



Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

JUNE 2022

MEMBERSHIP RENEWAL

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.

DRAMA CLUB PRESENTS

Murder Cruise

**Thursday, June 23rd *New Date!*
1:00 PM**

We are excited to announce that our annual Drama Club Play is back! Join us on Thursday, June 23rd, at 1:00 PM for a murder mystery, called the Murder Cruise. To RSVP, please call the office at (203) 452-5199.



3RD ROUND OF FREE AT HOME TEST KITS

Every home in the U.S. is eligible to order a 3rd round of free at-home tests .

Visit <https://www.covid.gov/tests> or call **1-800-232-0233** to place your order.



NEW CLASS STARTING!

We are excited to announce that Leng is returning!

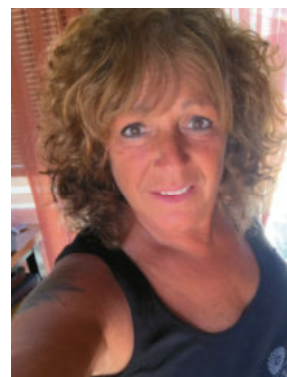
International Folk Dance with Leng
Beginning on Tuesday, June 28th through Tuesday, August 30th at 10:30 AM
Membership is required.

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

SPOTLIGHT

Meet Bobbi Komaromi, Sit and Fit Instructor

Bobbi has been a fitness instructor for over 25 years. She has dedicated the past 10 years to working with older adults. Bobbi strives to make her classes fun, safe, and enjoyable for all. She currently teaches at five different senior centers in the state and feels so blessed to have over 300 students that she adores. In her spare time, she raises and releases Monarch Butterflies.



Be sure to join Bobbi's Sit and Fit class on Tuesdays at 11:30 AM in person and Thursdays at 11:30 AM on Zoom.

SAVE THE DATE: TUESDAY, JULY 5TH COOKOUT!

BUNTING APPRAISAL SERVICES



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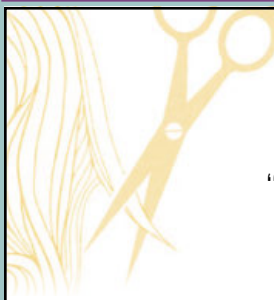
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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF

Director of Human Services

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

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

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

Front Desk

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

Transportation/Trips

Linda Fera (203) 452-5137
lfera@trumbull-ct.gov

SOCIAL SERVICES (203) 452-5198

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

Food Pantry

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

Wellness Nurse

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

First Selectman (203) 452-5005

Vicki Tesoro
Firstselectman@trumbull-ct.gov

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

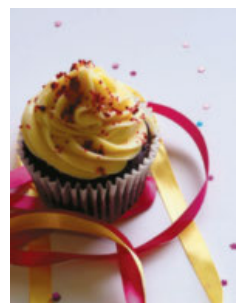
VFW: Graham Bisset (475) 243- 3811

The American Legion: Ernie Foito (203) 913-5689

JUNE BIRTHDAYS

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

- | | |
|----------------------|----------------------|
| • Carmela Almonte | • Barbara Morgan |
| • Gloria Bender | • Gloria Murphy |
| • Nancy Bonitatibus | • Joseph Pelleccchia |
| • Ann Breslow | • Thomas Polascik |
| • Sofia Buitrago | • Arlene Pond |
| • Judith Chisarik | • Linda Randall |
| • Patricia Ganino | • Edward Raynor |
| • Marianne Garrow | • Ann Roma |
| • Kathleen Gillis | • Patricia Scarpelli |
| • Rite Goldberg | • Muriel Sozanski |
| • Olga Gonzalez | • Kathleen Stoppel |
| • Chet Grygorcewiz | • Diana Taormina |
| • Tony Guglielmo | • Robert Walsky |
| • Elaine Hammers | • Carol Winslow |
| • Diane Kraemer | |
| • Claudia Kurzyna | |
| • Clemencia Lucisano | |
| • Joseph McCabe | |
| • Madelyn Meagher | |



ONLINE PROGRAMS

Travel to Croatia

Wednesday, June 15th
10:30 AM

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

Virtual Summer Cooking Demo

Thursday, June 16th
2:00 PM

Join ShopRite of Shelton's Dietitian, Siddhi Sheth, for a virtual summer cooking demo. Watch as Siddhi showcases some delicious summer treats for you to enjoy all summer! To RSVP to receive the Zoom information, please call (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 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

• **July Cookout!**
Tuesday, July 5th
12:00 PM

• **American Red Cross Blood Drive**
Wednesday, August 24th
9:00 AM

ANNUAL TEA PARTY PICTURES



LIVE MUSIC
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TOWN HALL GAZEBO

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June 28
KSF: A tribute to Kansas, Styx & Foreigner

July 5
The Bernadettes

July 12
West Rock

July 19
Steve D'Agostino

July 26
Big Deal Rock

August 2
Ride

August 9
l'Liguri

August 16
Bob Button Band

August 23
Destiny Band

TRUMBULL PARKS & RECREATION

THE TRUMBULL ARTS COMMISSION PRESENTS:

SUNDAY CONCERT SERIES

MAY 8: THE ALISONNE MUSIC CO.

