



THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+

23 Priscilla Place • (203) 452-5199

DECEMBER 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

Ashley Sylvester (203) 452-5135

Food Pantry

Karen Seferi (203) 452-5136

First Selectman

Vicki Tesoro (203) 452-5005

SENIOR CITIZEN COMMISSION

Chairman - Amy DeZenzo

Secretary - Gail D'Elia

Clerk - Barbara Crandall

Ron Foligno

Roberta Bellows

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 Monday, December 24th and Tuesday, December 25th in observance of Christmas. Happy Holidays!

Trumbull Senior Center's Annual Holiday Party

Friday, December 21st
11:00 AM

Music provided by DJ Al Song

Hosting the event will be Jay Kiley, Owner of Synergy Home Care

Lunch will be catered by Vazzy's.
Lunch includes pot roast, green beans and potatoes.
\$8.00 per person.
Desserts will be sponsored by Wesley Village and Bridges by EPOCH.



To RSVP, please call (203) 452-5199

Winter Stillness

Metta Meditation

**Thursday, December 13th
4:30 PM—5:30 PM**

Metta Meditation is an ancient practice of Vipassana or Insight meditation. Take a breath, slowdown from the hectic holiday schedule. Come to a quiet place to join Deborah Swann and share Meditation in winter's stillness and awaken your heart's inherent nature of compassion. No experience necessary. Chair options can be offered. To RSVP, please call (203) 452-5199.



Medicare Updates

Presented by SWCAA

**Tuesday, December 4th
11:00 AM—12:00 PM**

Join SWCAA for an informative presentation about Medicare updates for the upcoming year of 2019. To RSVP, please call (203) 452-5199.

Holiday Wrap-A-Thon

Thursday, December 6th

3:30 PM—6:30 PM

Do you have last minute gifts to wrap? Let the Trumbull Library's teen volunteers help. The library will provide gift wrap; however, supplies are limited.

You may bring your own if desired.

Limit of 5 gifts per person.

Call for transportation: (203) 452-5137



The Most Trusted Name in Home Care

Personal Care • Homemaking

Companionship • Meal Preparation

Medication Reminders • Errands/Appointments

Call for your
FREE Care Assessment!

(203)923-8866

Locally Owned and Operated
in Fairfield, CT

www.synergyhomecare.com



REMARKABLE MEMORY CARE ASSISTED LIVING



Bridges

BY EPOCH

MEMORY CARE ASSISTED LIVING
AT TRUMBULL

Remarkable people. Exceptional care.

Helping those in various stages
of memory loss experience more
joyful, meaningful days.

203.245.5126

2415 Reservoir Avenue | Trumbull, CT 06611



www.BridgesbyEPOCH.com

CT Relay 711



MEDICARE

Confused with your options?
Turning 65? Let me help
you choose a Medicare
Supplement, Advantage or
Part D Rx plan.



CALL DAVID ADAMS AT:
(203) 545-6600
OR EMAIL:
[DJDADAMS@ADAMSBEN.COM](mailto:DJADAMS@ADAMSBEN.COM)

*ADAMS ▲ BENEFITS
Consulting*

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM

\$29.95/MO
BILLED QUARTERLY



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



2875 Main Street, Bridgeport

203.336.0232

RATED 4-STAR

Health Care Center

your bridge to health

AthenaHealthCare.com

Managed by Athena Health Care Systems

• SHORT-TERM
REHABILITATION

• LONG-TERM CARE

Law Offices of Eliovson & Tenore
...because experience matters.

ELDERLAW & FAMILY COUNSELING ASSOCIATES, LLC

"Dedicated to helping senior adults and their families"

ESTATES • TRUSTS • PROBATE • CONSERVATORSHIPS

MEDICAID AND ASSET PRESERVATION PLANNING

203-259-7195 • www.ConnecticutElderLaw.com

FAIRFIELD, CT

CJF&H

CYRIL F. MULLINS FUNERAL HOME, INC.

