



Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

MARCH 2022

THE CENTER IS OPEN FOR IN PERSON PROGRAMMING

AARP TAX-AIDE

AARP is offering free income tax help. Beginning Wednesday, February 2nd until Wednesday, April 13th. Appointments will be on Wednesdays and Fridays at the Trumbull Library at 33 Quality Street from 9:30 AM to 12:30 PM.

WHAT TO BRING:

- Photo ID or other type of identification
- Social Security Card and Statement (SSA 1099)
- A copy of your 2020 tax return
- All tax forms received for tax year 2021 (W-2, 1095, 1099)
- End of year investment statements (INT, DIV, Stocks, Bonds)
- List of Itemized Deductions (Medical, Donations, Taxes)
- IRS Letter on Stimulus Payment, Child Tax Credits
- IRS PIN if issued, cancelled check for Direct Deposit
- Any other tax documents you might have

You must make an appointment by calling the Trumbull Library at (203) 452-5197.

LET US WELCOME THE ATTORNEY GENERAL!

Have you been a victim of fraud?

Do you need assistance assessing benefits and/or resources?

We are happy to announce that the Attorney General, William Tong, will present an informative presentation and discussion on **Thursday, March 10th at 11:00 AM** about the new Elder Justice Hotline, a resource that can help older adults in Connecticut file a consumer related complaint, get more information, and get connected to the appropriate resources they need.

To RSVP for this event, please call the office at (203) 452-5199. See page 4 for more information.



MEDICARE GUIDANCE

Medicare Counseling Available

Peter Tallian, CHOICES Counselor will be here on **March 17th and 31st from 10:00 AM-12:00 PM.**

Please call ahead for an individual appointment: 203-452-5199.

CHOICES offers:

- Free, unbiased, one-on-one **benefits counseling** on all parts of Medicare, including Original Medicare (Parts A and B) Medicare Advantage (Part C), Medicare Supplement, and Prescription Drug Coverage (Part D)
- **Enrollment assistance and plan comparisons** for Medicare Advantage and standalone Part D plans
- **Eligibility Screening and application assistance** with cost-assistance programs including Medicaid, the Medicare Savings Program, the Low-Income Subsidy/Extra Help Program



SPOTLIGHT

Meet Pauline L Lesko Zumba Fitness Instructor

Since she was a little girl, Pauline has always loved to dance and be an instructor.

She began teaching dance by offering an aerobic fitness class for children. In addition to her regular Zumba classes, Pauline is also a licensed Zumba Gold-Toning, Zumba Kids and Zumba Kids Junior, Zumba Toning, Zumba Step, Aqua Zumba Instructor, Strong Nation and Spin Instructor.

Let the music move you!
Join Pauline in one of her Zumba Gold-Toning classes on Mondays in person or virtual class on Wednesdays.





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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
Administrative Assistant**

Ashley Ryan Grace
agrace@trumbull-ct.gov

(203) 452-5199

(203) 452-5199

Front Desk

Ronnie Mogensen
rmogensen@trumbull-ct.gov

(203) 452-5199

Transportation/Trips

Linda Fera
lfera@trumbull-ct.gov

(203) 452-5137

SOCIAL SERVICES

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

(203) 452-5198

(203) 452-5133

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

Priscilla Place Café

(203) 452-5199 Ext 3
Elaine Marcucio
New England Young at Heart

COMMISSION ON AGING

Mike Ganino: Chair
Ron Foligno: Vice Chair
Jean DaRold: Secretary
Evelyn Wiesner
Mark Ryan
Alissa Heilbrunn

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

MISSION STATEMENT

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

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

Newsletter Mailed: \$9 annually

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

IMPORTANT PHONE NUMBERS

Elder Justice Hotline: 1-860-808-5555
Southwestern CT Agency on Aging: (203) 333-9288
Call 211: Connection and referrals to local resources.

