



TOWN OF
Trumbull
HUMAN SERVICES

THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

JUNE 2021

GREAT NEWS!

This month we are starting the process of re-opening by offering a few indoor and outdoor classes at the senior center. Not every program is coming back right away but we plan to add more classes each month. We are excited about welcoming you back into the building; gradually and with caution. **The most important consideration in the process will be the health and safety of participants and staff;** it is our priority and our responsibility. In order to reopen, we will abide by state guidelines for senior centers and per the guidelines of the Trumbull Health Department. Although it won't be the same senior center you left on March 16th, 2020, we are excited to offer opportunities for you all to see each other again. Before you decide to stop by or sign up for any in-person programming, please read the information below.

Can I just stop by the Senior Center any time I want? Unfortunately, **no**. Individuals must make an advance reservation to attend a program at the Senior Center. Example: If you want to play Bingo, you must call in advance to "register" to play. If you want to take a fitness class, you must call in advance to reserve your spot. Each activity will have maximum attendance limits due to social distancing, the size of the room and the activity.

Activities being offered beginning in June:

- Indoor and outdoor exercise classes (**See page 5 for more details**)
- Bingo (**See page 4 and 8**)
- Tailgate with us! (**Coming soon! See page 4 for more details**)
- Chess and Billiards: Let us know if you want to play and we can arrange a time.

Entrance/Exit: When you arrive for your classes, please use the front door, except for Bingo. Bingo players use the back entrance. If you need an accommodation (ramp or elevator) please ask staff to set that up for you. Members will be allowed in the building 5 minutes prior to class time.

Check-In: Upon arrival at the Senior Center, all visitors will be required to "check-in" with a staff member/volunteer. No one will be permitted into a class unless they are pre-registered. Thank you for understanding.

Lunch at Priscilla Place: At this time the Priscilla Place Café is closed until further notice. As recommended by state guidelines, congregate meals sites should not open at this time.

If a person shows up with COVID-19 signs or symptoms, they will be asked to go home immediately. If a person presents COVID-19 symptoms while at the Senior Center they will be asked to go home if they are able or ushered to a holding room and the health department will be notified. 911 will be called if necessary. The holding room will be sanitized after the person is removed.

Hand Sanitizer/Hand Washing: Hand sanitizer will be available at the entrance of every room. Members are required to use the hand sanitizer prior to entering a room. In addition, please wash your hands, frequently, for a minimum of 20 seconds

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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF**Director of Human Services**

Michele Jakab, LCSW
mjakab@trumbull-ct.gov

(203) 452-5144

SENIOR CENTER**(203) 452-5199****Administrative Assistant**

Ashley Ryan Grace
agrace@trumbull-ct.gov

(203) 452-5199

Front Desk

Ronnie Mogensen
rmogensen@trumbull-ct.gov

(203) 452-5199

Transportation

(203) 452-5137

SOCIAL SERVICES**(203) 452-5198**

Jennifer Gillis B.A.
jgillis@trumbull-ct.gov

(203) 452-5133

Ashley Sylvester, MSW
asylvester@trumbull-ct.gov

(203) 452-5135

Food Pantry

Karen Seferi
kseferi@trumbull-ct.gov

(203) 452-5136

Wellness Nurse

Tori Benoit
vbenoit@trumbull-ct.gov

(203) 452-5134

First Selectman

Vicki Tesoro
Firstselectman@trumbull-ct.gov

(203) 452-5005

**COMMISSION ON AGING**

Marcy Kelly: Chair

Ron Foligno: Co-Chair

Jean DaRold: Secretary

Evelyn Wiesner

Michael Ganino

Mark Ryan

MISSION STATEMENT

Enrich the lives of older adults by offering programs and education that promote a healthy lifestyle, support independence, and enhance community engagement.

HOURS OF OPERATION**SENIOR CENTER**

HOURS: Monday-Friday 9:00 a.m.-4:00 p.m.
Registration and appointments are required to enter the building. (203) 452-5199

SOCIAL SERVICES

HOURS: Monday-Friday 9:00 a.m.-4:00 p.m.
Call for an appointment (203) 452-5198

WELLNESS NURSE:

Call for an appointment (203) 452-5134

MEMBERSHIP

Membership runs from July 1st-June 30th. You can join at anytime during the year.

