



THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

SEPTEMBER 2019

Director of Human Services

Michele Jakab (203) 452-5144
mjakab@trumbull-ct.gov

Administrative Assistant

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

Senior Center Receptionist

Jeannie Franco (203) 452-5199
jfranco@trumbull-ct.gov

Social Services (203) 452-5198

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

Ashley Sylvester (203) 452-5135

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Food Pantry

Karen Seferi (203) 452-5136
kseferi@trumbull-ct.gov

Wellness Nurse

Victoria Benoit (203) 452-5134
vbenoit@trumbull-ct.gov

First Selectman

Vicki Tesoro (203) 452-5005

SENIOR CITIZEN COMMISSION

Chair-Mary Isaac
Co-Chair-Ron Foligno
Secretary-Marcy Kelly
Clerk - Barbara Crandall
Evelyn Wiesner
Jean DaRold
Michael Ganino
Mark Ryan

CENTER HOURS

Monday-Friday 9:00 AM—4:00 PM

The Center will be closed on Monday, September 2nd, in observance of Labor Day. Happy Labor Day Weekend!

Annual Senior Picnic

Hosted by the Trumbull Rotary Club
Thursday, September 12th at 12:00 PM

Seniors are invited to a free picnic under a tent on the town green.
It's a great opportunity for fellowship and a free lunch!

Held at Trumbull Town Hall.

To RSVP, please call (203) 452-5199

Sign up is required.



Have lunch and enjoy the music of DJ Al Song!

He has over 20,000 songs!
Request Italian, Irish, Polish,
Spanish, whatever you want,
he has it!

Al plays the second and fourth
Wednesday of each month at lunch
time in the dining room.

- **Wednesday, September 11th**
- **Wednesday, September 25th**

***To make a lunch reservation,
please call (203) 378-3086
two days in advance.***

Suggested donation of \$3.25



September is

National Senior Center Month

The 2019 theme is:

Senior Centers: The Key to Aging Well!

Senior centers are the key for
individuals to age healthily, and also
for communities to properly support
older adults.

Senior centers are the future of what
aging can be. Innovative programs
hosted at senior centers can change the
perception of aging, and create
important community resources for
aging expertise.

Let us know how you are aging well!
Send us a memo, an email or stop by!
Make a suggestion for a program.

How can we help this community age
well?

mjakab@trumbull-ct.gov





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CONTACT

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rbarstow@lpiseniors.com or
(800) 950-9952 x6457

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Joan Lunden, journalist,
best-selling author, former
host of Good Morning America
and senior living advocate.

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Trumbull Senior Center

06-5293

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Caregiver Support Group

Monday, September 16th

Monday, September 30th

2:00 PM

Join this group and share your feelings in a safe environment among others who are going through the same experiences. You can learn about resources, caregiving strategies and other valuable tools to provide support. To RSVP, please call Ashley at **(203) 452-5135**.

Wellness Talk with Michiko

Friday, September 6th

11:00 AM

Join Michiko, a Rite Aid Wellness Ambassador, for a “Wellness Talk” about oral health. For more information and to RSVP, please call **(203) 452-5199**.

Senior Medicare Patrol

Monday, September 9th

2:30 PM

Join Lisa Alhabal, SMP Coordinator and CHOICES Counselor with Southwestern CT Agency on Aging, for an informative presentation discussing the latest Medicare scams and fraud prevention. For more information and to RSVP, please call **(203) 452-5199**.

Sue's Salon

Haircuts, manicures & pedicures. Licensed.

Appointments:

(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

Know How To Go

Mobility Resources

Tuesday, September 10th

10:30 AM

Join Meg Haffner, Regional Mobility Manager with the Kennedy Center, to discuss local transportation resources such as the Regional Mobility Taxi Voucher Program. To RSVP, please call **(203) 452-5199**.

Transportation is available.

Veterans Benefits

Screening

Wednesday, September 18th

12:30 PM

Ramon Agosto, from Connecticut Department of Veterans Affairs, returns to screen Veterans and their surviving spouses for all Veteran's benefits. Bring your discharge papers. Membership is not required. To RSVP, please call **(203) 452-5199**.

AARP Safe Drivers Course

Friday, September 20th

9:00 AM—1:00 PM

AARP will present their Safe Drivers Course. \$15.00 for AARP members and \$20.00 non members. Checks only; you will pay the instructor the day of the class. To RSVP, please call **(203) 452-5199**.