CYRIL F. MULLINS II • HOLLY MULLINS-HART • ROBERT B. CLARK

203-372-6543

www.mullinsfh.com email: cfmullinsfh@gmail.com

399 White Plains Road, Trumbull, CT

Maefair

Health Care Center

A PLACE FOR CARING

SHORT-TERM REHAB • LONG-TERM CARE • RESPITE

203.459.5152 • athenanh.com/Maefair

21 Maefair Court
Trumbull, CT 06611

Continuum of Care Offered by
Athena Home Health & Hospice.
Managed by Athena Health Care Systems

HELP PROTECT YOUR FAMILY & HOME

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM

\$29.95/MO
BILLED QUARTERLY



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

Helping You Continue to Feel Right at Home

Companionship for an afternoon • Personal care: bathing & hygiene
Meal prep, shopping, light housekeeping • Transportation & more

We can help you stay at home. Serving
Greater Southbury. Call today for a free,
in-home assessment or more information.

203-261-5777
WWW.RAHFFC.COM



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Trumbull Senior Center

06-5293

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Medicare Updates

Presented by SWCAA

Tuesday, December 4th

11:00 AM –12:00 PM

Join SWCAA for an informative presentation about Medicare updates for the upcoming year of 2019. For more information and to RSVP, please call (203) 452-5199.

Origami with Michiko

Monday, December 10th

1:00 PM

Join Michiko Kim, a Rite Aid Wellness Ambassador, will be hosting an Origami arts and crafts session. She will share the cultural background of origami while participants can enjoy making simple origami crafts. Paper supplies are included; however, you are welcomed to bring your own wrapping paper with grids. Maximum of 8 participants. For more information and to RSVP, please call (203) 452-5199.

Breakfast and Brain Games

Wednesday, December 12th

9:30 AM

Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, for breakfast and to participate in fun, stimulating brain games. For more information and to RSVP, please call (203) 452-5199.

Are you interested in playing Cribbage and/or a game of Scrabble?

**Please call Jerry at
203-459-0629**

Lunch and Learn

Simplify Your Financial Life

Wednesday, December 19th

10:30 AM

Join Stephen Archer, Certified Financial Planner, for a presentation about ways to organize and simplify your finances. Please be advised that Mr. Archer is not an attorney and cannot give legal advice. Please consult with an attorney for legal advice. Lunch will be sponsored by Partners in Care, Inc. who are affiliated with VNS of Connecticut. For more information and to RSVP, please call (203) 452-5199.

Evening Programs:

Winter Stillness

Metta Meditation

Thursday, December 13th

4:30 PM—5:30 PM

Metta Meditation is an ancient practice of Vipassana or Insight meditation. Take a breath, slowdown from the hectic holiday schedule. Come to a quiet place to join Deborah Swann and share Meditation in winter's stillness and awaken your heart's inherent nature of compassion. No experience necessary. Chair options can be offered. For more information and to RSVP, please

WISH LIST

-SWEET AND LOW

-DECAF COFFEE

-PACKAGED COOKIES

AND CAKES

**-PAPER PLATES, CUPS,
UTENSILS**

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.

Beginners Tap Dance

Class with Joy

Monday: January 7th, 14th, 21st, 28th, February 4th, 11th, 18th, 25th

11:30 AM

Join instructor Joy Koch for a fun tap dance class.

No experience necessary. Please bring your own tap shoes.

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. Everyone is welcomed to join.

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

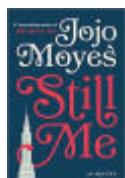
**Thursday, December 6th and 20th
2:00 PM**

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

December Book:

“Still Me” by Jojo Moyes
Monday, December 3rd, 11:00 AM



January Book:

“The Aviator’s Wife” by Melanie Benjamin
Monday, January 7th, 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, December 14th, 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, December 14th

11:30 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: Mamma Mia: The Movie A romantic comedy musical that is based on a young bride-to-be and a fiasco with her family and bridesmaids during her wedding. **Starring:** Meryl Streep and Amanda Seyfried. To RSVP, please call (203) 452-5199.