Residents Annual Fee: \$5

Non-Residents Annual Fee: \$20

You may print our membership form out online:

<https://www.trumbull-ct.gov/Archive.aspx?AMID=50>
or call the office at (203) 452-5199

ONLINE LECTURES, GAMES AND WORKSHOPS

Brain Games on Zoom

New Time: Every Wednesday at 9:00 AM

Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, to participate in fun, stimulating brain games.

Meeting ID: 699 769 8823

Passcode: 212153

Book Club Meeting on Zoom**Someone Knows by Lisa Scottoline**

Monday, June 7th at 11:00 AM

The Last Castle by Denise Kiernan

Monday, July 12th at 11:00 AM

Meeting ID: 809 418 0302

Password: 12345

Same Meeting ID and Passcode each month for the Book Club.

Virtual Bingo**Friday, June 11th at 1:00 PM**

Please call (203) 452-5199 to RSVP and receive the Zoom information. If you need bingo supplies, please let us know.

Zoom Lessons**Every Friday at 12:15 PM**

Join Ashley Sylvester for a Q & A and assistance navigating Zoom.

Meeting ID: 956 7644 0327

Passcode: 12345

LUNCHEONS

BUILDING IS CLOSED. PLAN ACCORDINGLY

SENIOR CENTER—DRIVE THRU LUNCHEON**Friday, June 25th at 12:00 PM**

You MUST be a member to participate in any drive thru or tailgate event. Members may bring a guest, but the guest must be in the car or with the member at the time of the event. If you need a membership application, please let a staff member know and we can provide that to you. You will receive a phone call the week of the event with your individual time slot as to when to arrive.

To RSVP, please call (203) 452-5199 and leave your name and telephone number.

Caregiver Burden is Real:**Help Is Here**

Wednesday, June 9th at 2:30 PM

Recommended for caregivers and open to the public

Join us for an informative discussion with David Magner, Coordinator for the Early Memory Loss Program/Memory Workshop and Kathleen Regan, Community Services Director Southwestern Agency on Aging, to identify caregiver burdens and learn suggestions as to how to alleviate stress.

Genealogy on Zoom

Monday, June 14th at 11:00 AM

Have you always been interested in learning about your ancestry and family history? Join us for an informative presentation about genealogy on Zoom. This program is being sponsored by Right at Home.

Meeting ID: 809 418 0302

Password: 12345

Mark Albertson Presents:**Balloon Corps**

Monday, June 21st at 11:00 AM

Join Mark Albertson for an informative presentation to celebrate the 160th anniversary of the Balloon Corps.

Meeting ID: 809 418 0302

Password: 12345

ART CLASSES ON ZOOM

Drawing with Chris (part 1) at 9:00 AM on Mondays

Drawing with Chris (part 2) at 2:00 PM on Mondays

Painting with Chris (part 1) at 9:00 AM on Fridays

Painting with Chris (part 2) at 1:00 PM on Fridays

Watercolors with Missy on Wednesdays at 9:00 AM

Please e-mail Ronnie Mogensen at rmogensen@trumbull-ct.gov to join an art class.

NOTES

**How to tailgate at the senior center
Coming soon!**

Drive thru participants and tailgating participants will be given separate arrival times for the luncheon.

Those who would like to tailgate will be given a time they can park at the senior center and join their friends for lunch on the back patio or lawn. Please bring a lawn chair with you. We will have an area in the parking lot marked off if you would like to tailgate there. Drive thru participants will pick up at a different time in order to keep the event safe.

TRUMBULL ARTS PRESENTS:
SUNDAY AFTERNOON CONCERTS

- JUNE 6TH: "TOO BLUE" - BLUEGRASS**
- JUNE 13TH: "WISP" - BROADWAY SHOW TUNES**

2:00 PM

Trumbull Town Hall Gazebo
5866 Main St

(Rain date will be the following Saturday. Masks and social distancing required.)

