



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

SEPTEMBER 2021

NEWS AND ANNOUNCEMENTS: The Center will be closed on Monday, September 6th, in observance of Labor Day.

THE SENIOR PICNIC IS BACK!



The Trumbull Rotary Club is inviting you to the annual senior picnic.

Date: Friday, September 17th

Time: 12:00 PM to 2:00 PM

Place: Town Hall Green. 5866 Main Street, Trumbull

Please RSVP by calling (203) 452-5199

Call for Transportation: (203) 452-5137



WE ARE HAPPY TO ANNOUNCE THAT WE HAVE A NEW LUNCH PROGRAM!

Elaine Marcuci, from New England Young at Heart, has signed on to be our new lunch provider here at the senior center. She will offer a hot meal, soup, sandwiches, salads, and snacks. Prices will range from \$1.50-\$10.00.

We plan to have monthly luncheons and offer lunch 1-2 times per week.

The program will begin in October 2021. Menus will be posted and shared.

We can't wait for you to join us for lunch!



IN-PERSON ART CLASSES RETURN!

We are happy to announce that we have a new art instructor that will be teaching in-person.

Please meet Jill Harrington Nichols.

She will be offering Watercolors and Oil/Acrylic art classes.

SEE PAGE 4 FOR MORE DETAILS.

Now is the perfect time to sell your home.

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)



Bunting Appraisal Services

Real Estate Valuation Services
Probate • Estate Planning • Divorce • PreListing

203-243-6009 • www.kathleenbunting.com

kathleenbunting@hotmail.com

Kathleen
Bunting

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

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



203-261-5777

WWW.RAHFFC.COM

WWW.RAHFFC.COM

Law Offices of Eliovson & Tenore
...because experience matters.

ELDERLAW & FAMILY COUNSELING ASSOCIATES, LLC

ESTATES • TRUSTS • PROBATE • CONSERVATORSHIPS

MEDICAID & ASSET PRESERVATION PLANNING

203-259-7195 • www.ConnecticutElderLaw.com

FAIRFIELD, CT



CYRIL F. MULLINS FUNERAL HOME, INC.

399 White Plains Road, Trumbull, CT

203-372-6543

www.mullinsfh.com email: cfcf@outlook.com

Family owned and operated since 1937

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

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
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



4 ACTIVITIES

ONLINE LECTURES, GAMES AND WORKSHOPS

Plant-Based Diets

Tuesday, September 7th

11:00 AM

Join ShopRite of Shelton Dietitian, Siddhi Sheth, for a virtual class on plant-based diets. Siddhi will discuss aspects of the diet and how to incorporate a more plant-based or plant forward diet into your current diet and eating habits.

Class will conclude with a cooking demo featuring a delicious plant-based dish!

Meeting ID: 809 418 0302

Passcode: 12345

Virtual Bingo

Thursday, September 23rd

11:30 AM

Please call (203) 452-5199 to RSVP and receive the Zoom information. When signing up, please indicate that you are signing up for virtual bingo. If you need bingo supplies, please let the office know and we can make arrangements for you.

DRIVE THRU EVENTS

BRING A CHAIR AND TAILGATE

• **September Drive Thru/Tailgate Luncheon**

Friday, September 24th at 12:00 PM

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.**

ART CLASSES — IN-PERSON

We are excited to announce that our in-person art classes will return with our new art instructor, **Jill Harrington Nichols!**

- **Watercolors Class—Thursdays at 9:30 AM**
12 Week Workshop—Begins October 7th-December 30th
- **Oil/Acrylic Painting Class—Fridays at 12:00 PM**
12 Week Workshop—Begins October 1st-December 31st

Registration opens on Monday, September 13th at 9:00 AM

- Residents: No cost
- Non-residents: \$25.00 for entire 12 week workshop

You can only register for one workshop at a time.

Call (203) 452-5199. Non-residents must register and pay in person.

You MUST have an active membership on file PRIOR to registering for a workshop and you MUST sign in for every class.

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

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

SEPTEMBER BIRTHDAYS

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

- Donna Chang
- Richard Abramson
- Alan Listenes
- Monica Lekuch
- Ann Hamlin
- Diane Nunn
- Nancy Sabol
- Karin Lydia Brey
- Joanne O'Rourke
- Margery Thoma
- Renuka Advani
- Annie Chen
- Roslyn Krasilovsky
- Ann Companik
- Edward Bader
- Peggy Boissoneau
- Agnes Horton
- Rosann Blanco
- Linda Reilly
- Frances Capella



IN PERSON PROGRAMS AND GAMES

Book Club Meeting

The Mother-In-Law by Sally Hepowrth
Monday, September 13th at 11:00 AM

Ask Again, Yes by Mary Beth Keane
Monday, October 4th at 11:00 AM

The Great Alone by Kristin Hannah
Monday, November 1st at 11:00 AM

Where The Crawdads Sing by
Delia Owens
Monday, December 6th at 11:00 AM

If you would like to join the book club,
please call the office at (203) 452-5199.

