Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611 (203) 452-5199 AUGUST 2021

NEWS AND ANNOUNCEMENTS

FREE MEDICATION LOCK BOXES

On Friday, August 13th, TPAUD, Trumbull's Prevention Partnership will provide free medication lockboxes at our Drive Thru/Tailgate luncheon. Medication lockboxes are an easy way to store prescription medications and more importantly, to keep them safe and out of reach from kids or grandkids. If you would like to sign up for the luncheon, please call (203) 452-5199 and leave your name and number.

Trumbull Launches "Local Meals" Program to Support Residents and Restaurants

Trumbull, CT—Starting the week of July 12th, residents in Trumbull that have been impacted in some way by COVID-19 or have a need within their families, can receive an allotment of lunches and/or dinners from Trumbull restaurants that have signed on to the Local Meals program. Residents will receive information necessary in order to participate from the Trumbull Human Services Department. So far, 13 Trumbull restaurants have signed on to the program. Residents will order off the regular restaurant menus. The program does not provide for eat in dining. It is for take-out, curbside pickup or delivery. "We have all been through a great deal these past 16 months. The pandemic has taken a toll on our businesses and our residents. This program will provide additional commerce to our restaurants and address some of the food insecurity issues the community is still facing," stated First Selectman Vicki Tesoro.

The Town of Trumbull secured $200,000 for the initiative in a competitive grant process. Funding comes from the US Department of Housing and Urban Development, Community Development Block Grant, COVID-19 Small Cities grant program administered by the Connecticut Department of Housing. The program model was developed by the Town's Long Term Recovery Committee which seeks ways to address recovery issues associated with any disaster, and in this case the aftermath of the COVID-19 pandemic. "We will continue, over the next several years, to look at how to promote local commerce and support the economic and other needs of our residents. Now, more than ever, we have to be creative in our approach and pursue all resources that can help our small businesses and residents. We will be rolling out several other initiatives under our "Trumbull Celebrates Local" banner in the coming weeks," stated Rina Bakalar, Director of Economic and Community Development. Bakalar also chairs the town's Long Term Recovery Committee.

For residents who would like more information on the Local Meals Program, they can contact Social Services at (203) 452-5198 and/or the Senior Center at (203) 452-5199. For restaurants or eateries in Trumbull that may still want to sign on to the program, please contact Rina Bakalar at (203) 452-5043 or rbakalar@trumbull-ct.gov.

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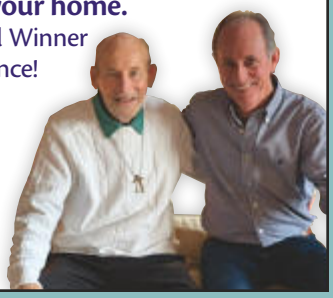

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HUMAN SERVICES STAFF

Director of Human Services
Michele Jakab, LCSW (203) 452-5144
mjakab@trumbull-ct.gov

SENIOR CENTER (203) 452-5199

Administrative Assistant
Ashley Ryan Grace (203) 452-5199
agrace@trumbull-ct.gov

Front Desk
Ronnie Mogensen (203) 452-5199
rmogensen@trumbull-ct.gov

Transportation (203) 452-5137

SOCIAL SERVICES (203) 452-5198

Jennifer Gillis B.A. (203) 452-5133
jgillis@trumbull-ct.gov

Ashley Sylvester, MSW (203) 452-5135
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Food Pantry
Karen Seferi (203) 452-5136
kseferi@trumbull-ct.gov

Wellness Nurse
Tori Benoit (203) 452-5134
vbenoit@trumbull-ct.gov

First Selectman (203) 452-5005
Vicki Tesoro
Firstselectman@trumbull-ct.gov

COMMISSION ON AGING

Marcy Kelly: Chair
Ron Foligno: Co-Chair
Jean DaRold: Secretary
Evelyn Wiesner
Michael Ganino
Mark Ryan
Alissa Heilbrunn

MISSION STATEMENT

Enrich the lives of older adults by offering programs and education that promote a healthy lifestyle, support independence, and enhance community engagement.

