

# THE CENTER AT PRISCILLA PLACE

SENIOR CENTER SERVING ADULTS AGE 55+

**JANUARY 2017**

Open Monday through Friday 9:00 AM—4:00 PM Thursdays 9:00 AM -7:00 PM

23 Priscilla Place (203) 452-5199

## It is Official!

We are open for business on Thursday evenings. Please join us!

### Evening programs this month:

- Winter Meditation by Deborah Swann
- The Giggling Pig Art Studio—See Page 4
- Long term care presented by Attorney John N. Massih —See Page 4



### Winter Meditation by Deborah Swann

Thursdays, January 5th—February 9th

6:00 PM—7:00 PM

Have you wanted to try Meditation  
but are unsure where to begin?

This six week class offers an opportunity to learn and to practice the basics of meditation while receiving individual support. No experience necessary! Students are required to bring a yoga mat and blanket. Class will include gentle stretching. \$20.00 for six sessions or \$5.00 per session. Scholarships are available. For more information and to RSVP, please call (203) 452-5137.



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

### Matter of Balance

Many older adults experience concerns about falling and restrict their activities.

A MATTER OF BALANCE is an award winning program designed to manage falls and increase activity levels.

#### **BEGINNING:**

Thursdays: 2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/23, 3/30

12:30 PM-2:30 PM

This is a workshop series that requires attendance for the entire ( 8 ) weeks.

A complimentary lunch will be served!

Classes are held once a week for ( 8 ) weeks for  
2 hours each.

The Trumbull Senior Center acts as a community resource and conduit to other services available to senior adults, aged 55 and older. The center offers a central location where individuals can receive information and services of interest to older adults. It is also a designated focal point, which provides a comprehensive delivery of services essential for maintaining the health, independence and well-being for members. The center strives to prevent isolation and encourages socialization.



**First Selectman** (203) 452-5005  
Timothy M. Herbst

**Interim Senior Commission Chair**  
Ronald Foligno (203) 445-8513

**Director of Human Services** (203) 452-5199  
Michele Jakab

**Administrative Assistant** (203) 452-5137  
Ashley Ryan Grace

**Senior Center Receptionist** (203) 452-5199  
Jeannie Franco

**Social Services** (203) 452-5198  
Jennifer Gillis Outreach Coordinator

Jane Horton Pantry Coordinator  
(203) 452-5135

**Wellness Nurse** (203) 452-5134  
C. Teresa Cryan, MSN, RN

## Let's Go Green!

Sign up to receive our newsletter by e-mail. To do our part for the environment, we would like to decrease the amount of newsletters that are sent through the mail. If you would like to receive your newsletter solely through e-mail, please let us know! Simply send us an email



letting us know you would like to "go green."

Email: Jeannie Franco at  
jfranco@trumbull-ct.gov

## How Can I Donate?

The Trumbull Senior Center is supported by the Town of Trumbull Budget and donations. Your donation helps us offer additional programs to some of our most vulnerable seniors. All donations are tax deductible. Any amount is greatly appreciated. All checks can be made payable to the Trumbull Senior Center. Thank you for your support.

## Volunteers Wanted

- Magazine Organizer
- Book Volunteer
- Food Pantry Volunteers

Please call (203) 452-5137 to sign up.



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## Monthly Programs and Games

## Games

### Coffee Talk with Kaitlin

Every Thursday

10:30 AM

Join Kaitlin on Thursday mornings for a morning of conversation, relaxation, and great coffee in the Snack Bar! Bring a news story or a joke and make new friends.

Coffee and snacks served. Kaitlin is a senior at Sacred Heart University studying Social Work.

### Drop In Computer Help

Every Tuesday

1:00 PM—3:00 PM

Computer not working? Tablet misbehaving? Is your phone acting up? If you have questions we have answers! Our crack team of geeks will be happy to give you some one on one assistance to get your devices up and running to peak perfection! There is a \$2.00 suggested donation for this service.

### Computer Tutor: One on One Sessions

Cathleen Lindstrom

Every Thursday

10:30 AM—12:00 PM

- How to send emails/photos
- How to create a spreadsheet or lists
- What programs to use for letter writing and/or flyers.
- How to use the internet, social media
- How to do almost anything!

For more information and to sign up, please call (203) 452-5137. **Spots fill quickly.** The cost is a suggested donation of \$5.00 for non residents.

