking at furniture that could be blocking an exit
- Suggesting more lighting
- Moving the telephone so you can safely get to it in the event of an emergency.

The Social Services Department also offers in home benefit screenings and information and assistance.

**If you are interested,
please contact Michele Jakab at (203) 452-5144.**

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

- November 18th, 2:00 pm:
One Tone, One Diva
- December 2nd, 1:00 pm :
Smile-A-While
- 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>
Or

Call Jennifer Gillis (203) 452-5133

We've Been Looking for YOU

AARP Foundation Tax-Aide is looking for people like you. As a Tax-Aide volunteer, you can help low-income taxpayers who can't afford tax preparation services.

Please visit:

aarpfoundation.org/taxaidevolunteer
or call Stephen Archer at (203) 258-7343



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
			9:00 Balance & Core 1 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 Movie/Show 12:30 Pinochle 1:00 Live Well Workshop 2:00 Family Conflict Group	:00 Dance & Tone 2 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:30 Mahjong& Pinochle 1-4 Billiards Game
9:00 Stretch 5 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 11:00 Book Club 1:00 Line Dancing 2:00 Yoga	9:15 Fit for Life 6 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan	9:00 Yoga 7 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 eCaregivers 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	9:00 Balance & Core 8 9:00 Loop Trip 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Movie/Show 12:30 Pinochle 1:00 Live Well Workshop	9:00 Dance & Tone 9 9:00 Veterans Support 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 11:30 Lunch + Movie 12:30 Mahjong& Pinochle 1-4 Billiards Game
12 The Center will be closed in observance of Veterans Day. Happy Veterans Day! 	9:15 Fit for Life 13 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan	9:00 Yoga 14 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 11:00 Winter Prep 12:30 Mahjong & Pinochle 12:30 Qigong	9:00 Balance & Core 15 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 10:30 CT Mall/Boscov's 11:30 Feldenkrais 12:30 Movie/Show 2:00 Family Conflict Group 5:30 Elder Law Discussion	9:00 Dance & Tone 16 9:00 AARP Safe Drivers 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 11:30 Monthly Birthday 12:30 Mahjong & Pinochle 1:00 New Bingo
9:00 Stretch 19 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 1:00 Line Dancing 2:00 Yoga	9:15 Fit for Life 20 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Accessing Med. Rec 1:30 Tai Chi Quan	9:00 Yoga 21 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	The Center will be closed on Thursday, November 22nd & Friday, November 23rd in observance of Thanksgiving. Happy Thanksgiving! 	
9:00 Stretch 26 9:00 Scott Berney 9:45 Drawing 10:00 Folk Dance 10:00 Poker 11:00 Medicare Appoint. 1:00 Line Dancing 2:00 Yoga	9:15 Fit for Life 27 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 1:30 Tai Chi Quan	9:00 Yoga 28 10:00 Poker 10:10 Jazzercise 10:30 Author Talk 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	9:00 Balance & Core 29 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:15 Peabody Museum 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Movie/Show	30 11:00 Smile A While All classes cancelled.

HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

CALL NOW! 1-888-862-6429

HOME SECURITY TEAM



Genesis

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REHABILITATION CENTER

6448 Main Street, Trumbull • 203-268-6204

THE DINING ROOM

Trumbull Café
203-378-3086



Trumbull Senior Community Café November 2018 Menu



1% or Skim milk provided
Margarine available
Bread and Juice
served daily

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Garden Salad Spaghetti & Meatsauce Italian Green Beans Mandarin Oranges	Three Bean Salad BBQ Chicken Corn Bread Corn on the Cob Apple Pie
			1	2
Garden Salad Shredded Beef w/ Peppers & Onion White Rice Zucchini Fruit Cup	White Bean Soup Spinach & Ricotta Shells Roasted Cauliflower Garlic Bread Bananas	Carrot Soup Herb Roasted Chicken Roasted Sweet Potatoes Sweet Peas Fruit Cup	Special Dessert Romaine Salad Beef Stew with Potatoes Roasted Root Vegetables Patriotic Strawberry Shortcake	Beet Salad Lemon Chicken Potato Salad Roasted Carrots Fresh Fruit
5	6	7	8	9
 Closed	Tomato Soup Pork Loin Rice and Black Beans Corn on the Cobb Grapes	Garden Salad Tuna in Marinara Sauce Rigatoni Roasted Broccoli Garlic Bread Fruit Cup	Thanksgiving Special Butternut Squash Soup Roast Turkey Turkey Gravy Stuffing Mashed Potatoes Peas and Pearl Onions Cranberry Sauce Pumpkin Trifle	Three Bean Salad Cheese Ravioli with Rustic Tomato Sauce Romaine Salad Italian Dressing Fresh Fruit
12	13	14	15	16
Garden Salad Meatloaf & Gravy Mashed Potatoes Green Peas Oatmeal Raisin Cookie	Minestrone Soup Breaded Chicken Breast Scalloped Potatoes Peas & Carrots Fresh Fruit	Cole Slaw Fish Sandwich Sweet Potato Tots Chuck Wagon Veggies Tartar Sauce Tangerine		
19	20	21	22	23
Spinach Salad Pepper Steak Steamed Rice Roasted Carrots Jell-O	Garden Minestrone Crispy Fish Sweet Potatoes Fries Vegetable Medley Fresh Fruit	Tomato Salad Chili Taco Boats Cheddar Cheese Chopped Salad Chocolate Pudding	Carrot Raisin Slaw Swedish Meatballs Mashed Potatoes Sweet Peas Fresh Fruit	Chicken Noodle Soup Vegetable Frittata Hash Brown Stewed Tomatoes Brownies
26	27	28	29	30

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<http://www.trumbull-ct.gov>

Overnight Trip with Tours of Distinction Christmas in Cape May December 4-6, 2018

**Deposit Date: ASAP \$50.00
Final Payment: October 29th**

Single: \$765.00

Double: \$649.00

Triple: \$609.00

Includes: transportation, 5 meals, cocktails, lunch at Carmine's, sightseeing tour, reserved *orchestra seats* to Radio City's Christmas Spectacular, baggage handling, tour director, all gratuities/taxes
100 % Guaranteed Departure.

Holiday Tea at Caramoor Holiday Tea Musicale Rosen House

**Wednesday, December 5th, 2018
Cost: \$121.00 Per Person**

Visit Caramoor Center for Music and the Arts, located in Katonah, NY. Your cultural exploration begins with a docent-led tour of the historic Rosen House. Sit back and relax in the majestic Music Room for a concert of holiday music. Enjoy a relaxing holiday tea consisting of a variety of tea sandwiches, scones with clotted cream, desserts, and a selection of teas.

Tours of Distinction



White Christmas

**Featuring Rob Zappulla at the
Aqua Turf**

**Monday, December 10th, 2018
\$90.00 Per Person**

Rob Zappulla and his Big Band will perform a selection of holiday hits! Enjoy a delicious lunch at the elegant Aqua Turf in Plantsville.

Friendship Tours

Westchester Broadway:

The Edward Twins

Holiday Show

**Tuesday, December 18th, 2018
\$103.00 Per Person**

Travel to New York to the Westchester Broadway Theatre to watch the famous Edward Twins Holiday Show.

A delicious lunch is included.

Includes: transportation, lunch and show, and driver's gratuity

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

St. Patrick's Celebration at the Aqua Turf

Tuesday, March 19th, 2019

Cost: \$82.00 Per Person

Enjoy a real St. Patrick's Day celebration at the Aqua Turf, one of Connecticut's premier banquet facilities. After lunch, you'll be treated to live Irish entertainment. Includes: Transportation, lunch and glass of wine or beer, entertainment, driver's gratuity
Getaway Tours



2019 Trips

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: 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