NURSE TORI**APPOINTMENTS WITH THE NURSE**

Call (203) 452-5134 to schedule a visit

THE WALKING GROUP LED BY NURSE TORI

Wednesdays at 10:00 AM in front of Target on the second floor in the Trumbull Mall.

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

GARDEN GROUP WITH NURSE TORI

Coming Soon!

EXERCISE CLASSES ON ZOOM**Yoga with Jeannie**

Mondays at 10:30 AM

Meeting ID: 816 351 63317/ Passcode: 394826

Tai Chi with Alma/Ken

Mondays at 1:00 PM

No Meeting ID or Passcode. Go to <https://us02web.zoom.us/j/82942995104>

Sit and Fit with Bobbi

New Time: Tuesdays at 11:30 AM

Meeting ID: 837 5596 5864 / Passcode: 12345

Zumba Gold and Toning with Pauline

Wednesdays at 11:00 AM

Meeting ID: 721 316 6085 / Passcode: 549424

QiGong w/ Julie

Wednesdays at 1:00 PM

Meeting ID: 882 5423 5052 / Passcode: 925106

Chair Yoga with Jeannie

Thursdays at 9:00 AM

Meeting ID: 860 9912 0061 / Passcode: 840018

Community Meditation

Thursday, June 17th at 7:00 PM

Topic: Summer Solstice: Chanting the Bija Mantras
Join us for Community Meditation, led by Deborah Swann, on the third Thursday each month.

No experience is necessary.

Meeting ID: 870 1001 5761

Passcode: 603982

Tai Chi with David on Fridays at 10:00 AM

Meeting ID: 836 6921 0341 / Passcode: 1948

MENTAL HEALTH**COUNSELING****Mary J. Sherlach Counseling Center**

The Mary J. Sherlach Counseling Center provides a therapeutic clinical setting for individual and family therapy, group therapy, and crisis intervention. These services are available for Trumbull residents, Town employees, and students who attend Trumbull schools.



ADULT CRISIS LINE: 1-800.467.3135

UNITED WAY / 2-1-1: <https://uwc.211ct.org/categorysearch/mental-health/> **OR CALL 211 FOR PROGRAMS AND SERVICES.**

EXERCISE CLASSES IN PERSON

OUR AUDITORIUM IS EQUIPPED WITH AIR PURIFIERS AND IS MARKED FOR SOCIAL DISTANCING.

Stretch and Move with Nancy

Mondays at 9:00 AM

Zumba Gold and Toning with Pauline

Mondays at 11:15 AM

Yoga Nidra with Deborah Swann

Fourth Tuesday of each month at 1:00 PM

Tuesday, June 22nd

Please bring a yoga mat and small throw blanket.
Optional: small pillow for head rest.

Outdoor Tai Chi with David

Wednesdays at 10:00 AM

Strength with Nancy

Thursdays at 10:15 AM

Please bring your own weights.

Participants are limited to register for two classes only for a four week session. If the class fills prior to your registration, you will be put on a waitlist and given priority the following month. You must pre-register for each class. Space is limited due to social distancing, the size of the room, and the activity.

In person classes officially begin Thursday, June 3rd. Registration is now open.

Social Services is taking appointments by phone only. Accommodations are available. For food pantry clients, the building is closed but drive thru services are available by appointment. Food pantry deliveries are available to homebound individuals. Staff are monitoring the phone lines so be sure to leave a message and someone will call you back. (203) 452-5136.

RENTERS' REBATE

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits.

Application period from April 1st, 2021– October 1st, 2021.

The age requirement for applicants: 65 years of age or 100 % disabled (age 18 and over) as of December 2020. Applicant must meet a one year state residency requirement during 2020. Annual income guidelines cannot exceed for a single person: \$37,600.00 and married couple: \$45,800.00. For more information and to apply, please contact (203) 452-5198.

MEDICARE SAVINGS PROGRAM

You may be eligible to have your Medicare Part B paid for you. The allowable income for individuals is up to \$261 per month and \$3,572 a month for couples. Income includes Social Security, pensions, annuities, 401K, IRA's, dividends, interest, rental income etc. To apply or inquire, please call (203) 452-5198.