### Lunch and Movie

Friday, January 20th

11:00 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

**Feature Film: Hello, My Name Is Doris.** This is a romantic comedy about a woman in her

60s who tries to act on her attraction to a younger co-worker. **Starring:** Sally Field

\*Please note that movies are subject to change due to availability. Please RSVP by calling (203) 452-5137.\*

### Monthly Birthday Party

Friday, January 27th

11:30 AM

Come celebrate our November birthdays! Cake and coffee will be served. This event is sponsored by Synergy Home Care. To RSVP, please call (203) 452-5137.

### Trumbull Senior Citizen Commission Meeting

Friday, January 27th

10:00 AM

Meetings are held in the Long Hill Conference Room in Town Hall and are open to the public.

### AARP Safe Drivers Course

Friday, January 27th

9:00 AM—1:00 PM

AARP members pay \$15.00 and non members pay \$20.00.

Reservations made by check only. For more information and to RSVP, please call (203) 452-5137.

### Bingo

Friday, January 27th

1:00 PM—2:30 PM

Prizes and refreshments! Seating is limited. Please RSVP by calling (203) 452-5137. This event is sponsored by the Trumbull Senior Commission and Synergy Home Care.

### Bridge

Mondays

10:30 AM

Please come and make up your own foursome. There are no instructions.

### Poker

Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game of poker! Don't forget to bring your poker face! Located in the card room.

### Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

Interested in playing Texas Hold'em? Join us in the card room.

### Pinochle

Wednesdays and Thursdays

Fridays

12:30 PM

Join a game and/or start your own!

### Mah-Jongg

Fridays

12:30 PM

Mah-Jongg players meet Friday afternoons in the library and the meeting room. New players are welcomed to join!



## Workshops, Lunch and Learns, Events

### Winter Meditation by Deborah Swann

Thursdays

January 5th—February 9th

6:00 PM—7:00 PM

Have you wanted to try Meditation but are unsure where to begin? This six week class offers an opportunity to learn and to practice the basics of meditation while receiving individual support. No experience necessary.

Students are required to bring a yoga mat and blanket. Class will include gentle stretching. \$20.00 for six sessions or \$5.00 per session. Scholarships are available. For more information and to RSVP, please call (203) 452-5137.

### I'm Not Just A Label

Tuesday, January 10th

11:00 AM—12:00 PM

Lori Coates, with Visiting Angels, will present a lecture about personal growth and the misinterpretation of labels. Please call (203) 452-5137 to RSVP.

### The Giggling Pig Art Studio

Thursday, January 12th

5:30 PM—7:00 PM

The Giggling Pig Art Studio will provide step by step instructions for a winter painting art class.

Bring your own refreshments.

**\$15.00 class includes all supplies.** No experience necessary. This class is for beginners to professionals.

### Do You Hoopla?

Lunch and Learn,

Thursday, January 19th

12:30 PM

Looking for a good ebook, audiobook, t.v., show, movie, or music cd? With your Trumbull library card, you have free access to the hoopla streaming service! Come and learn how to download the hoopla app or watch/read/listen on your desktop or laptop.

Presented by the Fairchild-Nichols Branch of the Trumbull Library System. Lunch is included. To RSVP, please call (203) 452.5137.

### Elder Law Attorney

Thursday, January 19th

6:30 PM—7:15 PM

Elder Law Attorney John N.

Massih will present a lecture about the costs of long term care, methods for paying for long term care, and legal options for planning ahead for yourself and family.

There will be a 15 minute question and answer with Attorney Massih after the presentation.

Refreshments will be served. For more information and to RSVP, please call (203) 452-5137.

### Lunch and Learn

Wednesday, January 25th

11:30 AM—12:30 PM

Dr. Alex Afshar from the Vein Institute of CT will offer lunch and a presentation on venous disease, including the importance of addressing varicose veins which may cause ulcers if left untreated. Free screenings will also be provided to check the health of the blood flow in your veins. For more information and to RSVP, please call (203) 452-5137.



### National Pasta Day Luncheon

Tuesday, January 17th • 11:30 AM

Did you know January 17th is National Pasta Day?

Please join us for a pasta luncheon sponsored by

**Maefair Health Care Center.**

To RSVP, please call (203) 452-5137.



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### The Center at Priscilla Place Inclement Weather Policy

If Trumbull Public Schools are **closed** due to bad weather, all Priscilla Place activities, classes, transportation, and lunches are cancelled and the Center will be closed. Staff still report to the office.

If Trumbull Public Schools are delayed, the Center at Priscilla Place morning activities, classes and transportation services that begin before 11:00 AM are cancelled. Classes, activities, and transportation will begin at 11:00 AM or as determined by staff.