MARCH BIRTHDAYS

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

- Joyce Aquino
- Carl Scarpelli
- Luz Butler
- Patricia Schroder
- Jeanne Buynak
- Edward Shapiro
- Carol Cerulo
- Mary Song
- Anthony Chory
- Lloyd Stableford
- Agnes Esposito
- Stacy Stableford
- Raffaella Fabrizio
- Philomena Stefanacci
- Evelyn Falcone
- Lillian Tesoriero
- Albert Fensky
- Michael Todd
- Wendy Forster
- Mary Ann
- Matoka Kallay
- Grygorcewicz
- Joy Koch
- Roger Kreisman
- Jeannette Laprade
- Nancy Lenoce
- Melody Martin
- Shirley McMenamey
- Pat Notarnicola
- Paula O'Brien
- Anthony Puccio
- Liebert Wein



4 ACTIVITIES

ONLINE PROGRAMS

Wellness Wednesday

Wednesday, March 16th

2:00 PM

Join us on Zoom to connect with other members and receive important Senior Center updates and announcements.

Meeting ID: 809 418 0302

Password: 12345

Virtual Bingo

Friday, March 18th

12:30 PM

To RSVP, call (203) 452-5199 and indicate that you are signing up for virtual bingo. If you need bingo supplies, let the office know and we can make arrangements for you.

Tour Argentina New Program!

Wednesday, March 23rd

3:30 PM

Let's explore Argentina! Join us for a live virtual tour from the streets of Argentina with fun adventures at Rosedal Park. For more information and to RSVP for this virtual program, please call the office at (203) 452-5199.

ART CLASSES ONLINE

MEMBERSHIP IS REQUIRED TO PARTICIPATE.

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.

ART CLASSES — IN-PERSON

- **Watercolors Class**
Thursdays from 10:00 AM 12:00 PM
12 Week Workshop—Begins February 10th—April 28th
- **Oil/Acrylic Painting Class**
Fridays from 10:00 AM 12:00 PM
12 Week Workshop—Begins February 11th—April 29th

Registration period for the above workshops is now closed. The next registration period will open on Monday, April 4th at 9:00 AM.

SPECIAL PROGRAM

Elder Justice Hotline

Thursday, March 10th

11:00 AM



Be sure to join us for an informative presentation and discussion from Attorney General, William Tong, about the new Elder Justice Hotline, a resource to help older adults in Connecticut seek information, assistance, and justice.

Vicki Tesoro, Trumbull's First Selectman, Laura Devlin, State Representative 134th District, David Rutigliano, State Representative 123rd District, Ben McGorty, State Representative 122nd District, and Marylin Moore, State Senator 22nd District will also be present to answer any of your questions.

Refreshments will be served.

To RSVP for this event, please call the office at (203) 452-5199.

THC, CBD, & What You Need to Know About Today's Marijuana

By Melissa McGarry—TPAUD, Trumbull's Prevention Partnership

Many of us are familiar with marijuana. But do we have all the facts about how this product has changed in recent years and how it may effect our health? **Today's Marijuana is Stronger than Ever!**

Marijuana comes in all sorts of forms these days. The higher the THC, the greater the impairment. While marijuana in the 1970s was about 1% THC, today's marijuana can range from around 30% in plant matter and up to 90% in concentrates and vapes!

When we use marijuana edibles like gummies or baked goods, it can take as long as 2 hours to feel the effect. It's easy to take too much if you don't wait for the effects to kick in. **Marijuana can be dangerous for kids and pets, so all products should be stored safely and securely out of their reach.**

Effects of Marijuana

- Using alcohol and marijuana can amplify the effects and cause anxiety, drowsiness, vomiting, or distorted vision/hearing.
- Balance and coordination effected
- Impairs driving—causes tunnel vision, slower reactions

CBD

There are many claims about the health benefits of CBD. Many of those claims are still being studied, and to date, the FDA has not approved over-the-counter CBD for human consumption.