STAY CONNECTED

Friendly Phone Call Program Connect with your neighbors.

Trumbull residents are paired together to keep each other company during this time of isolation and uncertainty. Would you like to make or receive a friendly phone call once a week and make a new friend? ***We could all could use the company.*** Call (203) 452-5199 to sign up. You can also e-mail Ronnie Mogensen at rmogensen@trumbull-ct.gov

TRUMBULL FPANTRY

Available to all Trumbull residents who meet income guidelines or are facing food insecurity. We do not turn anyone away. We encourage residents who may be facing an unexpected circumstance such as a layoff, illness or have concerns going to the store to reach out to us. During difficult times, we want to reduce the stress our families face by meeting a basic need. Income restrictions do not apply. All calls, deliveries and pickups are confidential. We are able to assist families, children, adults, and seniors. Drive thru services and shopping are by appointment only to ensure the confidentiality of the shopper. To sign up, please call the Food Pantry at (203) 452-5136.

FINANCIAL HELP

Trumbull Social Services offers Hardship and Emergency Assistance to Trumbull Residents. Please call Social Services (203) 452-5198. This can be applied towards rent, medical, utilities, or other needs.

CAREGIVER SUPPORT

Trumbull Social Services is the primary hub for family caregiver information, support and referral. Staff provide caregivers with the information they need to make informed decisions and the ability to access services and resources available in the community. We recognize that family caregivers tend to neglect their own well-being both physically and emotionally. Our department offers one-on-one support services as well as the opportunity to participate in a caregiver support group. There is no fee for services. Our Caregiver Support Group meets twice a month. It is an open group that caregivers can join at any time. Group sessions focus on helping individual caregivers as they care for themselves and their loved ones.

Services are available by appointment, Monday-Friday. Please call (203) 452-5198 for information or to make an appointment.

Residents who would like to make a donation, please make checks payable to Social Services. Donations can be mailed to:
Director of Human Services,
23 Priscilla Place,
Trumbull, CT 06611.



If you are experiencing hearing loss that inhibits your phone use, you may qualify to receive a ClearCaptions phone at no cost to you! ClearCaptions is a Federal Communications Commission (FCC) certified telephone captioning provider.

- Safe and secure home caption phone deliveries and installation at NO COST to qualified individuals.
- Remote installation of the ClearCaptions Mobile App for iPhone
- Virtual and on-site educational seminars

Contact John Noonan (203) 581-0382 / john.noonan@clearcaptions.com

TRANSPORTATION

The Trumbull Senior Center provides transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled. Our buses are fitted with UV light/air filtration systems. We have a rider maximum to ensure everyone is able to safely distance themselves from others. All safety precautions and cleaning standards are in place. **(203) 452-5137**

MEDICAL RIDES

Rides available to and from doctor appointments on **Mondays, Tuesdays and Thursdays**. We can book appointments months or days in advance. We travel to Bridgeport, Stratford, Shelton, and Monroe.

GROCERY SHOPPING

On Wednesdays, we offer rides to Stop and Shop for Trumbull Residents. The estimated pick up time at your home is between 9:00 AM to 10:00 AM. Shop for an hour then return home on the bus.

OTHER

Let us know if you have other transportation needs. Rides are based upon availability.

- Legal appointments, hair salon, bank etc...

HOW TO RIDE

All riders must be independent; caregivers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Service animals and assistive devices welcome. Please be aware that the senior center does not provide assistance to and from the vehicle. All riders must be registered with the office staff by filling out a membership form. There is no cost for transportation; however, donations are gratefully accepted. Donations can be mailed to: the Trumbull Senior Center, 23 Priscilla Place, Trumbull, CT 06611.



ARE YOUR HOUSE NUMBERS VISIBLE?

HOUSE NUMBERS

The Town of Trumbull and Home Depot are working together to make sure that our senior and disabled residents can quickly be located in an emergency. Trumbull's Home Depot has very generously offered to supply house numbers, **free-of-charge**, to those senior/disabled residents that are in need. Please contact Ashley Sylvester in Social Services at 203-452-5135. Please leave your name, address and phone number. We realize that for some of our senior/disabled residents, it may be difficult to pick up the numbers or to apply them. If this is the case, we will be happy to deliver them to your home and apply them for you.