HOURS OF OPERATION

SENIOR CENTER
HOURS: Monday-Friday 9:00 a.m.-4:00 p.m.
(203) 452-5199

SOCIAL SERVICES
HOURS: Monday-Friday 9:00 a.m.-4:00 p.m.
Call for an appointment (203-452-5198

FOOD PANTRY:
Call for an appointment (203) 452-5136

WELLNESS NURSE:
Call for an appointment (203) 452-5134

MEMBERSHIP

Membership runs from July 1st-June 30th. You can join at anytime during the year.

Residents Annual Fee: $5
Non-Residents Annual Fee: $20

You may print our membership form out online:
https://www.trumbull-ct.gov/Archive.aspx?AMID=50
or call the office at (203) 452-5199

ONLINE LECTURES, GAMES AND WORKSHOPS

Brain Games on Zoom
Wednesdays at 9:00 AM
Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, to participate in fun, stimulating brain games.
Meeting ID: 699 769 8823
Passcode: 212153
Please note that the last Zoom Class is on Wednesday, August 25th. Brain games will begin to meet in person on the first Thursday of each month at 9:00 AM beginning Thursday, September 2nd.

Meal Prep 101
Tuesday, August 24th at 11:00 AM
Join ShopRite of Shelton Dietitian, Siddhi Sheth, for a virtual class on meal prep basics. Siddhi will discuss simple meal prep ideas that are budget friendly, will help you save time, and build healthy meals. Please be sure to RSVP by calling (203) 452-5199.

Virtual Bingo
Friday, August 27th at 11:30 AM
Please call (203) 452-5199 to RSVP and receive the Zoom information. When signing up, please indicate that you are signing up for virtual bingo. If you need bingo supplies, please let the office know and we can make arrangements for you.

Zoom Lessons
Every Friday at 12:15 PM
Join Ashley Sylvester for a Q & A and assistance navigating Zoom.
Meeting ID: 956 7644 0327
Passcode: 12345

DRIVE THRU EVENTS BRING A CHAIR AND TAILGATE

- **August Drive Thru/Tailgate Luncheon**
  Friday, August 13th at 12:00 PM

TPAUD will provide free medication lockboxes during this event. When signing up, please indicate whether or not you would like to receive a lockbox.

You MUST be a member to participate. Members may bring a guest, but the guest must be in the car or with the member at the time of the event. You will receive a phone call the week of the event with your individual time slot as to when to arrive. **To RSVP, please call (203) 452-5199 and leave your name and telephone number.**

ART CLASSES ON ZOOM

Drawing with Chris (part 1) at 9:00 AM on Mondays

Drawing with Chris (part 2) at 2:00 PM on Mondays

Painting with Chris (part 1) at 9:00 AM on Fridays

Painting with Chris (part 2) at 1:00 PM on Fridays

Watercolors with Missy on Wednesdays at 9:00 AM

Please e-mail Ronnie Mogensen at rmogensen@trumbull-ct.gov to join an art class.

AUGUST BIRTHDAYS

This month, we would like to wish a VERY happy birthday to:

- Gail Haba
- Diane Fried
- Rosemary Sierer
- Shelia Wheeler
- Jo-Ann Pavone
- Nora Zilliox
- Donna Lavelle
- Loretta Chory
- Paula Davidson
- Joyce Schiappa
- Edith Kreisman
- Roberta Pack

IN PERSON PROGRAMS AND GAMES

Book Club Meeting on Zoom

Where the Forest Meets the Stars
By Glenda Vanderah
Monday, August 2nd at 11:00 AM

The Mother-In-Law by Sally Hepowrth
Monday, September 13th at 11:00 AM

If you would like to join the book club, please call the office at (203) 452-5199.

White House Memories

Tuesday, August 10th at 11:00 AM
Join Alan Devalerio, a former White House butler, for an interesting presentation that gives you inside details about the preparations involved in White House entertaining and how it has evolved over the years. Not only will he relate his firsthand experiences with history, but he'll pass on the stories he heard from those who have been taking care of our First Families ever since the Franklin Roosevelt administration.
To RSVP, please call (203) 452-5199.

Make Your Own Edible Bird Feeder

Tuesday, August 17th at 12:30 PM
Create a birdfeeder with the Trumbull Nature and Arts Center using natural materials and a homemade glue that is not harmful to birds. This is an in person program. There is no cost for residents. The cost for non-residents is $5 per person ($15 value). If you are interested in joining, please call the office at (203) 452-5199 to RSVP.

