



**Senior Center Serving Adults Age 55+**

**23 Priscilla Place • Trumbull, CT • 06611**

**(203) 452-5199**

**APRIL 2022**

**The Center will be closed on Friday, April 15th in observance of Good Friday.**

## **MEMBERSHIP RENEWAL STARTS**

It is that time of year! Membership renewal is due June 30th, 2022. Please stop by the front desk for a new, 2022-2023, membership application.

Membership is required to participate in all activities.

## **FRAUD AND SCAM WATCH**

### **Senior Medicare Patrol (SMP) Warning: Fake COVID-19 At-Home Test Kits**



Be careful! Scammers are selling fake and unauthorized at-home COVID-19 test kits in an effort to get your personal, financial, or medical information. Make sure to *purchase FDA approved COVID-19 test kits from legitimate providers*. Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. If you are concerned you may have purchased a fake or unauthorized test kit, contact Senior Medicare Patrol (SMP) by calling 1-877-808-2468 or HHS Office of Inspector General by calling 800-HHS-TIPS (800-447-8477).



## **NEW CLASSES**

### **Line Dance with Devon**

#### **12 Week Line Dance Workshop**

**Beginning Wednesday, April 20th—July 6th  
11:30 AM**

Come learn to line dance and exercise with Devon Brown. No experience is necessary. Devon is the owner of Unicorn Care & Companions.

### **Moderate Yoga with Deborah Swann**

#### **Every Tuesday at 9:00 AM**

**Beginning Tuesday, May 3rd**

This class dives deeper into classic yoga practice. Please bring a yoga mat, and 2 yoga blocks. Optional props: yoga strap and blanket. Membership is required.

For more information about these classes, please call the office at (203) 452-5199.

## **SPOTLIGHT**

### **Meet Jeannie Stevens Labate Fitness Instructor**

Jeannie Stevens Labate teaches Floor and Chair Yoga, Pilates, Yoganlettes and Tai Ji. Jeannie started teaching in 2001 and has taught up to 26 classes a week. Her background is that of an Athlete. In her youth she played Basketball, Volleyball, and Softball. She enjoys snowboarding, rollerblading, is an avid hiker and her most passionate sport is Scuba Diving! During her lifetime, she endured car accidents that left her with a multitude of injuries to her spine, a stroke that left her with a deficit to the left side of her body. Despite all of it, her daily Yoga practice brought her back to being able to function and enjoy most of what she loves. Jeannie believes in connecting to your body, it is the true teacher. Join Jeannie in one of her virtual Yoga classes or her in person Pilates class!





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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	Alissa Heilbrunn
Ron Foligno: Vice Chair	Nancy Lucas
Jean DaRold: Secretary	Debra Gilbert Taylor
Evelyn Wiesner	Barbara Crandall: Clerk
Mark Ryan	

## 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**Agency on Aging:** (203) 333-9288**211:** Referrals to local resources. Call 211**VFW:** Roy Molgard (203) 268-5673**The American Legion:** Ernie Foito (203) 913-5689

## APRIL BIRTHDAYS

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

- Katherine Alaimo
- Gina Testani
- Peter Bauco
- Elizabeth Thomas
- Joyce Bishop
- Deborah Todd
- Henry Bleggi
- Paula Waite
- Beatrice Bleggi
- Joyce Bultman
- Jacqueline Zack
- Jean Czajkowski
- Marion Dale
- Sharon Daniels
- Michael Ganino
- Laurel Greenberg
- Elaine Horelick
- Art Lucas
- Augusta Maia
- June McGuire
- Roger Michaels
- Nancy Miller
- Eugenia Novais
- Pat Pagliarulo
- Anthony Patti
- Eleanor Ramey
- Rosemary Seaman
- Margaret Silvestri



## 4 ACTIVITIES

### ONLINE PROGRAMS

#### **Virtual Bingo**

**Friday, April 22nd**

**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.

**\*Please note that beginning in May, all Bingo games will be held in person.**

#### **Tour New Zealand**

**Thursday, April 21st**

**1:30 PM**

Let's explore New Zealand! Join us for a live, virtual tour through the streets of Auckland. For more information and to RSVP for this virtual program, please call the office at (203) 452-5199.

