



# TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199   SEPTEMBER

NATIONAL SENIOR CENTER MONTH: JOIN US!



## Sweets & Treats for Trumbull Seniors

September 26, 2022  
10am-1pm

*A fall festival to celebrate the seniors of our community.*

*Each session will include musical performances by local children, games and prizes, and gift bags with "sweets" from local bakers and "treats" from local businesses.*

- **Who:** All members of the Trumbull Senior Center
- **When:** Monday, September 26th
- **Time:** One hour sessions (10-11am, 11-12pm, 12-1pm)
- **Where:** Trumbull Senior Center, 22 Priscilla Place
- **Cost:** FREE for all attendees who register
- **How to register:** Attendees must sign up for a session by calling the Trumbull Senior Center (203-452-5199)

Special thanks to sponsors:



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COMFORT • CARE • COMPASSION

Sweets & Treats for Seniors  
is a project organized by  
IMPACTrumbull, a Trumbull  
501c3 nonprofit  
that completes monthly  
community service projects.

For more information, check out  
[www.impactrumbull.org](http://www.impactrumbull.org)

IMPACTrumbull  
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## HOUSING APPLICATIONS

The Trumbull Housing Authority will be accepting applications for housing **August 1<sup>st</sup>, 2022–September 30<sup>th</sup>, 2022**. Eligible applicants must be age 62 or older, or age 18 or older and disabled. Rent calculation is based on 30% of adjusted monthly income. Income Cannot Exceed: \$62,600 yr. for 1 person, \$71,550 yr. for 2 people. Applications can be picked up at: Trumbull Housing Authority, 200 Hedgehog Circle, Trumbull, 203-261-5740 X 1, [heather@sternvillage.com](mailto:heather@sternvillage.com), [www.sternvillage.com](http://www.sternvillage.com).

## SPOTLIGHT

### Meet Nancy Goncalves, Dance Instructor



Nancy Goncalves is a professional educator having served as Director of Fine & Performing Arts for the Bridgeport Board of Education where she supervised all aspects of the arts program including music, dance, theatre arts and art instruction. Nancy has served as Adjunct Professor at Fairfield University and is certified by the State of CT in Music and Public School Administration. Nancy's training, in addition to music, includes classes in tap, ballet, jazz, voice and drama. Nancy has been the recipient of numerous awards over the years, continues to be passionate about the arts and holds various Zumba certificates.

Join Nancy Mondays for Stretch & Move, Wednesdays for Morning Exercise and Thursdays for Strength.

We will be closed on Monday, September 5th in observance of Labor Day

## Little Angels Home Care LLC



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*Director*

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## MYRIAM ZORZI

Licensed Independent Broker

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myriamz65@aol.com

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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****(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

**First Selectman**

Vicki Tesoro  
Firstselectman@trumbull-ct.gov

(203) 452-5005

**Priscilla Place Café**

Elaine Marcucio  
New England Young at Heart

(203) 452-5199 Ext 3

## 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

## SEPTEMBER BIRTHDAYS

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

- Mary Ann Abercrombie
- Alan Mears
- Renuka Advani
- Marilyn Mitchell
- Elaine Annick
- Joan Munves
- Edward Bader
- Eunice Murphy
- Rosann Blanco
- Diane Nunn
- Karin Brey
- Joanne O'Rourke
- Frances Capella
- Mary Parks
- Joseph Casarin
- Linda Reilly
- Donna Chang
- Joao Ribeiro
- Annie Chen
- Joyce Rosinski
- Rose Clark
- Nancy Sabol
- Florence Clomiro
- Rathna Samaranayake
- Ann Companik
- Nancy Sidoti
- Mary Contino
- Michele Stapleton
- Rosemary Dobosz
- Karen Talloni
- Margaret Gillard
- James Tarbox
- Gail Ginsberg
- Margery Thoma
- Bill Heher
- Toni Valentin
- Natalie Hollis
- Angela Vartuli
- Agnes Horton
- Gilda Vogel
- Rebecca Huston
- Julene Vonglinsky
- Marcie Jontos
- Dolores Wiedwald
- Sue Kallay
- Stanley Wittenberg
- Avinash Kaur
- Barbara Kolesar
- Roslyn Krasilovsky



## FOLLOW US ON FACEBOOK

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

## 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

## 4 ACTIVITIES, PROGRAMS AND EVENTS

### ONLINE PROGRAMS

#### Travel to Portugal Thursday, September 15th 1:30 PM

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



### WRITING WORKSHOP

#### Mastering Memoir Mondays & Thursdays at 1:00 PM Begins Monday, September 12th through Monday, November 7th *\*Please note there will not be classes on 9/26, 10/6, 10/10, 10/13 and 10/27*

Mastering Memoir is a 12 session course commitment that meets twice weekly on Mondays and Thursdays at 1:00 pm. If you have a tale to tell, come join the fun and learn how to make it a tale everyone will line up to hear!