Summer Cooking Demo

Wednesday, August 25th at 11:30 AM
Join Carriage Green at Milford and their Director of Dining Services, Ed Gorman, for a sensational summer cooking demo. These will be easy summer meals you can make at home and share with your family and friends. Recipe cards will be given to take home. To RSVP, please call (203) 452-5199 and/or stop by the front office.

Veterans Benefits Screenings

Tuesday, August 17th from 12:30 PM to 2:00 PM
Save the Date: Tuesday, September 14th
Ramon Agusto, from Connecticut Department of Veterans Affairs, returns to screen Veterans and their surviving spouses for all benefits. Bring your discharge papers. Membership is not required. To RSVP, please call (203) 452-5199.

KNITTING GROUP
Tuesdays at 10:00 AM. All are welcome to join.

***NEW!* GARDEN CLUB WITH WELLNESS NURSE TORI**
Thursdays at 9:30 AM
Join our Wellness Nurse Tori, who is a euthanistic gardener, to help create and start a new, organic garden group. All are welcome. Let's learn and garden together! Meets at Abraham Nichols Park. For more information and to RSVP, please call (203) 452-5199

BILLIARDS: Players can reserve a table for an hour at a time. Please call (203) 452-5199 to RSVP. Equipment is thoroughly cleaned in between each use.

CHESS: We have 4 chess boards for two games at a time. Each player will use their own board as they play with someone. Players are required to wipe down equipment after use.

BINGO
Friday, August 27th at 11:30 AM
Registration required. Paper bingo cards will be used instead of our regular bingo cards. Daubers will be available to purchase ($1.00 each) or you can bring your own. Members are limited to bringing in a bottle of water. No food or coffee allowed. Call (203) 452-5199 to RSVP.

CANASTA
Mondays from 11:00 AM to 2:00 PM

DOMINOES
Tuesdays from 11:00 AM to 2:00 PM

PINOCHLE
Wednesdays, Thursdays, and Fridays from 11:00 AM to 2:00 PM

MAHJONG
Fridays from 12:00 PM to 2:00 PM

43rd Annual Trumbull Arts Festival
Sunday, September 19th, 2021
10:00 a.m. to 4:00 p.m. — Rain or Shine
Town Hall Green - 5866 Main Street - Free Admission
For more information, please email arts@trumbull-ct.gov or call 203-452-5065

EXERCISE CLASSES ON ZOOM

Yoga with Jeannie
Mondays at 10:30 AM
Meeting ID: 816 351 63317/ Passcode: 394826

Tai Chi with Alma/Ken
Mondays at 1:00 PM
No Meeting ID or Passcode. Go to https://us02web.zoom.us/j/82942995104

Sit and Fit with Bobbi
Thursdays at 11:30 AM
Meeting ID: 837 5596 5864 / Passcode: 12345

Zumba Gold and Toning with Pauline
Wednesdays at 11:00 AM
Meeting ID: 721 316 6085 / Passcode: 549424

QiGong w/ Julie
Wednesdays at 1:00 PM
Meeting ID: 882 5423 5052 / Passcode: 925106

Chair Yoga with Jeannie
Thursdays at 9:00 AM
Meeting ID: 860 9912 0061 / Passcode: 840018

Community Meditation
There will not be a class for August.
The next class will resume on
Thursday, September 16th at 7:00 PM.
Join us for Community Meditation, led by Deborah Swann, on the third Thursday each month.
No experience is necessary.
Meeting ID: 870 1001 5761
Passcode: 603982

Tai Chi with David on Fridays at 10:00 AM
Meeting ID: 836 6921 0341 / Passcode: 1948

Try
Pilates with Jeannie!

EXERCISE CLASSES IN PERSON

Stretch and Move with Nancy
Mondays at 9:00 AM

Zumba Gold and Toning with Pauline
Mondays at 11:15 AM

Beginners Tap Dance with Joy
Tuesdays at 10:00 AM
12 Week Session: July 6th—October 12th

Intermediate Tap Dance with Melody
Tuesdays at 11:00 AM
12 Week Session: July 6th—September 28th

Sit and Fit with Bobbi
Tuesdays at 11:30 AM
Please bring your own weights.

Yoga Nidra with Deborah Swann
Fourth Tuesday of each month at 1:00 PM
Tuesday, August 24th
This is a deep relaxation class with Reiki.
Please bring a yoga mat and small throw blanket.
Optional: small pillow for head rest.

