



THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

CENTER HOURS: Mon-Fri

23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

FEBRUARY 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

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

Emily Areson

Wellness Nurse

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

First Selectman

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

The Center will be closed on

Monday, February 17th, in observance of President's Day.

Valentine's Day Luncheon

**Friday, February 14th
11:00 AM**



Join us for a Valentine's Day Luncheon.
Entertainer, Joe Neumann, will be performing.
Lunch will include SPAGHETTI, MEATBALLS, SALAD, GARLIC
BREAD, ROASTED VEGGIES
\$8.00 Members and \$13.00 Non-members.



Artist :Mary Lou Fenick

Sales of the Trumbull Friends and Neighbors' Recipe Book

Filled with 170 delicious recipes from
town leaders, board and commissioners,
Senior Center members and staff.

**\$7.00 in Black and White
Or \$10.00 in Color**

All revenue generated from the sale will
support our Senior Center. Payment options are cash or check
made out to the Trumbull Senior Center.

Thank you and we hope you will enjoy your Recipe Book!

SENIOR CITIZEN COMMISSION

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

Beginner's Tap is Back!

**Everyone welcome
Mondays at 10AM
Bring your own
tap shoes
(class is downstairs)**

**Instructor:
Joy Koch**



Pickleball is Finally Here!

Thursdays and Fridays

At the Senior Center

**Call to inquire about lessons
and open court!**

203-452-5199



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host of *Good Morning America*
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Trumbull Senior Center

06-5293

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Caregiver Support Group

New Facilitator, Counselor

Monday, February 3rd
Monday, February 24th
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.

Wellness Talk

Friday, February 7th
11:15 AM

Join our Wellness Nurse, Tori, for a discussion on healthy relationships. To RSVP, please call (203) 452-5199.

Breakfast and Brain Games

Tuesday, February 11th
9:30 AM

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

What is CBD?

Wednesday, February 19th
11:00 AM

Are you interested in learning more about what CBD is and what are the benefits? Join Clayton Percy, from Your CBD Store in Milford, for an informative presentation about the benefits and misconceptions of using CBD. For more information and to RSVP, please call (203) 452-5199.



MOVIE SHOWING

Anastasia

1956 Drama/Romance

With Ingrid Bergman

Thursday Feb 6th

at 1pm

Refreshments will be served



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, February 12th**
 - **Wednesday, February 26th**
- 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, February 13th
Thursday, February 27th
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

Save the Date

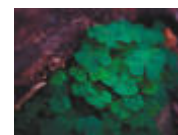
St. Patrick's Day Luncheon

Friday, March 20th
11:00 AM

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

\$8 member

\$13 non member



Cutting Cable

Wednesday March 18th
11:00 AM

Presented by Marty Isaac

Streaming Services vs. Cable

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 welcome 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

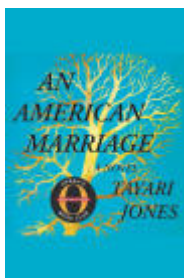
February Book:

"The Alice Network" by Kate Quinn
**Monday,
February 3rd,
11:00 AM**



March Book:

"An American Marriage" by Tayari Jones
**Monday,
March 2nd,
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, February 21st

11:30 AM—2:30 PM
Sponsored by Ludlowe Center for Health and Rehabilitation.



Feature Film: Gloria Bell

After her divorce, Gloria decides to live her life fast and loose frequenting clubs and doing whatever her heart desires while falling in love again.
Starring: Julianne Moore and Sean Astin
To RSVP, please call (203) 452-5199.

Monthly Birthday Party Friday, February 28th 11:30 AM

Come celebrate our February 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, February 28th

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.

Billiards: Monday-Friday

GAMES

Let's get a group going!

Poker: Mondays and Thursdays

9:00 AM—3:30 PM

Bring your poker face!

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

Start the year off right! Join our walking group.

Walking Group with Nurse Tori

1:00 PM on Thursdays

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

FITNESS CLASSES

Mondays:

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

Beginners Tap with Joy—

10:00 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.

Pickleball: Call to inquire about lessons and open court.

Walking Group with Nurse Tori 1:00 PM

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.

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

Registration will open on

- *March 2nd for residents and*
- *March 9th for non-residents.*

Mondays:

Drawing with Christine-10:00 AM

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

Thursdays:

Watercolors with Missy-10:00 AM and 12:30 PM

Fridays:

Acrylic/Oil Painting with Christine-10:00 AM

Front Desk Volunteer Needed

We are looking for a friendly volunteer to work in the front office at the Senior Center.

The job entails:

- Answering phones
- Customer Service
- Internet Use/Data Entry

If interested call (203) 452-5199
Be sure to ask about the volunteer tax program!

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.