The Center at Priscilla Place closings and delays are publicized on T.V. channels 3,6,8,12; on WICC 660 and WEBE 108 on the radio; and on the CT Post and Town of Trumbull website.

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 are encouraged to check for cancellations or delays during inclement weather.

<b>School Hours:</b>	<b>90 Minute Delay</b>	<b>2 Hour Delay</b>
Trumbull High School	8:55 AM-2:25 PM	9:25 AM-2:25 PM
Hillcrest Middle School	9:05 AM-2:30 PM	9:35 AM-2:30 PM
Madison Middle School	9:05 AM-2:30 PM	9:35 AM-2:30 PM
Elementary Schools	10:05 AM-3:20 PM	10:35 AM-3:20 PM

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## AARP Tax Aide

For the tax year 2016, AARP Tax-Aide certified volunteers will offer free income tax preparation at the Trumbull Senior Center from 9:00 AM until noon each Wednesday from February 1 through April 12, 2017.

No appointments - just walk in. The Trumbull Library is also offering free income tax preparation on Fridays from 10:00 AM—1:00 PM. What to bring:

- A copy of your 2015 tax return.
- Social Security Statement, SSA 1099.
- All tax forms received for tax year 2015 (W-2, 1099, etc.).
- End of year investment statements (INT, DIV, STOCKS, BONDS).
- Documentation to support itemized deductions or credits claimed (medical, taxes, contributions, education expenses, etc.)

## Get Your Smoke Detector

Do you have working smoke detectors at home Red Cross Volunteers and Community Partners will install up to 3 smoke detectors with long life batteries in your home FREE OF CHARGE. They will test current working detectors and replace non-functioning detectors, provide Emergency Preparedness tips and guide you in developing a fire escape plan for your home and a Family Disaster Plan.

For more information, call: 1-877-287-3327 or go to [www.redcross.org/ct/schedule-a-visit](http://www.redcross.org/ct/schedule-a-visit)



**American Red Cross**

## Wish List

- Padded Chairs with arms
- Teapots
- Large umbrellas
- Tiered Cake Stands
- Fabric Tablecloths
- Framed artwork
- Current magazines

Like us on  facebook

## Meet the Staff

Jane Horton, Food Pantry Coordinator, has been with the Trumbull Senior Center for the past two years. Jane works with Jennifer Gillis, Senior Outreach Coordinator, in the Social Services Department.

Stop by her office to say hello!



  
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## Exercise Classes

### **Stretch/Strengthen with Nancy-Mondays at 9:00 AM**

Stretch, balance, aerobic and strength exercises to improve flexibility and endurance. Optional: bring weights

### **Intermediate Line Dance with Shirley-Mondays at 12:45 PM**

Line dance to different types of music. Some experience is preferred. Wear comfortable shoes.

### **Yoga with Jeannie-Mondays at 2:00 PM and Wednesdays at 9:00 AM**

This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

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

Combination of low-impact aerobic exercise (including a weights segment) and dance that focuses on balance, flexibility, strength and endurance.

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

Ballroom dance lessons with or without a partner.

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

Have fun exercising while you dance to energetic music!

### **Tai Chi Quan for Better Balance with Norma-Tuesdays at 1:30 PM**

Focuses on improving balance, reducing stress and clearing your mind.

### **Jazzercise with Marylou-Wednesdays at 10:10 AM**

Combination of low-impact aerobic exercise and dance that focuses on balance, flexibility, and strength.

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

Experience required for this tap dance class. Please bring your own tap shoes.

### **Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-Thursdays at 9:00 AM**

This class focuses on breath, balance, core and total body strength and stretching.

### **Jazzercise with Jeanie-Thursdays at 10:15 AM**

A fun aerobic exercise which builds strength and flexibility through dance moves to awesome music.

### **Chair Exercise with Nurse Teresa-Thursdays at 11:00 AM**

Guided 30 minute class where we gently bend and stretch along with a video demonstration.

### **Latin Line Dance with Mike Stavola-Thursdays at 11:30 AM**

Ballroom cardio dance to international music.

### **QiGong with Julie-Thursdays at 1:30 PM**

An ancient Chinese martial art that integrates balance, breathing techniques, and posture. Tea will be served.

### **Dance & Tone (Zumba Gold) with Jeannie-Fridays at 9:00 AM**

Dance to international music while toning the entire body. It is like a dance party!

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

Tai Chi is an ancient martial art from China that can improve balance, relieve stress, and relieve pain.



