



# THE CENTER AT PRISCILLA PLACE

*Senior Center Serving Adults Age 55+*

CENTER HOURS Monday-Friday 9:00 AM—4:00 PM

23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

JANUARY 2020

## Director of Human Services

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

## Administrative Assistant

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

## Senior Center Receptionist

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

## Transportation Coordinator

Bill Hnatuk (203) 452-5137  
whnatuk@trumbull-ct.gov

**Social Services** (203) 452-5198  
Jennifer Gillis (203) 452-5133  
jgillis@trumbull-ct.gov

Ashley Sylvester (203) 452-5135  
asylvester@trumbull-ct.gov

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

**Arts Commission** (203) 452-5065  
Emily Areson

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

**First Selectman** (203) 452-5005  
Vicki Tesoro

## SENIOR CITIZEN COMMISSION

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



The Center will be closed on New Year's Day, Wednesday, January 1st and Martin Luther King Day, Monday, January 20th.



## A MATTER OF BALANCE

MANAGING CONCERN ABOUT FALLS

## A Matter of Balance Returns!

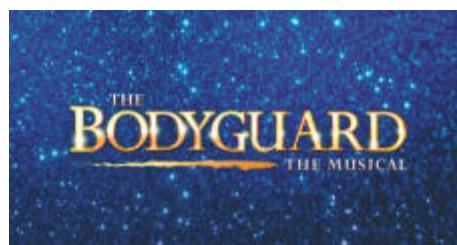
Tuesdays from 10:00 AM-12:00  
PM

1/28, 2/4, 2/11, 2/18, 2/25, 3/3, 3/17, 3/24, 3/31 (Snow Date)

Fairfield University Nursing Students return to the Center to teach the very informative and educational, A Matter of Balance, Fall Prevention program. This is an 8 week workshop that requires a weekly commitment to join. Lunch will be provided by St. Joseph's Center.

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

**Maximum 12 participants. Spots fill up quickly.**



Join us for  
the Annual Senior Matinee  
One Performance Only with  
Discounted Ticket Price of \$25  
See Page 8

## Have lunch and enjoy the music of DJ Al Song!

He has over 20,000 songs!

quest Italian, Polish, Spanish, what ever you want,

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

- **Wednesday, January 8th**
- **Wednesday, January 22nd**

**To make a lunch reservation, please call (203) 378-3086 two days in advance.** Suggested donation of \$3.25

## Family Conflict Group

### NEW FACILITATOR

Thursday, January 9th  
Thursday, January 23rd  
10:00 AM—11:00 AM

Meets on the **2nd & 4th Thursdays** of the month.

For any questions, please contact **Cornelia Morris**  
**cmorris@trumbull-ct.gov**  
Phone Number:  
**(203) 452-5193**



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OR EMAIL:  
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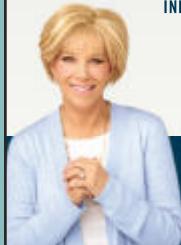
► Reach the Senior Market  
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CONTACT

Contact Renee Barstow to place an ad today!  
[rbarstow@lpiseniors.com](mailto:rbarstow@lpiseniors.com) or (800) 950-9952 x6457

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Trumbull Senior Center

06-5293

## WORKSHOPS, LUNCH AND LEARNS, EVENTS

### Wellness Talk

**Friday, January 10th**

**11:15 AM**

Join our Wellness Nurse, Tori, for a discussion on New Year's dieting. To RSVP, please call (203) 452-5199.

### Caregiver Support Group

**Monday, January 6th**

**Monday, January 27th**

**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 Cornelia Morris at (203) 452-5193.

### Brown Bag Event

**Tuesday, January 7th**

**10:30 AM**

Join Kaitlyn McCarthy, PharmD, Community Pharmacy Resident from St. Vincent's Medical Center, for a brown bag event where participants can bring in all their medications and receive information such as how to take the medication, what it is used for, and side effects. Participants will also make a list of their current medications that they could utilize to carry with them in case of emergencies. For more information and to RSVP, please call (203) 452-5199.

