



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

JULY 2022

MEMBERSHIP DUE JULY 1ST, 2022



It is that time of year! Membership renewal is due July 1st, 2022. Please stop by the front desk for a new, 2022-2023, membership application. Membership is required to participate in all activities.

MORTGAGE ASSISTANCE



Under the American Rescue Plan Act of 2021, Connecticut has been awarded approximately \$123 million to establish MyHomeCT, a program funded by the Homeowner Assistance Fund. The goal of MyHomeCT is to cure mortgage delinquencies and defaults, and prevent foreclosures among eligible homeowners that occurred as a result of the COVID-19 pandemic. The program also includes assistance for qualified non-mortgage expenses including, but not limited to, non-escrowed real estate taxes and insurance as well as condominium or homeowners' association fees.

The CT Department of Housing is the responsible entity for the program, and has designated the Connecticut Housing Finance Authority (CHFA) to administer it on its behalf.

MyHomeCT Call Center:

(877) 894-4111

(Mon-Fri 10 AM – 8 PM EST)

AMERICAN RED CROSS BLOOD DRIVE

We are excited to announce that we will be hosting an American Red Cross Blood Drive event on:

Wednesday, August 24th

9:00 AM—1:30 PM

This event is open to the public. For more information and to schedule an appointment to donate blood, please call the front office at (203) 452-5199.

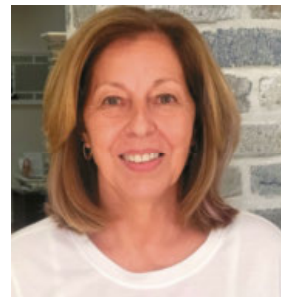


**American
Red Cross**

SPOTLIGHT

Meet Rose Nolan, Tap Dance Instructor

Rose has been a dance instructor for many years. She has been teaching and assisting at the Milford Senior Center for the past nine years and recently starting teach Tap Dance classes in Trumbull. She began taking dance lessons when she was a youngster and Tap Dance quickly became her favorite type of dance. Her two passions are dancing and reading. Rose loves that she has ability to teach people who have always wanted to try Tap Dance, but never had the chance to experience it!



Be sure to join Rose's Tap Dance class on Tuesdays at 10:00 AM.

The Center will be closed on Monday, July 4th in observance of Independence Day!

BUNTING APPRAISAL SERVICES



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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

Erinne Bugge (203) 452-5137
ebugge@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

JULY BIRTHDAYS

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



- | | |
|---------------------------|------------------------|
| • Joan Anderson | • Frank Nyitrai |
| • Marilyn Aponte | • Elsa O'Neill |
| • Augustus Aquino | • Fred Parnoff |
| • Jane Bromley | • Anthony Parrella |
| • Thomas Brown | • Joyce Rehling |
| • Nancy Carr | • Maria Ribeiro |
| • Joseph Cenatempo | • Janet Rospars |
| • Michael Cerulo | • Dan Sacco |
| • Gregory Chuga | • Stasia Schroeder |
| • Joann Collins | • Antonio Senes |
| • Bill Douton | • Nora Shea |
| • Susan Drzal | • Dennis Soltis |
| • Dora Fiser | • Debra Sondergaard |
| • Virginia Gagliardo | • Stephen Stefkovich |
| • Hedwig Gulden | • Sonya Suarez-Hammond |
| • June Hoyt | • Anne Talley |
| • Dolores Kosarko | • Alice Targowski |
| • Kathy Kurzatowski | • Thomas J Therriault |
| • Mary Ann Luczaj | • Patricia Timpanelli |
| • Rita McDougald-Campbell | • Margaret Traub |
| • Ester Miller | • Lorraine Wall |
| • Dora Montarro | • Eloise Wallace |
| • Jane Morawski | • Joanne Zboray |
| • Pat Notarnicola Jr. | • Bruce Zboray |

ONLINE PROGRAMS

Travel to Belgium**Thursday, July 14th****3:00 PM**

Let's explore Belgium! Join us for a live, virtual tour through the streets of Belgium. 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.

SAVE THE DATE

- American Red Cross Blood Drive**

Wednesday, August 24th**9:00 AM—1:30 PM**

This event is open to the public. For more information and to schedule an appointment to donate blood, please call the front office at (203) 452-5199.