How To Properly

Communicate with Your Doctor

Wednesday, September 25th

10:30 AM

Join Marcie Carlson, MSW, LCSW, from Bayada Home Health Care, for an informative presentation about the importance of properly communicating with your physicians and being your own healthcare advocate. For more information and to RSVP, please call **(203) 452-5199**.

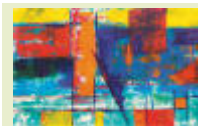
Upcoming Programs

- **Mlima's Tale at the Westport Country Playhouse**
Wednesday, October 16th at 2:00 PM
Payment due Friday, September 27th
\$32.00—Checks only; written out to Westport Country Playhouse.

*From the two-time Pulitzer Prize-winning playwright of **Ruined and Sweat**. **Mlima's Tale** is a powerful, theatrical fable about a magnificent and beloved Kenyan elephant named Mlima hunted for his coveted ivory tusks. Playwright Lynn Nottage recently made the list of Time's 100 Most Influential People in 2019*

Transportation available.

Maximum 20 seats on the bus. To RSVP, please sign up and pay at the front desk.



Save The Date

Annual Art Expo

Friday, October 25th

11:00 AM

Join us for the Center's Annual Art Expo to meet and greet with our wonderful art instructors and view the work of our talented artists at the Center. Some of our artists' work will be up for sale. Don't miss out!

PROGRAMS

Knitting & Crochet Group

Every Tuesday

10:00 AM

Please bring your own supplies. Extra yarn is available. Donations welcomed. New members are welcomed and the group is eager to learn new concepts, share skills, and make new friends!

Daily Lunch Program

Join us for a hot lunch
Monday-Friday at 11:45 AM.

Reservations required 2 days in advance. Call (203) 378-3086. Suggested donation of \$3.25.

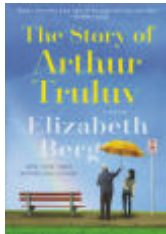
Alternative Menu:

Chef Salad: carrots, cherry tomatoes, spring mix, cucumbers, cheese and low sodium turkey breast.

The Book Club

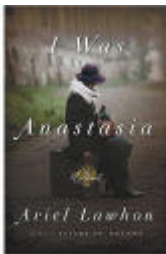
September Book:

"The Story of Arthur Truluv" by Elizabeth Berg
Monday, September 9th, 11:00 AM



October Book:

"I Was Anastasia" by Ariel Lawhon
Monday, October 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 welcome!*

Lunch and Movie

Friday, September 13th

11:30 AM—2:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film:

Mary Poppins Returns

Mary Poppins visits a family to help them rediscover their joy after a family loss. To RSVP, please call (203) 452-5199.

Monthly Birthday Party

Friday, September 27th

11:30 AM

Come celebrate our September birthdays! Cake and coffee will be served. This event is sponsored by the Watermark at 3030 Park. To RSVP, please call (203) 452-5199.

Bingo & 50/50 RAFFLE

Friday, September 27th

1:00 PM. 10 Games played

To RSVP, call (203) 452-5199. Sponsored by the Watermark at 3030 Park and Right at Home. \$1.00 for the first two cards. All cash prizes.

GAMES

Billiards: Monday-Friday

Let's get a group going!

Poker: Mondays and Thursdays

9:00 AM—3:30 PM

Bring your poker face!

Bocce Ball: Mondays

The Bocce Court is open Monday-Friday from 9am-4pm.

Canasta: Tuesdays

12:30 PM

BRAND NEW!

Cribbage: Tuesdays

11:30 AM

Join the game! Looking for new members. **BRAND NEW!**

Dominoes: Tuesdays

12:00 PM

Join a game of fun!

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:

Fridays at 12:00 PM

New players are welcome to join!



TOPS

Take Off Pounds
Sensibly

Join our new weight loss support group every Tuesday at 9:00 AM. Annual membership fee is \$34.03.

For more information, please contact Joann at 203-218-9878



FITNESS CLASSES

Mondays:

Stretch/Strengthen with Nancy-9:00 AM Stretch, balance, aerobic and strength exercises.

Beginners Tap with Joy—11:00 AM Please bring your own tap shoes.

Beginners Line Dance with Shirley-1:00 PM Line dance to different types of music.

Yoga with Jeannie-2:00 PM Focuses on deep breathing, balance, strength and flexibility.

Tuesdays:

Fit for Life Exercise with Marylou-9:15 AM Low-impact aerobic exercise/dance (including a weights segment).

Ballroom Dance with Mike Stavola-10:30 AM Ballroom dance lessons with or without a partner.