## Travel Corner:

*Let your Journey Begin*

All members are eligible to participate in our day trips. Please join us!

Call (203) 452-5137 to sign up.

**In addition to trips, the Senior Center provides transportation for medical, social, and nutritional needs:** The Senior Center provides transportation to Trumbull residents who are age 60 and over and/or age 55-59 and disabled 5 days a week. Rides are for those traveling to and from the senior center, medical appointments, legal appointments and nutrition programs.

**Harriet Beecher Stowe Center and  
A.C. Petersen Farms Restaurant  
Wednesday, January 11th**

Take a trip to Hartford to visit the Harriet Beecher Stowe Center. Enjoy lunch at A.C. Petersen Farms Restaurant afterwards. Ask about their famous ice cream! The cost of admission is \$12.00 plus the cost of lunch. Be sure to stop by the front desk for a menu. To RSVP, please call (203) 452-5137.

**Time Schedule:**

- Bus will leave the center by 9:45 AM.
- Harriet Beecher Stowe Center from 11:00 AM-12:30 PM
- A.C. Petersen Farms Restaurant from 12:45 PM—2:00 PM
- Bus will return to the center by 3:00 PM.

**The Barker Character, Comic and Cartoon  
Museum  
Paul's Restaurant  
Wednesday, January 18th**

The comic book and cartoon characters from your childhood and earlier are hoping around in their original styling! Take a trip to visit the Barker Character, Comic, and Cartoon Museum in Cheshire. Stop for lunch at Paul's Restaurant. To RSVP, please call (203) 452-5137. Admission ticket is \$4.00 plus the cost of lunch.

**Time Schedule:**

- Bus will leave the center by 10:00 AM.
- The Barker Character, Comic and Cartoon Museum from 11:00 AM-12:30 PM
- Paul's Restaurant from 12:45 PM—2:00 PM
- Bus will return to the center by 3:00 PM.

## Weekly Shopping Trips

- Thursday, January 5th — Kmart/Ocean State Job Lot
- Thursday, January 12th — Christmas Tree Shop
- Thursday, January 19th — Goodwill Westport Store and Twice Is Nice Consignment Store. Lunch will take place at Duchess Restaurant.
- Thursday, January 26th— The Connecticut Post Mall in Milford

Maximum of 14 passengers per trip.

Time schedules are from 10:30 AM—12:30 PM.

## Regularly Scheduled Shopping

- **Target/Big Y:** 2nd and 4th Tuesday of the month.
- **Stop and Shop:** 1st and 3rd Tuesday of the month.

**Stern Village Residents**

- **Target/Big Y:** 2nd and 4th Wednesday of the month.
- **Stop and Shop:** 1st and 3rd Wednesday of the month.

**Please call 203-452-5137**

**to sign up!**



**DAY TRIPS:**

**The 36th Annual CT Flower & Garden Show:**

Thursday February 23rd, 2017 \$81 per person

Includes: Transportation, Luncheon at the Chowder Pot, Admission to the flower show, driver's gratuity. The theme this year is "Woodland Enchantment" and the convention center will be transformed into a breathtaking event for floral and garden enthusiasts alike.

An East Coast premier event.!



**St. Patrick's Day Celebration at the AQUA TURF featuring the Maclean Avenue**

**Band: Tuesday** March 14th, 2017. \$77 per person.

Includes: Transportation, lunch and glass of wine or beer , entertainment, driver's gratuity.

Lunch includes corned beef and cabbage, baked scrod, and all the fixings.

Singing and dancing is encouraged!



**ONE WORLD OBSERVATORY:**

Date: June 29th, 2017

Cost: \$119.00 Per Person

Includes: Transportation, Admission to the One World Observatory, Lunch at Carmine's, Gratuities for Driver and Tour Director



Coming in 2017

- \* Coins & Claws Casino and Lobster at Abbots July 6th or 7th, 2017
- \* Saratoga Off to the Races! August 3rd, 2017
- \* The Big E September 20th, 2017

- \* CT Day at the Big E September 20, 2017
- \* Radio City Christmas Show in NYC November 17th.
- \* Boars Head Feast at the Williams Inn December . TBD

**Looking to go somewhere interesting? We would love to hear your feedback!**

**Transportation Survey: Please cut and return to the front desk or mail to:**

**Trumbull Senior Center • 23 Priscilla Place • Trumbull, CT 06611**

- What places and/or events would you interested in going to?

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## Artists' Studio

Every Tuesday from 12:30 PM-3:30 PM the art studio is open and available for artists to paint together and share their talents. Come and enjoy the company of others while you create your masterpiece! Tables are on a first come first serve basis. Please note: there is no instruction.