Coming Soon—Moderate Yoga with Deborah Swann
Tuesdays at 9:15 AM
Beginning Tuesday, September 7th at 9:15 AM
Please bring yoga mat and 2 yoga blocks. To join, please call the office at (203) 452-5199.

Tai Chi with David
Wednesdays at 10:00 AM

Strength with Nancy
Thursdays at 10:15 AM
Please bring your own weights.

Pilates with Jeannie
Thursdays at 1:15 PM
Please bring an exercise/yoga mat.

Please note that all participants must sign in for every class at the front desk and/or kiosk. Membership is required to participate in all programs.

Meet Bobbi, our new fitness instructor.

WELLNESS NURSE TORI

APPOINTMENTS WITH THE NURSE
Call (203) 452-5134 to schedule a visit

THE WALKING GROUP LED BY NURSE TORI
Tuesdays at 10:00 AM in front of Target on the second floor inside the Trumbull Mall.
For more information and to RSVP, please call (203) 452-5199.

GARDEN CLUB WITH WELLNESS NURSE TORI
Thursdays at 9:30 AM
Join our Wellness Nurse Tori, who is a euthanistic gardener, to help create and start a new, organic garden group. All are welcome. Let's learn and garden together! Meets at Abraham Nichols Park.
For more information and to RSVP, please call (203) 452-5199

MENTAL HEALTH

COUNSELING
Mary J. Sherlach Counseling Center

The Mary J. Sherlach Counseling Center provides a therapeutic clinical setting for individual and family therapy, group therapy, and crisis intervention. These services are available for Trumbull residents, Town employees, and students who attend Trumbull schools.

ADULT CRISIS LINE: 1-800.467.3135

UNITED WAY / 2-1-1:https://uwc.211ct.org/categorysearch/mental-health/ **OR CALL 211 FOR PROGRAMS AND SERVICES.**

THE FRIENDSHIP LINE
24-hour toll-free hotline for older adults and adults living with a disability at the Institute on Aging who are lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide.
1-800-971-0016

SUDOKU

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ANSWER

2	6	3	1	4	7	9	8	5
5	4	7	8	9	3	2	6	1
8	9	1	5	6	2	4	7	3
1	3	6	4	8	5	7	2	9
7	5	9	6	2	1	8	3	4
4	2	8	3	7	9	1	5	6
3	8	5	7	1	4	6	9	2
6	1	2	9	5	8	3	4	7
9	7	4	2	3	6	5	1	8

We assist Trumbull residents and their families by providing assistance to help meet their basic needs. The Department provides programs such as benefits screenings, financial assistance, resources, information and assistance, counseling and advocacy. In-office and home visits are offered. Please call 203-452-5198.

RENTERS' REBATE

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits.

Application period from
April 1st, 2021– October 1st, 2021.

The age requirement for applicants: 65 years of age or 100 % disabled (age 18 and over) as of December 2020. Applicant must meet a one year state residency requirement during 2020. Annual income guidelines cannot exceed for a single person: $37,600.00 and married couple: $45,800.00. For more information and to apply, please contact (203) 452-5198.

MEDICARE SAVINGS PROGRAM

You may be eligible to have your Medicare Part B premium paid for you. The maximum allowable gross income for individuals is $2,617.44 per month and $3,535.02 a month for couples. Countable income includes Social Security, pensions, annuities, 401K, IRAs, dividends, interest, rental income, wages, etc. To apply or inquire, please call (203) 452-5198.

STAY CONNECTED

Friendly Phone Call Program

Connect with your neighbors.

Trumbull residents are paired together to keep each other company during this time of isolation and uncertainty. Would you like to make or receive a friendly phone call once a week and make a new friend? ***We could all could use the company.*** Call (203) 452-5199 to sign up. You can also e-mail Ronnie Mogensen at rmogensen@trumbull-ct.gov

TRUMBULL PANTRY

Available to all Trumbull residents who meet income guidelines or are facing food insecurity. We do not turn anyone away. We encourage residents who may be facing an unexpected circumstance such as a layoff, illness or have concerns going to the store to reach out to us. During difficult times, we want to reduce the stress our families face by meeting a basic need. This service is confidential. Shopping is by appointment only to ensure the confidentiality of the shopper. To sign up, please call the Food Pantry at (203) 452-5136.