Sit and Fit with Becky and Marylou-10:30 AM A gentle, seated exercise class aimed to reduce stress, gain flexibility and strength.

Zumba Lessons with Mike Stavola-11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better Balance with Alma-1:30 PM Focuses on improving balance and reducing stress.



Wednesdays:

Yoga with Jeannie -9:00 AM This exercise focuses on breathing, stretching, balance and flexibility movements.

Jazzercise with Marylou-10:10 AM Combination of low-impact aerobic exercise and dance.

Tap Dance with Shirley-11:00 AM Experience required. Please bring your own tap shoes.

Qigong with Julie & Hedwige-12:30 PM 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.

ART CLASSES

Art classes are offered in quarterly sessions. We recommend you call right away; classes fill up quickly.

Our next session will begin the first week in October 2019. Registration will open on September 9th for residents and September 16th for non-residents.

Mondays:

Drawing with Christine-10:00 AM

This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

Afternoon Painting with Missy-12:30 PM-2:30PM

Paint in oil or any medium. Learn about composition, color, and value. Bring reference material and supplies. Non-toxic methods will be emphasized.

Thursdays:

Watercolors with Missy-10:00 AM and 12:30 PM
Water color class taught by Artist Missy Savard
All levels are welcome.

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.

Class Changes

- Beginners Line Dance will continue for the rest of the year.
- Feldenkrais with Cathy will resume Thursday, September 5th.
- Beginners Tap with Joy on Mondays at 11:00 AM will be held from September 9th-October 28th.

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 are for medical appointments, shopping, and the Senior Center. Service animals and assistive devices are 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.

Captain's Cove Seaport **Wednesday, September 18th**

Join us for a trip to Captain's Cove Seaport in Bridgeport. Enjoy lunch sitting outdoors and visit all the shops along the boardwalk. Be sure to enjoy the Cove's famous fish and chips!

Transportation fee is \$2.00. Please pay at the front desk. You are responsible for the cost of your lunch and shopping. 14 maximum riders. To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 10:00 AM
- Captain's Cove Seaport from 10:30 AM-1:00 PM
- Bus will return to the Center by 1:30 PM

Grocery Shopping Schedule

- Stern Village: Wednesdays (pick up 9:00 AM-9:15 AM) *Every other Wednesday, the bus will go to ShopRite.*
- 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.

Stew Leonard's and Café Pasture Beach **in Norwalk**

Thursday, September 26th

Take a joyride by Café Pasture Beach in Norwalk.

Afterwards, go shopping and enjoy lunch at Stew Leonard's. Make sure you check out their weekly specials. **Transportation fee is \$2.00.** Please pay the transportation fee at the front office.

You are responsible for the cost of your lunch and shopping. 14 maximum riders.

To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 9:30 AM
- Café Pasture Beach from 10:15 AM—10:45 AM
- Lunch and shopping from 11:00 AM—1:30 PM

The Shuttle Loop/Trumbull Mall/PriceRite:

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, September 5th (The Loop)**
- **Thursday, September 12th (Mall/PriceRite)**

Need a Ride to the Doctor?

We offer rides to and from medical appointments on Mondays, Tuesdays, and Thursdays. We travel to Trumbull, Bridgeport, Stratford, Shelton, and Monroe. All riders must be independent; caregivers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle. Senior Center membership is not required; however, all riders must fill out a registration form. **Donations are gratefully accepted.**



Our Awesome Bus Drivers:

Jeanne Horvath
Bill Schiappa
Andy Mastrone

NEWS FROM THE OUTREACH DEPARTMENT



Town of Trumbull Senior Citizen Discount Program

In collaboration with the First Selectman's Office, the Director of Senior Services, the Economic & Community Development Director and the Senior Citizen Commission, the Town of Trumbull is pleased to introduce the Senior Discount Program for Trumbull Residents 65+. The program's purpose is to increase patronage at local establishments by offering an incentive for senior residents to shop and eat locally.

For the Senior Citizen Discount Program's directory, please visit the Town of Trumbull's website at: www.trumbull-ct.gov

Renters Rebate Program

Senior and Totally Disabled Renters Rebate Program applications are being accepted by Trumbull Social Services between April 1st-October 1st, 2019. The state's income limits for renters are \$36,000 (single) and \$43, 900 (married). In addition to your 2018 income information and 2018 Social Security 1099 you will need to provide rent and utility payment information for 2018. Call 203-452-5198 for details or to make an appointment.

New applicants are welcome.