We have added an additional Watercolor Painting Class. Spaces are available. Please let us know if you are interested! 203-452-5137

Oil Painting on Fridays at

10:00 AM with

Christine Goldbach.

Instruction is available for beginners.



## Fun with Beads

Join Viola on the last Tuesday of the each month

1:00 PM—3:00 PM

This workshop is for beginners to advanced jewelry makers. Bring your jewelry in for repairs and/or purchase handmade beads. Make new items such as necklaces, earrings, and bracelets.

\$5.00 per class, includes instruction and repairs.

Viola Galetta began her career in textile design in the city. She teaches at the Sliver Mine Arts Center, Center for Bigelow Activities, Guilford School of Art, Brookfield Craft Center, and now at the Trumbull Senior Center! She also makes her own glass beads!

For more information and to RSVP, please call (203) 452-5137.

### 2017 Schedule

Tuesday, January 31<sup>st</sup>  
Tuesday, February 28<sup>th</sup>  
Tuesday, March 28th  
Tuesday, April 25th  
May: To be Determined  
Tuesday, June 27th  
Tuesday, July 31<sup>st</sup>  
Tuesday, August 29<sup>th</sup>  
Tuesday, September 26<sup>th</sup>

## The Trumbull Arts Commission presents:

### “Concerts and Cabarets”

2017

**February 20:** Return of Dr. Joe, Michael & Co. - 1:30 PM

**March 12:** “Jack Sings Dino” - 1:00 PM

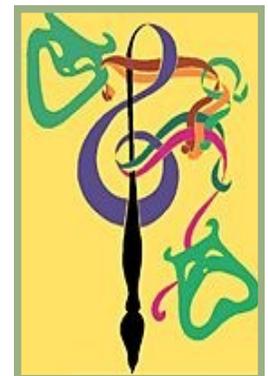
**March 26:** “Primavera Duo” - 1:00 PM

**April:** To Be Announced

Cabaret seating, bring your own refreshments: **\$5.00 per person**

Pre purchase at Arts Office:

Contact: Emily Areson at 203-452-5065



**Programs are subject to change without notice.**

## News from Social Services

**Energy Assistance:** Social Services will begin taking applications for the 2016-2017 Winter Energy Assistance Program beginning Monday, October 3<sup>rd</sup>, 2016. The Connecticut Energy Assistance Program (CEAP) helps households pay for primary heating bills. If the household's primary heating costs are included in your rent, you may also apply for assistance. 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-please no walk-ins.

### Medicare Savings Program

Would you like help with your Medicare costs?

**You could be eligible for the Medicare Savings Program. If your income is at or below \$2,435.40/month for single person and \$3,284.10/month for married couples,** some of your Medicare premiums and prescription costs could be at a lower cost or free. There is no asset limit. Depending on the level of the program you qualify for, you could get help with:

- Payment of Medicare Part B monthly premiums and annual deductible
- Payment of co-insurance and deductible amounts for services covered under both Medicare Parts A and B.
- Automatic enrollment in the low income subsidy for those on Medicare Part D. This program will partially subsidize or completely cover your Medicare Part D premium and lower your prescription costs to just \$2.95-\$7.40. There is also continued coverage through the "donut hole".

It only takes 5 minutes to see if you are eligible! If you would like to inquire or apply, please call Jennifer Gillis at (203) 452-5198

### What Does Social Services Do?

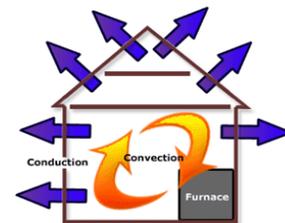
- Home Care Referrals
- Housing referrals and application assistance
- Long Term Care questions
- Medicare Counseling
- Benefit assistance such as SNAP, Medicaid, Energy, and prescription assistance.
- Food Pantry assistance

Bring your questions, ask us if we can help you or someone you know.

### Heating System Repair/Replacement

Connecticut Energy Assistance Program has funds available to provide repairs and/or replacement of heating systems for single family, owner-occupied dwellings that are determined to be unsafe or inoperable.

These funds are available for eligible homeowners who receive an Energy Assistance Benefit between levels 1 through 4. Vulnerable households are prioritized. For more information dial 2-1-1 or contact Jennifer Gillis at (203) 452-5198.