Ikea Shopping Trip **Thursday, February 13th**

Join us for a shopping trip to Ikea in New Haven. Make sure to stop at their restaurant, café, and food market while you are shopping. You are responsible for the cost of your lunch and shopping.

Transportation fee is \$2.00; please pay at the front desk at sign-up. 14 maximum riders.

Bus Schedule:

- Bus will leave the Center by 10:00 AM
 - Ikea 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 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.

Housatonic Museum of Art and Trattoria 'A Vucchella & Wood Oven Pizza **Thursday, February 27th**

Join us for an exciting trip to the Housatonic Museum of Art in Bridgeport. View the Cast Glass Art Exhibit that will be on display. Admission to the museum is free; however, donations are greatly appreciated. After the museum, enjoy a delicious lunch at Trattoria 'A Vucchella & Wood Oven Pizza.

You are responsible for the cost of your lunch.

Transportation fee is \$2.00. Please pay this fee at the front office. Maximum of 14 riders.

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

Bus Schedule:

- Bus will leave the Center by 10:30 AM
- Art Museum from 11:00 AM—12:15 PM
- Trattoria 'A Vucchella & Wood Oven Pizza from 12:30 PM—2:00 PM
- Bus will return to the Center by 2:30 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, February 6th (The Loop)**
- **Thursday, February 20th (Mall/PriceRite)**



Our Awesome Bus Drivers: and Dispatcher

Jeanne Horvath
Bill Schiappa
Andy Mastrone
Bill Hnatuk

***To schedule transportation, please call our
Transportation Coordinator, Bill,
Monday-Thursday at (203) 452-5137***

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.**

Free Income Tax Help

Offering Tax Return Preparation by AARP/IRS Certified Tax Volunteers
and E-File

WHERE:

Trumbull Senior Center
23 Priscilla Place, Trumbull

Trumbull Main Library
33 Quality Street, Trumbull

WHEN:

9:00 am until 12:00 noon
Session 1 9:00 – 10:30
Session 2 10:30 – 12:00

10:00 am until 1:00 pm
Session 1 10:00 – 11:30
Session 2 11:30 – 1:00

Each Wednesday –
February 5 until April 15, 2020

Each Friday –
February 7 until April 3, 2020
(Closed Good Friday April 10)

WHAT TO BRING:

Photo Id or other type of Identification
Social Security Card and Statement (SSA 1099)
A copy of your 2018 tax return
All tax forms received for tax year 2019 (W-2, 1095, 1099)
End of year investment statements (INT, DIV, Stocks, Bonds)
List of Itemized Deductions (Medical, Donations, Taxes)
Any other tax documents you might have
IRS PIN if issued



Call the Senior Center or the Library for an appointment to either Session 1 or Session 2. Arrivals within each session will be first come first served. We will not be doing Walk-ins this season.

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.

COMMUNITY NEWS



Trumbull Senior Community Café
Trumbull Café, 203-378-3086

February, 2020



1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Garden Salad</p> <p>Shephards Pie with Ground Turkey Peas and Carrots</p> <p>Fresh Fruit</p>	<p>4</p> <p>Spinach Cranberry Salad</p> <p>Pork Chops Mashed Potato Vegetable Medley</p> <p>Fruit Cup</p>	<p>5</p> <p>Tomato Soup</p> <p>Sausage and Peppers Mixed Vegetables Roll</p> <p>Fresh Fruit</p>	<p>6</p> <p>Garden Salad</p> <p>Spaghetti and Meatballs Spinach Garlic Bread</p> <p>Fruit Cup</p>	<p>7</p> <p>Cole Slaw</p> <p>Fish Taco Tartar Sauce Sweet Potato Fries Broccoli</p> <p>Rice Pudding</p>
<p>10</p> <p>Garden Salad</p> <p>BBQ Chicken Macaroni and Cheese Peas</p> <p>Fresh Fruit</p>	<p>11</p> <p>Chicken Noodle Soup</p> <p>Crunchy Fish Steamed Red Potatoes Carrots</p> <p>Cookies</p>	<p>12</p> <p>Asian Slaw</p> <p>Asian Pork Steamed Rice Peppers and Onions</p> <p>Mandarin Oranges</p>	<p>13</p> <p>Onion Soup</p> <p>Meatloaf Mashed Potato String Beans</p> <p>Fruit Cup</p>	<p>Valentine's Day 14</p> <p>Mixed Greens</p> <p>Linguine with Clam Sauce Broccoli</p> <p>Strawberries, Whipped Cream, Pound Cake</p>
<p>17</p> <p>PRESIDENTS DAY</p> 	<p>18</p> <p>Garden Salad</p> <p>Beef Stew Cous Cous Carrots</p> <p>Fresh Fruit</p>	<p>19</p> <p>Minestrone Soup</p> <p>Swedish Meatballs Egg Noodles Pea</p> <p>Fruit Cup</p>	<p>20</p> <p>Cesar Salad</p> <p>Roast Chicken Potatoes Au Gratin Vegetable Medley</p> <p>Chocolate Pudding</p>	<p>21</p> <p>Cole Slaw</p> <p>Cheeseburger Lettuce and Tomato Tater Tots Beets</p> <p>Fresh Fruit</p>
<p>24</p> <p>Garden Salad</p> <p>Meatball Parmesan Cole Slaw Broccoli Sub Roll</p> <p>Fresh Fruit</p>	<p>25</p> <p>Mixed Greens</p> <p>Chicken Parmesan Spaghetti Mixed Vegetables</p> <p>Cookies</p>	<p>26</p> <p>Beef Barley Soup</p> <p>Cheese Ravioli with Alfredo Sauce String Beans</p> <p>Fruit Cup</p>	<p>27</p> <p>Macaroni Salad</p> <p>Hot Dog Baked Beans Beets</p> <p>Fresh Fruit</p>	<p>28</p> <p>Lentil Soup</p> <p>Tacos Lettuce and Tomato Cheddar Cheese</p> <p>Brownie</p>
<div>      </div>				