FINANCIAL HELP

Trumbull Social Services offers Hardship and Emergency Assistance to Trumbull Residents. Please call Social Services (203) 452-5198. This can be applied towards rent, medical, utilities, or other needs.

CAREGIVER SUPPORT

Trumbull Social Services is the primary hub for family caregiver information, support and referral. Staff provide caregivers with the information they need to make informed decisions and the ability to access services and resources available in the community. We recognize that family caregivers tend to neglect their own well-being both physically and emotionally.
Our department offers one-on-one support services as well as the opportunity to participate in a caregiver support group. There is no fee for services. Our Caregiver Support Group meets twice a month. It is an open group that caregivers can join at any time. Group sessions focus on helping individual caregivers as they care for themselves and their loved ones.

Services are available by appointment, Monday-Friday. Please call (203) 452-5198 for information or to make an appointment.

Residents who would like to make a donation, please make checks payable to Social Services. Donations can be mailed to:
Director of Human Services,
23 Priscilla Place,
Trumbull, CT 06611.

If you are experiencing hearing loss that inhibits your phone use, you may qualify to receive a ClearCaptions phone at no cost to you! ClearCaptions is a Federal Communications Commission (FCC) certified telephone captioning provider.

- Safe and secure home caption phone deliveries and installation at NO COST to qualified individuals.
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Contact John Noonan (203) 581-0382 / john.noonan@clearcaptions.com

TRANSPORTATION

The Trumbull Senior Center provides transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled. Our buses are fitted with UV light/air filtration systems. We have a rider maximum to ensure everyone is able to safely distance themselves from others. All safety precautions and cleaning standards are in place. **(203) 452-5137**

MEDICAL RIDES

Rides available to and from doctor appointments on **Mondays, Tuesdays, and Thursdays.** We can book appointments months or days in advance. We travel to Bridgeport, Stratford, Shelton, and Monroe.

GROCERY SHOPPING

On Wednesdays, we offer rides to Stop and Shop and ShopRite for Trumbull Residents. The estimated pick up time at your home is between 9:00 AM to 10:00 AM. Shop for an hour then return home on the bus.

OTHER

Let us know if you have other transportation needs.

- Legal appointments, hair salon, bank, etc...

HOW TO RIDE

All riders must be independent; caregivers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Service animals and assistive devices welcome. Please be aware that the senior center does not provide assistance to and from the vehicle. All riders must be registered with the office staff by filling out a membership form. There is no cost for transportation; however, donations are gratefully accepted. Donations can be mailed to: Trumbull Senior Center, 23 Priscilla Place, Trumbull, CT 06611.

GROUPS

FAMILY CONFLICT GROUP ON ZOOM

Facilitated by Cornelia Morris, PhD, LADC
1st and 3rd Wednesday of each month at 10:00 AM
Wednesday, August 4th and 18th
For more information and to join, please contact Cornelia at cmorris@trumbull-ct.gov

GRIEF AND LOSS SUPPORT

Facilitated by Cornelia Morris, PhD, LADC and co-facilitated by Ashley Grace, MSW Intern from Sacred Heart University. The group now meets in person at the Senior Center.
2nd and 4th Tuesday of each month at 9:00 AM
Tuesday, August 10th and 24th
For more information and to join, please contact Ashley Grace at agrace@trumbull-ct.gov

WELLNESS WEDNESDAYS ON ZOOM

Wednesday, August 18th at 2:00 PM
Join us once a month for Wellness Wednesdays. Connect with other members and receive important Senior Center news and updates.
Meeting ID: 809 418 0302
Password: 12345

CAREGIVER SUPPORT GROUP ON ZOOM

Thursday, August 12th and 26th
Open to the Public
All caregivers are welcome to join. For more information and to join, please email Ashley Grace at agrace@trumbull-ct.gov.

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Emergency Broadband Benefit: Save up to 50% per month on internet service.

The Emergency Broadband Benefit is an FCC program to help families and households struggling to afford internet service during the COVID-19 pandemic. This new benefit will connect eligible households to jobs, critical healthcare services, virtual classrooms, and so much more.
The Emergency Broadband Benefit will provide a discount of up to $50 per month towards broadband service for eligible households and up to $75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to $100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than $10 and less than $50 toward the purchase price.