**Trumbull Food Pantry at Priscilla Place. Please call if you need help.  
Transportation is available for pantry shoppers. Call 203-452-5137  
(all riders must be at least 18 years of age)**



**Please Patronize Our Sponsors**



**Services offered: Our wellness nurse assesses/records blood pressure readings and other health parameters, assists in making doctor appointments, and leads seated exercise programs.**

Our Geriatric Wellness Nurse, Teresa Cryan, MSN, RN, APRN, is available at the Senior Center on most Wednesdays and Thursdays, usually from 8:30 AM—3:00 PM. She is also available at Stern Village Housing in Trumbull on most Mondays from 8:30 AM -3:00 PM. (203) 452-5134 - tcryan@trumbull-ct.gov



**From the desk of C. Teresa Cryan, MSN, RN, APRN, Wellness Nurse**

I hope that you had a happy and healthy Holiday Season and that you are starting this New Year in the best of health. Happy New Year - 2017! Many of us probably made general New Year's resolutions to take better care of ourselves, to eat healthier, to exercise on a consistent basis, and to follow through on prescribed health monitoring and treatments (routine doctor's visits, blood pressure and blood glucose testing, safe administration of medications, laboratory and diagnostic tests, etc...). While these are great intentions, I would encourage you to take time out to consider some **concrete activities** you could personally take to promote your health and wellness for the New Year.

The World Health Organization (WHO) defines **health** as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity". I would remind you that the Trumbull Senior Center ("Center") provides opportunities for you to address all aspects of your health. It can promote mental stimulation in the form of a variety of card games and other activities such as drawing, art, oil painting, knitting and crocheting. Also to be supported is your physical and social health, with a variety of classes held each week inclusive of strength training, jazzercise, yoga, pilates, line dancing, tap dancing, ballroom dancing, zumba, and chair exercises. There is a drama club, a travel corner that facilitates local and regional trips for recreational and shopping activities, variety shows, seasonally-appropriate celebrations, monthly BINGO, and there are monthly birthday celebrations. As you can see, there are many opportunities for you to implement **concrete activities**, right here at your "Center". And, with the New Year, we are looking to even further expand those activities here. As always, we would appreciate your suggestions for what we might do to support you on your journey toward health and wellness.

**"The secret of getting ahead is getting started."**

Let's all commit together to make 2017 the year that we 'get started' on the journey to attain, and then maintain, our optimal level of health and wellness.

**Teresa, your Wellness Nurse**

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**(203) 981-7061**

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



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**PLACE YOUR AD HERE!**

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# January

Monday	Tuesday	Wednesday	Thursday	Friday
2   <b>Closed</b> <b>Happy New Year!</b>	9:15 Fit for Life 3 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio <b>1:00 Computer Session</b> 1:30 Tai Chi Quan	4 9:00 Yoga 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards	5 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Coffee Talk</b> <b>10:30 Computer Tutor</b> 11:00 Chair Exercise 11:30 Latin Line Dance 1:30 QiGong <b>6:00 Winter Meditations</b>	6 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9 9:00 Stretch 9:45 Drawing 10:00 Smile-A-While 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	10 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance <b>11:00 I'm Not A Label</b> 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio <b>1:00 Computer Session</b> 1:30 Tai Chi Quan	11 9:00 Yoga 10:00 Poker <b>9:45 Harriet Beecher Stowe</b> 10:10 Jazzercise 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards	12 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Coffee Talk</b> <b>10:30 Computer Tutor</b> 11:00 Chair Exercise 11:30 Latin Line Dance 1:30 QiGong <b>5:30 Giggling Pig Art</b> <b>6:00 Winter Meditations</b>	13 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
16  <b>Closed</b> <b>Martin Luther King Day</b>	17 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio <b>1:00 Computer Session</b> 1:30 Tai Chi Quan	18 9:00 Yoga 10:00 Poker <b>10:00 Barker Museum</b> 10:10 Jazzercise 11:00 Tap Dance 1-4 Billiards Game	19 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Coffee Talk</b> <b>10:30 Computer Tutor</b> 11:00 Chair Exercise 11:30 Latin Line Dance <b>12:30 Do You Hoopla</b> 1:30 QiGong <b>6:00 Winter Meditations</b> <b>6:30 Elder Law</b>	20 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Lunch and Movie</b> 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
23 9:00 Stretch 9:45 Drawing 10:00 Poker 10:30 Bridge 10:00 Smile-A-While 12:45 Line Dance 2:00 Yoga	24 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio <b>1:00 Computer Session</b> 1:30 Tai Chi Quan	25 9:00 Yoga 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance <b>11:30 Vein Institute</b> 1-4 Billiards Game	26 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Coffee Talk</b> <b>10:30 Computer Tutor</b> 11:00 Chair Exercise 11:30 Latin Line Dance 1:30 QiGong <b>6:00 Winter Meditations</b>	27 9:00 Dance & Tone <b>9:00 AARP Driving</b> 10:00 Oil Painting 10:00 Poker <b>10:00 Commission</b> <b>11:00 Monthly Birthday</b> 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle <b>1:00 Bingo</b> 1-4 Billiards Game
30 9:00 Stretch 9:45 Drawing 10:00 Poker 10:00 Smile-A-While 10:30 Bridge 12:45 Line Dance 2:00 Yoga	31 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 12:30 Artists' Studio <b>1:00 Computer Session</b> <b>1:00 Beading Class</b> 1:30 Tai Chi Quan	<p><b>Interested in playing Chess?</b></p> <p>We are searching for players!</p> <p>Please let us know if you are interested.</p> <p>(203) 452-5137</p>		