### Caregiving For Your Loved Ones

*Open to the Public*

**Tuesday, January 14th**

**10:30 AM**

Join Katie Regan, Care Manager from the Southwestern Connecticut Agency on Aging, to learn more about the Connecticut Statewide Respite Care Program, National Family Caregiver Support Program, and Connecticut Home Care Program. Caregivers will learn how each program can help provide a break in the constant role of caregiving by providing either home care assistance and/or funding for Adult Day Care Centers. For more information and to RSVP, please call (203) 452-5199.

### Geriatric and Diabetic Foot Care

**Wednesday, January 15th**

**10:00 AM**

Join Yale Podiatry on an informative and educational presentation about geriatric and diabetic foot care. Breakfast and refreshments will be served. For more information and to RSVP, please call (203) 452-5199.

### Lunch and Learn

**Putting Clinic and Golf Tips**

**Wednesday, January 29th**

**11:30 AM**

Former Golf Professional, Brian Augustine, returns to bring exciting golf tips. Bring your questions and enjoy learning something new! Lunch will be sponsored by Connecticut In-Home Assistance. For more information and to RSVP, please call (203) 452-5199.

### Upcoming Events

#### *Save the Date!*

• *Valentine's Day Luncheon*

**Friday, February 14th**

**11:00 AM**

Join us for the Center's Valentine's Day Holiday Luncheon. Entertainer, Joe Neumann, will be performing. \$8.00 Members and \$13.00 Non-members.



#### *Save the Date!*

• *St. Patrick's Day Luncheon*

**Friday, March 20th**

**11:00 AM**

Celebrate St. Patrick's Day at the Center! Entertainment will be provided by the Hoot Owls.



### Sue's Salon

Haircuts, manicures & pedicures. Licensed.

**Appointments:**  
(203) 981-7061

#### Price List:

Shampoo/set/吹干: \$15.00

Shampoo/cut: \$18.00

Neck Trim: \$10.00

Color/cut/set: \$50.00 +

Perm/wash/cut/set/吹干: \$65.00

## 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

#### January Book:

“Before We Were

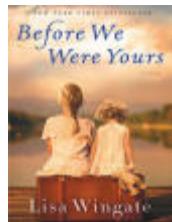
Yours” by

Lisa Wingate

**Monday,**

**January 6th,**

**11:00 AM**



#### February Book:

“The Alice

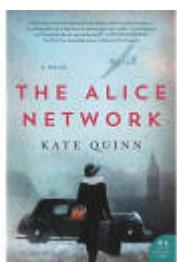
Network” by

Kate Quinn

**Monday,**

**February 3rd,**

**11:00 AM**



### 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

### Computer Tutor: 1:1 Sessions

Every Wed. and Thurs.

**11:00 AM—12:30 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, January 17th**

**11:30 AM—2:30 PM**

Sponsored by Ludlowe Center for Health and Rehabilitation.



#### Feature Film:

#### Forget About It

Burt Reynolds, Robert Loggia, and Charles Durning star in this crime comedy following three retired war veterans who stumble upon millions of dollars in stolen mob money and quickly find themselves targeted.

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

### Monthly Birthday Party

**Friday, January 31st**

**11:30 AM**

Come celebrate our January 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, January 31st**

**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**

### Cribbage: Tuesdays

**11:30 AM**

Join the game! Looking for new members.

### 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!

## FITNESS CLASSES

### Mondays:

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

**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.

**Walking Group with Nurse Tori**

Thursdays 1pm

Trumbull Mall, 2nd floor in front of Target. Call Tori (203) 452-5134

### 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.

The January 3rd-March 31st sessions are full.

*Our next session will begin the first week in April 2020.*

**Registration will open on:**

*March 6th for residents and March 13th 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.

## 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.

### **RIDES FOR TRUMBULL VETERANS TO THE VA HOSPITAL IN WEST HAVEN**

**Speak to Bill Hnatuk in the  
Main Office  
or call him at  
203-452-5137**



Bill will happy to arrange for FREE door to door transportation for you with GBT.