Lions Low Vision Centers

**Lions Low Vision Center at
Jewish Senior Services**
4200 Park Avenue
Bridgeport, CT 06604
(203) 365-8454

To set up an appointment, please call the toll free number (866) 319-9733.

The Wellness Corner with Nurse Tori

An Apple a Day Keeps the Doctor Away...
Have you noticed I have food on my mind the last few newsletters? That's because Nutrition plays a huge role in overall health. Have you looked at your diet lately? Want some healthy options? Do you know fat is not bad for you?
Come chat.

The Walking Group meets on Thursday's at 1 PM in the mall in front of Target on the second floor. It's climate controlled and a healthy thing to do.

As always, no appointment needed, but appointments may be made (203) 452-5134 or VBenoit@Trumbull-ct.gov

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,**
Ashley Sylvester (203) 452-5135

COMMUNITY NEWS



RIDES FOR VETERANS SHUTTLE TO THE VA IN WEST HAVEN

RIDES AVAILABLE TO THE VA HOSPITAL IN WEST HAVEN

Trumbull and Fairfield Human Services are partnering with the Greater Bridgeport Transit to provide monthly rides to Veterans to the West Haven VA Hospital.

This service is provided on the last Friday of the month.

Pick Up Times

Bigelow Center in Fairfield: 8:30 AM
The Center at Priscilla Place: 9:00 AM
Return bus from the VA Hospital: 2:00 PM

Registration is required a week in advance at either senior center. All riders must be independent; care givers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Service animals and assistive devices welcome.

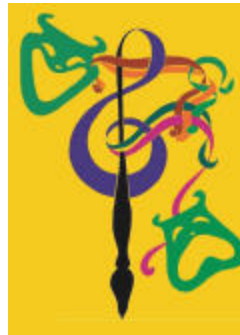


Please contact the Trumbull
Transportation Department
at the Senior Center
(203) 452-5137



The 41st Annual Trumbull Arts Festival *Sunday, September 15th*

10:00 AM—4:00 PM



Historic Town Hall
Green,
5866 Main Street.

Rain or shine;
free admission.

The Festival features over 34 juried crafters, 20 fine artists, authors, community booths, food trucks, and day-long entertainment.

Call Emily at 203-452-5065 for more information.

WISH LIST

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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.

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: Your donation will **(please check one):**

- ☐ Help pay for an extra exercise class this year and arts & crafts class
☐ General donation
☐ Sponsor cookies and coffee for an event
☐ Other: _____

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>The Center is closed in observance of Labor Day. Happy Labor Day!</p> 	<p>3</p> <p>9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba 11:30 Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan</p>	<p>4</p> <p>9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong</p>	<p>5</p> <p>9:00 Balance & Core 9:00 The Loop 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors 1:00 Walking Group</p>	<p>6</p> <p>9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:00 Wellness Talk 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game</p>
<p>9</p> <p>9:00 Stretch 10:00 Drawing 10:00 Poker 11:00 Book Club 11:00 Beginners Tap 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga 2:30 Medicare Patrol</p>	<p>10</p> <p>9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 10:30 Mobility Resources 11:30 Zumba 11:30 Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan</p>	<p>11</p> <p>9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 11:30 Lunch/Music DJ AL 12:30 Pinochle 12:30 Qigong</p>	<p>12</p> <p>9:00 Balance & Core 9:00 Mall/PriceRite 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:00 Senior Picnic 12:30 Pinochle 12:30 Water Colors 1:00 Walking Group</p>	<p>13</p> <p>9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch and Movie 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game</p>
<p>16</p> <p>9:00 Stretch 10:00 Drawing 10:00 Poker 11:00 Beginners Tap 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga 2:00 Caregiver Support</p>	<p>17</p> <p>9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Sit & Fit 10:30 Ballroom Dance 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan</p>	<p>18</p> <p>9:00 Yoga 10:00 Poker 10:00 Captain's Cove Trip 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Veterans Benefits 12:30 Qigong</p>	<p>19</p> <p>9:00 Balance & Core 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors 1:00 Walking Group</p>	<p>20</p> <p>9:00 Dance & Tone 9:00 AARP Safe Drivers 10:00 Oil Painting 10:00 Poker 10:15 Tai Ch 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game</p>
<p>23</p> <p>9:00 Stretch 10:00 Drawing 10:00 Poker 11:00 Beginners Tap 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga</p>	<p>24</p> <p>9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit & Fit 11:30 Zumba Lessons 11:30 Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan</p>	<p>25</p> <p>9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Communication/MD 11:00 Tap Dance 11:30 Lunch/Music DJ AL 12:30 Pinochle 12:30 Qigong</p>	<p>26</p> <p>9:00 Balance & Core 9:30 Stew Leonard's 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors 1:00 Walking Group</p>	<p>27</p> <p>9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:00 Commission Mt. 10:15 Tai Chi 11:00 Monthly Birthday 12:00 Mahjong 12:00 Pinochle 1:00 Bingo 1-4 Billiards Game</p>
<p>30</p> <p>9:00 Stretch 10:00 Drawing 10:00 Poker 11:00 Beginners Tap 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga</p>	 <div style="background-color: #ADD8E6; padding: 20px; text-align: center;"> <h1>September</h1> </div>			