MAY 15: FRANK PORTO BAND

MAY 22: SCRATCH

JUNE 5: NORTH COUNTRY BAND

JUNE 12: SILVER STEEL

JUNE 19: YESTERYEAR

Sunday Afternoon
4:00PM
Town Hall Gazebo
5866 Main Street

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

- **The Guest List by Lucy Foley**
Monday, June 6th-11:00 AM
- **The Last Thing He Told Me by Laura Dave**
Monday, July 11th-11:00 AM

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

Heart Health

Thursday, June 9th
11:30 AM

Registered Dietitian/Nutritionist, Carmen Weber, will highlight some things you can do to keep your heart healthy and strong. She'll cover what to eat more of and what to eat less of, diving a little deeper into the different types of fat and their impact on cholesterol and cardiac disease. **To reserve for lunch after the presentation, please call (203) 452-5199 ext 3.**

Stress Management

Monday, June 13th
10:30 AM

Join Georgina Home Care for an informative presentation about stress awareness and how to best manage it. **To reserve for lunch after the presentation, please call (203) 452-5199 ext 3.**

Lunch and Learn

Beltone Presents
Wednesday, June 15th
11:30 AM

Beltone New England will present an informative presentation about hearing loss and resources such as hearing aid devices, apps, and accessories to help you accommodate your lifestyle. To RSVP, please call the office at (203) 452-5199.

AARP Safe Drivers Course

Friday, June 17th
9:00 AM

AARP will present their Safe Drivers Course. \$20.00 for AARP members and \$25.00 non members. Checks only; you will pay the instructor the day of the class. To RSVP, please call (203) 452-5199.

Simplify Your Finances

Monday, June 20th
10:00 AM

Stephen Archer, Certified Financial Planner, returns for a presentation about ways to organize and simplify your finances. **To reserve for lunch after the presentation, please call (203) 452-5199 ext 3.**

Drama Club Play**Murder Cruise**

Thursday, June 23rd **New Date!**
1:00 PM

We are excited to announce that our annual Drama Club Play is back! Join us on Thursday, June 23rd, at 1:00 PM for a murder mystery, called the Murder Cruise. To RSVP, please call the office at (203) 452-5199.

Monthly Birthday Party

Tuesday, June 28th
1:15 PM

Join us to celebrate our June birthdays with cupcakes 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.**

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, June 2nd and 16th
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, June 24th at 12:30 PM
Membership and registration required. Please call (203) 452-5199 to RSVP.

Lunch and Movie

Thursday, June 30th

Lunch: 12:00 PM
Movie will begin: 1:30 PM

Movie: The Tender Bar

Starring: Ben Affleck

Based on the best selling memoir, The Tender Bar showcases a boy growing up in Long Island and his pursuit to become a successful writer. **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!

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, June 16th 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

Moderate Yoga with Deborah Swann

Tuesdays at 9:00 AM

Please bring a yoga mat and two yoga blocks.

Optional: yoga strap and blanket

Beginners Tap Dance with Rose

Tuesdays at 10:00 AM

Jazz and Exercise with Melody

Tuesdays at 11:15 AM

Ends Tuesday, June 21st

International Folk Dance with Leng

**Begins Tuesday, June 28th-Tuesday, August 30th
10:30 AM**

Please note there will not be class on 7/5 and 8/2

Sit and Fit with Bobbi

Tuesdays at 11:30 AM

Please bring your own weights.

Yoga Nidra with Deborah Swann

Third Friday of each month at 1:00 PM

New Date!

Friday, June 17th

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

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.

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

**We are searching for
Bridge players!**

If interested, please call the office
at (203) 452-5199.



FOLLOW US ON FACEBOOK

<https://www.facebook.com/TrumbullSeniorCenter/>

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.



CONGRATS JOY!

We would like to congratulate Joy Koch for winning 2nd Place in the Senior Poet Society Poetry Contest!

What's Next?

