



THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

CENTER HOURS: Mon-Fri 9:00AM-4:00PM

23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

MARCH 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 (203) 452-5065
eareson@trumbull-ct.gov

Wellness Nurse

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

First Selectman

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

SENIOR CITIZEN COMMISSION

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

St. Patrick's Day Luncheon

Friday, March 20th, 11:00 AM



Join us for a St. Patrick's Day Luncheon. Performance will be by the famous, Hoot Owls. A delicious meal of corned beef and cabbage will be served.

Be sure to sign up.
Spots fill up quickly!

\$8.00 Members and \$13.00 Non-Members

Zumba Gold with Toning

**Fridays
9:00 AM**

Join Instructor Mary Lou for a low intensity, low-impact version of typical Zumba that uses a medley of dance styles, easy to follow choreography & great music to focus on overall fitness, posture, range of motion, coordination, balance and muscle toning.

Caregiver Support Group

**Monday, March 2nd
Monday, March 16th**

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.

Pickleball is Finally Here!

Thursdays and Fridays

Call to inquire about lessons.



Open Court:

Thursdays 1:15 PM—3:00 PM

Fridays at 12:00 PM—3:00 PM

Limited equipment to check out.

203-452-5199

Pickleball



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 Elovson & 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)



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



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



Preferred provider in senior living for 19 years



203-261-0006 • 6949 Main Street, Trumbull, CT
SpringMeadowsTrumbull.com

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



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

Caregiver Support Group

Monday, March 2nd
Monday, March 16th
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, March 6th
11:15 AM

Caregivers Welcome!

Join our Wellness Nurse, Tori, for a discussion on speaking with your doctor and other medical professionals. To RSVP, please call (203) 452-5199.

Medicare Updates for 2020

Wednesday, March 11th
11:00 AM

Join Stanley Wittenberg, from Bankers Life and Casualty Company, for a presentation about updates and changes to Medicare for 2020. For more information and to RSVP, please call (203) 452-5199.

Lunch and Learn

Cutting Cable

Wednesday, March 18th
11:00 AM

Are you interested in learning about alternative options for traditional cable services? If so, join us for an informative presentation about cutting the cord and streaming television services. To RSVP, please call (203) 452-5199.

Oral Health

Wednesday, March 25th
11:00 AM

Join Dr. Gretzula, from Hawley Lane Dental, for an informative presentation about oral health. For more information and to RSVP, please call (203) 452-5199.

2020 CENSUS

Monday March 23rd
11:00 AM—2:00 PM

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.

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, March 11th**
- **Wednesday, March 25th**

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

Suggested donation of \$3.25



Evening Programs

Elder Law Discussion

Caregivers Welcome!

Thursday, March 12th
5:30 PM

Attorney Lyn Elovson will present a round-table discussion about elder law. For more information and to RSVP, please call (203) 452-5199.

Family Conflict Group

Thursday, March 12th
Thursday, March 26th
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

Trumbull Senior Center's Annual Tea Party

Friday, May 22nd, 11:00 AM

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.

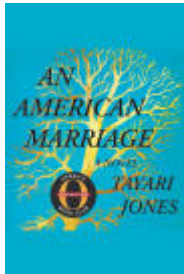
Alternative Menu:

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

The Book Club

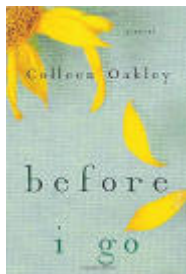
March Book:

"An American Marriage" by Tayari Jones
**Monday,
March 2nd,
11:00 AM**



April Book:

"Before I Go" by Colleen Oakley
**Monday,
April 6th,
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, March 13th 11:30 AM—2:30 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.



Feature Film: The Lighthouse

In the midst of a bracing storm, two lighthouse keepers fight to maintain their sanity while stranded on a strange and isolated New England island in the 1890s.

Starring: Robert Pattinson

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

Monthly Birthday Party Friday, March 27th 11:30 AM

Come celebrate our March 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, March 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!