Greater Bridgeport Senior Community Café

Trumbull Café 203-378-3086

1% or Skim milk provided  
Margarine available

# JANUARY, 2017

**MENU ITEMS SUBJECT TO CHANGE**

Suggested Donation \$3.25

Reservations must be made 2 days in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>Closed</b> <b>New Year's Day</b></p> 	<p>3</p> <p>Vegetable Soup</p> <p>Beef Pot Roast Mashed Potato Carrots</p> <p>Apple</p>	<p>4</p> <p>Navy Bean Soup</p> <p>Hamburger Lettuce and Tomato Potato Wedges</p> <p>Cookies</p>	<p>5</p> <p>Caesar Salad</p> <p>Vegetable Lasagna Garlic Bread</p> <p>Peaches</p>	<p>6</p> <p>Corn Chowder</p> <p>Stuffed Pork with Fruit Compote Rice Pilaf Braised Red Cabbage</p> <p>Brownie</p>
<p>9</p> <p>Split Pea Soup</p> <p>Hot Roast Beef Open Faced Sandwich Tater Tots Peas</p> <p>Fruited Jell-O</p>	<p>10</p> <p>Mixed Greens</p> <p>Chicken Cordon Bleu Mashed Potato Broccoli</p> <p>Pound Cake</p>	<p>11</p> <p>Seafood Bisque</p> <p>Turkey Chow Mein Fried Rice Asian Blend Vegetables</p> <p>Mandarin Oranges</p>	<p>12</p> <p>Tossed Salad</p> <p>Spaghetti &amp; Meatballs Sautéed Spinach Garlic Bread</p> <p>Banana Cake</p>	<p>13</p> <p>Three Bean Soup</p> <p>Beef Stroganoff Noodles Mushrooms, Celery and Onions</p> <p>Grapes</p>
<p>16</p>  <p><b>CLOSED</b></p>	<p>17</p> <p>Lentil Soup</p> <p>BBQ Beef Baked Sweet Potato Collard Greens</p> <p>Pineapple</p>	<p>18</p> <p>Tossed Salad</p> <p>Turkey Salisbury Steak with Onion Gravy Mashed Potato Mixed Vegetables</p> <p>Apple Cobbler</p>	<p>19</p> <p>Cauliflower Soup</p> <p>Tortellini Bolognese Broccoli Garlic Bread</p> <p>Peaches</p>	<p>20</p> <p>Mixed Greens</p> <p>Chicken Francaise Lemon Caper Sauce Rice Pilaf Spinach</p> <p>Chocolate Pudding</p>
<p>23</p> <p>Vegetable Soup</p> <p>Baked Ham with Fruit Glaze Roasted Potatoes Brussel Sprouts</p> <p>Orange</p>	<p>24</p> <p>Tossed Salad</p> <p>Rotisserie Chicken Stuffing Creamed Spinach</p> <p>Apples</p>	<p>25</p> <p>Beef Vegetable Soup</p> <p>Slow Roast Pork Macaroni and Cheese Braised Greens</p> <p>Blueberry Pie</p>	<p>26</p> <p>Caesar Salad</p> <p>Cheese Ravioli with Basil Marinara Broccoli Garlic Bread</p> <p>Melon</p>	<p>27</p> <p>Senate Bean Soup</p> <p>Chicken Marsala Wild Rice Blend Zucchini</p> <p>Butterscotch Pudding</p>
<p>30</p> <p>Cabbage Soup</p> <p>Old Fashioned Beef Stew Dutch Noodles Root Vegetables</p> <p>Fruit Pie</p>	<p>31</p> <p>Asian Slaw</p> <p>Sesame Chicken with Citrus Glaze Steamed Rice Vegetables</p> <p>Orange</p>			

