



TOWN OF **Trumbull** HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

AUGUST 2022

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**

TRUMBULL'S GLASS RECYCLING PROGRAM



The Town of Trumbull now has a separate '**GLASS ONLY**' recycling container at the Trumbull Transfer Station! While glass can still be discarded into home recycling bins, the town encourages residents to bring their acceptable glass containers to the Transfer Station.

DO INCLUDE: Rinsed glass bottles, food jars, wine & liquor bottles. All items must be empty and rinsed.

DON'T INCLUDE: Mirrors, drinking glasses, ceramics, lightbulbs, redeemable glass, paint containers or spray cans

NO caps, lids or corks. **NO** bags. **NO** redeemable glass.

UPCOMING SENIOR PICNIC

Annual Senior Picnic

Hosted by the Trumbull Rotary Club

Friday, September 16th

12:00 PM

You are invited to a free picnic under a tent on the town green. It's a great opportunity for fellowship and a free lunch!

Held at the Trumbull Town Green.

To RSVP, please call (203) 452-5199. Sign up is required.



SPOTLIGHT

Meet Deborah Swann, Yoga Instructor



Deborah Swann's certifications include Yoga, Meditation, and she is a certified Yoga Therapist. Her teaching style is based in the classical style and she expresses deep respect and care for each student's enhancement of their wellbeing of body, mind, and spirit. Deborah's calming energy creates a sacred space for each student to attain greater clarity about their personal healing journey. Through the practices of yoga, she helps people live a more fulfilling life with greater health, happiness, and peace of mind while reconnecting to their inner source of strength and compassion.

Deborah teaches three classes at the Center that include Moderate Yoga, Yoga Nidra, and a virtual Community Meditation class. Please join Deborah and experience the joy of yoga!

SAVE THE DATE: SWEETS & TREATS FOR SENIORS / MONDAY, SEPTEMBER 26TH

BUNTING APPRAISAL SERVICES



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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, MSW
agrace@trumbull-ct.gov

(203) 452-5199

(203) 452-5199

Front Desk

Ronnie Mogensen
rmogensen@trumbull-ct.gov

(203) 452-5199

Transportation/Trips

Erinne Bugge
ebugge@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:** Graham Bisset (475) 243- 3811**The American Legion:** Ernie Foito (203) 913-5689

AUGUST BIRTHDAYS

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

- Loretta Chory
- Robert Larsen
- Betty Cohen
- Donna Lavelle
- Shelia Craw
- Roberta Pack
- Leo Czajkowski
- Bessie Papadopoulos
- Anthony D'Aquila
- Jo-Ann Pavone
- Paula Davidson
- Anita Pfluger
- Peg DeSanty
- John Pineau Jr
- Connie DiGioia
- Joyce Schiappa
- Mina Feola
- Rosemary Sierer
- Diane Fried
- Andrea Simpson
- Margareta Grabiec
- Joan Szymansky
- Arlene Grogan
- Jane Werthmann
- Gail Haba
- Shelia Wheeler
- Bennett Hersch
- Jane Wischow
- Joan Hughes
- Kelley Wright
- Pam Hutchinson
- Nora Zilliox
- Edith Kreisman



4 ACTIVITIES

ONLINE PROGRAMS

Travel to Japan Thursday, August 11th 3:00 PM

Let's explore Japan! Join us for a live, virtual tour through the streets of Japan. 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, to make an appointment.



TONY D'OSTILIO'S ARTWORK



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

BOCCE STARTS

Join in on the fun and play a game of Bocce in our renovated Bocce court!

Mondays and Thursdays at 10:00 AM

We would like to send a big thank you to Bob Abercrombie and all the amazing volunteers who helped pitch in to get our court cleaned up and running!



DRAMA CLUB RETURNS!

We are excited to announce that the Drama Club will return to start meeting and practicing for their upcoming holiday season.

Tuesdays at 12:30 PM

Begins Tuesday, August 2nd. All new members are welcome to join.



SAVE THE DATE

- Sweets and Treats for Seniors**

**Monday, September 26th
10:00 AM-1:00 PM**

Sponsored by IMPACT Trumbull

IMPACT Trumbull

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

- **The Chanel Sisters by Judith Little**
Monday, August 1st-11:00 AM
- **The Personal Librarian by Marie Benedict**
Monday, September 12th-11:00 AM

Diabetes Awareness and**Management****Tuesday, August 9th****10:30 AM**

Join Geraldine Nunez, Owner of Assisting Life Home Care Services, for an informative presentation about diabetes awareness and how to best manage it. **To reserve lunch after the presentation, please call (203) 452-5199 ext 3.**

Recycling Program**Monday, August 15th****10:30 AM**

Join Trumbull Sustainable Youth for an informative and educational presentation about Trex plastic film recycling and other proper recycling practices and programs. **To reserve lunch after the presentation, please call (203) 452-5199 ext 3.**

Grandmother Nancy**Tuesday, August 16th****10:30 AM**

Join us and learn what the history books didn't teach you about the indigenous peoples. Grandmother Nancy is of Algonquin and French heritage and has followed the Red Road since childhood. She is a well-known storyteller, sharing legends from many different nations in school, health facilities, and the pow wow circuit.