Monthly Birthday Party

Friday, December 28th

11:30 AM

Come celebrate our December 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: Before We Go
Thursday, December 27th, 12:30PM



You are welcomed to bring your lunch.

New Bingo & 50/50 RAFFLE

Friday, December 28th

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.

Jazercise 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.

Beginning December 1st, 2018, we will begin taking class registrations.

First come, first serve.

12 week sessions.

Great news, beginning January 1st, 2019, we have added a new oil class with a new instructor!

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 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.

Knights of Columbus Museum and Lenny and Joe's Fish Tale

Thursday, December 6th

Take a trip to the Knights of Columbus Museum in New Haven and enjoy a guided tour of the new exhibit that is on display, Christmas in Poland. After the tour, enjoy lunch at Lenny and Joe's Fish Tale. Admission to the museum is free; however, donations are greatly appreciated.

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 9:45 AM
- Knights of Columbus Museum 10:30 AM—12:00 PM
- Lenny and Joe's from 12:30PM—2:00 PM
- Bus will return to the Center by 2:30 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, December 20th**

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, December 27th**



Osborne Homestead Museum and the Italian Pavilion

Thursday, December 13th

Experience a great holiday tour of the Osborne Homestead Museum and view all of the beautiful holiday decorations that are on display. Enjoy lunch at the Italian Pavilion in Derby. Admission to the museum is free; however, donations are greatly appreciated. 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 9:45 AM
- The Osborne Museum 10:30 AM—11:45 AM
- Italian Pavilion from 12:00 PM—1:30 PM
- Bus will return to the Center by 2:00PM

Festival of Lights and

Duchess Family Restaurant

Monday, December 17th

Enjoy an evening with a holiday light display like no other! First, have dinner at Duchess Restaurant in Orange. After enjoying dinner, take a ride through Lighthouse Point Park in New Haven and view a beautiful holiday light display. Admission to the Festival of Lights is \$4.00 per person. Cash only. Transportation fee is \$2.00. Please pay at the front desk. 20 maximum riders.

To RSVP, please call (203) 452-5199

Bus Schedule:

- Bus will leave the Center at 3:45 PM
- Duchess from 4:30 PM—6:00 PM
- Festival of Lights from 6:30 PM—7:30 PM
- The bus will return to the Center by 8:00 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.

Meet Our New Staff and Interns!

Christopher James Dean-MSW Intern



Chris is an Honors graduate from Boston College class of 1995 in Psychology, with a concentration in Psychobiology. He has 15 years of experience working in healthcare at the Urology Center of New Haven. He is a 2nd year MSW student from Quinnipiac University studying social work. He enjoys hiking, visiting national parks, music, art, golf and his two dogs!

Brittany Welkes-BSW Intern

Brittany is a current Senior in the Undergraduate Social Work Program at Sacred Heart University. She graduates in May of 2019. She is also a sorority sister of Theta Phi Alpha. Upon graduation, she plans on continuing her studies to receive her Master's Degree in Social Work. She enjoys traveling, shopping, and spending quality time with her family and friends.



Karen Seferi-Food Pantry Coordinator



Karen is the former Program Coordinator of the Community Closet, a program of LifeBridge Community Services. She has over 47 years of social and human service experience. Karen graduated with a degree in Psychology from Keene State College in Keene, NH. She grew up in Greenwich and has lived in Trumbull for over 30 years with her husband, Spiro, son, Andrew, and mother, Florence. She is an avid puzzler and loves reading and shopping. Stop by the Food Pantry to say hello!

Ashley Sylvester-Social Worker

Ashley joins us with experience working at Ludlowe Health and Rehab in Fairfield for the past 8 years. She is a current graduate student at Simmons University in Boston. She is a mother of a very adorable 2 1/2 year old boy and a wife of one year. Ashley is excited to start her new journey at the Center and cannot wait to meet everyone!



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 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

COMMUNITY NEWS

The Center at Priscilla Place Inclement Weather Policy for Members

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

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

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

NBC:

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

OR

WSFB CHANNEL 3:

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

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

Sunday Cabarets

- 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
Michele Jakab at (203) 452-5144



Tree of Light
Memorial Ceremony
Thursday, December 6th
6:30 PM

Join us for a celebration of life to remember family and friends.