Brain Games

*New Time/Date: Thursday, September 2nd
9:00 AM*

Meets in person the 1st Thursday of each month.

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

Managing Knee Arthritis

**Wednesday, September 8th
11:00 AM**

Join Board Certified Orthopaedic
Surgeon, Dr. David Martin, from
Connecticut Orthopaedic Institute with
St. Vincent's Medical Center, for an
informative information session about
common hip ailments, minimally invasive
treatments options, and a Q & A with the
surgeon. To RSVP, please call the office
at (203) 452-5199.

Veterans Benefits Screenings

**Tuesday, September 14th
12:30 PM**

Ramon Agusto, from the Connecticut
Department of Veterans Affairs, returns to
screen Veterans and their surviving
spouses for all benefits. Bring your
discharge papers. Membership is not
required.

To make an appointment, please call
(203) 452-5199.

NEW! COMPUTER LESSONS WITH CATHY**Thursdays at 11:00 AM**

To receive a private tutor lesson at the Senior Center, please call the office at (203) 452-5199 to make an appointment with Cathy. Be sure to bring in your tablet, laptop, and/or smartphone.

KNITTING GROUP

Tuesdays at 10:00 AM. All are welcome to join.

GARDEN CLUB WITH WELLNESS NURSE TORI**Thursdays at 9:30 AM**

See page 7 for more information.

BILLIARDS: Players can reserve a table for an hour at a time. 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.

BINGO**Thursday, September 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.

CANASTA

Mondays from 11:00 AM to 2:00 PM

DOMINOES

Tuesdays from 11:00 AM to 2:00 PM

PINOCHLE

Wednesdays and Thursdays from 11:00 AM to 2:00 PM

MAHJONG

Fridays from 10:00 AM to 2:00 PM

**43rd Annual Trumbull Arts Festival**

Sunday, September 19th, 2021

10:00 a.m. to 4:00 p.m. — Rain or Shine

Town Hall Green - 5866 Main Street - Free Admission
For more information, please email arts@trumbull-ct.gov or call
203-452-5065

6 HEALTH AND WELLNESS

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

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, September 16th at 7:00 PM

Topic: Ancestral Meditation

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



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

Beginners Tap Dance with Joy

Tuesdays at 10:00 AM

12 Week Session: July 6th—October 12th

Intermediate Tap Dance with Melody

Tuesdays at 11:00 AM

12 Week Session: July 6th—October 26th

Sit and Fit with Bobbi

Tuesdays at 11:30 AM

Please bring your own weights.

Yoga Nidra with Deborah Swann

Fourth Tuesday of each month at 1:00 PM

Tuesday, September 28th

This is a deep relaxation class with Reiki.

Please bring a yoga mat and small throw blanket.

Optional: small pillow for head rest.

New Class! Moderate Yoga with Deborah Swann

Tuesdays at 9:15 AM

Begins Tuesday, September 7th at 9:15 AM

Please bring a yoga mat and 2 yoga blocks. To join, please call the office at (203) 452-5199.

New Class! Weight-ing to Exercise & Line Dance with Nancy—Wednesdays at 9:00 AM

Begins Wednesday, September 1st at 9:00 AM

Please bring your own weights.

Tai Chi with David

Wednesdays at 10:00 AM

Meets inside and outside at times

Strength with Nancy

Thursdays at 10:15 AM

Please bring your own weights.

Pilates with Jeannie

Thursdays at 1:15 PM

Please bring an exercise/yoga mat.

Please note that all participants must sign in for every class at the front desk and/or kiosk. An active membership is required to participate in all programs.

WELLNESS NURSE TORI

APPOINTMENTS WITH THE NURSE

Call (203) 452-5134 to schedule an appointment. Drop in appointments available on Tuesdays and Thursdays from 11:30 AM to 1:45 PM.

THE WALKING GROUP LED BY NURSE TORI

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

Thursdays at 9:30 AM

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



					2		
8				7	9		
6	2				5		
7			6				
		9	1				
			2		4		
	5				6	3	
9	4				7		
	6						

(a) Sudoku Puzzle

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. (203) 452-5193

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.**

THE FRIENDSHIP LINE

24-hour toll-free hotline for older adults and adults living

with a disability at the Institute on Aging who are lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide.