GROUPS

FAMILY CONFLICT GROUP ON ZOOM

Facilitated by Cornelia Morris.

**1st and 3rd Wednesday of each month at 10:00 AM
Wednesday, June 2nd & 16th**

For more information and to join, please contact Cornelia at cmorris@trumbull-ct.gov

GRIEF AND LOSS SUPPORT GROUP ON ZOOM

Facilitated by Cornelia Morris and co-facilitated by Ashley Grace, MSW Intern from Sacred Heart University.

**2nd and 4th Tuesday of each month at 9:00 AM
Tuesday, June 8th & 22nd**

For more information and to join, please contact Ashley Grace at agrace@trumbull-ct.gov

WELLNESS WEDNESDAYS ON ZOOM

Wednesday, June 16th at 2:00 PM

Join us once a month for Wellness Wednesdays. Connect with other members and receive important Senior Center news and updates.

Meeting ID: 809 418 0302

Password: 12345

CAREGIVER SUPPORT GROUP ON ZOOM

Thursday, June 10th & 24th

Open to the Public

All caregivers are welcome to join. For more information and to join, please email Ashley Grace at agrace@trumbull-ct.gov.

IN PERSON BINGO

Friday, June 11th at 1:00 PM
 You must be a member to join.
 Limited seat capacity. Please call (203) 452-5199 to RSVP. Please leave your name, telephone number, and if you are signing up for IN PERSON or VIRTUAL bingo. For IN PERSON bingo, you will bring your own daubers and bingo cards that you have utilized for virtual bingo. If you need bingo supplies, please let us know. If space fills, we will put your name on a waitlist and contact you for the next game the following month. We will still have a virtual option for those that would still like to join in. Masks must be worn at all times.

CLASSROOMS ARE EQUIPPED WITH AIR PURIFIERS

BILLIARDS: Players can reserve a table for an hour at a time. Per state guidelines, we can have 2 players maximum. Please call (203) 452-5199 to RSVP. Equipment is thoroughly cleaned in between each use. Masks must be worn at all times. Water bottles permitted.

CHESS: We have 4 chess boards for two games at a time. Each player will use their own board as they play with someone. Players are required to wipe down equipment after use.

CARDS: At this time, we are not offering card games based on recommendations from the state. Stay tuned.

BINGO: Bingo will be allowed for up to 20 people plus Bingo volunteers. You will need to call to reserve a seat. Per state guidelines, we are allowed 1 player per table unless you sit with someone from your household. Paper bingo cards will be used instead of our regular bingo cards. Daubers will be available to purchase (\$1.00 each) or you can bring your own. Please do not bring chips. If you forget your dauber, you can purchase another one from the Senior Center. Bingo will be 1 hour per state guidelines. Members are limited to bringing in a bottle of water. No food or coffee allowed. Masks must be worn at all times.

NEWS AND ANNOUNCEMENTS**ATTORNEY GENERAL TONG, DCP COMMISSIONER SEAGULL WARN CONNECTICUT CONSUMERS TO BE WARY OF COMPANIES SELLING OVER-THE-COUNTER HEARING AIDS**

Attorney General William Tong and Department of Consumer Protection Commissioner Michelle H. Seagull are asking Connecticut consumers to be wary of companies selling potentially faulty and unregulated over-counter-hearing aids.

Connecticut law has long required that hearings aids may only be sold by licensed audiologists or hearing instrument specialists.

Here are some tips to remember if you are shopping for hearing aids:

- The FDA has not approved any over-the-counter hearing devices. Over-the-counter, direct-to-consumer, hearing aids are not regulated and because of this, may work poorly or not at all and could be harmful.
- Research the seller with the Better Business Bureau to see if they have a good rating before you purchase the product.
- Be skeptical of online reviews and endorsements.
- Read the purchase policy carefully. Can you get a refund if they don't work? How long do you have to make a return if necessary?
- If you can, get a health screening and discuss your options with a medical professional. They will be able to tell you exactly what kind of hearing device would work for you and make recommendations.

