



# TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

MAY 2022

## OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

### ANTHONY D'OSTILIO TURNS 100!

We would like to wish our dear friend,  
Tony D'ostilio a happy 100th birthday!

Tony's birthday is on May 11th. Tony is a WWII Veteran and served in the 13th Airborne: 326 Glider Infantry Division. Tony grew up in Bridgeport and raised three children. He has six grandchildren and six great grandchildren. Tony is an avid pinochle player and a very talented artist. Tony and his family would like to thank Tony's best friend, Eleanor Adams, for always being such a good friend and support.

**Here's to you Tony!**

Happy 100th Birthday!



### NEW CLASSES

#### 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.

#### Jazz Dance and Exercise with Melody

Begins Tuesday, May 3rd at 11:00 AM

8 Week Class: Runs from May 3rd until June 21st

Membership is required.

#### International Folk Dance with Leng

Beginning on Tuesday, June 28th, at 10:15 AM

Membership is required.

### SPOTLIGHT

#### Meet David Bailey, Tai Chi Instructor

David Bailey fell in love with Tai Chi after being an avid soccer player for many years. He began teaching and practicing Tai Chi in the early 2000s and has been teaching at the Trumbull Senior Center for the past ten years.



David finds that Tai Chi has many therapeutic benefits and enjoys seeing his students thrive. When you meet David, you will realize that, although he lives in New England, he comes from Merrie Olde England. He emigrated from there in 1972 and has spent the overwhelming amount of his time living in Connecticut. He currently resides in Hamden, where he is happily settled with his wife Deborah.

Be sure to join David for one of his in person Tai Chi classes on Mondays and Wednesdays at 10:00 AM!

The Center will be closed on Monday, May 30th, in observance of Memorial Day

## BUNTING APPRAISAL SERVICES



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Trumbull Senior Center

06-5293

## HUMAN SERVICES STAFF

**Director of Human Services**

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mjakab@trumbull-ct.gov

(203) 452-5144

**SENIOR CENTER  
Administrative Assistant**

Ashley Ryan Grace  
agrace@trumbull-ct.gov

**(203) 452-5199**

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**Front Desk**

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**SOCIAL SERVICES**

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(203) 452-5133

**Food Pantry**

Karen Seferi  
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(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  
Nancy Lucas  
Debra Gilbert Taylor  
Barbara Crandall: Clerk

## 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

## MAY BIRTHDAYS

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

- Maureen Anderson
- Janice Moore
- Phil Babina
- Mary Ellen Moyher
- Elaine Bader
- Julie Nyitrai
- Mary Baehr
- G. Meaghan O'Connor
- Elaine Benczkowski
- Thomas O'Neil
- Angela Cozzi
- Linda Ortiz
- Carol Cummings
- Pia Parrella
- Anthony D' Ostilio
- Lynn Patti
- Auria Deliz
- Patricia Procaccini
- Bonnie Eck
- Pamela Rule
- Richard Elliott
- James Saboe
- Phyllis Fabelinsky
- Elizabeth Stella
- Kathy Fensky
- Deborah Velthuizen
- Keith Forster
- Joanne Veltri
- Rosemarie Garofalo
- Michael Ward
- Karen Hillman
- David Williams
- Bunnie Hovan
- Patricia Jenkins
- Ronald Kosarko
- Christina Kowinko
- Ernestine Mancini
- Charity Marlowe
- David Mejias



## 4 ACTIVITIES

### ONLINE PROGRAMS

#### Tour of Costa Rica

Tuesday, May 17th

1:30 PM

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

#### Medicare Guidance

Do you have Medicare questions? 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
- Oil/Acrylic Painting Class**  
Fridays from 10:00 AM  
12:00 PM

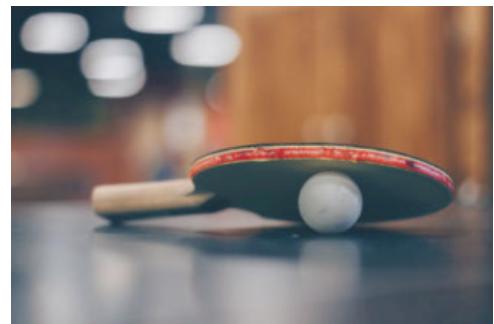
**The next registration period will open on Monday, July 11th, at 9:00 AM to register for the next art class workshops.**

### SAVE THE DATE

- Drama Club Play**  
**Murder Cruise**  
Thursday, June 16th  
1:00 PM

We are excited to announce that our annual Drama Club Play is back! Join us on Thursday, June 16th, at 1:00 PM for a murder mystery, called the Murder Cruise. To RSVP, please call the office at (203) 452-5199.