#### **Medicare Guidance**

Peter Tallian, CHOICES Counselor, is currently making telephone and virtual appointments. Please call the office, 203-452-5199, for more information and to make an appointment.

### 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](mailto: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 May 5th-July 21st
- Oil/Acrylic Painting Class**  
**Fridays from 10:00 AM**  
**12:00 PM**  
12 Week Workshop—Begins May 6th-July 22nd

The next registration period for the above workshop will open on Monday, April 4th at 9:00 AM.

### SAVE THE DATE

- Annual Tea Party**  
**Friday, May 20th**  
**12:00 PM**

Sponsored by River Valley Retirement Community.  
Bigelow Tea Presentation.

- Veterans Luncheon**  
**Friday, May 27th**  
**12:00 PM**

Luncheon to honor all Veterans and their spouses. You must be a Veteran and/or a spouse of a Veteran to sign up. Please RSVP by Friday, May 13th. Call (203) 452-5199.



### ATTENTION COLD WAR VETERANS!!!

#### **The LEGION Act has been signed!!**

You are now eligible for membership in  
**The American Legion**

**Please ask us about your eligibility**



Flyers are available at the Post for a brief explanation about what membership in the American Legion means to you. Ask to speak to a Member and we will gladly explain the activities and Achievements of Post 141.

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

Call Commander Ernie Foito 203-913-5689/[ctpost141@gmail.com](mailto:ctpost141@gmail.com)

## IN PERSON PROGRAMS AND GAMES

## CAREGIVERS ALWAYS WELCOME!

**Book Club Meetings**

- **The Summer Wives** by Beatrice Williams  
Monday, April 4th -11:00 AM
- **In Five Years** by Rebecca Serle  
Monday, May 2nd -11:00 AM
- **The Guest List** by Lucy Foley  
Monday, June 6th-11:00 AM

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

**Alternative Pain Treatment**

**Thursday, April 7th**

**10:30 AM**

Join Julie Heher, APRN, the owner of Alternative Pain and Wellness Solutions LLC, to learn about a non-pharmaceutical, non invasive pain management program that can be offered in your home. Julie Heher, APRN, has worked in traditional pain management for several years and has recognized the need for alternative methods of pain management other than potentially harmful medications. She utilizes a unique medical device which treats all types of pain, including joint pain and neuropathy. **To reserve for lunch after the presentation, please call (203) 452-5199 ext 3.**

**Stress Management**

**Tuesday, April 12th**

**10:30 AM**

Join Stratford VNA for an informative presentation about the importance of being aware of stress, how to best manage it, and how stress can not only affect your mental health, but also your physical health. **To reserve for lunch after the presentation, please call (203) 452-5199 ext 3.**

Watch Trumbull TV on Charter Spectrum channel 194, on YouTube at TCTV

Trumbull, or on Facebook to watch LIVE municipal meetings and events.

**Monthly Birthday Party**

**Tuesday, April 19th**

**1:15 PM**

Join us to celebrate our April birthdays with cake and coffee! Everyone is welcome to join no matter what month your birthday falls in. This event is sponsored by the Watermark at 3030 Park. **To RSVP, please call the office at (203) 452-5199.**

**Dental Health**

**Thursday, April 21st**

**11:00 AM**

Dr. Kristy Gretzula, DDS, owner of Hawley Lane Dental and Trumbull resident, will present an educational presentation about the importance of taking care of your teeth and dental health. **To reserve for lunch after the presentation, please call (203) 452-5199 ext 3.**

**Arthur Gottlieb Returns!**

**Topic: Titanic**

**Monday, April 25th**

**12:30 PM**

Historian, Arthur Gottlieb, returns to the Center for an interesting and informative presentation about the history of the Titanic. This presentation is sponsored by Right at Home of Greater Fairfield County. **To RSVP, please call the office at (203) 452-5199.**

**Lunch and Learn**

**Elder Fraud Prevention**

**Wednesday, April 27th**

**11:00 AM**

The Coalition for Abuse Prevention of Elders returns for a more in depth, localized discussion about fraud prevention. This is a follow up program to the Attorney General's Elder Justice Hotline presentation that was held in March. After the presentation, be sure to stay for lunch. **To RSVP, please call the office at (203) 452-5199.**

**Brain Games**

**Thursday, April 7th & 21st**

**9:00 AM**

**Meets in person the 1st and 3rd 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, April 22nd**

**12:30 PM**

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

**Lunch and Movie**

**Thursday, April 28th**

**Lunch: 12:00 PM**

**Movie will begin: 1:30 PM**

**Movie: Walk the Line**

**Starring:** Joaquin Phoenix, Reese Witherspoon, Ginnifer Goodwin In this musical bio, the life of the music legend Johnny Cash and his relationship with June Carter take center stage. **To RSVP for lunch, please call (203) 452-5199 ext 3.**

**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**

**Scrabble**

**New Game!**

**Tuesdays: 10:30 AM**

## 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: 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**

#### **New Zoom Information:**

Meeting ID: 892 6346 2926 / Passcode: 975824

#### **Chair Yoga with Jeannie**

**Thursdays at 9:00 AM**

Meeting ID: 860 9912 0061 / Passcode: 840018

#### **Community Meditation**

**Thursday, April 21st 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

### 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, April 26th at 1:00 PM**

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**

**New In Person Class!**

**Mondays and Wednesdays at 10:00 AM**

Meets inside and outside at times

**\*Please note that David's Friday Tai Chi Zoom class has now been moved to an in person class on Mondays.**

#### **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.**

### **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. All are welcome to join.

**For more information, please stop by the front desk or call (203) 452-5199.**



TRUMBULL COMMUNITY WOMEN

## 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.



### GARDEN MEETUP GROUP

**Thursday, April 14th at 9:30 AM**

Join Nurse Tori to discuss this upcoming gardening season. This meeting will take place in person at the Senior Center. To RSVP, please call Tori at (203) 452-5134.

## COMMUNITY NEWS

**The Long Hill Garden Club  
Annual Plant Sale &  
Garden Shed Tag Sale**  
Saturday, April 30th, 2022  
8:30 AM - 1:00 PM  
Rain or Shine



Located at the Trumbull Library Green, next to the Children's Department

The Annual Plant Sale is the only club fundraiser which provides much of the income required to fund club expenses and the programs that are enjoyed by the community throughout the year. While every effort will be made to spread out tables and manage crowd size, the club will offer curbside pick-up options for anyone not comfortable shopping among a crowd.

Come early to get your Mother's Day baskets, the best of our native home-grown perennials, shrubs, grasses, houseplants, heirloom tomatoes, herbs, succulents and have all your gardening questions answered by certified master gardeners. Visit the kids' table as well. The Second Chance Garden Shed will offer gently used gardening tools.

## 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

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



## SUPPORT GROUPS

### GRIEF AND LOSS GROUP

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, April 12th and April 26th**

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

### WALK AND TALK WITH DR. MORRIS

Meets the 1st and 3rd Wednesday of each month at 10:00 AM—**Tuesday, April 6th and April 20th**

Join Dr. Morris for this open-discussion group that will touch base on all different life topics and provide an opportunity for discussion and reflection. The group will meet at Twin Brooks Park. Bring a chair. Space is limited.

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

## 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, APRIL 29TH**

### 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, APRIL 29TH** 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.**

### HILL-STEAD MUSEUM TRIP

**Friday, April 22, 2022**

**Depart Senior Center: 9:15 am**

**Return to Center: Approx. 2:30 pm**

**Cost: \$16.00**

**Cash payment only please!**

Join us as we travel to Farmington, CT to visit Hill-Stead Museum, the 1901 Colonial Revival-style house designed by pioneering female architect Theodate Pope Riddle. It is home to a magnificent collection of Impressionist masterpieces by Monet, Degas, Monet, Whistler and Cassatt; captivating Japanese woodblock prints; and superb decorative arts. Lunch will be at Butcher's and Bakers Restaurant in Farmington. **Call 203-452-5137 to sign up. The last day to sign up is April 15th.**

### BARKER CHARACTER, COMIC AND CARTOON MUSEUM TRIP

**Friday, May 13, 2022**

**Depart Senior Center: 9:45 am**

**Return to Center: Approx. 2:00 pm**

**Cost: \$6.00**

**Cash payment only please.**

Memories and nostalgia fill the aisles of Barker Character, Comic and Cartoon Museum in Cheshire, CT. From Vintage 1930s Mickey Mouse Toothpaste to a 1:1 Scale Replica of the Hulk, every toy you've ever played with (or dreamed of) is displayed amongst the 80,000+ antique toys and collectibles within the Museum. In the main building, art is available for purchase from many of the most popular movies, cartoons and other types of entertainment. This is definitely another hidden gem in CT with a little piece of history for everyone!

After our museum visit, we will stop for lunch at Rossinis Italian Restaurant and Pizza.

**Call 203-452-5137 to sign up. The last day to sign up is May 6th**

### BUS TRIPS

#### THE MUSIC OF BARRY MANILOW LUNCHEON SHOW AT ST. CLEMENTS CASTLE

**Tuesday, June 14, 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 Sautéed 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.**

#### LANCASTER BUS TRIP

**Sight & Sound Theater - David**

**September 19-21, 2022**

**Depart Penny Lane Lot: 8:00 am Sept. 19th**

**Estimated Return: 7:30 pm Set. 21st**

**Cost: \$635 pp Double**

**\$580 pp Triple**

**\$790 Single**

This 3-day round-trip includes: round-trip motor coach, 2 nights in the Historic Cork Factory Hotel, 6 meals, Kitchen Kettle Village Hands on Experience, Private Wine and Cheese reception, reserved Orchestra tickets for "David" at Sight & Sound Theater, Chalk Talk with Elva Hurst, Guided Amish Farmlands tour, roundtrip baggage handling, TOD Tour Director, gratuities for Tour Director, Bus Driver, and Local Guides.

**Please call 203-452-5137 to schedule a time to come in and register for this trip.**

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

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Tuesday, April 5th Lunch Special	Tuesday, April 12th Lunch Special	Tuesday, April 19th Lunch Special	Tuesday, April 26th Lunch Special	NEW ENGLAND Young at Heart™ Live Well, Laugh Often, Love Much
Chicken Pot Pie (potato, carrots, celery, peas) served with salad	Salisbury steak, gravy, mushrooms, mashed potato and green beans	Stuffed chicken breast (bread stuffing) with sweet potato & yellow squash	Eye of Round with gravy, carrots & mashed potato	*Financial assistance is available. See the front office to apply. All inquires kept confidential. Lunch prices are a suggested donation.
Thursday, April 7th Lunch Special	Thursday, April 14th Lunch Special	Thursday, April 21st Lunch Special	Thursday, April 28th Lunch Special	
Lasagna served with salad & string beans.	Roasted pork loin, sweet potato and zucchini	Crab cakes, rice pilaf, mixed vegetables and coleslaw	Chicken parm with fresh pasta and string beans	
<b>Other Menu Selections:</b> <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		<b>Lunch Pricing:</b> Lunch Special \$5.00  Cup of Soup \$2.00 Bowl of Soup \$3.00  Club Sandwich \$4.00  Sandwiches \$4.00  Dessert \$1.50	<b>Hours:</b> Tuesdays & Thursdays 12:00 PM -1:00 PM. <ul style="list-style-type: none"> <li>• All lunch specials are served with: <b>Soup or Salad &amp; Dessert</b></li> <li>• All sandwiches are served with a side.</li> </ul> <b>Reservation Line: (203) 452-5199 ext 3</b> Reservations must be made 24 hrs in advance.	



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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
				1 <b>9:00 Painting Part 1</b> 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting Part 2
		<h1>APRIL 2022</h1>		
		<i>*Please note that all virtual programs are written in green text.</i>		
4 <b>9:00 Drawing Part 1</b> 9:00 Stretch & Move <b>10:30 Yoga</b> 10:00 Tai Chi 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	5 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:00 Matter of Balance 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch	6 9:00 Morning Exercise 10:00 Tai Chi 10:00 Walk and Talk 10:00 Pinochle 10:00 Shoprite <b>11:00 Zumba Gold/Tone</b> 1:00 Qigong	7 <b>9:00 Chair Yoga</b> 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:15 Strength 10:30 Pain Management 11:00 Computer Tutor <b>11:30 Sit &amp; Fit</b> 12:00 Lunch 1:15 Pilates	8 <b>9:00 Painting Part 1</b> 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong <b>1:00 Painting Part 2</b>
11 <b>9:00 Drawing Part 1</b> 9:00 Stretch & Move <b>10:30 Yoga</b> 10:00 Tai Chi 11:00 Canasta 11:15 Zumba 12:30 Computer Tutor 12:30 Trubadoors 1:00 Tai Chi 2:00 Drawing Part 2	12 9:00 Grief Support 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 10:30 Scrabble 10:30 Stress Management 11:00 Dominoes 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch	13 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop <b>11:00 Zumba Gold/Tone</b> 1:00 Qigong	14 <b>9:00 Chair Yoga</b> 9:30 Garden Meeting 10:00 Watercolors 10:00 Pinochle 10:15 Strength <b>11:30 Sit and Fit</b> 12:00 Lunch 1:15 Pilates	15 The Center is closed in observance of Good Friday.
18 <b>9:00 Drawing Part 1</b> 9:00 Stretch & Move <b>10:30 Yoga</b> 10:00 Tai Chi 11:00 Canasta 11:15 Zumba 12:30 Computer Tutor 12:30 Trubadoors 1:00 Tai Chi 2:00 Drawing Part 2	19 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:00 Drama Club 12:00 Canasta 1:15 Birthday Party	20 9:00 Morning Exercise 10:00 Tai Chi 10:00 Walk and Talk 10:00 Pinochle 10:00 Stop and Shop <b>11:00 Zumba Gold/Tone</b> 11:30 Line Dance 1:00 Qigong	21 <b>9:00 Chair Yoga</b> 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Dental Health 11:00 Computer Tutor <b>11:30 Sit and Fit</b> 12:00 Lunch 1:15 Pilates <b>1:30 New Zealand Tour</b> <b>7:00 Comm. Meditation</b>	22 <b>9:00 Painting Part 1</b> 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 12:30 Bingo <b>1:00 Painting Part 2</b>
25 <b>9:00 Drawing Part 1</b> 9:00 Stretch & Move <b>10:30 Yoga</b> 10:00 Tai Chi 11:00 Canasta 11:15 Zumba 12:30 Art Gottlieb 12:30 Computer Tutor 12:30 Trubadoors 1:00 Tai Chi 2:00 Drawing Part 2	26 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:00 Drama Club 12:00 Canasta 1:00 Yoga Nidra	27 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite <b>11:00 Zumba Gold/Tone</b> 11:00 Fraud Prevention 11:30 Line Dance 1:00 Qigong	28 <b>9:00 Chair Yoga</b> 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor <b>11:30 Sit and Fit</b> 12:00 Lunch 1:15 Pilates 1:30 Movie	29 <b>9:00 Painting Part 1</b> 9:30 Pickleball Court 9:45 Loop/Walmart 10:00 Oil/Acrylic 11:00 Mahjong <b>1:00 Painting Part</b>