Always remember: if it sounds too good to be true, it probably is. If you believe you have been the victim of a scam or have been contacted by a scammer, contact the Office of the Attorney General at 860-808-5318 or attorney.general@ct.gov.



TOWN OF
Trumbull
HUMAN SERVICES

Senior Center Serving Adults Age 55+

**TRUMBULL SENIOR CENTER
Membership Application**

July 2021-June 2022

23 Priscilla Place, Trumbull, CT 06611
(203) 452-5199

Dear Members: Ensuring your safety is of the utmost importance and all programs will follow health and safety guidelines. Online classes will continue to be offered and onsite classes will require pre-registration. Trumbull Residents will receive priority registration. Thank you for staying connected!

New Member Renewal
Resident \$5 per person Non Resident \$20 per person

Additional Tax deductible Donation \$ Your donation matters! Thank you.

Your donation will (please check one):

Help pay for a class this year

General donation

Scholarship a member to participate in paid programs

Other: _____

Staff Use: _____

I give permission for my birthday to be included in the monthly newsletter, only the month will be published, not the date or year (please circle one) YES NO

How would you prefer to receive our newsletter?

Email Mail (*one time annual \$ 9 fee for First Class Postage*)

1.) Member Name: _____ Date of Birth: _____ (required)

2.) Member Name: _____ Date of Birth: _____

Address: _____ Apt./Unit: _____

City: _____ State: _____ Zip: _____

Email (1): _____ Email (2): _____

Phone (H): _____ Phone (C): _____

Emergency Contact: _____ Relationship: _____

Phone No.: _____ Cell Phone: _____

**Transportation is available to and from the center Monday-Friday. Rides are also provided to medical appointments. Please call (203) 452-5137 for more information.*

In consideration of your accepting my registration, I hereby waive and release any and all rights and claims for damages I may have against the Town of Trumbull, its representatives, successors, and assigns, for any and all injuries and illnesses suffered from any activity in which I participate, and I authorize emergency medical treatment should I be unable to consent at some point in time. I agree to abide by the membership guidelines which are posted at the senior center.

Date Applicant Signature: _____

Date Applicant Signature: _____

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The Center at Priscilla Place
Trumbull Senior Center

Membership Code of Conduct

As guests, individuals can personally help the Senior Center maintain a warm, positive and safe environment; it is every member's right. The *Senior Center Code of Conduct*, which includes a dress code, provides guidelines for the actions of all who volunteer at and use the services of the Senior Center. All groups and individuals are expected to adhere to the Trumbull Senior Center's *Code of Conduct* when participating in programs, taking advantage of services or otherwise using the facilities.

The following are considered unacceptable behaviors and will not be tolerated:

- Activities that infringe on the rights of Senior Center participants or staff.
- Destruction or theft of Senior Center materials, equipment, furniture and grounds.
- Inappropriate behavior or language that disturbs other participants
- Infractions against the Center's policies regarding loitering, sales or solicitation.
- Possession, use, or sale of alcohol or controlled substances.
- Racial, religious or sexual harassment of Center participants or staff.
- Vandalism or littering in the Center or on its grounds.
- Violation of any federal, state, county or city laws and ordinances.
- Violation of smoking ordinances both inside and outside of the building.
- Inappropriate or revealing attire including footwear.
- Failure to maintain personal cleanliness and good hygiene.

It is the policy of the Senior Center to practice appropriate measures when handling patron misconduct. In keeping with that policy, The Town of Trumbull, through its Director, reserves the right to remove patrons from facilities, programs and services via suspension periods determined by designated department staff representatives. Notification will be provided in writing.

First Offense:

- Meet with patrons to discuss conduct policy and discuss inappropriate behavior and the violation(s) that occurred.
- Make a record of the incident and notify the participant of this documentation
- Advise the violator that continued inappropriate behavior will result in suspension from the Senior Center

Second Offense:

- Meet with the patron to discuss the violation.
- Make a record of the incident.
- Prepare an outline of agreed upon behavior and for participant to continue Trumbull Senior Center usage or possibly suspend the patron from the Trumbull Senior Center, depending on severity.