**Guess who has a ping-pong!**  
**Stop by anytime to play!**



## IN PERSON PROGRAMS AND GAMES

## CAREGIVERS ALWAYS WELCOME!

**Book Club Meetings**

- **In Five Years by Rebecca Serle**  
Monday, May 2nd -11:00 AM
- **The Guest List by Lucy Foley**  
Monday, June 6th-11:00 AM
- **The Last Thing He Told Me by Laura Dane**  
Monday, July 11th-11:00 AM

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

**Lunch and Learn****Dementia: Understanding the Brain Changes and How to Cope**  
**Wednesday, May 18th****12:00 PM**

Join Tim Francis, Physician Assistant, and Owner of Senior Helpers Home Care for an informative presentation about dementia. **To RSVP, please call the office at (203) 452-5199.**

**Annual Tea Party****Friday, May 20th****12:00 PM****Cost: \$5.00 Per Person**

Sponsored by River Valley Retirement Community.

Bigelow Tea Presentation.

Membership is required. Space is limited. Stop by the front desk to sign up.

**Build Your Own History Book****Tuesday, May 24th****10:30 AM**

Join Creator, David Plaue, of Sticker Books Publishing, for a fun, engaging, and interactive program where you will build your own history/trivia books with LEGENDS books. Each participant will receive their own LEGENDS sticker book. If you enjoy trivia, this is the program for you! **To RSVP to this program, please call the office at (203) 452-5199.**

**Re-Empowerment as We Age**

**Thursday, May 26th**  
**10:30 AM**

Join Elanit Linder, LMSW, from Jewish Family Service of Greater New Haven, for a fun lecture about how you can engage and laugh your way back to empowerment and executive decision within your life. This presentation is based on Elanit's book, Stitches for Seniors. Elanit describes a stitch as a suggestion for how to live your best, most authentic life in autonomy and joy. **If you would like to stay for lunch after the presentation, please call (203) 452-5199 ext 3.**

**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. When signing up, please indicate whether or not you will be eating in or picking up to go. Space is limited for dining in. Call (203) 452-5199 to RSVP.

**Monthly Birthday Party****Tuesday, May 31st****1:15 PM**

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

Watch Trumbull TV on Charter Spectrum channel 194, on YouTube at TCTV Trumbull, or on Facebook to watch LIVE municipal meetings and events.

**Brain Games**

**Thursday, May 5th and May 19th**  
**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, May 6th at 12:30 PM**  
**Membership and registration required.** Please call (203) 452-5199 to RSVP.

**Lunch and Movie****Thursday, May 12th**

Lunch: 12:00 PM / Movie: 1:30 PM

**Movie: The Dressmaker**  
**Starring: Kate Winslet**

A stylist woman returns to her small town in rural Australia. With her sewing machine and couture fashion, she transforms the style of the women in town while taking care of some old business from her past. **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**

Tuesdays: 10:30 AM

**New Game!**

## 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, May 19th 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

**Our very talented art students graciously displayed their artwork at Town Hall.**



### 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**

**Friday, May 13th at 1:00 PM**

**\*Please note new date change for this month.\***

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

#### **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.

**\*The Trubadoors are also searching for a piano, guitar, and/or banjo player.\***

**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

**Thursdays at 9:30 AM—Located at Abraham Nichols Park**

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 at the community garden. For more information, please call (203) 452-5199.



## COMMUNITY NEWS

### Trumbull Parks & Recreation Department:

**Movie Nights:** Tuesdays at 7:00 PM located at the Trumbull Town Hall Gazebo

**Movie Dates:** May 17th and June 14th

### Trumbull Arts Commission Presents:

Sunday Concert Series

- May 8th: The Alisonne Music Co.
- May 15th: Frank Porto Band
- May 22nd: Scratch
- June 5th: North Country Band
- June 12th: Silver Steel
- June 19th: Yesteryear

All concerts will take place at 4:00 PM at the Trumbull Town Hall Gazebo.

### Trumbull Historical Society Presents:

**Victorian Tea**

**Saturday, May 7th at 1:00 PM**

**\$40.00 Per Person**

Finger sandwiches and desserts with assorted teas.

Special program: "From Gibson Girls to Fabulous Flappers, How Women's Fashions changed from 1900 to 1930s."

Dress casual or fancy—Festive hats are encouraged.