THC, CBD & Your Health

- Marijuana increases heart rate and can increase blood pressure.
- Both THC and CBD can effect your body's absorption of other medications you take.
- Mixing marijuana with blood thinners, anti-seizure meds, anti-anxiety meds, antidepressants, or other meds can be dangerous.
- Tell your doctors and pharmacist if you use marijuana or CBD.



Have questions? Email us at tpaud@trumbullps.org

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

- **The Grace Year** by Kim Liqqett
Monday, March 7th -11:00 AM
- **The Summer Wives** by Beatrice Williams
Monday, April 4th -11:00 AM
- **In Five Years** by Rebecca Serle
Monday, May 2nd -11:00 AM

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

Dinner and Dance**Mardi Gras Celebration****Friday, March 4th at 4:00 PM***Located at River Valley**Retirement Community*

Join your friends at River Valley Retirement Community in Trumbull for a fun Mardi Gras celebration. Bring your beads and masks and come dressed up to enjoy a delicious dinner, followed by music from DJ Al Song with dancing on Main Street! For more information and to RSVP, please call the office at (203) 452-5199.

Mocktail and Wine Glass Painting Extravaganza**Tuesday, March 8th at 1:30 PM**

Join us for a fun mocktail and wine glass painting extravaganza sponsored by Senior Helpers of Upper Fairfield. To RSVP, please call (203) 452-5199.

Maple Sugaring Demo**Thursday, March 17th at 10:30 AM**

The Trumbull Nature & Arts Center brings their popular maple sugaring demonstration to the Senior Center. Participants will learn the story behind maple sugaring in New England and its Native American origins while also getting to taste a sweet sample of real New England maple syrup. To RSVP, please call the office at (203) 452-5199.

Holistic Occupational**Therapy for Pain****Thursday, March 24th at 10:30 AM**

Join Occupational Therapist, Qarib Ahmed, from Holistic Healing Manual Therapy, for an educational presentation about a holistic approach to pain management and healing.

To reserve lunch, please call (203) 452-5199 ext 3.

Rita's African Show**Monday, March 28th at 1:00 PM**

Join Rita Wagener (Kabali) for an exciting presentation/show that will take you through different fashions, dances, and the culture of Africa. At the end of the presentation, you will feel like you have traveled to Africa, without being on a plane! To RSVP, please call the office at (203) 452-5199.

Monthly Birthday Party**Tuesday, March 29th at 1:15 PM**

Join us to celebrate our March birthdays with cake and coffee! This event is sponsored by the Watermark at 3030 Park. To RSVP, please call the office at (203) 452-5199.

Nutrition and Health**Thursday, March 31st at 11:00 AM**

Join us for an informative health presentation about the importance of nutrition and your overall health. To reserve lunch, please call (203) 452-5199 ext 3.

How can you stay up to date on town government and events?

By watching Trumbull Community Television! TCTV is your local connection to government meetings, school events, and community information. Watch us on Charter Spectrum channel 194, on YouTube at TCTV Trumbull, or on Facebook to watch LIVE municipal meetings and events.

**Brain Games****Thursday, March 3rd****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.

Bingo**Friday, March 18th****12:30 PM**

Membership and registration required. Please call (203) 452-5199 to RSVP.

Lunch and Movie**Friday, March 25th****Lunch: 12:00 PM****Movie will begin: 1:30 PM****Movie: Under the Tuscan Sun**

Starring: Diane Lane, Sandra Oh, Lindsay Duncan

In this drama, a San Francisco writer travels to Italy and impulsively buys an aging, but very beautiful, villa. She then finds herself in a life-changing adventure.

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

Computer Lessons with Cathy**Mondays at 12:30 PM and****Thursdays at 11:00 AM**

Please call (203) 452-5199 to make an appointment with Cathy.

Knitting Group**Tuesdays at 10:00 AM.**

Billiards: Players can reserve a table for an hour at a time. Please call (203) 452-5199 to RSVP.

Chess: We have 4 chess boards for two games at a time.