Third Offense:

- Suspend the participant from the Trumbull Senior Center, depending on severity, as determined by the Trumbull Senior Center Director.

Incidents of Imminent Danger: Participation will be discontinued immediately if the patron is engaged in illegal activity or presents a danger to self or others. 911 will be called.

4/14/2021

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Ewa Grzymala



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All Zoom Programs can be accessed online and/or dialed in. Check out our weekly Current Events e-mails for more up to date information. E-mail Ronnie Mogensen at rmogensen@trumbull-ct.gov for assistance.

Monday	Tuesday	Wednesday	Thursday	Friday
	11:30 Sit and Fit	1 9:00 Brain Games 9:00 Watercolors 10:00 Family Conflict 10:00 Tai Chi: Outdoors 10:00 Walking Group 11:00 Zumba Gold/Tone 1:00 Qigong	2 9:00 Chair Yoga 10:15 Strength: In Person To Do: Call a friend and check in on them.	3 4 9:00 Painting Part 1 10:00 Tai Chi 12:15 Zoom Lessons 1:00 Painting Part 2
7 9:00 Drawing Part 1 9:00 Stretch: In Person 10:30 Yoga 11:15 Zumba: In Person 1:00 Tai Chi 2:00 Drawing Part 2	8 9:00 Grief and Loss 11:30 Sit and Fit To Do: Call a friend and check in on them.	9 9:00 Brain Games 9:00 Watercolors 10:00 Walking Group 10:00 Tai Chi: Outdoors 11:00 Zumba Gold/Tone 1:00 Qigong 2:30 Caregivers Present.	10 9:00 Chair Yoga 10:15 Strength: In Person 2:30 Caregiver Support	11 9:00 Painting Part 1 10:00 Tai Chi 12:15 Zoom Lessons 1:00 Painting Part 2 1:00 Bingo: In Person and Virtual
14 9:00 Drawing Part 1 9:00 Stretch: In Person 10:30 Yoga 11:00 Genealogy 11:15 Zumba: In Person 1:00 Tai Chi 2:00 Drawing Part 2	15 11:30 Sit and Fit	16 9:00 Brain Games 9:00 Watercolors 10:00 Family Conflict 10:00 Tai Chi: Outdoors 10:00 Walking Group 11:00 Zumba Gold/Tone 1:00 Qigong 2:00 Wellness Wed.	17 9:00 Chair Yoga 10:15 Strength: In Person 7:00 Community Meditation To Do: Call a friend and check in on them.	18 9:00 Painting Part 1 10:00 Tai Chi 12:15 Zoom Lessons 1:00 Painting Part 2
21 9:00 Drawing Part 1 9:00 Stretch: In Person 10:30 Yoga 11:00 Mark Albertson 11:15 Zumba: In Person 1:00 Tai Chi 2:00 Drawing Part 2	22 9:00 Grief and Loss 11:30 Sit and Fit 1:00 Yoga Nidra: In Person To Do: Call a friend and check in on them.	23 9:00 Brain Games 9:00 Watercolors 10:00 Walking Group 10:00 Tai Chi: Outdoors 11:00 Zumba Gold/Tone 1:00 Qigong	24 9:00 Chair Yoga 10:15 Strength: In Person 2:30 Caregiver Support	25 9:00 Painting Part 1 10:00 Tai Chi 12:00 Drive Thru Luncheon 12:15 Zoom Lessons 1:00 Painting Part 2
28 9:00 Drawing Part 1 9:00 Stretch: In Person 10:30 Yoga 11:15 Zumba: In Person 1:00 Tai Chi 2:00 Drawing Part 2	29 11:30 Sit and Fit Be sure to renew membership!	30 9:00 Brain Games 9:00 Watercolors 10:00 Walking Group 10:00 Tai Chi: Outdoors 11:00 Zumba Gold/Tone 1:00 Qigong		JUNE 2021

Programs are subject to change. Please be on the look out for our daily reminder e-mails for class and program updates.