In this course participants will learn:

- How to craft compelling stories using ancient dramatic structure
- How to pull out the moments of your life with the greatest meaning for you and your readers
- How to make sure your memoir stands apart with a compelling hook that is unique to you
- How to find your writer's voice and use it to draw readers in so they won't be able to put your story down
- How to piece together seemly unrelated events from your life around a "spine" or compelling core theme for your memoir

**This 12 session workshop is \$5 per person. You must RSVP, please call (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](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

*These classes are 12 week workshops that are currently in progress. Stay tuned for the upcoming registration dates.*



### MEDICARE OPEN ENROLLMENT

#### MEDICARE OPEN ENROLLMENT

The annual open enrollment for Medicare is coming soon – October 15<sup>th</sup> – December 7<sup>th</sup>.

Medicare coverage should be reviewed annually to ensure that it is still meeting all your needs including your prescription drug coverage, for the upcoming year. Plans can change from year to year. Medicare CHOICES counselors will be available for individual sessions by appointment only on October 25<sup>th</sup> – space is limited – please call Jennifer Gillis in Social Services to confirm an appointment at 203-452-5133.



### SENIOR FARMERS MARKET VOUCHERS

Is a supplemental food program that provides vouchers to eligible seniors which may be redeemed at local designated Farmer's Markets throughout Connecticut. These vouchers provide seniors with the opportunity to purchase locally grown fresh fruits, vegetables, fresh cut herbs, honey and eggs with participating vendors during the summer months. The program is administered nationally by the State Department of Agriculture. For income guidelines and additional program information, please contact Jennifer Gillis / Social Service Coordinator at 203-452-5133 or [jgillis@trumbull-ct.gov](mailto:jgillis@trumbull-ct.gov).

### SAVE THE DATE: HAZARDOUS WASTE COLLECTION

#### Town of Trumbull Household Hazardous Waste Collection

Saturday, December 3, 2022

TIME: 9:00 A.M. - 1:00 P.M.

PLACE: 307 Indian Ledge Park Drive next to BMX Facility

SERVING TRUMBULL, MONROE & EASTON RESIDENTS  
(Must show CT Driver's License)

## IN PERSON PROGRAMS AND GAMES

## CAREGIVERS ALWAYS WELCOME!

**Book Club Meetings**

- **The Personal Librarian by Marie Benedict**  
Monday, September 12th-11:00 AM
- **The Second Mrs. Astor by Shana Abe**  
Monday, October 3rd-11:00 AM

**Beltone Presents****Monday, September 12th****10:30 AM**

John Bermudez, a Hearing Practitioner from Beltone, will be doing an informative session on hearing health and how hearing loss can affect us. He will cover many questions such as who hearing loss can affect and what are the signs and symptoms of hearing loss. He will also discuss causes, the different forms and how hearing loss could impact your life if left untreated and what options are available to treat the loss.

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

**Lunch and Movie****Thursday, September 22nd**

Lunch: 12:00 PM

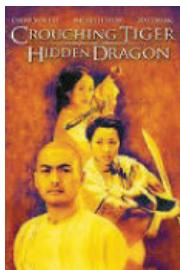
Movie will begin: 1:00 PM

**Movie: Crouching Tiger, Hidden Dragon**

A young Chinese warrior steals a sword from a famed swordsman and then escapes into a world of romantic adventure with a mysterious man in the frontier of the nation.

**Starring: Chow Yun Fat, Michelle Yeoh, Kuo Jung**

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

**AARP Safe Drivers Course****Friday, September 23rd****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

**Monthly Birthday Party Lunch and Sweets****Tuesday, September 27th****12:00 PM Lunch/12:30 PM Cake**

Join us to celebrate our September birthdays with lunch and cake! Everyone is welcome to join no matter what month your birthday falls in. To attend both lunch and cake please RSVP by calling (203) 452-5199 ext 3. If you plan on joining for cake only, please call the main office at (203) 452-5199.

**Wigs 101****Tuesday, September 20th****10:30 AM**

Have you ever been tempted to wear a wig but were afraid you'd look silly and "wiggy"? Come learn about modern wigs, how they're made, and how beautiful and affordable they actually are! There's no sale of "alternative hair" in this session, just information, demonstration, and questions answered. Whether you're just curious and want to change up your look or have hair loss due to chemo, genetics, alopecia, or age-related thinning, wigs are a wonderful way to erase the negatives that many of us "hair-challenged" women often feel about ourselves. Come join us as we discuss the basics, get a closer view of different kinds and styles/colors of wigs, engage in discussion, and see how transformative a simple wig can be. **To reserve lunch after the presentation, please call (203) 452-5199 ext 3.**

**Brain Games****Thursday, September 15th 9:00 AM**

Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, to participate in fun, stimulating brain games.

**Bingo****Friday, September 30th 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:**

Tuesdays: 10:30 AM

**Pinochle:**

Wednesdays &amp; Thursdays 10:00 AM

**Mahjong: Fridays: 11:00 AM**

**Bocce:** NEW!  
Mondays & Thursdays: 10:00 AM

**Pickleball Open Court:**

Wednesdays: 12:30  
Fridays: 9:30 AM

## 6 HEALTH AND WELLNESS

### EXERCISE CLASSES ON ZOOM

#### **Yoga with Jeannie**

**Mondays at 10:30 AM**

Meeting ID: 816 351 63317/ Passcode: 394826

#### **Tai Chi with Alma/Ken**

**Mondays at 1:00 PM**

No Meeting ID or Passcode.

Go to <https://us02web.zoom.us/j/82942995104>

#### **Sit and Fit with Bobbi**

**Thursdays at 11:30 AM**

Meeting ID: 891 3297 7909 / Passcode: Peace

#### **Zumba Gold and Toning with Pauline**

**Wednesdays at 11:00 AM**

Meeting ID: 721 316 6085 / Passcode: 549424

#### **QiGong w/ Julie**

**Wednesdays at 1:00 PM**

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, September 15th 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

**\*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.\***

#### **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



#### **Gentle Yoga with Deborah Swann**

**NEW!**

**Tuesdays at 10:15 AM**

#### **8 WEEK COURSE. (may be extended)**

Gentle Yoga focuses on stretching, breath and movement. It is perfect for those who prefer a slower class to improve flexibility, strength, breath, and release tension OR for those who are Beginners. Practice includes easy floor poses and chair work, as well as the use of props to adapt poses to be more accessible.

Please bring yoga mat and block.

**Optional props: yoga strap and blanket.**

#### **The Walking Group**

**NEW!**

**with Nurse Samantha**

**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

#### **Beginners Tap Dance with Rose**

**Tuesdays at 10:00 AM**

#### **Jazz and Dance with Melody**

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

#### **Sit and Fit with Bobbi**

**Tuesdays at 11:30 AM**

Please bring your own weights.

#### **Morning Exercise with Nancy**

**Wednesdays at 9:00 AM**

Weights are optional to bring.

#### **Beginners Ballet with Melody**

**NEW!**

**Wednesdays at 11:15 AM**

**Begins Wednesday, September 7th-October 19th**

No experience necessary.

Optional: Ballet shoes or socks. No sneakers.

*\*Please note there will not be a class on 10/12\**

#### **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.

#### **Yoga Nidra with Deborah Swann**

**Third Friday of each month at 1:00 PM**

**Friday, September 16th**

This is a deep relaxation class with Reiki.

Please bring a yoga mat and small throw blanket.

Optional: small pillow for head rest.

Dear Trumbull Senior Center Members,  
It is with a heavy heart, I write this letter to you. As many of you know, I have left the Wellness Nurse position and will no longer be at the Senior Center. Beginning this August I will be teaching for the University of New Haven, continuing my education with a master's degree in Nursing Education, working clinically at a local hospital, and running my business with my husband: Collaborative Preparedness llc, an education and consulting company.

I loved working as your Wellness Nurse and it was a very hard decision to leave; but, there are just not enough hours in the day.

Meeting all of you and my time here has been very enjoyable. I have made some great friends and had many pleasant conversations, which I will never forget. I will be remaining with the Town as a Nurse and I hope to visit on occasion. My best and love to all of you.

Sincerely,  
Nurse Tori



## UPCOMING FLU CLINIC: OCTOBER 4TH

# Fight The Flu



## Flu Clinic for seniors!

Tuesday, 10/4

9:00 – 10:00 am AND 11:30 am - 12:30 pm

Trumbull Senior Center

- ✓ Appointments preferred. Contact the Senior Center to make an appointment.
- ✓ Walk-ins will be accepted while supplies last.
- ✓ Flu forms can be located at the front desk at the Senior Center
- ✓ Arrive with completed paperwork
- ✓ Bring your license, insurance card(s), card when applicable
- ✓ Short sleeves shirt recommended
- ✓ Regular and high dose flu vaccine will be available.