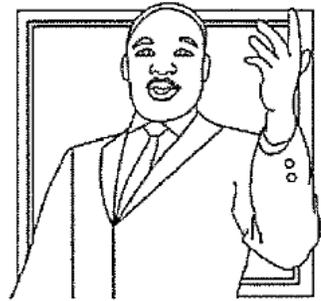
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# Martin Luther King Word Search

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V S R U P H K M B R I G B F O V A N K D  
T W D E J W M B Y I P L F R E E D O M G  
P E S G O N X I W G O I M W R B K D J C  
E L J X J F W H X H U B L P Q M N H U B  
A A U A D R E A M T A E P E B K N J S F  
C W T M A R C H E S M R N P A Y L Y T F  
E W X G H X G B S P E T O E G D W D I U  
R B J Y Y F C J P R R Y Y P E Z E A C W  
C E Z S K F R S E O I S P A S W B R E E  
Q I Q A V F P R E T C D C E W F H D K N  
U U V U M J J A C E A D C O L O R N M N  
H G T I A P Y C H S N E V F O A K G G V  
M R P C L L T E V T B Y V D E H O P E A  
W O J E H W I A U C U M A V O Q N O Q P  
I J U P Y S J T I V H E R O L S E V S Z  
R A C I S M E L Y M H T P R E A C H E R

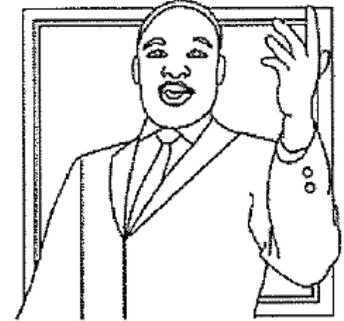
DREAM  
LIBERTY  
LAW  
COLOR  
PROTEST

RACE  
PEACE  
HERO  
JUSTICE  
CIVIL

RIGHTS  
RACISM  
SPEECH  
PREACHER  
AMERICAN

FREEDOM  
MARCHES  
HOPE  
LEADER  
EQUALITY

# Martin Luther King Word Search



A 15x15 grid of letters with several words circled. The words are: DREAM, MARCHES, FREEDOM, RACISM, LIBERTY, PEACE, HERO, JUSTICE, CIVIL, RIGHTS, RACISM, SPEECH, PREACHER, AMERICAN, HOPE, LEADER, EQUALITY. The grid is as follows:

V	S	R	U	P	H	K	M	B	R	I	G	B	F	O	V	A	N	K	D
T	W	D	E	J	W	M	B	Y	I	P	L	F	R	E	E	D	O	M	G
P	E	S	G	O	N	X	I	W	G	O	I	M	W	R	B	K	D	J	C
E	L	J	X	J	F	W	H	X	H	U	B	L	P	Q	M	N	H	U	B
A	A	U	A	D	R	E	A	M	T	A	E	P	E	B	K	N	J	S	F
C	W	T	M	A	R	C	H	E	S	M	R	N	P	A	Y	L	Y	T	F
E	W	X	G	H	X	G	B	S	P	E	T	O	E	G	D	W	D	I	U
R	B	J	Y	Y	F	C	J	P	R	R	Y	Y	P	E	Z	E	A	C	W
C	E	Z	S	K	F	R	S	E	O	I	S	P	A	S	W	B	R	E	E
Q	I	Q	A	V	F	P	R	E	T	C	D	C	E	W	F	H	D	K	N
U	U	V	U	M	J	J	A	C	E	A	D	C	O	L	O	R	N	M	N
H	G	T	I	A	P	Y	C	H	S	N	E	V	F	O	A	K	G	G	V
M	R	P	C	L	L	T	E	V	T	B	Y	V	D	E	H	O	P	E	A
W	O	J	E	H	W	I	A	U	C	U	M	A	V	O	Q	N	O	Q	P
I	J	U	P	Y	S	J	T	I	V	H	E	R	O	L	S	E	V	S	Z
R	A	C	I	S	M	E	L	Y	M	H	T	P	R	E	A	C	H	E	R

DREAM  
LIBERTY  
LAW  
COLOR  
PROTEST

RACE  
PEACE  
HERO  
JUSTICE  
CIVIL

RIGHTS  
RACISM  
SPEECH  
PREACHER  
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