Canasta

Mondays: 11:00 AM to 2:00 PM,
Tuesdays: 12:00 PM—3:00 PM

Dominoes

Tuesdays: 11:00 AM to 2:00 PM

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

New Zoom Information:

Meeting ID: 891 3297 7909 / Passcode: Peace

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, March 17th 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

Trumbull Community Women

We are pleased to announce new criteria for the 2022 Shelia Hayes Memorial Scholarship.

The scholarship will be awarded to one Trumbull woman graduating from high school this spring who has demonstrated service to others. The candidate may have volunteered at school, in the community, or with private agencies that enhance the lives of others.

Filing deadline: April 22nd, 2022

Eligibility and application details at trumbullcommunitywomen.org



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 Rose

Tuesdays at 10:00 AM

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, March 22nd

This is a deep relaxation class with Reiki.

Please bring a yoga mat and small throw blanket.

Optional: small pillow for head rest.

Morning Exercise with Nancy

Wednesdays at 9:00 AM

Weights are optional to bring.

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.



Are you interested in joining a Scrabble and/or quilting group? Call the office at (203) 452-5199 to sign up.

Join the Trumbull Trubadoors!

Do you like to sing? Are you interested in joining a choir group? Join the new Trumbull Trubadoors! The Trubadoors will meet on Mondays at 12:30 PM beginning Monday, March 7th. All are welcome to join. For more information, please stop by the front desk or call (203) 452-5199.

WELLNESS NURSE TORI

NURSE APPOINTMENTS 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 *Tuesdays at 10:00 AM* in front of Target on the second floor inside the Trumbull Mall. For more information please call (203) 452-5199.

GARDEN CLUB WITH WELLNESS NURSE TORI

Join Wellness Nurse, Tori, who is an enthusiastic 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, please call (203) 452-5134.



IN MEMORY

Gail Gilmore Poklemba
October 13, 1935 ~ February 9, 2022



Happy Trails

by Dale Evans

Happy trails to you, until we meet again
Some trails are happy ones, Others are blue
It's the way you ride the trail that counts
Here's a happy one for you.
Until we meet again.

**Thank you for all your years of service.
You will be missed by all.**

<https://www.redgatehennessy.com/tributes/Gail-Poklemba>

MENTAL HEALTH

The Mary J. Sherlach Counseling Center provides a therapeutic clinical setting for individual, family and group therapy, and crisis intervention. 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.



CAREGIVER SUPPORT

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 offer one-on-one support services. Call (203) 452-5198 for information.

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.



GRIEF AND LOSS SUPPORT

Facilitated by Dr. Cornelia Morris, PhD, LADC and co-facilitated by Ashley Grace, MSW Intern from Sacred Heart University. **Meets the 2nd and 4th Tuesday of each month at 9:00 AM**

Tuesday, March 8th and March 22nd

To join, please contact Ashley Grace at agrace@trumbull-ct.gov and/or call the office at (203) 452-5199.

Do you have suggestions/ideas for different groups and/or open discussions? If so, we'd love to hear from you! Be sure to call Ashley Grace at (203) 452-5199 and/or e-mail her at agrace@trumbull-ct.gov. All suggestions/responses are kept confidential.

8 SOCIAL AND HUMAN SERVICES

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.

ENERGY ASSISTANCE AND WINTER HEAT HELP

Social Services is currently accepting applications from residents meeting income guidelines for the Energy Assistance/Winter Heating Program. Applicants are required to provide proof of income, entitlements, assets, bank statements, and heating bills. Social Services sends the applications to Alliance for Community Empowerment (formerly ABCD) for approval. Benefits are available to help offset the heating costs for the 2021-2022 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 schedule an appointment, please call at (203) 452-5198.**

There is no harm in calling to see if you are eligible!

TRANSPORTATION

 The Trumbull Senior Center provides transportation to residents, age 60 and over and/or age 55-59 and disabled. Buses are fitted with UV light/air filtration systems.

MEDICAL RIDES

Rides available for medical appointments on **Mon., Tues., and Thurs. from 9:00 AM to 1:00 PM.** We can book appointments months or days in advance. We travel to Bridgeport, Stratford, and Shelton.