For more information,
please call (203) 366-3821
email: treeoflight@vnsct.org
website: www.vnsct.org

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 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 11:00 Book Club 1:00 Line Dancing 2:00 Yoga	3 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:00 Medicare Updates 11:30 Zumba Lessons 1:30 Tai Chi Quan	4 9:00 Yoga 9:45 Knights of Columbus 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	5 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 12:30 Pinochle 2:00 Family Conflict Group	6 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
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 1:00 Line Dancing 1:00 Origami Art Craft 2:00 Yoga	10 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 1:30 Tai Chi Quan	11 9:00 Yoga 9:30 Breakfast/Brain Game 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	12 9:00 Balance & Core 9:45 Osborne Museum 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 4:30 Metta Meditation	13 9:00 Dance & Tone 9:00 Veterans Support 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 11:30 Lunch + Movie 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 1:00 Line Dancing 2:00 Yoga 3:45 Festival of Lights	17 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 1:30 Tai Chi Quan	18 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Simplify Finances 11:00 Tap Dance 12:30 Mahjong & Pinochle 12:30 Qigong	19 9:00 Balance & Core 9:00 The Loop 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 11:30 Feldenkrais 2:00 Family Conflict Group	20 10:00 Oil Painting 10:00 Poker 11:00 Holiday Party 12:00 Mahjong 12:30 Pinochle All exercise classes are cancelled.
<p><i>The Center will be closed on Monday, December 24th and Tuesday, December 25th in observance of Christmas.</i></p> <p><i>Merry Christmas and Happy Holidays to all!</i></p> 		26 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 12:30 Movie	27 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 11:30 Monthly Birthday 12:00 Mahjong 12:30 Pinochle 1:00 New Bingo 1-4 Billiards Game
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 1:00 Line Dancing 2:00 Yoga	31			

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



Genesis

St. Joseph's Center
REHABILITATION CENTER
6448 Main Street, Trumbull • 203-268-6204

THE DINING ROOM

Reservations
call (2) Days In Advance
203-452-5199

Trumbull Senior Community Café December 2018 Menu

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

MENU ITEMS SUBJECT TO CHANGE					SUGGESTED DONATION \$3.00 - \$5.00	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
3 Garden Salad Roast Pork Loin Spanish Rice Roasted Broccoli Brownie	4 Creamy Tomato Soup Roasted Chicken Macaroni Salad Roasted Carrots Fresh Fruit	5 Mesulin Salad Ravioli with Tomato Sauce Vegetable Medley Garlic Bread Fruit Cup	6 Mushroom Soup Meatloaf Mashed Potato Green Beans Fresh Fruit	7 Three Bean Salad BBQ Chicken Corn Bread Broccoli Apple Pie		
10 Lentil Soup Pepper Steak Rice Pilaf Peas 100% Juice Fruit Cup	11 Cole Slaw Turkey Swedish Meatballs Egg Noodles Carrots Tapioca	12 Ceasar Salad Pot Roast Small Potatoes Spinach Banana	13 Garden Salad Penne alla Vodka Garlic Bread Broccoli Fresh Fruit	14 Tomato Soup Asian Chicken White Rice Cauliflower & Peas Poached Pears		
17 Garden Salad Beef Stew Sesame Noodles Carrot Slaw Fruit Cup	18 White Bean Soup Roasted Chicken Scalloped Potatoes Peas & Carrots Fresh Fruit	19 Romaine Salad Spaghetti and Meatballs Green Beans Garlic Bread Fruit Cup	20 Cole Slaw Crispy Fish Tartar Sauce Mashed Potatoes Corn on the Cob Chocolate Pudding	21 Christmas Special Pumpkin Soup Orange Glazed Ham Honey Yams String Bean Casserole Cheesecake with Cherries	21 Christmas Special Pumpkin Soup Orange Glazed Ham Honey Yams String Bean Casserole Cheesecake with Cherries	
24 Cream of Broccoli Unsalted Crackers Turkey Meatball Sub French Fries Mixed Veggies Sub Roll Fresh Orange	25 Merry Christmas 	26 Caesar Salad Beef Chili with Beans Cornbread String Beans Sliced Peaches	27 Minestrone Lemon Chicken Breast Red Potatoes Sweet Peas Fresh Fruit	28 Garden Salad Cheese Lasagna Garlic Bread Cauliflower Apple Sauce		
31 Yankee Bean Soup Chicken Strips with Peppers and Onions Rice Mixed Vegetables Pears						