**THANK YOU FOR YOUR SERVICE!**  
*(Eligibility)*

#### **Grocery Shopping Schedule**

- Stern Village: Wednesdays (pick up 10:00 AM-10:30 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.

#### **The Aldrich Contemporary Art Museum and Dmitri's Restaurant**

**Thursday, January 30th**

Calling all art enthusiasts! Join us for a trip to Ridgefield to visit the Aldrich Contemporary Art Museum. We will enjoy brunch at Dmitri's Restaurant and then head over to the museum.

Explore phenomenal artwork from various, renowned and contemporary artists. Admission to the museum is \$7.00 per person. Please pay the fee the day of at the museum. You are responsible for the cost of your brunch. ***Transportation fee is \$2.00.*** Please pay this fee at the front office. Maximum of 14 riders. To RSVP, please call (203) 452-5199 and/or sign up at the front desk.

#### **Bus Schedule:**

- Bus will leave the Center by 9:45 AM
- Dmitri's Restaurant 11:00 AM—12:15 PM
- Aldrich Art Museum from 12:30 PM—2:00 PM
- Bus will return to the Center by 3:00 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, January 2nd & 23rd (The Loop)**
- **Thursday, January 9th (Mall/PriceRite)**

#### ***Our Awesome Bus Drivers:***

Jeanne Horvath  
Bill Schiappa  
Andy Mastrone  
Dispatcher Bill Hnatuk



#### **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

### **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.**



### **Connecticut Energy Assistance Program**

Social Services is currently accepting applications from Trumbull residents meeting income guidelines for the CEAP. Applicants are required to provide proof of income, entitlements, assets, bank statements, and heating bills. Social Services sends the applications to Action for Bridgeport Community Development (ABCD) for approval. Benefits are available to help offset the heating costs for the 2019-2020 season. The amount of the benefit depends on income, assets, the number of people in the household, and whether a household member is under 6 years, over 60 years, or disabled. Benefits are paid directly to the fuel/utility company.

***To obtain more details or schedule an appointment, please call Social Services at (203) 452-5198.***

### **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](http://www.trumbull-ct.gov/content/10623/10655/11041/default.aspx)  
or call Jennifer Gillis (203) 452-5133,  
Ashley Sylvester (203) 452-5135

### **The Wellness Corner with Nurse Tori**

Missing the sun and water? It's no coincidence that 80% of the population lives near the coast, according to biologist Dr. Wallace Nichols. Our brains are wired to want water and we are made up of more than half water. Which may explain why seeing water triggers our brain to pump out feel-good chemicals, like dopamine, which helps lower our stress.

“Being near water can also help us sleep better. A study was conducted in which a group of people either walked for several miles along the coast - or through the countryside. Well, the people who walked by the water slept an average of 47 minutes longer than the inland walkers. They were more alert in the morning. That may be down to the negative ions in ocean air. They deliver more oxygen to the brain. In fact, those negative ions are even more effective at battling the symptoms of depression than light therapy according to John Tesh.

Join us for the **Walking Group**, Thursdays at 1:00 PM, second floor in front of Target.

Everyone, any ability is welcome to come. Questions, appointments, or you just want to chat (203) 452-5134 or [VBenoit@Trumbull-ct.gov](mailto:VBenoit@Trumbull-ct.gov)

### **VFW POST 10059**

Trumbull, CT VFW 10059 is looking for men and women to stand strong with the more than 1.6 million members of the VFW and its AUXILIARY as we continue to fight for all that's GOOD FOR VETERANS. For further info, call Commander Cpl. Roy E. Molgard USMC at 203-268-5673 or [royemolgard@gmail.com](mailto:royemolgard@gmail.com)

We meet the second Thursday of every month at 12:30 PM in the Trumbull Library.