ART CLASSES ONLINE

MEMBERSHIP IS REQUIRED TO PARTICIPATE.

Drawing with Chris (part 1) at 9:00 AM on Mondays

Drawing with Chris (part 2) at 2:00 PM on Mondays

Painting with Chris (part 1) at 9:00 AM on Fridays

Painting with Chris (part 2) at 1:00 PM on Fridays

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

ART CLASSES — IN-PERSON

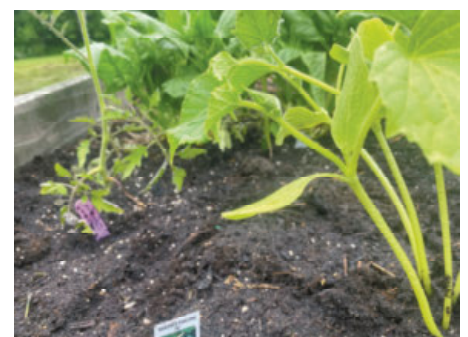
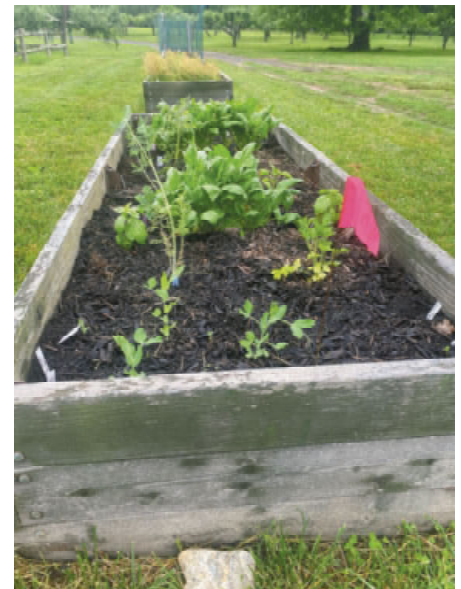
- Watercolors Class**
Thursdays from 10:00 AM 12:00 PM
- Oil/Acrylic Painting Class**
Fridays from 10:00 AM 12:00 PM

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

TONY D'OSTILIO'S ARTWORK



GARDEN CLUB PHOTOS



IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

- **The Last Thing He Told Me** by Laura Dave
Monday, July 11th-11:00 AM
- **The Chanel Sisters** by Judith Little
Monday, August 1st-11:00 AM
- **The Personal Librarian** by Marie Benedict
Monday, September 12th-11:00 AM

Effective Communication Techniques to Do with People with Memory Loss
Tuesday, July 12th
10:30 AM

Join Bridges by EPOCH for an informative presentation to learn new, effective communication techniques that you can utilize to help those you may know and love with memory loss. **To reserve lunch at the presentation, please call (203) 452-5199 ext 3.**

Art Workshop with Kathleen Fay *New!*
Clay Craft Art Project
Wednesday, July 13th
10:30 AM

You will join Kathleen to make a fun clay craft.

Wednesday, July 20th
10:30 AM

You will return for part 2 of class and paint your craft. **This two part series is \$5.00 per person. All supplies are included.** You must RSVP. Please stop by the office or call (203) 452-5199.

Lions Low Vision
Monday, July 18th
11:00 AM

Join Tom DePalo as he defines low vision, reviews vision acuity levels, discusses different vision disorders, and explains how the Lions Low Vision Centers work and how they may be able to help you! **To reserve lunch after the presentation, please call (203) 452-5199 ext 3.**

UV and Skin Disorders Awareness

Thursday, July 21st
11:00 AM

Join our Wellness Nurse, Tori, for an informative discussion about UV and skin disorders and how to best protect your skin.

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

Use Creative Writing to Shift Into Peace *New!*
Wednesdays at 1:00 PM

- July 20th—Finding Our Inner Clam
- July 27th—Invoking Gratitude
- August 3rd—Rediscovering Purpose

Meet Brian Hogan! Brian is a Creativity and Clarity Life Coach specializing in helping others to find clarify and move past blocks in their lives.