VETERANS! Ask us about rides to the VA in New Haven.

FOOD PANTRY

Available to all Trumbull residents who meet income guidelines **or** are facing food insecurity. We do not turn anyone away. This service is confidential. Shopping is by appointment only to ensure the confidentiality of the shopper. To sign up, please call (203) 452-5136.



EMERGENCY BROADBAND BENEFIT

The Emergency Broadband Benefit is a program to help families and households struggling to afford internet service. This new benefit will connect eligible households to jobs, critical healthcare services, virtual classrooms, and more. For eligibility requirements and assistance applying, please contact the Social Services Department at (203) 452-5198

TAX RELIEF PROGRAM (PROPERTY TAX)

The State of Connecticut offers an Elderly and Disabled Tax Relief tax credit program wherein the tax bill is reduced anywhere between \$150 and \$1,250 depending on income level. Complete details can be obtained from the Tax Assessor's office. Each application will be reviewed on a case by case basis. Additional documentation may be required at the discretion of the Tax Assessor.

[https://www.trumbull-ct.gov/DocumentCenter/View/5645/Elderly-and-Disabled-Homeowners-Program-PDF?bidId=\(203\)452-5018](https://www.trumbull-ct.gov/DocumentCenter/View/5645/Elderly-and-Disabled-Homeowners-Program-PDF?bidId=(203)452-5018)

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.

OFFICE HOURS MON-FRI 9:00 AM—1:00 PM (203) 452-5137

Need a ride somewhere else?

We provide rides to the bank, hairdresser, barbershop or legal appointments.

SHOPPING TRIPS

GROCERY SHOPPING

Every Wednesday we offer grocery shopping trips for Residents. On the 1st and 3rd (and 5th) Wednesday of the month, we go to Stop and Shop in Trumbull and on the 2nd and 4th Wednesdays of the month we go to ShopRite in Shelton for residents. The estimated pick up time at your home is between 9:00 AM –9:45 AM. Shop for an hour then return home.

WALMART SHOPPING TRIP

One Friday a month we offer rides to Walmart in Shelton. Estimated pick up time is between 9:00–9:45 am. Shop for an hour then return home. The Walmart shopping date is **FRIDAY, MARCH 4TH.**

SHOPPING LOOP

One Friday a month we offer loop shopping where you can choose the store to visit. Pick up time is between 9:00–9:45 am. Shop for 1 1/2 hours then return home. Our loop date is **FRIDAY, MARCH 18TH** Stores include Big Y, Best Buy, Kohl's and Target. Also included are TJ Maxx, McDonalds, Duchess and Burger King.

PAYMENT FOR TRIPS MUST BE MADE WITHIN 5 DAYS OF SIGN UP OR YOUR RESERVATION MAY BE RELEASED - PLEASE CONFIRM CANCELLATION POLICY.

WEST HAVEN VETERANS MUSEUM TRIP

Friday, March 25th, 2022

Depart Senior Center: 9:45 am

Return to Center: Approx. 2:00 pm

Cost: \$2.00

Donations welcome at the museum

Join us as we explore the museum collection which includes weaponry, uniforms, field gear and equipment used to support the troops from the American Revolution to the present. The museum library contains more than 1,000 books available for those interested in military history and rare documents written by the men who served in the Revolutionary War, Civil War, Spanish-American War, Mexican Border War, World War 1, and World War 2. After our tour we will enjoy lunch at Nick's Luncheonette in West Haven. **Call 203-452-5137 to sign up. Last day to sign up is March 18th**

