



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 CONCERNS 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
He**

Re-
Irish,
what-

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*



Al Song!
has over 20,000
songs!
quest Italian,
Polish, Spanish,
ever you want,

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**



SYNERGY[®]
HomeCare

Care for Everyone

**We Offer Companionship,
Housekeeping, Personal
Care & Much More!**

Call Today! 203.923.8866

synergyhomecare.com/fairfield

Locally owned by Laurie and Jay Kiley

**Dandelion Companions
& Homemakers**
Professional, Dependable Care
Home Care Service
• Chore Services • Laundry
• Meal Preparation • Light/Heavy Housework
Dandelionwecare@gmail.com
203•427•1826
www.dandelionch.com

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

2019 Family-Owned Business Award Winner
35 Years of Local Real Estate Experience!
Residential and Commercial



Steve Hodson
203-268-7743

*(Mention this ad when calling
for a Senior Discount)*



CFM

CYRIL F. MULLINS FUNERAL HOME, INC.

399 White Plains Road, Trumbull, CT

203-372-6543

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

Family owned and operated since 1937



FREE!

Savings Include an American
Standard Right Height Toilet
FREE! (\$500 Value)

American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE \$1,500

AS SEEN ON
TV



- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation,
INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!

844-889-2321

Or visit: www.walkintubinfo.com/safety

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

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:

DJADAMS@ADAMSBEN.COM

ADAMS ▲ **BENEFITS**
Consulting

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

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

Call today to connect with a **SENIOR LIVING ADVISOR**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million
families find **senior living solutions** that
meet their **unique needs**.

*aPlace
for Mom.*

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

There's no cost to you!

(888) 672-0689

We're paid by our partner communities

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

**Right
at Home**
In Home Care & Assistance



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

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!

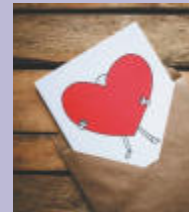
• Valentine's Day Luncheon

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/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. 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**



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!



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 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

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

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 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
Dipatcher Bill Hnatuik



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

NEWS FROM THE OUTREACH DEPARTMENT

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

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

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



COMMUNITY NEWS

Downtown Cabaret Main Stage Theater

presents

“THE BODYGUARD”

The Musical

Thursday April 2nd, 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
<h1>January 2020 Activities</h1>		1 The Center will be closed in observance of New Year's Day. Happy New Year!	2 9:00 Balance & Core 9:00 The Loop 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 & Water Colors 1:00 Walking Group	3 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game
		8 9:00 Yoga 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 11:30 Lunch/Music DJ AL 12:30 Pinochle 12:30 Qigong	9 9:00 Balance & Core 9:00 Mall/PriceRite 10:00 Water Colors 10:00 Slim Approach + Poker 10:00 Family Conflict Group 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors 1:00 Walking Group	10 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:15 Wellness Talk 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game
		15 9:00 Yoga 10:00 Poker 10:00 Geriatric Foot Care 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong	16 9:00 Balance & Core 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 10:30 Sunrise Senior Living 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors 1:00 Walking Group	17 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
		22 9:00 Yoga 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong	23 9:00 Balance & Core 9:00 The Loop 10:00 Water Colors 10:00 Slim Approach & Poker 10:00 Family Conflict Group 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors 1:00 Walking Group	24 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:00 Mahjong 12:00 Pinochle 1-4 Billiards Game
		29 9:00 Yoga 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 11:30 Golfing Presentation 12:30 Pinochle 12:30 Qigong	30 9:00 Balance & Core 9:45 Aldrich Art Trip 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 1:00 Walking Group	31 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:00 Monthly Birthday 12:00 Mahjong 12:00 Pinochle 1:00 Bingo 1-4 Billiards Game

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

Mental Health Resource in Trumbull

Mary J. Sherlach Counseling Center

121 Old Mine Road, Trumbull, CT 06611 (203) 452-5193

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.

Services Include:

- Individual Counseling
- Family Counseling
- Substance Abuse Counseling
- Crisis/Trauma Intervention
- Support Groups
- Diversionary Youth Services
- Youth Enrichment Programs

Your unused medication can be a prescription for trouble.



**MEDICATION DROP BOX
FREE - SAFE - ANONYMOUS**

Keep unused medications safe from our kids, and out of our water supply and landfill. Bring medications in original containers with the label removed.

Accepted: prescription, over-the-counter, pet medication, vitamins/supplements, patches and ointments, medication samples. **Not Accepted:** inhalers, needles (sharp), hydrogen peroxide, aerosol cans, hazardous waste.

Open 365 days/year, 24 hours/day. Trumbull Police Dept. Lobby, 150 Edison Rd.
<http://www.trumbull-ct.gov/TPAUD>

Thank you to the
Tashua Knolls Senior Men's Club
for their generous donations to the
Senior Center and Social Services.
They are caring supporters!



Thank you Joy, Mary Lou, and Nora for
decorating our lobby for the Holidays!

We couldn't have done it without you.

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



ABRIOLA PARKVIEW FUNERAL HOME

James Abriola
Director

203-373-1013

419 White Plains Road, Trumbull
www.abriola.com



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.

MEDICAID - TITLE 19
PLANNING
PROBATE / LAST WILLS AND
TESTAMENTS



ASSET PROTECTION
REAL ESTATE
CONSERVATORSHIPS

CHRISTOPHER T. GREENWOOD ATTORNEY AT LAW

799 SILVER LANE, TRUMBULL, CT 06611
203-375-4040

Hawley Lane Dental Dr. Kristy Gretzula



Big Y Plaza
475 Hawley Lane
Stratford CT
(203) 377-9300

Medicare Dental & AARP Dental
Full Service-Dentures-Crowns

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

PLUS
SPECIAL
OFFER

CALL NOW! 1.877.801.7772
WWW.24-7MEDALARM.COM

Wesley Village

BISHOP WICKE | CROSBY COMMONS | LIFESTYLE TRANSITIONS | WESLEY HEIGHTS

Independent & Assisted Living • Memory Support
Short-Term Rehab • Outpatient Therapy & Fitness

Senior Living Community | Schedule Your Tour Today!

203-225-5024 | www.umh.org



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



THE HEARING CENTER

AT CONNECTICUT EAR • NOSE • THROAT
MEDICAL AND SURGICAL SPECIALISTS, P.C.

Tom K. Coffey, M.D.

Adam W. Pearl, M.D.

Susan Sidransky Krutt Au.D

15 Corporate Drive, Trumbull | 203-452-7081 ext 103

drkruttaudiologist@entdoctorst.com

MENTION THIS AD AND RECEIVE 10% OFF



Stewart Hand & Upper
Extremity Therapy PLLC

One-on-One Care For 45-60 minutes
with THERAPIST ONLY.

Custom Program • Splinting
Massage • Modalities.

CERTIFIED HAND &
UPPER EXTREMITY SPECIALIST

Anne Betz Stewart, Owner

- 30 Years Of Experience -

ALL INSURANCES ACCEPTED

203-880-9577

BY APPOINTMENT

Open Mon to Fri 8-7, Sat 8-4

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*



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.

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.