Reservations are required. Please e-mail

trumbullhistoryevents@gmail.com

## 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 who are lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide.  
1-800-971-0016



## 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, May 10th and May 24th**

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—**Wednesday, May 4th and May 18th**

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.**

### 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.

### 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.

### 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, MAY 20TH**

### 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, MAY 20TH**. 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.**

### BARKER CHARACTER, COMIC AND CARTOON MUSEUM TRIP

**Friday, May 13, 2022**

**Depart the 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**

### RICH FARM ICE CREAM TRIP

**Friday, May 27th**

**Departs the Center: 12:00 PM**

**Return to Center: 2:00 PM**

**Cost: \$2.00**

You scream, I scream, we all scream for ice cream! As the weather starts to get warmer, take a nice ride to the famous Rich Farm Ice Cream shop in Oxford. With tons of delicious ice cream flavors and specialty flavors, you'd be sure to find your favorite! The bus will leave at 12:00 PM and return by 2:00 PM. To RSVP, please stop by the front desk.

### 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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Monday, May 2nd Lunch Special	Monday, May 9th Lunch Special	Monday, May 16th Lunch Special	Monday, May 23rd Lunch Special	Monday, May 30th Lunch Special
Lunch begins on Monday, May 9th	Lasagna with minestrone soup, green beans, bread, orange, salad	Pasta fagioli soup with meatballs, stuffed shells, broccoli, bread, apple, salad	Chicken divan, tomato zucchini soup, rice, mushrooms, string beans, orange, salad	Closed for Memorial Day.
<b>Tuesday, May 3rd Lunch Special</b>	<b>Tuesday, May 10th Lunch Special</b>	<b>Tuesday, May 17th Lunch Special</b>	<b>Tuesday, May 24th Lunch Special</b>	<b>Tuesday, May 31st Lunch Special</b>
Vegetable soup, beef pot pie, bread, apple, salad	Chicken vegetable soup, beef stroganoff with egg noodles, apple, salad	Beef barley soup, meatloaf, roasted red potatoes, bread, banana, salad	Onion soup, eye of round, mashed potatoes, broccoli, banana, salad	Vegetable soup, roast turkey, mashed sweet potatoes, orange, salad
<b>Thursday, May 5th Lunch Special</b>	<b>Thursday, May 12th Lunch Special</b>	<b>Thursday, May 19th Lunch Special</b>	<b>Thursday, May 26th Lunch Special</b>	*Financial assistance is available. See the front office to apply. All inquiries kept confidential.
Tortilla soup with chicken burrito, orange, salad	Lentil soup with pork loin, roasted red potatoes, orange, bread, salad	Chicken soup with chicken parm, pasta, string beans, cantaloupe, salad	Cookout: Hamburger/veggie burger, potato salad with egg, watermelon, salad	
<b>Other Menu Selections:</b> <u>Turkey Club</u>  <u>Turkey Sandwich</u>  <u>Salad</u> topped with Tuna Salad or Grilled Chicken  <u>Grilled Chicken Sandwich</u>	<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.  • All lunch specials are served with: Soup <b>or</b> Salad & Dessert  • All sandwiches are served with a side.	<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

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>9:00 Drawing Part 1</b> <b>9:00 Stretch &amp; Move</b> <b>10:30 Yoga</b> <b>10:00 Tai Chi</b> <b>11:00 Canasta</b> <b>11:00 Book Club</b> <b>11:15 Zumba</b> <b>12:30 Computer Tutor</b> <b>12:30 Trubadoors</b> <b>1:00 Tai Chi</b> <b>2:00 Drawing Part 2</b>	<b>2</b> 9:00 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 Scrabble 11:00 Dominoes 11:00 Jazz Dance/Exercise 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch	<b>3</b> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Walk and Talk 10:00 Pinochle 10:00 Stop and Shop 11:00 Line Dance 11:00 Zumba Gold/Tone 1:00 Qigong	<b>4</b> <b>9:00 Chair Yoga</b> <b>9:00 Brain Games</b> <b>9:30 Garden Club</b> <b>10:00 Watercolors</b> <b>10:00 Pinochle</b> <b>10:15 Strength</b> <b>11:00 Computer Tutor</b> <b>11:30 Sit &amp; Fit</b> <b>12:00 Lunch</b> <b>1:15 Pilates</b>	<b>5</b> <b>9:00 Painting Part 1</b> <b>9:30 Pickleball Court</b> <b>10:00 Oil/Acrylic</b> <b>11:00 Mahjong</b> <b>12:30 Bingo</b> <b>1:00 Painting Part 2</b>	<b>6</b>
<b>9:00 Drawing Part 1</b> <b>9:00 Stretch &amp; Move</b> <b>10:30 Yoga</b> <b>10:00 Tai Chi</b> <b>11:00 Canasta</b> <b>11:15 Zumba</b> <b>12:00 Lunch</b> <b>12:30 Computer Tutor</b> <b>12:30 Trubadoors</b> <b>1:00 Tai Chi</b> <b>2:00 Drawing Part 2</b>	<b>9</b> 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 Scrabble 11:00 Dominoes 11:00 Jazz Dance/Exercise 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch	<b>10</b> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Line Dance 11:00 Zumba Gold/Tone 1:00 Qigong	<b>11</b> <b>9:00 Chair Yoga</b> <b>9:30 Garden Club</b> <b>10:00 Watercolors</b> <b>10:00 Pinochle</b> <b>10:15 Strength</b> <b>11:00 Computer Tutor</b> <b>11:30 Sit &amp; Fit</b> <b>12:00 Lunch</b> <b>1:15 Pilates</b> <b>1:30 Movie</b>	<b>12</b> <b>9:00 Painting Part 1</b> <b>9:30 Pickleball Court</b> <b>9:45 Barker Museum</b> <b>10:00 Oil/Acrylic</b> <b>11:00 Mahjong</b> <b>1:00 Painting Part 2</b> <b>1:00 Yoga Nidra</b>	<b>13</b>
<b>9:00 Drawing Part 1</b> <b>9:00 Stretch &amp; Move</b> <b>10:30 Yoga</b> <b>10:00 Tai Chi</b> <b>11:00 Canasta</b> <b>11:15 Zumba</b> <b>12:00 Lunch</b> <b>12:30 Computer Tutor</b> <b>12:30 Trubadoors</b> <b>1:00 Tai Chi</b> <b>2:00 Drawing Part 2</b>	<b>16</b> 9:00 Moderate Yoga 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 10:30 Scrabble 11:00 Jazz Dance/Exercise 11:00 Dominoes 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch <b>1:30 Tour Costa Rica</b>	<b>17</b> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Walk and Talk 10:00 Stop and Shop 11:00 Line Dance 11:00 Zumba Gold/Tone 12:00 Lunch and Learn 1:00 Qigong	<b>18</b> <b>9:00 Chair Yoga</b> <b>9:00 Brain Games</b> <b>9:30 Garden Club</b> <b>10:00 Watercolors</b> <b>10:00 Pinochle</b> <b>10:15 Strength</b> <b>11:30 Sit and Fit</b> <b>12:00 Lunch</b> <b>1:15 Pilates</b> <b>7:00 Comm. Meditation</b>	<b>19</b> <b>9:00 Painting Part 1</b> <b>9:00 Walmart/Loop</b> <b>9:30 Pickleball Court</b> <b>10:00 Oil/Acrylic</b> <b>11:00 Mahjong</b> <b>12:00 Tea Party</b> <b>1:00 Painting</b>	<b>20</b>
<b>9:00 Drawing Part 1</b> <b>9:00 Stretch &amp; Move</b> <b>10:30 Yoga</b> <b>10:00 Tai Chi</b> <b>11:00 Canasta</b> <b>11:15 Zumba</b> <b>12:00 Lunch</b> <b>12:30 Computer Tutor</b> <b>12:30 Trubadoors</b> <b>1:00 Tai Chi</b> <b>2:00 Drawing Part 2</b>	<b>23</b> 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 Scrabble 10:30 History Book 11:00 Jazz Dance/Exercise 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:00 Drama Club 12:00 Canasta	<b>24</b> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Walk and Talk 10:00 Pinochle 10:00 Shoprite 11:00 Line Dance 11:00 Zumba Gold/Tone 1:00 Qigong	<b>25</b> <b>9:00 Chair Yoga</b> <b>9:30 Garden Club</b> <b>10:00 Watercolors</b> <b>10:00 Pinochle</b> <b>10:15 Strength</b> <b>10:30 Re-empowerment</b> <b>11:00 Computer Tutor</b> <b>11:30 Sit and Fit</b> <b>12:00 Lunch</b> <b>1:15 Pilates</b>	<b>26</b> <b>9:00 Painting Part 1</b> <b>9:30 Pickleball Court</b> <b>10:00 Oil/Acrylic</b> <b>11:00 Mahjong</b> <b>12:00 Veterans</b> <b>Luncheon</b> <b>12:00 Ice Cream Trip</b> <b>1:00 Painting Part 2</b>	<b>27</b>
The Center is closed in observance of Memorial Day.  <b>Happy Memorial Day!</b>	<b>30</b> 9:00 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 Scrabble 11:00 Jazz Dance/Exercise 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:00 Drama Club & Canasta 1:15 Birthday Party	<b>31</b>	<b>MAY 2022</b> <b>*Please note that all virtual programs are written in green text.</b> <b>MEMBERSHIP IS DUE BY JUNE 30TH, 2022</b>		
			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.		