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Stretch 3 10:00 Drawing 10:00 Beginner Tap 10:00 Poker 11:00 Book Club 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga 2:00 Caregiver Support	9:00 TOPS 4 9:15 Fit for Life 10:00 Knit/Crochet 10:00 Matter of Balance 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	9:00 Yoga 5 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong AARP TAX HELP 9-1	9:00 Balance & Core 6 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	9:00 Dance & Tone 7 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
9:00 Stretch 10 10:00 Drawing 10:00 Beginner Tap 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	9:00 TOPS 11 9:15 Fit for Life 9:30 Breakfast/Brain Games 10:00 Knit/Crochet 10:00 Matter of Balance 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	9:00 Yoga 12 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 AARP TAX HELP 9-1	9:00 Balance & Core 13 10:00 Ikea Trip 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	9:00 Dance & Tone 14 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:00 Valentine's Lunch 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game
17 <i>The Center will be closed in observance of President's Day.</i> Happy President's Day!	9:00 TOPS 18 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Sit & Fit 10:00 Matter of Balance 10:30 Ballroom Dance 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	9:00 Yoga 19 10:00 Poker 10:00 What is CBD 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong AARP TAX HELP 9-1	9:00 Balance & Core 20 9:00 Mall/PriceRite 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors 1:00 Walking Group	9:00 Dance & Tone 21 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
9:00 Stretch 24 10:00 Drawing 10:00 Beginner Tap 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga 2:00 Caregiver Support	9:00 TOPS 25 9:15 Fit for Life 10:00 Knit/Crochet 10:00 Matter of Balance 10:30 Ballroom Dance 10:30 Sit & Fit 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	9:00 Yoga 26 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 AARP TAX HELP 9-1	9:00 Balance & Core 27 10:00 Water Colors 10:00 Slim Approach & Poker 10:00 Family Conflict Group 10:15 Strength Training 10:30 Housatonic Art Trip 11:00 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors 1:00 Walking Group	9:00 Dance & Tone 28 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Monthly Birthday 12:00 Mahjong 12:00 Pinochle 1:00 Bingo 1-4 Billiards Game
<div>  <h2>February 2020</h2>  </div>				

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Genesis



St. Joseph's Center

REHABILITATION CENTER

6448 Main Street, Trumbull • 203-268-6204

MORE COMMUNITY NEWS

2020 CENSUS

Monday March 23rd: Come in and complete the Census in our computer lab. A Census rep will be available for assistance.

The Census Bureau will be sending mailings and hand-delivering census packets across the country with information for householders to fill out the 2020 census form. Census data determines how many representatives each state has in Congress as well as how \$675 billion in federal funds will be distributed to states, counties, and communities to support resources such as: schools, hospitals and fire departments.

For the first time, you will be able to respond online, by phone, or by mail. You can also come to the Trumbull Senior Center; we are a hosting sessions on how to make it easy to complete. (see above)



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.



Lions Low Vision Centers

Lions Low Vision Center at Jewish Senior Services

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



The Trumbull Arts Commission presents:

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Sunday February 23rd at 2:00 PM
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Doors open at 1:30pm – note time change. Cabaret seating, bring your own refreshments. Pre purchase of tickets, \$5.00, is necessary: 203-452-5065.



WISH LIST

The Senior Center is always looking for:

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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-

2020 DAY TRIPS

- ♦ **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**
- ♦ **Classic Central Park—Tues, June 23rd (Tours of Distinction) \$122pp**
- ♦ **“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.