WINE AND CHOCOLATE EXCURSION

Friday, April 8th, 2022

Depart Senior Center 10:15 am

Return to Center: Approx. 2:30 pm

Cost: \$12.00

There is no better pairing than wine and chocolate! Our journey begins at Fascia's Chocolates in Waterbury where we will learn about the origins of chocolate and how it gets from Bean to Bar and then from Bar to Box. Tastings and demonstrations, including a behind-the-scenes look into the factory via remote controlled camera, complete the experience. Enjoy making your own chocolate bar with toppings of your choice. Our next stop will be Hawk Ridge Winery in Watertown. CT Magazine's best of 2021 CT winner. The menu includes a variety of wines and local craft beer. Also on the menu are appetizers, sandwiches and other options for munching during your visit. If you prefer, you may bring your own lunch and/or non-alcoholic beverage. **Call 203-452-5137 to sign up. The last day to sign up is April 1st.**

BUS TRIPS

SHADES OF BUBLE AT SEVEN ANGLES THEATER

Thursday, June 9th, 2022

Depart Senior Center: 12:45 pm

Return to Center: Approx. 5:00 pm

Cost \$47.00

This Three-Man Tribute to Michael Bublé offers a combination of big-band standards from the jazz era, classic hits from the 50s/60s/70s, as well as Billboard chart toppers from today in a high-energy show that generates standing ovations from sold-out crowds. Delivering a set list comprised only of songs recorded or performed live by Michael Bublé, this world-class tribute act honors (but doesn't imitate) the sophistication, retro style, and high-energy fun that Bublé himself brings to his concerts. **Call 203-452-5137 to sign up. Last day to sign up is April 1st or when seats are sold out.**

THE MUSIC OF BARRY MANILOW

LUNCHEON SHOW AT ST. CLEMENTS CASTLE

Tuesday, June 14th, 2022

Depart Penny Lane Lot: 10:00 am

Estimated Return: 5:00 pm

Cost: \$106.00

Dave Colucci's smooth easy singing style will delight you as he showcases the songs that have enchanted fans throughout the decades. The Castle is set amidst 82 scenic acres alongside the meandering CT River in Portland, CT. You'll enjoy a beautifully prepared lunch in the Prince Edward Ballroom. Dine on Salad, choice of Sauteed chicken breast with Cremini Mushroom Demi Glace **OR** broiled scrod with crumb topping, both served with vegetable, potato, dessert and coffee. Entrée choice must be chosen in advance. **Call 203-452-5137 to sign up. The last day to sign up is May 6th.**

If you are interested in taking an extended World Travel Tour, please call Linda at 203-452-5137 with destinations you would like to visit.

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Tuesday, March 1st Lunch Special	Tuesday, March 8th Lunch Special	Tuesday, March 15th Lunch Special	Tuesday, March 22nd Lunch Special	Tuesday, March 29th Lunch Special
Chicken Oregano marinated boneless thighs served with rice pilaf and carrots	Meatloaf, Gravy, Potato and Broccoli	Garlic Chicken boneless thighs with sweet potato & string beans	Eye of Round sliced thin with gravy, mashed potato, broccoli	Turkey Dinner with gravy, sweet potato, string bean, cranberry sauce
Thursday, March 3rd Lunch Special	Thursday, March 10th Lunch Special	Thursday, March 17th Lunch Special	Thursday, March 24th Lunch Special	Thursday, March 31st Lunch Special
Stuffed Cabbage with Mashed Potato	Stuffed Shrimp with Rice Pilaf & Zucchini	St. Patrick's Day Celebration Corned beef cabbage	Sliced pork loin with gravy, mashed potato, apple sauce, mixed veggies	Beef Stroganoff over egg noodles & broccoli
Other Menu Selections: <u>Turkey Club</u> Turkey, Lettuce, Tomato, Bacon on Whole Wheat <u>Turkey Sandwich</u> Lettuce, Tomato on Whole Wheat <u>Tuna Salad</u> Sandwich Lettuce, Tomato on Whole Wheat <u>Salad</u> topped with Tuna Salad or Grilled Chicken <u>Grilled Chicken Sandwich</u> Lettuce, Tomato on soft roll		Lunch Pricing: Lunch Special \$5.00 Cup of Soup \$2.00 Bowl of Soup \$3.00 Club Sandwich \$4.00 Sandwiches \$4.00 Dessert \$1.50	Hours: Tuesdays & Thursdays 12:00 PM -1:00 PM. <ul style="list-style-type: none"> • All lunch specials are served with: Soup or Salad & Dessert • All sandwiches are served with a side. Reservation Line: (203) 452-5199 ext 3 Reservations must be made 24 hrs in advance. *Financial assistance is available. See the front office to apply. All inquiries kept confidential. Lunch prices are a suggested donation.	