I lived a life of happiness filled with love and joy.
And then I met my husband John, and we had a baby boy.
He was born on John's special day, so he was John the three
and would always remain close to us as this was meant to be.
He filled our life with gratitude from
our heads right to our toes,
and then we had a second child, we named her Susan Rose.
After a bit of sorrow, God put us to a test,
to see if we could handle it, along with all the rest.
And then along came number three and she really was a thrill.
God sent her to us willingly, and we finally called her Jill.
Then onto a new life with new friends,
we moved to our new home.
Again, our life was glorious, and we never were alone.
Bobby was our number four. Our family was complete!
But then he had to wear a brace to straighten out his feet.
As life continued, we moved along, our family all grown up,
They married, each and every one of them, and
finally filled our cup.
And then along with happiness, there always is some sorrow.
We lost our little Susan Rose, as she was ours to borrow.
God really needed help upstairs,
so he reached down to us once more,
And took our second boy to him, of this we must endure.
And now a year has passed me by, and now I lost my mate,
And wonder what's in store for me and what's to be my fate.
I ask our Lord what's in his plans,
and would love to send a text,
but all I get to ask of him,
"OH LORD, TELL ME WHAT'S NEXT."

Author: Joycelyn Koch
March 22, 2022

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
Meets the 2nd and 4th Tuesday of each month at 9:00 AM

Tuesday, June 7th and June 21st

To join, contact Ashley Grace at 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, June 1st and June 15th**

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 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.

RENTER'S RELIEF PROGRAM

For elderly and disabled

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment, room, living in cooperative housing, or a mobile home may be eligible for this program. Rebates can be up to \$900 for married couples and \$700 for single persons. The rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies.

Applications may be made at the town social service agency, or the Assessor's Office, depending on the town, between April 1st and October 1st.



FREE BUS SERVICE

Welcome Aboard!

GBT will be suspending the collection of fares from April 1, 2022 through June 30, 2022 on both fixed route and GBT Access Services.

Take any bus, in any direction, as often as you like – Free.

Bring a friend!



FINANCIAL HELP

Trumbull 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.

AFFORDABLE CONNECTIVITY PROGRAM

The 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 Social Services at (203) 452-5198.



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.

TRANSPORTATION

OFFICE HOURS MON-FRI 9:00 AM—1:00 PM

(203) 452-5137

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.

Need a ride somewhere else?

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

VETERANS!

Ask us about rides to the VA in West Haven.



Check out Page 9 for trips and travel.

SHOPPING TRIPS

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, JUNE 10TH** Stores include Big Y, Best Buy, Kohl's and Target. Also included are TJ Maxx, McDonalds, Duchess and Burger King.

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, JUNE 17TH**.

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.

LEISURE TRIPS

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

MELLOW MONKEY AND KNAPP'S LANDING

Friday, June 24th

Departs: 10:30 AM / Returns: 2:00 PM

Cost: \$2.00

Join us for a fabulous shopping and lunch trip! In an old warehouse, slightly off the beaten path where the Housatonic river meets the Long Island Sound, this popular statewide shop, Mellow Monkey, is located in Stratford and has everything from home décor, home accents, and cute gifts from international designers and local artists. **A 15 % discount will be honored for our group at Mellow Monkey!** After shopping, have a delicious seafood lunch at Knapp's Landing. To RSVP, please call (203) 452-5137.

BUS TRIPS

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.

LET'S WELCOME ERINNE!

Erinne is our new Transportation Coordinator! She is originally from Norwalk, CT and has been in Trumbull since 2019. Erinne is also an energy healer and Reiki master/teacher. She loves spending time with her family, doing puzzles, baking, and crafts. Be sure to stop by and say hello!



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

ADT-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider **SafeStreets** **1-855-225-4251**

Genesis

St. Joseph's Center
REHABILITATION CENTER
6448 Main Street, Trumbull • 203-268-6204

Monday, June 6th Lunch Special	Monday, June 13th Lunch Special	Monday, June 20th Lunch Special	Monday, June 27th Lunch Special	NEW ENGLAND Young at Heart <i>Live Well, Laugh Often, Love Much</i>
Baked potato & chili bar	Porchettia and pasta with green beans	Meatloaf, mashed potato, broccoli, banana	Eye of Round with gravy, carrots & mashed potato	*Financial assistance is available. See the front office to apply.
Tuesday, June 7th Lunch Special	Tuesday, June 14th Lunch Special	Tuesday, June 21st Lunch Special	Tuesday, June 28th Lunch Special	All inquires kept confidential.
Roasted pork loin, sweet potato and zucchini	Shepherd's pie and mashed potato	Turkey dinner with bread stuffing, yams, yellow squash, gravy, cranberry sauce	BBQ Chicken, collard greens, sweet potato, banana	Lunch prices are a suggested donation.
Thursday, June 2nd Lunch Special	Thursday, June 9th Lunch Special	Thursday, June 16th Lunch Special	Thursday, June 23rd Lunch Special	Thursday, June 30th Lunch Special
Chicken, rice, peas, beet salad	Stuffed pepper, rice, meat, egg, cheese, mashed potato, green beans	Tuscan chicken, brown rice, yellow squash	Beef pot pie, potatoes, cauliflower	Cook Out
Other Menu Selections: <u>Turkey Club</u> <u>Turkey Sandwich</u> <u>Tuna Salad</u> Salad topped with Tuna Salad or Grilled Chicken <u>Grilled Chicken Sandwich</u>	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: Mondays, Tuesdays, and Thursdays 12:00 PM -1:00 PM. • 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.		