1-800-971-0016



9	5	7	6	1	3	2	8	4
4	8	3	2	5	7	1	9	6
6	1	2	8	4	9	5	3	7
1	7	8	3	6	4	9	5	2
5	2	4	9	7	1	3	6	8
3	6	9	5	2	8	7	4	1
8	4	5	7	9	2	6	1	3
2	9	1	4	3	6	8	7	5
7	3	6	1	8	5	4	2	9

(b) Solution

We assist Trumbull residents and their families by providing assistance to help meet their basic needs. The Department provides programs such as benefits screenings, financial assistance, resources, information and assistance, counseling and advocacy. In-office and home visits are offered. Please call 203-452-5198.

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 premium paid for you. The maximum allowable gross income for individuals is \$2,617.44 per month and \$3,535.02 a month for couples. Countable income includes Social Security, pensions, annuities, 401K, IRAs, dividends, interest, rental income, wages, 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 PANTRY

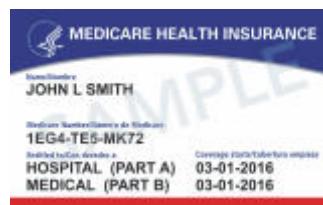
Available to all Trumbull residents who meet income guidelines or are facing food insecurity. We do not turn anyone away. We encourage residents who may be facing an unexpected circumstance such as a layoff, illness or have concerns going to the store to reach out to us. During difficult times, we want to reduce the stress our families face by meeting a basic need. This service is confidential. Shopping is 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.

MEDICARE GUIDANCE

New to Medicare? Not sure you understand your current insurance plans? Get free, unbiased information from trained volunteers and staff. (203) 452-5135



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.

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, September 1st and 15th**

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

GRIEF AND LOSS SUPPORT

Facilitated by Dr. Cornelia Morris, PhD, LADC and co-facilitated by Ashley Grace, MSW Intern from Sacred Heart University. The group now meets in person at the Senior Center.

**2nd and 4th Tuesday of each month at 9:00 AM
Tuesday, September 14th and 28th**

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

WELLNESS WEDNESDAYS ON ZOOM

Wednesday, September 22nd 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, September 9th and 23rd at 2:30 PM

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.



ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust



- Burglary
- Fire Safety

- Flood Detection
- Carbon Monoxide



SafeStreets

1-855-225-4251

Genesis

St. Joseph's Center

REHABILITATION CENTER
6448 Main Street, Trumbull • 203-268-6204

HAZARDOUS WASTE COLLECTION: SATURDAY, OCTOBER 9TH, 2021



Town of Trumbull Household Hazardous Waste Collection

on Saturday, October 9TH, 2021

TIME: 9:00 A.M. – 2:00 P.M.

PLACE: 307 Indian Ledge Park Drive next to BMX Facility

SERVING TRUMBULL, MONROE & EASTON RESIDENTS

(Must show CT Driver's License)



**-Emergency Rental Assistance
for Connecticut's Economy-**



UniteCT Program is administered by the Department of Housing on behalf of the US Treasury. UniteCT provides up to \$15,000 rental and up to \$1,500 electricity payment assistance on behalf of Connecticut households financially impacted by the COVID-19 pandemic. UniteCT is stabilizing CT's rental housing market by financially supporting those households up to 80% of HUD's Area Median Income (AMI) - Tenants and landlords use the UniteCT Rent Relief software to submit their own sections of the application creating a unique case file for decision making evaluation. You must first register to get an email invitation to start your application. Paper applications will not be accepted. *To apply, visit: <https://portal.ct.gov/DOH/DOH/Programs/UniteCT>*



If you need further assistance, please call 1-844-UniteCT (1-844-864-8328). If you need technical assistance, email a screenshot of the issue to DOH-UniteCT@ct.gov.

To request a reasonable accommodation, please email UniteCTReasonableAccommodation@ct.gov.

SUPPORT OUR ADVERTISERS!



Little Angels Home Care LLC



Providing: Elderly Care, Hourly, Companion, Live-in Caregivers, Weekends
We are taking long-term life ins and state cases

Reg. # HCA0000732

745 Osborn Rd., Naugatuck CT 06770
203-278-1436 • 475-439-3878
www.littleangels-homecare.com
E: littleangelshomecare48@yahoo.com

Ewa Grzymala



ABRIOLA PARKVIEW FUNERAL HOME

James Abriola
Director

203-373-1013

419 White Plains Road, Trumbull
www.abriola.com

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

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Duane Budelier** to place an ad today!
dbudelier@lpicommunities.com or
(800) 950-9952 x2525

Wesley Village

BISHOP WICKE | CROSBY COMMONS | LIFESTYLE TRANSITIONS | WESLEY HEIGHTS

Wesley Village is a not-for-profit, full continuum of care campus designed to accomodate your lifestyle needs as they change.