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



St. Joseph's Center
REHABILITATION CENTER

6448 Main Street, Trumbull • 203-268-6204

MORE COMMUNITY NEWS

CONCERT TO BENEFIT LOCAL FOOD PANTRIES

ONE OF CT'S PREMIER BEATLES TRIBUTE BANDS



SATURDAY September 21st

7:00 PM

**TRINITY EPISCOPAL CHURCH
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Trumbull Senior Citizen Commission Meeting Dates for 2019

**Meetings are held at 10:00 AM and are open
to the public.**

- **Friday, September 27th**
Held at the Senior Center
- **Friday, October 25th**
Held at Town Hall

Fairchild-Nichols Memorial Library 90th Anniversary Celebration! 1929 - 2019



**Saturday, September 14th
from 2:00 PM-5:00 PM**

Join us as we celebrate the 90th anniversary of the Fairchild-Nichols Memorial Library, in the heart of Nichols. The library opened its doors in 1929 and continues to serve the community today. We will celebrate with music, refreshments, displays and pictures of the history of the library and it's place in our community. No registration required...Please join us!



1718 Huntington Turnpike
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www.trumbull-ct.gov

Smile A While Auditions

All are welcome!

Smile A While will be holding auditions to join their performance group on **Monday, October 7th at 12:30 PM.** Searching for active seniors with talent in singing, dancing, and acting. To sign up, please contact Joy Koch at (203) 556-4246

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Trumbull Senior Center

06-5293

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



To view our trip flyers & pricing, go to the Senior Center page on the Town of Trumbull website at www.trumbull-ct.gov.



E-mail Jeannie Franco with any questions jfranco@trumbull-ct.gov or call (203) 452-5199.



2019 DAY TRIPS

- ♦ **“The Big E” CT Day**—Wed, Sept. 18th (Getaway Tours) \$55pp
- ♦ **Frankie Pizarro**—Thurs, Sept. 19th (Friendship Tours) \$90pp
- ♦ **One World Observatory and 9/11 Memorial Museum** —Wed, Oct. 2nd (Tours of Distinction) \$110pp
- ♦ **Naugatuck Valley Railroad (Thomaston, CT)**—Tues, Oct. 15th (Getaway Tours) \$109pp
- ♦ **Oktoberfest at Kruckers**—Wed, Oct. 23rd (Friendship Tours) \$98pp
- ♦ **“An American in Paris” at the Westchester Broadway Theatre**—Thurs, Nov. 14th (Getaway Tours) \$105pp
- ♦ **Radio City Christmas Spectacular**—Wed, Nov. 20th (Getaway Tours) \$210pp
- ♦ **Mystic Boat Parade**—Sat, Nov. 30th (Tours of Distinction) \$84pp
- ♦ **Holiday Winter Wishes at the Aqua Turf Feat. The Cartells**—Tues, Dec. 10th (Getaway Tours) \$82pp
- ♦ **“The Glenn Miller Orchestra at the Aqua Turf”**—Thurs, Dec. 12th (Friendship Tours) \$100pp
- ♦ **“It Happened One Christmas Eve” at the Westchester Broadway Theatre**—Thurs, Dec. 19th (Getaway Tours) \$105pp

2020 DAY TRIPS

- ♦ **“The Hunchback of Notre Dame” at Westchester Broadway Theatre**—Thurs, April 23rd (Getaway Tours) \$119pp

2020 OVERNIGHT TRIPS

- ♦ **Queen Esther at the Sight and Sound Theater**—June 9th-11th (3 days)-(Tours of Distinction)
- ♦ **Pacific Northwest and California (Featuring Washington, Oregon, and California)**—June 14th-21st (8 days)-(Collette Tours)
- ♦ **Imperial Cities (Featuring Prague, Vienna and Budapest)**—October 5th-15th (11 days)-(Collette Tours)



(Membership/Residency is not required.)