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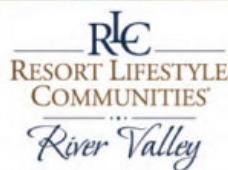
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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 2022 *All virtual programs are written in GREEN text.		1 9:00 Morning Exercise 10:00 Tai Chi 10:00 Walk and Talk 10:00 Pinochle 10:00 Stop and Shop 11:00 Zumba Gold/Tone 11:15 Line Dance 1:00 Qigong	2 9:00 Chair Yoga 9:00 Brain Games 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:30 Sit & Fit 12:00 Lunch 1:15 Pilates	3 9:00 Painting Part 1 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting Part 2
MEMBERSHIP IS DUE BY JUNE 30TH. It is that time of year! Please stop by the front desk for a new, 22-23, membership application. Membership is required to participate in all activities.				
6 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 11:00 Canasta 11:00 Book Club 11:15 Zumba 12:00 Lunch 12:30 Computer Tutor 12:30 Trubadoors 1:00 Tai Chi 2:00 Drawing Part 2	7 9:00 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 Scrabble 11:00 Dominoes 11:15 Jazz Dance/Exercise 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch	8 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 11:15 Line Dance 1:00 Qigong	9 9:00 Chair Yoga 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:30 Heart Health 11:30 Sit & Fit 12:00 Lunch 1:15 Pilates	10 9:00 Painting Part 1 9:00 Loop Shopping 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting Part 2
13 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 11:00 Canasta 11:15 Zumba 10:30 Stress Management 12:00 Lunch 12:30 Computer Tutor 12:30 Trubadoors 1:00 Tai Chi 2:00 Drawing Part 2	14 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 10:30 Scrabble 11:00 Dominoes 11:15 Jazz Dance/Exercise 11:30 Sit & Fit 12:00 Canasta 12:00 Drama Club 12:00 Lunch	15 9:00 Morning Exercise 10:00 Tai Chi 10:00 Walk and Talk 10:00 Pinochle 10:00 Stop and Shop 10:30 Tour Croatia 11:00 Zumba Gold/Tone 11:15 Line Dance 11:30 Beltone Presents 1:00 Qigong	16 9:00 Chair Yoga 9:00 Brain Games 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates 2:00 Summer Cooking Demo 7:00 Comm. Meditation	17 9:00 Painting Part 1 9:00 AARP Safe Drivers 9:30 Pickleball Court 9:00 Walmart Trip 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting 1:00 Yoga Nidra
20 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Simplify Finances 11:00 Canasta 11:15 Zumba 12:00 Lunch 12:30 Computer Tutor 12:30 Trubadoors 1:00 Tai Chi 2:00 Drawing Part 2	21 9:00 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 Scrabble 11:00 Dominoes 11:15 Jazz Dance/Exercise 11:30 Sit & Fit 12:00 Lunch 12:00 Drama Club 12:00 Canasta	22 9:00 Morning Exercise 10:00 Tai Chi 10:00 Walk and Talk 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 11:15 Line Dance 1:00 Qigong	23 9:00 Chair Yoga 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates 1:00 Drama Play	24 9:00 Painting Part 1 9:30 Pickleball Court 10:00 Oil/Acrylic 10:30 Shop/Lunch Trip 11:00 Mahjong 12:30 Bingo 1:00 Painting Part 2
27 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 11:00 Canasta 11:15 Zumba 12:00 Lunch 12:30 Computer Tutor 12:30 Trubadoors 1:00 Tai Chi 2:00 Drawing Part 2	28 9:00 Grief Support 9:00 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 International Folk 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:00 Drama Club 12:00 Canasta 1:15 Birthday Party	29 9:00 Morning Exercise 10:00 Tai Chi 10:00 Walk and Talk 10:00 Pinochle 10:00 Stop and Shop 11:00 Zumba Gold/Tone 11:15 Line Dance 1:00 Qigong	30 9:00 Chair Yoga 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:00 Computer Tutor 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates 1:30 Movie	