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

Photography Workshop**Wednesday, August 17th****10:30 AM**

Join Kathleen Fay to learn about different photography equipment, angles, shadows, and lighting techniques. Please bring a cellphone camera. If you do not have that, you can bring a regular camera.

Wednesday, August 31st**10:30 AM**

You will return with prints to discuss and evaluate your photos. **This two part series workshop is \$5.00 per person.** You must RSVP. Please stop by the office or call (203) 452-5199.

Getting to Know Carbs!**Thursday, August 23rd****10:30 AM**

Join Registered Dietitian, Carmen Weber, to learn all about carbohydrates. Learn what they are, what foods groups have them, why we need them, and how to know how much is in packaged foods. Test yourself with a Nutrition Facts Label scavenger hunt and then watch a simple food demonstration with sample tasting for all. **To reserve lunch after the presentation, please call (203) 452-5199 ext 3.**

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.

Monthly Birthday Party**Tuesday, August 30th****1:00 PM**

Join us to celebrate our August birthdays with cupcakes and coffee!

Brain Games**Thursday, August 4th and 18th****9:00 AM**

1st & 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, August 18th****Lunch: 12:00 PM****Movie will begin: 1:30 PM****Movie: Midnight in Paris****Starring: Kathy Bates, Adrien Brody, Owen Wilson**

An aspiring novelist vacations to a new city alone with his fiancé and is forced to confront an illusion that life isn't always greener on the other side.

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

Bingo**Friday, August 26th 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:** Call to reserve a table**Canasta:****Mondays: 12:30 PM****Dominoes:****Tuesdays: 11:00 AM to 2:00 PM**

Scrabble: **New Game!**
Tuesdays: 10:30 AM

Pinochle:**Wednesdays & Thursdays
10:00 AM****Mahjong:** **Fridays: 11:00 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

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

No class for August. Restart September 15th

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

UPCOMING CLASS

- Beginners Ballet with Melody** NEW!
Wednesdays at 11:15 AM

Begins Wednesday, September 7th—October 19th

No class on 10/12.

No experience is necessary.

Optional: Ballet shoes or socks. No sneakers.

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

FOLLOW US ON FACEBOOK



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

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 8/2

Jazz and Dance with Melody—Returns!

Begins Tuesday, August 2nd-September 27th 11:30 AM

Please note there will not be a class on 8/30

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, August 19th

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.

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.



FOOD PANTRY NEEDS LIST

- Coffee: 1lb containers
- Tea
- Breakfast foods: hot and cold cereals, breakfast bars, pop tarts.
- Canned Fruit
- Apple sauce (ie, low sugar, no sugar, natural juices)
- Pancake mix and syrup
- Jarred tomato sauce and tomato product (crushed, puree, diced, paste)
- Shelf stable milk (whole, soy, almond)
- Gluten Free Products
- Juice and juice boxes
- Peanut butter and jelly
- Beans (low sodium, kidney, black, white, red, garbanzo, pink, pinto)
- Laundry detergent and dish soap
- Hygiene products: shampoo, conditioner, lotion, toothpaste, deodorant.
- Cleaning supplies
- Facial tissues
- Napkins

Monetary donations or gift cards are appreciated. Checks can be made payable to The Trumbull Food Pantry (Please do NOT mail cash) and mailed to: **TRUMBULL FOOD PANTRY - 23 Priscilla Place - Trumbull, CT 06611**

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 every Tuesday at 9:00 AM

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

Beginning in September, the group will meet on the 1st and 3rd Tuesday of each month.

WALK AND TALK WITH DR. MORRIS

Meets the 1st and 3rd Wednesday of each month at 10:00 AM—**Wednesday, August 3rd & 17th**

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, AUGUST 26TH** Stores include Big Y, Best Buy, Kohl's and Target. Also included are TJ Maxx, McDonalds, Dutchess 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, AUGUST 12TH**

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.

ROWANWOOD FARM & MONROE DINER

Friday, August 5th Cost: \$27.00 + LUNCH
Depart: 10:30am Estimated Return: 2:00pm

CAPTAINS COVE SEAPORT

Friday, August 19th Cost: \$2.00 + LUNCH
Depart: 11:30am Estimated Return: 2:00pm

MARK TWAIN HOUSE AND MUSEUM

Friday, September 9th Cost: \$22.00 + LUNCH
Depart: 8:45am Estimated Return 1:30pm

AQUA TURF: MUSIC OF DARIN & FRANCIS

Tuesday, September 13th Cost: \$49.00
Depart: 10:00am Estimated Return: 5:00pm

BUS TRIPS

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

AMERICA THE BEAUTIFUL

Celebrate the music of America and enjoy a family style lunch.
November 10, 2022
Depart Penny Lane Lot: 9:45 am
Estimated Return: 5:15 pm
Cost: \$106 Per person Due Sept 30th

Please call 203-452-5137 to schedule a time to come in and register for our trips.