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

SCHEDULE YOUR TOUR TODAY! | 203-225-5000
580 Long Hill Avenue, Shelton, CT 06484 | 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



PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

**PLUS
SPECIAL
OFFER**

**CALL NOW! 1.877.801.5055
WWW.24-7MED.COM**

WILLIAM RAVEIS
REAL ESTATE • MORTGAGE • INSURANCE

ELIZABETH CASEY
Your Trusted Resource

REALTOR® ABR, SRES
ElizabethCasey@reveis.com | ElizabethCasey.raveis.com



**Call your local Senior Real Estate
Specialist today!**

203-260-7118

**From market evaluation to unpacking
in your new home, we have you covered
every step of the way.**

945 White Plains Road, Trumbull, CT 06611

Unique Beauty Salon Maritza Militello

2 Daniels Farm Rd. Trumbull, 06611

Phone - 203-880-5391

New clients **15% OFF** Tuesdays seniors **20% OFF**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

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	
		SEPTEMBER 2021 9:00 Weight-ing 10:00 Family Conflict 10:00 Tai Chi 11:00 Zumba Gold/Tone 11:00 Pinochle 1:00 Qigong	1 9:00 Chair Yoga 9:00 Brain Games 9:30 Garden Club 10:15 Strength 11:00 Computer Tutor 11:00 Pinochle 11:30 Sit and Fit 1:15 Pilates	2 9:00 Painting Part 1 10:00 Tai Chi 10:00 Mahjong 12:15 Zoom Lessons 1:00 Painting Part 2	3
6 The Center will be closed in observance of Labor Day.	7 9:15 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Plant-based diet 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit	8 9:00 Weight-ing 10:00 Tai Chi 11:00 Knee Arthritis 11:00 Zumba Gold/Tone 11:00 Pinochle 1:00 Qigong	9 9:00 Chair Yoga 9:30 Garden Club 10:15 Strength 11:00 Computer Tutor 11:00 Pinochle 11:30 Sit & Fit 1:15 Pilates 2:30 Caregiver Support	10 9:00 Painting Part 1 10:00 Tai Chi 10:00 Mahjong 12:15 Zoom Lessons 1:00 Painting Part 2	
13 9:00 Drawing Part 1 9:00 Stretch 10:30 Yoga 11:00 Book Club 11:00 Canasta 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2	14 9:00 Grief and Loss 9:15 Moderate Yoga 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit 12:30 Veterans Benefits	15 9:00 Weight-ing 10:00 Family Conflict 10:00 Tai Chi 11:00 Zumba Gold/Tone 11:00 Pinochle 1:00 Qigong	16 9:00 Chair Yoga 9:30 Garden Club 10:15 Strength 11:00 Computer Tutor 11:00 Pinochle 11:30 Sit and Fit 1:15 Pilates 7:00 Comm. Meditation	17 9:00 Painting Part 1 10:00 Tai Chi 10:00 Mahjong 12:00 Senior Picnic 12:15 Zoom Lessons 1:00 Painting Part 2	
20 9:00 Drawing Part 1 9:00 Stretch 10:30 Yoga 11:00 Canasta 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2	21 9:15 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit	22 9:00 Weight-ing 10:00 Tai Chi 11:00 Zumba Gold/Tone 11:00 Pinochle 1:00 Qigong 2:00 Wellness Wednesday	23 9:00 Chair Yoga 9:30 Garden Club 10:15 Strength 11:00 Computer Tutor 11:00 Pinochle 11:30 Bingo 11:30 Sit & Fit 1:15 Pilates 2:30 Caregiver Support	24 9:00 Painting Part 1 10:00 Tai Chi 10:00 Mahjong 12:00 Drive thru 12:15 Zoom Lessons 1:00 Painting Part 2	
27 9:00 Drawing Part 1 9:00 Stretch 10:30 Yoga 11:00 Canasta 11:15 Zumba 1:00 Tai Chi 2:00 Drawing Part 2	28 9:00 Grief and Loss 9:15 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 11:00 Intermediate Tap 11:00 Dominoes 11:30 Sit & Fit 1:00 Art Gottlieb 1:00 Yoga Nidra	29 9:00 Weight-ing 10:00 Tai Chi 11:00 Zumba Gold/Tone 11:00 Pinochle 1:00 Qigong	30 9:00 Chair Yoga 9:30 Garden Club 10:15 Strength 11:00 Computer Tutor 11:00 Pinochle 11:30 Sit & Fit 1:15 Pilates		

- In Person Programs are in **Blue Text**.
- Virtual Programs are in **Black Text**.

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