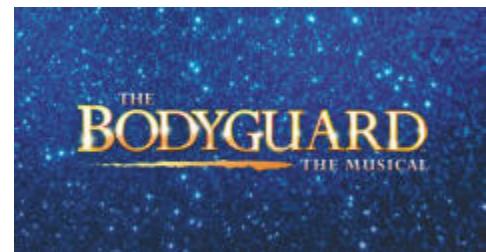
**Downtown Cabaret Main Stage Theater**  
*presents*  
**“THE BODYGUARD”**  
**The Musical**

**Thursday April 2<sup>nd</sup>, 2020 \$25.00**

**Seating at 1:00PM, Showtime 2:00PM**

Bring your own food, beverages;  
concession open for purchase of candy, coffee, chips, popcorn, soda

**Join us for the Annual Senior Matinee**  
**One Performance Only with Discounted Ticket Price of \$25**



Based on the Smash Hit 90s Drama, a breathtakingly romantic thriller and West End smash hit, featuring a host of irresistible classics including “Queen of the Night,” “So Emotional,” “One Moment in Time,” “Saving All My Love,” “Run to You,” “I Have Nothing,” “I Wanna Dance with Somebody” and one of the biggest selling songs of all time – “I Will Always Love You.”

**Register Early with the Senior Center Front Desk Staff- *this sells out fast!***

**\$2.00 Fee if Transportation is Required (unless you drive yourself)**

**Bus Schedule:**

**GBT Bus Leaves the Senior Center at approx. 12:30pm**  
**Doors Open at 1:00 Cabaret Seating, Bring Your Own Food, Beverages**  
**Show Starts at 2:00 and ends at approx. 4:15**

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>January 2020 Activities</b></p> <p>The Center will be closed in observance of New Year's Day.</p> <p>Happy New Year!</p>	<p>1</p> <p>9:00 Balance &amp; Core  <b>9:00 The Loop</b>  10:00 Water Colors  10:00 Slim Approach  10:00 Poker  10:15 Strength Training  11:00 Computer Tutor  11:30 Feldenkrais  12:30 Pinochle &amp; Water Colors  <b>1:00 Walking Group</b></p>	<p>2</p> <p>9:00 Dance &amp; Tone  10:00 Oil Painting  10:00 Poker  10:15 Tai Chi  12:00 Mahjong  12:30 Pinochle  1-4 Billiards Game</p> <p>3</p>
9:00 Stretch 10:00 Drawing 10:00 Poker <b>11:00 Book Club</b> 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga <b>2:00 Caregiver Support</b>	<b>6</b> 9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet <b>10:30 Brown Bag Event</b> 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	<b>7</b> 9:00 Yoga 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance <b>11:30 Lunch/Music DJ AL</b> 12:30 Pinochle 12:30 Qigong	<b>8</b> 9:00 Balance & Core <b>9:00 Mall/PriceRite</b> 10:00 Water Colors 10:00 Slim Approach + Poker <b>10:00 Family Conflict Group</b> 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors <b>1:00 Walking Group</b>	<p>9</p> <p>9:00 Dance &amp; Tone  10:00 Oil Painting  10:00 Poker  10:15 Tai Chi  <b>11:15 Wellness Talk</b>  12:00 Mahjong  12:30 Pinochle  1-4 Billiards Game</p> <p>10</p>
9:00 Stretch 10:00 Drawing 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	<b>13</b> 9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Sit & Fit <b>10:30 Caregiver Present.</b> 10:30 Ballroom Dance 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	<b>14</b> 9:00 Yoga 10:00 Poker <b>10:00 Geriatric Foot Care</b> 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong	<b>15</b> 9:00 Balance & Core 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training <b>10:30 Sunrise Senior Living</b> 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors <b>1:00 Walking Group</b>	<p>16</p> <p>9:00 Dance &amp; Tone  10:00 Oil Painting  10:00 Poker  10:15 Tai Chi  <b>11:30 Lunch and Movie</b>  12:00 Mahjong  12:30 Pinochle  1-4 Billiards Game</p> <p>17</p>
<b>The Center will be closed in observance of Martin Luther King Day.</b>	<b>20</b> 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	<b>21</b> 9:00 Yoga 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong	<b>22</b> 9:00 Balance & Core <b>9:00 The Loop</b> 10:00 Water Colors 10:00 Slim Approach & Poker <b>10:00 Family Conflict Group</b> 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors <b>1:00 Walking Group</b>	<p>23</p> <p>9:00 Dance &amp; Tone  10:00 Oil Painting  10:00 Poker  10:15 Tai Chi  12:00 Mahjong  12:00 Pinochle  1-4 Billiards Game</p> <p>24</p>
9:00 Stretch 10:00 Drawing 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	<b>27</b> 9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet <b>10:00 Matter of Balance</b> 10:30 Ballroom Dance/Sit + Fit 11:30 Zumba + Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	<b>28</b> 9:00 Yoga 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance <b>11:30 Golfing Presentation</b> 12:30 Pinochle 12:30 Qigong	<b>29</b> 9:00 Balance & Core <b>9:45 Aldrich Art Trip</b> 10:00 Water Colors 10:00 Slim Approach & Poker 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors <b>1:00 Walking Group</b>	<p>30</p> <p>9:00 Dance &amp; Tone  10:00 Oil Painting  10:00 Poker  10:15 Tai Chi  <b>11:00 Monthly Birthday</b>  12:00 Mahjong  12:00 Pinochle  <b>1:00 Bingo</b>  1-4 Billiards Game</p> <p>31</p>