This writing series is for anyone who enjoys writing at any level. Each week, participants will learn about how to shift their mood, thinking, and actions just by using the power of the pen and paper. One class builds on the last until week 3, where participants will use creative writing to rediscover lost parts of themselves, re-awaken laughter, joy, and vitality of being alive!

Monthly Birthday Party
Tuesday, July 26th
1:00 PM

Join us to celebrate our July 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.**

Brain Games

Thursday, July 7th and 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.

Lunch and Movie
Thursday, July 28th

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

Movie: RESPECT
Starring: Jennifer Hudson

RESPECT is the remarkable true study of Aretha Franklin's life and the journey she went on to find her voice. **To RSVP for lunch, please call (203) 452-5199 ext 3.**

Bingo

Friday, July 29th at 12:30 PM
Membership and registration required. Please call (203) 452-5199 to RSVP.

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

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, July 14th 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

IN OTHER NEWS

We are searching for Bridge and Rummikub players!

If interested, 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.

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

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

Friday, July 15th

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.

Line Dance with Jen

Wednesdays at 11:15 AM—Ends July 13th

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.**



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.



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.



TRUMBULL DAY



Join us for Trumbull Day 2022! Trumbull Day is a fun-filled family event with food, vendors, carnival rides and games, children's entertainment, a main

stage featuring local bands and fireworks.

Trumbull Day festivities and carnival will be held on the field behind Hillcrest Middle School, beginning on Friday, July 1, 2022 from 6:30 to 10:30 PM and continue on Saturday, July 2nd from 2:00 to 10:30 PM, closing with a fabulous fireworks display.

Fireworks will start about 45 minutes after sunset, likely at 9:00 PM, but there is no set time.

- Beer and wine sales close at 9:30 PM.
- Food truck vendors (with few exceptions) accept credit/debit cards.
- If a child is shorter than 48 inches, an adult will need to ride with them on some rides.
- No backpacks, large bags, coolers, food or beverages are allowed. Bags are subject to inspection.

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 every Tuesday of each month at 9:00 AM

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, July 6th and 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 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

GBT will be suspending the collection of fares from April 1, 2022 through December 1st, 2022 on both fixed route and GBT Access Services. Take any bus, in any direction, as often as you like – Free.

Bring a friend!



HELPSY: TEXTILE HOME

PICKUP. Trumbull is now partnering with HELPSY to offer free home pick-up of clothing and household textiles to residents. pickups will happen weekly. Residents can schedule online at www.helpsy.co/

trumbullct filling out a request form online, a driver will be scheduled to pick-up on selected date. Clothing should be clean, dry, bagged and left outside prior to 7 am the morning of pickup.



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, July 15TH** 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 trip is **FRIDAY, JULY 1ST**.

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.

LEISURE TRIPS

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

THIMBLE ISLANDS TOUR AND CHOWDER POT

Friday, July 8th Cost: \$17.00 + LUNCH
Departs at 9:00 AM / Returns around 2:00 PM

TRADER JOES/ALDI/PANERA

Friday, July 22nd Cost: \$2.00 + LUNCH
Departs at 11:30 AM / Returns around 2:30 PM

ROWANWOOD FARM & MONROE DINER

Friday, August 5th Cost: \$27.00 + LUNCH

CAPTAINS COVE SEAPORT

Friday, August 19th Cost: \$2.00 + LUNCH

BUS TRIPS

LANCASTER BUS TRIP

September 19-21, 2022

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

Estimated Return: 7:30 pm Set. 21st

****Final Payment Due August 1st.**

SOUNDS OF SUMMER

Music of Jimmy Russo and Lunch

September 8, 2022

Depart Penny Lane Lot: 10:15 am

Estimated Return: 4:45 pm

Cost: \$97 Per person— Due August 8th

PROVIDENCE ITALIAN STYLE

Tour Providence's Little Italy and take a gondola ride!

September 20, 2022

Depart Penny Lane Lot: 7:30 am

Estimated Return: 6:00 pm

Cost: \$164 Per person—Due August 8th

AUTUMN RAILWAY IN THE BERKSHIRES

Enjoy the colors of autumn on the scenic railway in the Berkshires. After lunch, we will visit a local winery!