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**

LITTLE ANGELS ELDERLY HOME CARE POLISH AGENCY

Providing Elderly Care • Companions
Live-In Caregivers
Stay Independent in Your Home!

Ewa Grzymala
203-278-1436

littleangelshomecare48@yahoo.com

Middlebrook Farms

at Trumbull

Benchmark Senior Living
Assisted Living & Memory Care

Call to Schedule a Visit

2750 Reservoir Avenue
Trumbull, CT 06611

203-268-2400

www.benchmarkseniorliving.com

REMARKABLE MEMORY CARE ASSISTED LIVING IN YOUR BACKYARD



Bridges

BY EPOCH

MEMORY CARE ASSISTED LIVING
AT TRUMBULL

Remarkable people. Exceptional care.

203.397.6800

www.BridgesbyEPOCH.com



(CT Relay 711)



Support That Fits Your Lifestyle



Alzheimer's & Dementia Care

Companionship ~ Personal Care ~ Meals &

Nutrition ~ Transportation ~ Household Duties

Respite Care ~ Hospice Care

Call for a free, no-obligation consultation – 203-426-6666 / 203-386-1151

CT DCP Reg.#HCA.0000160 www.homeinstead.com/307

Each Home Instead Senior Care franchise office is independently owned and operated.

Christopher T. Greenwood

Attorney at Law

With proper Medicaid Planning, we can guide you and your family while helping to protect your home and assets

Medicaid & Asset Preservation Planning - Last Will and Testaments - Powers of Attorney

Estates - Trusts - Health Care Directives - Real Estate Guidance for Seniors

203-375-4040 – www.greenwoodelderlaw.com

799 Silver Lane, Trumbull, CT 06611

The best and most affordable senior in-home care & caregiver services for seniors living at home.

- Personal care attendants
- Friendly companionship
- Transportation & errands
- 24hr live-ins • Hourly care
- Mneme & Art Therapy
- Music Therapy
- Pet Therapy



203-221-0221

www.sheraton.care

250 POST ROAD E • WESTPORT CT

► Reach the Senior Market
ADVERTISE HERE

CONTACT

Mark Carofano to place an ad today!

mcarofano@lpiSeniors.com

or (800) 477-4574 x6347



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers

Cambridge

Health & Rehabilitation Center

2428 Easton Turnpike | Fairfield
(203) 372-0313
CambridgeM.com

Passport Short-Term Rehabilitation

Cardiac | Pulmonary | Orthopedic

Post Hospital Care & Rehabilitation

Hotel-like Amenities | Private Rooms

Long Term Nursing Care | Memory Care



Ludlowe

Center for Health & Rehabilitation

118 Jefferson Street | Fairfield
(203) 372-4501
LudloweCenterHealth.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4LPi.com

Trumbull Senior Center

06-5293

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



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



Membership or residency not required.

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

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

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

The Culinary Institute of America

Tuesday, April 9th, 2019

Cost: \$130.00

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

Getaway Tours

Mohegan Sun

Tuesday, March 26th, 2019

Cost: \$33.00 Per Person

Minimum of 30 people



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

Departure: 4:00 PM from Mohegan Sun

Includes: Transportation, casino bonus, driver's gratuity

Getaway Tours

Westchester Broadway Theatre Presents: Newsies!

Thursday, April 25th, 2019

Cost: \$105.00 Per Person

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

Getaway Tours