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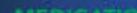
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The Mary J. Sherlach counseling center is a department of the Town of Trumbull and is dedicated to enhancing the quality of life in Trumbull by providing counseling for residents and their families. All Trumbull residents and children attending Trumbull schools are eligible for services. All counseling services are confidential and fees are based on a sliding-scale according to family income and ability to pay.

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## 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](http://www.trumbull-ct.gov).



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



### 2020 DAY TRIPS

- ♦ **“Shen Yun” at the Bushnell**-Sat, Feb 8th (Tours of Distinction) \$197pp
- ♦ **The 39th Annual Home & Garden Show at Mohegan Sun**-Sat, Feb 22nd (Getaway Tours) \$59pp
- ♦ **Newport Mansions in Newport, RI**- Mon, April 13th (Tours of Distinction) \$122pp
- ♦ **Wicked Tulips in Rhode Island**-Thurs, April 23rd (Tours of Distinction) \$160pp
- ♦ **“All Shook Up” at Westchester Broadway Theatre**-Thurs, April 23rd (Getaway Tours) \$119pp
- ♦ **“America 400 at the Plimoth Plantation” Plimoth, MA**- Wed, May 27th (Tours of Distinction) \$139pp
- ♦ **“Cinderella” at Westchester Broadway Theatre**-Thurs, June 25th (Getaway Tours) \$119pp
- ♦ **Webster Lake in Webster MA**- Tues, July 7th (Tours of Distinction) \$108pp
- ♦ **Guggenheim Museum in New York City**- Mon, Aug 10th (Tours of Distinction) \$129pp
- ♦ **“9 to 5” at Westchester Broadway Theatre**-Thurs, Aug 27th (Getaway Tours) \$119pp
- ♦ **Hancock Shaker Village in Pittsfield, MA**- Thurs, Sept 3rd (Tours of Distinction) \$134pp
- ♦ **“Kinky Boots” at Westchester Broadway Theatre**-Thurs, Nov 5th (Getaway Tours) \$119pp

### 2020 OVERNIGHT TRIPS

- ♦ **Long Island and the Hamptons**—June 3rd-4th (2 days)-(Tours of Distinction)
- ♦ **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)
- ♦ **Ocean City Getaway in Maryland**—October 5th– 8th (4 days)- (Tours of Distinction)
- ♦ **Imperial Cities (Featuring Prague, Vienna and Budapest)**—October 5th-15th (11 days)-(Collette Tours)

### 2021 OVERNIGHT TRIPS

- ♦ **Iceland’s Magical Northern Lights**—March 1st-7th, 2021 (7 days)-(Collette Tours)

**(Membership/Residency is not required.)**

**Must be 18 and over to participate.**