PORT JEFF DAY TRIP

Friday, September 16th Cost: \$2.00
Depart: 9:15am Estimated Return: 4:00pm

BEARDSLEY CIDER MILL AND SASSAFRAS

Friday, September 30th Cost: \$2.00 + LUNCH
Depart: 9:45am Estimated Return: 1:45pm

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Genesis

St. Joseph's Center

REHABILITATION CENTER
6448 Main Street, Trumbull • 203-268-6204

Monday, August 1st Lunch Special	Monday, August 8th Lunch Special	Monday, August 15th Lunch Special	Monday, August 22nd Lunch Special	Monday, August 29th Lunch Special
Vegetable cacciatore with eggplant, onions, over fettuccine	Beef stroganoff over linguine with mushrooms and green beans	Pork loin, sweet potato, yellow squash, apple sauce	Mousaka, eggplant & potato with ground meat, onions and baked with broccoli	Meatloaf gravy, mashed potatoes, corn
Tuesday, August 2nd Lunch Special	Tuesday, August 9th Lunch Special	Tuesday, August 16th Lunch Special	Tuesday, August 23rd Lunch Special	Tuesday, August 30th Lunch Special
Chicken pot pie with tossed salad	Vegetable lasagna	Chicken parm over linguini and green beans	Stuffed cabbage with mashed potato and carrots	Manicotti with meatballs and green beans
Thursday, August 4th Lunch Special	Thursday, August 11th Lunch Special	Thursday, August 18th Lunch Special	Thursday, August 25th Lunch Special	*Financial assistance is available. See the front office to apply. All inquires kept confidential.
Stuffed squash, stuffing with ground sausage, over farro served with salad	Swedish meatballs served with egg noodles, carrots and peas	Stuffed shrimp, stuffing with crab meat, celery, baked potato	Cookout!	
<u>Other Menu Selections:</u> <u>Turkey Club</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. Suggested donation of \$5.00	 	

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 11:00 Book Club 12:00 Lunch 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi	2 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 Scrabble 11:30 Jazz Dance/Exercise 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Drama Club	3 9:00 Morning Exercise 10:00 Walk and Talk 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 1:00 Qigong	4 9:00 Chair Yoga 9:00 Brain Games 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:00 Bocce 10:15 Strength 11:00 Computer Tutor 11:30 Sit & Fit 12:00 Lunch 1:15 Pilates	5 9:00 Painting Part 1 9:30 Pickleball Court 10:00 Oil/Acrylic 10:30 Farm Trip 11:00 Mahjong 1:00 Painting Part 2
8 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 11:15 Zumba 12:00 Lunch 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi	9 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:30 International Folk 10:30 Scrabble 10:30 Diabetes Management 11:00 Dominoes 11:30 Jazz Dance/Exercise 11:30 Sit & Fit 12:00 Lunch 12:30 Drama Club	10 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 1:00 Qigong	11 9:00 Chair Yoga 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:00 Bocce 10:15 Strength 11:00 Computer Tutor 11:30 Sit & Fit 12:00 Lunch 1:15 Pilates 3:00 Tour Japan	12 9:00 Painting Part 1 9:00 Walmart 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting Part 2
15 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 10:30 Recycling Program 11:15 Zumba 12:00 Lunch 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi	16 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 10:30 Scrabble 10:30 Grandmother Nancy 10:30 International Folk 11:00 Dominoes 11:30 Jazz Dance/Exercise 11:30 Sit & Fit 12:00 Lunch 12:30 Drama Club	17 9:00 Morning Exercise 10:00 Tai Chi 10:00 Walk and Talk 10:00 Pinochle 10:00 Stop and Shop 10:30 Photo Workshop Part 1 11:00 Zumba Gold/Tone 1:00 Qigong	18 9:00 Chair Yoga 9:00 Brain Games 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:00 Bocce 10:15 Strength 11:30 Sit and Fit 12:00 Lunch 1:15 Pilates 1:30 Movie	19 9:00 Painting Part 1 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 11:30 Captains Cove 1:00 Painting 1:00 Yoga Nidra
22 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 11:15 Zumba 12:00 Lunch 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi	23 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 10:30 Carbs! 11:00 Dominoes 11:30 Jazz Dance/Exercise 11:30 Sit & Fit 12:00 Lunch 12:30 Drama Club	24 9:00 Morning Exercise 9:00 Blood Drive 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 1:00 Qigong	25 9:00 Chair Yoga 9:30 Garden Club 10:00 Watercolors 10:00 Pinochle 10:00 Bocce 10:15 Strength 11:00 Computer Tutor 11:30 Sit and Fit 12:00 Lunch-Cookout! 1:15 Pilates	26 9:00 Painting Part 1 9:00 The Loop 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 12:30 Bingo 1:00 Painting Part 2
29 9:00 Drawing Part 1 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 11:15 Zumba 12:00 Lunch 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi	30 9:00 Moderate Yoga 9:00 Grief Support 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 11:30 Jazz Dance/Exercise 12:00 Lunch 12:30 Drama Club 1:00 Birthday Party	31 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 10:30 Photo Workshop Part 2 11:00 Zumba Gold/Tone 1:00 Qigong	<h1>AUGUST 2022</h1> <p>*All virtual programs are written in GREEN text.</p> 	