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—

10:30 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.

Jazz Dance Class with Melody coming in May!

Stretching and learning basic jazz steps and dancing to lively music.

All levels are welcome.

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:

Zumba Gold with Toning

Mary Lou - 9:00 AM Low impact version of typical Zumba for balance and muscle toning.

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.

Class Changes

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.*

\$25 Per Session
(Non-residents only)

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

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.

Krafty Lunch Bunch **Thursday, March 12th**

Take a trip to the Krafty Lunch Bunch in Oxford and make a spring wreath and enjoy lunch. Lunch includes chef choice salad, pasta, chicken, and dessert.

\$20 Per Person; pay the day of at Krafty Lunch Bunch. 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 9:45 AM
- Krafty Lunch Bunch from 10:30 AM—1:00 PM
- Bus will return to the Center by 1:45 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.

Sunrise of Fairfield—Lunch and Bingo **Thursday, March 26th**

Join us at Sunrise of Fairfield for a complimentary lunch prepared by their in-house culinary team and a fun-filled game of bingo! Come on out and take a chance at winning some great prizes. While you are there, take the opportunity to tour the newly opened, beautifully-designed community.

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
- Sunrise from 11:00 AM—1:00 PM
- Bus will return to the Center by 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, March 5th (The Loop)**
- **Thursday, March 19th (Mall/PriceRite)**



Our Awesome Bus Drivers and Transportation 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.**



ATTENTION COLD WAR VETERANS!

The LEGION Act has been signed!

You are now eligible for membership in
The American Legion
Please ask us about your eligibility

Flyers are available at the Post for a brief explanation about what membership in the American Legion means to you. Ask to speak to a Member and we will gladly explain the activities and Achievements of Post 141, located in Trumbull, call 203-913-5689 or email ctpost141@gmail.com for more information.

If you are interested in membership, bring in a copy of your DD214 and your membership can be processed immediately. Post dues are \$40.00 annually, and must be accompanied by your application.

SCAM ALERT

- The newest phone scam targeting Medicare beneficiaries is scammers are misrepresenting Medicare and/or the Social Security Administration (SSA) stating that the Medicare cards are being reprinted to include a “chip” similar to the newer debit and credit cards. Scammers are telling the beneficiary that they must confirm their Medicare number before the new card can be sent to them.
- The Social Security Administration Office of the Inspector General (OIG) is warning the public that telephone scammers may send faked documents by email to convince victims to comply with their demands. Official looking letters are being attached to emails but may contain misspelled words or grammar mistakes. Letters are often threatening arrest, legal action or discontinuance of benefits.
- It is recommended by the IRS and Department of Banking that anyone writing a check or signing a legal document in the year 2020 write out the entire year “2020” as one can easily alter a check or document by adding two more digits to it. It is also recommended that the month be written out instead of using a number (writing out January instead of 1)

The Senior Medicare Patrol (SMP)

Program helps seniors and their caregivers, detect, report, and protect

themselves from Medicare fraud and abuse through information distribution, outreach and educational presentations



This project was supported, in part by grant number 90MPPG0044, from the U.S. Administration for Community Living, Dept. of HHS and is administered by the CT Dept. of Aging & Disability Services.

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.

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.**

Hardship and Emergency Assistance

The Town of Trumbull offers Hardship and Emergency Assistance to Trumbull Residents in need.

Please call Social Services (203) 452-5198 to inquire about program criteria and eligibility.

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.