Who Is Eligible for the Emergency Broadband Benefit Program?
A household is eligible if a member of the household meets *one* of the criteria below:
Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid, or Lifeline;
Approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision in the 2019-2020 or 2020-2021 school year;
Received a Federal Pell Grant during the current award year;
Experienced a substantial loss of income due to job loss or furlough since February 29, 2020 and the household had a total income in 2020 at or below $99,000 for single filers and $198,000 for joint filers; or
Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.

How to Apply

Eligible households must **both apply for the program and contact a participating provider to select a service plan.** There are three ways for eligible households to apply:
Contact a participating broadband provider directly to learn about their application process. If you are unable to apply through them directly, you will have to apply using option 2 or 3 below, and then contact a participating provider to select an eligible plan.
Go to GetEmergencyBroadband.org to apply online and to find participating providers near you. After you apply, you will have to contact a participating provider to select an eligible plan.
Call 833-511-0311 for a mail-in application or print a copy, and return it along with copies of documents showing proof of eligibility to:
Emergency Broadband Support Center
P.O. Box 7081
London, KY 40742
After you received a notice that you have qualified for the program, households must contact a participating provider to select an Emergency Broadband Benefit eligible service plan.

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Phone - 203-880-5391

New clients **15% OFF** Tuesdays seniors **20% OFF**

All Zoom Programs can be accessed online and/or dialed in. Check out our weekly Current Events e-mails for more up to date information. E-mail Ronnie Mogensen at rmogensen@trumbull-ct.gov for assistance.

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Drawing Part 1 9:00 Stretch 10:30 Yoga 11:00 Book Club 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2	3 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit	4 9:00 Brain Games 10:00 Family Conflict 10:00 Tai Chi 11:00 Zumba Gold/Tone 1:00 Qigong	5 9:00 Chair Yoga 9:30 Garden Club 10:15 Strength 11:30 Sit and Fit 1:15 Pilates	6 9:00 Painting Part 1 10:00 Tai Chi 12:00 Mahjong 12:15 Zoom Lessons 1:00 Painting Part 2
9 9:00 Drawing Part 1 9:00 Stretch 10:30 Yoga 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2	10 9:00 Grief and Loss 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 White House 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit	11 9:00 Brain Games 10:00 Tai Chi 11:00 Zumba Gold/Tone 1:00 Qigong	12 9:00 Chair Yoga 9:30 Garden Club 10:15 Strength 11:30 Sit & Fit 1:15 Pilates 2:30 Caregiver Support	13 9:00 Painting Part 1 10:00 Tai Chi 12:00 Mahjong 12:00 Drive Thru 12:15 Zoom Lessons 1:00 Painting Part 2
16 9:00 Drawing Part 1 9:00 Stretch 10:30 Yoga 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2	17 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit 12:30 Bird Feeder Craft 12:30 Veterans Benefits	18 9:00 Brain Games 10:00 Family Conflict 10:00 Tai Chi 11:00 Zumba Gold/Tone 1:00 Qigong 2:00 Wellness Wednesday	19 9:00 Chair Yoga 9:30 Garden Club 10:15 Strength 11:30 Sit and Fit 1:15 Pilates	20 9:00 Painting Part 1 10:00 Tai Chi 12:00 Mahjong 12:15 Zoom Lessons 1:00 Painting Part 2
23 9:00 Drawing Part 1 9:00 Stretch 10:30 Yoga 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2	24 9:00 Grief and Loss 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Intermediate Tap 11:00 Dominoes 11:00 Meal Prep 101 11:30 Sit & Fit 1:00 Yoga Nidra	25 9:00 Brain Games 10:00 Tai Chi 11:00 Zumba Gold/Tone 11:30 Summer Cooking Demo 1:00 Qigong	26 9:00 Chair Yoga 9:30 Garden Club 10:15 Strength 11:30 Sit & Fit 1:15 Pilates 2:30 Caregiver Support	27 9:00 Painting Part 1 10:00 Tai Chi 11:30 Bingo 12:00 Mahjong 12:15 Zoom Lessons 1:00 Painting Part 2
30 9:00 Drawing Part 1 9:00 Stretch 10:30 Yoga 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2	31 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit			

AUGUST 2021

- In Person Programs are in **Blue Text.**
- Virtual Programs are in **Black Text.**

Programs are subject to change. Please be on the look out for our daily reminder e-mails for class and program updates.