October 23, 2022

Depart Penny Lane Lot: 7:30 am

Estimated Return: 6:30 pm

Cost: \$138 Per person—Due Sept 9th

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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Genesis

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

Monday, July 4th Lunch Special	Monday, July 11th Lunch Special	Monday, July 18th Lunch Special	Monday, July 25th Lunch Special	NEW ENGLAND Young at Heart <i>Live Well, Laugh Often, Love Much</i>
Senior Center is closed in observance of Independence Day!	Chicken Pot Pie	Linguini with vegetables tossed in garlic lemon butter sauce	Chicken burrito with sour cream, black beans, corn, avocado salad	*Financial assistance is available. See the front office to apply.
Tuesday, July 5th Lunch Special	Tuesday, July 12th Lunch Special	Tuesday, July 19th Lunch Special	Tuesday, July 26th Lunch Special	All inquires kept confidential.
Cook out!	Chicken Marsala	Turkey dinner with sweet potato and green beans	Meatloaf with mashed potatoes and gravy, green beans	Lunch prices are a suggested donation.
Thursday, July 7th Lunch Special	Thursday, July 14th Lunch Special	Thursday, July 21st Lunch Special	Thursday, July 28th Lunch Special	
Stuffed squash stuffing, sausage, with cheese and peppers over farro	Pork loin, sweet potato, kale and applesauce	Shrimp stir fry served with brown rice and vegetable eggroll	Vegetable lasagna	
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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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>JULY 2022</div> <div>*All virtual programs are written in GREEN text.</div> </div> <div>MEMBERSHIP IS DUE JULY 1ST.</div> <div>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.</div>				<div>1</div> <div> 9:00 Painting Part 1 9:00 Walmart 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting Part 2 </div>
<div>4</div> <div>The Center is closed in observance of Independence Day.</div>	<div>5</div> <div> 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 11:30 Sit & Fit 12:00 Canasta 12:00 Lunch—Cookout! </div>	<div>6</div> <div> 9:00 Morning Exercise 10:00 Walk and Talk 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 11:00 Zumba Gold/Tone 11:15 Line Dance 1:00 Qigong </div>	<div>7</div> <div> 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 </div>	<div>8</div> <div> 9:00 Painting Part 1 9:00 Thimble Islands 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting Part 2 </div>
<div>11</div> <div> 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 1:00 Tai Chi 2:00 Drawing Part 2 </div>	<div>12</div> <div> 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 10:30 Scrabble 10:30 Effective Comm. 10:30 International Folk 11:00 Dominoes 11:30 Sit & Fit 12:00 Canasta 12:00 Lunch </div>	<div>13</div> <div> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 10:30 Art Workshop Part 1 11:00 Zumba Gold/Tone 11:15 Line Dance 1:00 Qigong </div>	<div>14</div> <div> 9:00 Chair Yoga 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates 3:00 Tour Belgium 7:00 Comm. Meditation </div>	<div>15</div> <div> 9:00 Painting Part 1 9:00 The Loop 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting 1:00 Yoga Nidra </div>
<div>18</div> <div> 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 11:00 Canasta 11:00 Lions Low Vision 11:15 Zumba 12:00 Lunch 12:30 Computer Tutor 1:00 Tai Chi 2:00 Drawing Part 2 </div>	<div>19</div> <div> 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 Scrabble 10:30 International Folk 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:00 Canasta </div>	<div>20</div> <div> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Walk and Talk 10:00 Pinochle 10:00 Stop and Shop 10:30 Art Workshop Part 2 11:00 Zumba Gold/Tone 1:00 Writing Workshop 1:00 Qigong </div>	<div>21</div> <div> 9:00 Chair Yoga 9:00 Brain Games 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:00 UV/Skin Awareness 11:00 Computer Tutor 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates </div>	<div>22</div> <div> 9:00 Painting Part 1 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 11:30 Trader Joe/Aldi 1:00 Painting Part 2 </div>
<div>25</div> <div> 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 1:00 Tai Chi 2:00 Drawing Part 2 </div>	<div>26</div> <div> 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 Canasta 1:00 Birthday Party </div>	<div>27</div> <div> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 1:00 Writing Workshop 1:00 Qigong </div>	<div>28</div> <div> 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 </div>	<div>29</div> <div> 9:00 Painting Part 1 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 12:30 Bingo 1:00 Painting Part 2 </div>