**LIONS
LOW
VISION
SERVICES**

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 (sharps), hydrogen peroxide, aerosol cans, hazardous waste

**Open 365 days/year, 24 hours/day. Trumbull Police Dept. Lobby, 158 Edison Rd.
<http://www.trumbull-ct.gov/TPAUD>**

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Stretch 10:00 Drawing 10:30 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 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 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 9:00 The Loop 10:00 Water Colors 10:00 Slim Approach & Poker 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:00 Pickleball Lessons 12:30 Pinochle & Water Colors 1:00 Walking Group 1:15 Pickleball Open Court	9:00 Zumba Gold 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:15 Wellness Talk 12:00 Mahjong 12:00 Pickleball Open Court 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 10:00 Drawing 10:30 Beginner Tap 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 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 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 11:00 Extended Care 11:30 Lunch/Music DJ AL 12:30 Pinochle 12:30 Qigong AARP TAX HELP 9-1	9:00 Balance & Core 9:45 Krafty Lunch Bunch 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 12:00 Pickleball Lessons 12:30 Pinochle & Water Colors 1:00 Walking Group 1:15 Pickleball Open Court 5:30 Elder Law Discussion	9:00 Zumba Gold 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch and Movie 12:00 Mahjong 12:00 Pickleball Open Court 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 10:00 Drawing 10:30 Beginner Tap 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga 2:00 Caregiver Support	9:00 TOPS 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 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Cutting Cable 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong AARP TAX HELP 9-1	9:00 Balance & Core 9:00 Mall/PriceRite 10:00 Water Colors 10:00 Slim Approach & Poker 10:15 Strength Training 11:00 Computer Tutor 11:30 Feldenkrais 12:00 Pickleball Lessons 12:30 Pinochle & Water Colors 1:00 Walking Group 1:15 Pickleball Open Court	9:00 Zumba Gold 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:00 St. Patrick's Lunch 12:00 Mahjong 12:00 Pickleball Open Court 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 10:00 Drawing 10:30 Beginner Tap 10:00 Poker 11:00 CENSUS 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	9:00 TOPS 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 10:00 Poker 10:10 Jazzercise 11:00 Computer Tutor 11:00 Tap Dance 11:00 Oral Health 11:30 Lunch/Music DJ AL 12:30 Pinochle 12:30 Qigong AARP TAX HELP 9-1	9:00 Balance & Core 10:00 Water Colors 10:00 Slim Approach & Poker 10:00 Family Conflict Group 10:15 Strength Training 10:30 Sunrise Trip 11:00 Computer Tutor 11:30 Feldenkrais 12:00 Pickleball Lessons 12:30 Pinochle & Water Colors 1:00 Walking Group 1:15 Pickleball Open Court	9:00 Zumba Gold 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Monthly Birthday 12:00 Mahjong 12:00 Pinochle 12:00 Pickleball Open Court 1:00 Bingo 1-4 Billiards Game
9:00 Stretch 10:00 Drawing 10:30 Beginner Tap 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit & Fit 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	<div>March 2020</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



Genesis

St. Joseph's Center
REHABILITATION CENTER

6448 Main Street, Trumbull • 203-268-6204

MORE COMMUNITY NEWS

Document Shredding

**Saturday, April 25th
9:00 AM—12:00 PM**



Trumbull Community Women has scheduled a document shredding event at the Nature and Arts Center. This service is free of charge; donations are always appreciated. Please do not bring junk mail, newspapers, and magazines as these items can be put in with your regular recycling.

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.



Stop & Shop Community Bag Program

We're excited to share that the **Trumbull Food Pantry** has been selected to participate in the **Stop & Shop Community Bag Program** for March!

Trumbull Food Pantry will receive a **\$1 donation** for every reusable community bag purchased at the **Stop & Shop located at 100 Quality Street in Trumbull.**



The Trumbull Arts Commission presents:

"I Luguri"

An Italian-American Duo, featuring Tony Valente and Carmelo Liardi, featuring traditional and new Italian Music and Lore.

Sunday, March 22nd, 1:00 PM



Cabaret seating, bring your own refreshments.

Doors open at 12:30 PM.

Tickets are \$5.00

To purchase tickets, please call Emily at 203-452-5065

**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

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



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



Lisa Valenti REALTOR®, SRES

C. 203-257-2127 | O. 203-261-0028

lisa.valenti@raveis.com

LisaValenti.raveis.com

945 White Plains Road, Trumbull, CT 06611

CHP Certified Homeownership Professional

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@entdoctorsc.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-



2020 DAY TRIPS

- ♦ **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.