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Trumbull Senior Center

06-5293

All Virtual Programs can be accessed online and/or dialed in. Programs are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
MARCH 2022	1 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:00 Matter of Balance 11:00 Dominoes 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch	2 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 11:00 Zumba Gold/Tone 11:30 Pickleball Lesson 12:30 Pickleball Lesson 1:00 Qigong	3 9:00 Chair Yoga 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:30 Sit & Fit 12:00 Lunch 1:15 Pilates	4 9:00 Painting Part 1 9:00 Walmart Trip 9:30 Pickleball Court 10:00 Oil/Acrylic 10:00 Tai Chi 11:00 Mahjong 1:00 Painting Part 2 4:00 Dinner & Dance at River Valley
7 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 11:00 Canasta 11:00 Book Club 11:15 Zumba 12:30 Computer Tutor 12:30 Trubadoors 1:00 Tai Chi 2:00 Drawing Part 2	8 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:00 Matter of Balance 11:00 Dominoes 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch 1:30 Mocktail Event	9 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 11:30 Pickleball Lesson 12:30 Pickleball Lesson 1:00 Qigong	10 9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:00 Attorney General 11:30 Sit & Fit 12:00 Lunch 1:15 Pilates	11 9:00 Painting Part 1 9:30 Pickleball Court 10:00 Oil/Acrylic 10:00 Tai Chi 11:00 Mahjong 11:00 Tea Trip 1:00 Painting Part 2
14 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 11:00 Canasta 11:15 Zumba 12:30 Computer Tutor 12:30 Trubadoors 1:00 Tai Chi 2:00 Drawing Part 2	15 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 11:00 Dominoes 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch	16 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 11:00 Zumba Gold/Tone 11:30 Pickleball Lesson 12:30 Pickleball Lesson 1:00 Qigong 2:00 Wellness Wednesday	17 9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:00 Choices Counselor 10:15 Strength 10:30 Maple Syrup Demo 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates 7:00 Comm. Meditation	18 9:00 Painting Part 1 9:00 The Loop 9:30 Pickleball Court 10:00 Oil/Acrylic 10:00 Tai Chi 11:00 Mahjong 12:30 Bingo 1:00 Painting Part 2
21 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 11:00 Canasta 11:15 Zumba 12:30 Computer Tutor 12:30 Trubadoors 1:00 Tai Chi 2:00 Drawing Part 2	22 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:00 Matter of Balance 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:00 Drama Club 12:00 Canasta 1:00 Yoga Nidra	23 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 11:30 Pickleball Lesson 12:30 Pickleball Lesson 1:00 Qigong 3:30 Tour Argentina	24 9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:15 Strength 10:30 Holistic Therapy 11:00 Computer Tutor 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates	25 9:00 Painting Part 1 9:30 Pickleball Court 9:45 Museum Trip 10:00 Oil/Acrylic 10:00 Tai Chi 11:00 Mahjong 1:00 Painting Part 2
28 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 11:00 Canasta 11:15 Zumba 12:30 Computer Tutor 12:30 Trubadoors 1:00 Rita's African Show 1:00 Tai Chi 2:00 Drawing Part 2	29 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:00 Matter of Balance 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:00 Drama Club 12:00 Canasta 1:15 Birthday Party	30 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 11:00 Zumba Gold/Tone 1:00 Qigong	31 9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:00 Choices Counselor 10:15 Strength 11:00 Computer Tutor 11:00 Nutrition 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates	