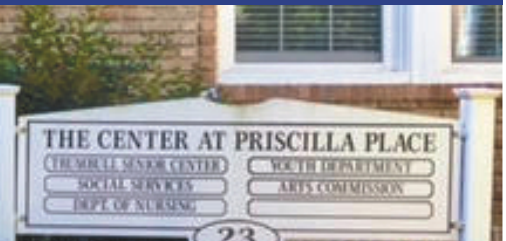




TOWN OF Trumbull

HUMAN SERVICES

THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

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

JULY 2021



WE ARE OPEN!

We are happy to have the doors open, the music playing, and the dancers dancing!
Please stop by, say hello, renew your membership and register for classes.
For those of you who continue to stay home,
don't worry, Zoom is here to stay!

Activities being offered beginning in July:

- Indoor exercise and dance classes (See page 6)
- Indoor educational programs and groups (See page 5)
- Drive thru and tailgate events (See page 4)
- Virtual and In Person Bingo (See page 4 and 5)
- Mahjong, Dominoes, Knitting, Garden Club (See page 5)

Check-In: Please be sure to check in for your program at the desk or at the kiosk.

Lunch at Priscilla Place: At this time, the Priscilla Place Café is closed until further notice.

Town mask policy: In accordance with the Governor's Executive Order— If you are fully COVID-19 vaccinated, you do NOT have to wear a mask or face covering. If you are not fully vaccinated you MUST wear a mask.

Food and Drinks: We will not be offering coffee or tea. There is one water station available, but you must bring your own water bottle.



NEWS AND ANNOUNCEMENTS



The Trumbull Health Department is proud to share the news that we have vaccinated over 10,000 people for COVID-19. A vaccination clinic was held at the Trumbull Senior Center on Tuesday, June 1, 2021, where Public Health Nurse, Sam Cousins, administered the 10,000th dose of the COVID vaccine. The 10,000th dose was administered to James Coyne, who was presented with a gift card to one of Trumbull's local establishments, Old Towne Restaurant.



First Selectman, Vicki Tesoro, along with Luci Bango, Trumbull Director of Health and Trumbull Health Department Staff, Sue Jacozzi, Health Educator, Taylor Pennino, Administrative Assistant, Jen Kegan, Administrative Support and Trumbull Nurse, Tori Benoit were present to partake in the celebrations.

THE CENTER WILL BE CLOSED ON MONDAY, JULY 5TH, IN OBSERVANCE OF INDEPENDENCE DAY.

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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF

Director of Human Services

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

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

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

Front Desk

Ronnie Mogensen (203) 452-5199
rmogensen@trumbull-ct.gov

Transportation (203) 452-5137**SOCIAL SERVICES (203) 452-5198**

Jennifer Gillis B.A. (203) 452-5133
jgillis@trumbull-ct.gov

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

Food Pantry

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

Wellness Nurse

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

First Selectman (203) 452-5005

Vicki Tesoro
Firstselectman@trumbull-ct.gov

COMMISSION ON AGING

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Ron Foligno: Co-Chair

Jean DaRold: Secretary

Evelyn Wiesner

Michael Ganino

Mark Ryan

Alissa Heilbrunn

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.
(203) 452-5199

SOCIAL SERVICES

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

FOOD PANTRY:

Call for an appointment (203) 452-5136

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**Wednesdays 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

Art Gottlieb Presents Declaration of Independence**Thursday, July 8th at 10:00 AM**

Join Art Gottlieb for an interesting and informative Zoom presentation about the Declaration of Independence.

Meeting ID: 809 418 0302

Password: 12345

Root Top Garden**Wednesday, July 14th at 11:00 AM**

Join ShopRite of Shelton Dietitian, Siddhi Sheth, for a virtual class on creating your own kitchen garden! Siddhi will show you how to grow your own plants using food scraps from your kitchen. Please be sure to RSVP by calling (203) 452-5199.

Resources for Hearing Loss**Thursday, July 22nd at 11:30 AM**

Join Dr. Willa Horowitz, Audiologist and Owner of Acuity Hearing Solutions, for a presentation that enlightens us to ways we can conserve and preserve our hearing and understand the consequences of not recognizing or not treating hearing loss. Presented by Wesley Village and Acuity Hearing Solutions.

Meeting ID: 809 418 0302

Password: 12345

Virtual Bingo**Friday, July 23rd at 11:30 AM**

Please call (203) 452-5199 to RSVP and receive the Zoom information.

If you need bingo supplies, please let us know. There is also an in-person option for Bingo as well. Please see page 5 for more information.

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

Do you need assistance with learning how to use Zoom?

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

Meeting ID: 956 7644 0327

Passcode: 12345

For more information, please contact Ashley Sylvester at asylvester@trumbull-ct.gov and/or (203) 452-5135.

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.

JULY BIRTHDAYS

This month, we would like to wish a VERY happy birthday to:

- Augustus Aquino
- Susan Drzal
- Gregory Chuga
- Alice Targowski
- Lorraine Wall



DRIVE THRU EVENTS

BRING A CHAIR AND TAILGATE

- **Ice Cream Drive Thru/Tailgate**
Friday, July 16th at 1:00 PM
- **Brunch Drive Thru/Tailgate**
Friday, July 30th at 11:00 AM

You **MUST** be a member to participate. Members may bring a guest, but the guest must be in the car or with the member at the time of the event. 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.**

IN PERSON PROGRAMS AND GAMES

Book Club Meeting on Zoom
NOW MEETING IN PERSON!**The Last Castle by Denise Kiernan**
Monday, July 12th at 11:00 AM**Drift by L.T. Ryan**
Monday, August 2nd at 11:00 AM**Where the Forest Meets the Stars**
By Glenda Vanderah
Monday, September 13th at 11:00 AM
If you would like to join, please call the office at (203) 452-5199.**How to Simplify Your Financial Life**
Monday, July 19th at 11:30 AM
Join Stephen Archer, Certified Financial Planner, for a presentation about ways to organize and simplify your finances. This is an in person program.
To RSVP, please call (203) 452-5199**Heart Health with Dr. Orr, MD, FACC**
Tuesday, July 27th at 11:00 AM
Join Cardiologist, Dr. Orr, MD, FACC, from St. Joseph's Center, for an informative discussion about the importance of taking care of your heart health. This is an in person program. For more information and to RSVP, please call (203) 452-5199.**Are you interested in playing Canasta?**

Call the office at (203) 452-5199.

Do you need help with learning how to use your computer/tablet/smartphone?

Give the office a call at (203) 452-5199.

KNITTING GROUPTuesdays at 10:00 AM beginning Tuesday, July 6th.
All are welcome.**NEW! GARDEN CLUB WITH WELLNESS NURSE TORI**
Thursdays at 9:30 AM beginning Thursday, July 8th.
Join our Wellness Nurse Tori, who is a euthanistic gardener, to help create and start a new, organic garden group. All are welcome. Let's learn and garden together! Meets at Abraham Nichols Park. For more information and to RSVP, please call (203) 452-5199**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.**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****Friday, July 23rd at 11:30 AM****Registration required.** 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. Members are limited to bringing in a bottle of water. No food or coffee allowed. Call (203) 452-5199 to RSVP.**DOMINOES**

Tuesdays from 11:00 AM to 2:00 PM beginning Tuesday, July 6th

MAHJONG

Fridays from 12:00 PM TO 2:00 PM beginning Friday, July 2nd



NURSE TORI

APPOINTMENTS WITH THE NURSE

Call (203) 452-5134 to schedule a visit

THE WALKING GROUP LED BY NURSE TORI

New Day: Tuesdays at 10:00 AM in front of Target on the second floor inside the Trumbull Mall.

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

GARDEN CLUB WITH WELLNESS NURSE TORI

See page 5 for more details.

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: Thursdays 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, July 15th at 7:00 PM

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

Stretch and Move with Nancy

Mondays at 9:00 AM

Zumba Gold and Toning with Pauline

Mondays at 11:15 AM

New Class—Beginners Tap Dance with Joy

Tuesdays at 10:00 AM

12 Week Session: July 6th—September 28th

New Class—Intermediate Tap Dance with Melody

Tuesdays at 11:00 AM

12 Week Session: July 6th—September 28th

New Class—Sit and Fit with Bobbi

Tuesdays at 11:30 AM

Yoga Nidra with Deborah Swann

Fourth Tuesday of each month at 1:00 PM

Tuesday, July 27th

Please bring a yoga mat and small throw blanket.

Optional: small pillow for head rest.

Tai Chi with David

Wednesdays at 10:00 AM

Strength with Nancy

Thursdays at 10:15 AM

Please bring your own weights.

New Class—Pilates with Jeannie

Thursdays at 1:15 PM

Participants are limited to register for two classes only. Exercise classes are 4 week sessions and tap dance classes are 12 week sessions. If the class fills, you will be put on a waitlist and given priority the following month. You must pre-register for each class. Space is limited. **Registration is now open.**



FRIENDSHIP LINE

The **Friendship Line** at **Institute on Aging** is the nation's only accredited 24-hour toll-free hotline for older adults and adults living with a disability. Call

the **Friendship Line** anytime, day or night, 7-days a week at 1-800-971-0016 and introduce yourself to one of our staff members or volunteers - It's that easy.

Who can call the Friendship Line?

- Any person aged 60 years or older
- Adults living with a disability 18 years & older
- Caregivers of older and disabled adults

Call-In Service - We are available to people 60+ who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide. We also welcome calls from caregivers and/or adults living with a disability of all ages.

1-800-971-0016 24hr HOTLINE AVAILABLE 7 DAYS A WEEK



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Plus, learn how to foster an animal in need at no cost to you!

For more information,

Contact Jennifer Gillis (203) 452-5133



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.
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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 and ShopRite 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.

- 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: Trumbull Senior Center, 23 Priscilla Place, Trumbull, CT 06611.

GROUPS

FAMILY CONFLICT GROUP ON ZOOM

Facilitated by Dr. Cornelia Morris, PhD, LADC.

**1st and 3rd Wednesday of each month at 10:00 AM
Wednesday, July 7th and 21st**

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

GRIEF AND LOSS SUPPORT GROUP

Facilitated by Dr. Cornelia Morris, PhD, LADC, and co-facilitated by Ashley Grace, MSW Intern from Sacred Heart University. *Meets in person at the Senior Center beginning in July.*

**2nd and 4th Tuesday of each month at 9:00 AM
Tuesday, July 13th and 27th**

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

WELLNESS WEDNESDAYS ON ZOOM

Wednesday, July 21st 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, July 8th and 22nd

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.



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Trumbull Senior Center

06-5293

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
<h1>JULY 2021</h1>			1	2
			9:00 Chair Yoga 10:15 Strength: In Person 11:30 Sit and Fit: Zoom 1:15 Pilates: In Person	9:00 Painting Part 1 10:00 Tai Chi: Zoom 12:00 Mahjong 12:15 Zoom Lessons 1:00 Painting Part 2
5	6	7	8	9
The Center will be closed in observance of Independence Day.	10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit: In Person	9:00 Brain Games 9:00 Watercolors 10:00 Family Conflict 10:00 Tai Chi: In Person 11:00 Zumba Gold/Tone 1:00 Qigong	9:00 Chair Yoga: Zoom 9:30 Garden Club 10:00 Art Gottlieb 10:15 Strength: In Person 11:30 Sit & Fit: Zoom 1:15 Pilates: In Person 2:30 Caregiver Support	9:00 Painting Part 1 10:00 Tai Chi: Zoom 12:00 Mahjong 12:15 Zoom Lessons 1:00 Painting Part 2
12	13	14	15	16
9:00 Drawing Part 1 9:00 Stretch: In Person 10:30 Yoga: Zoom 11:00 Book Club 11:15 Zumba: In Person 1:00 Tai Chi: Zoom 2:00 Drawing Part 2	9:00 Grief: In Person 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit: In Person	9:00 Brain Games 9:00 Watercolors 10:00 Tai Chi: In Person 11:00 Zumba Gold/Tone 11:00 Root Top Garden 1:00 Qigong	9:00 Chair Yoga: Zoom 9:30 Garden Club 10:15 Strength: In Person 11:30 Sit and Fit: Zoom 1:15 Pilates: In Person 7:00 Community Meditation: Zoom	9:00 Painting Part 1 10:00 Tai Chi: Zoom 12:00 Mahjong 12:15 Zoom Lessons 1:00 Painting Part 2 1:00 Ice Cream Drive Thru
19	20	21	22	23
9:00 Drawing Part 1 9:00 Stretch: In Person 10:30 Yoga: Zoom 11:15 Zumba: In Person 11:30 Simplify Finances 1:00 Tai Chi: Zoom 2:00 Drawing Part 2	10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit: In Person	9:00 Brain Games 9:00 Watercolors 10:00 Family Conflict 10:00 Tai Chi: In Person 11:00 Zumba Gold/Tone 1:00 Qigong 2:00 Wellness Wednesday: Zoom	9:00 Chair Yoga: Zoom 9:30 Garden Club 10:15 Strength: In Person 11:30 Sit & Fit: Zoom 11:30 Hearing Resources 1:15 Pilates: In Person 2:30 Caregiver Support	9:00 Painting Part 1 10:00 Tai Chi: Zoom 11:30 Bingo 12:00 Mahjong 12:15 Zoom Lessons 1:00 Painting Part 2
26	27	28	29	30
9:00 Drawing Part 1 9:00 Stretch: In Person 10:30 Yoga: Zoom 11:15 Zumba: In Person 1:00 Tai Chi: Zoom 2:00 Drawing Part 2	9:00 Grief: In Person 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Intermediate Tap 11:00 Heart Health 11:00 Dominoes 11:30 Sit & Fit: In Person 1:00 Yoga Nidra	9:00 Brain Games 9:00 Watercolors 10:00 Tai Chi: In Person 11:00 Zumba Gold/Tone 1:00 Qigong	9:00 Chair Yoga: Zoom 9:30 Garden Club 10:15 Strength: In Person 11:30 Sit & Fit: Zoom 1:15 Pilates: In Person <div>To Do: Call a friend and check in on them.</div>	9:00 Painting Part 1 10:00 Tai Chi: Zoom 11:00 Brunch Drive Thru 12:00 Mahjong 12:15 Zoom Lessons 1:00 Painting Part 2

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