## 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

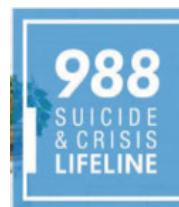


**ADULT CRISIS LINE:** 1-800-467-3135

**UNITED WAY / 2-1-1:** <https://uwc.211ct.org/> categorysearch/mental-health/ **OR CALL 211 FOR PROGRAMS AND SERVICES.**

about death or suicide.  
1-800-971-0016

## 988 SUICIDE AND CRISIS LIFELINE



This new, simplified tool is critical for older adults and those living with a disability because such individuals are at greater risk for mental health crisis and suicide. As SAMSHA pointed out in its [Appropriations Report for 988](#), suicide rates are higher among older adults. Among men, the suicide rate is highest for adults aged 75 and older, while among women, the suicide rate is highest among those aged 45 to 64. Likewise, a recent study found that people with disabilities were significantly more likely than those without disabilities to report suicidal ideation, planning, or attempt. Calling 988 will direct the caller to representatives specifically trained in the management of suicide risk and other mental health crises.

## 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, September 13th & 27th**

To join, contact Dr. Cornelia Morris at [cmorris@trumbull-ct.gov](mailto:cmorris@trumbull-ct.gov) and/or call (203) 452-5158

### COFFEE AND LEARN WITH DR. MORRIS

Meets the 1st and 3rd Wednesday of each month at 10:00 AM—**Wednesday, September 7th & 21st**

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 the Senior Center. To join, contact Dr. Cornelia Morris at [cmorris@trumbull-ct.gov](mailto:cmorris@trumbull-ct.gov) and/or call (203) 452-5158.

## 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.

### TRUMBULL POLICE WARN OF SCAMS TARGETING THE ELDERLY

The Trumbull Police Department would like to warn the public about a recent increase of scams targeting senior citizens. Even though the police may be made aware of these types of cases, they can be difficult to investigate because many times the suspects are in another country or quickly leave the scene where very little suspect information is available. Also, due to complexity of these cases, the victims most likely will not get their money or valuables their back.

**There are numerous types of scams, and a few are described as follows:**

- The caller claiming to be a family member that has an illness or was arrested. This caller will put urgency into helping them and tell the victim not to contact anyone, especially the police.
- The caller may claim to be a law enforcement official that has custody of the victim's family member and would demand bail or funds for their release.
- The caller may claim to be law enforcement stating that the victim's Social Security Number or Bank Accounts have been "compromised." The caller will ask personal information to "verify" the identity of the person they are calling, getting the victim's information including Social Security and bank account numbers.
- Random emails or texts with an urgent message are sent stating that one's Social Security number, bank account, or any other personal accounts has been "compromised" and needs immediate attention.
- Distraction scams where suspect(s) "randomly" show up at the home of elderly residents pretending to be from a utility company, and then try to lure their way into the house. Once inside, one suspect will distract the victim, while another suspect will steal valuables.

**If you receive a call you believe to be a scam:**

- Resist the urge to act immediately no matter how dramatic the story is.
- Verify the caller's identity. Ask questions that a stranger would not be able to answer. Check with a family member to see if the information is true.
- Do not send cash, gift cards or conduct money transfers. Once the scammer gets the money, it's gone!
- Do not give personal or bank account information by email, over the phone, or by logging into bank accounts as directed by the caller.

Do not respond to random calls, emails, or text messages that contact you for personal information. Find the contact information on your own to verify the legitimacy of any random solicitation.

Please keep the following in mind:

- Do not let strangers into your home that have arrived unannounced and request access inside.
- Police agencies do not contact family for bail money.
- Neither Police agencies, nor the IRS, ask for money to fix Social Security or bank accounts, and they do not request gift cards for payment. Police agencies do not send text messages asking for account information as part of an investigation.

Police are asking senior citizens and their family members to be aware of these scams. Protect your information and never provide banking information or log in to your accounts while the caller is on the phone. If you have parents or elderly people in your family, take the time to explain these scams to them. Trumbull Police Department (203) 261-3665.

### 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, SEPTEMBER 23RD**. 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, SEPTEMBER 2ND**.

**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.**

**MARK TWAIN HOUSE AND MUSEUM**

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

**AQUA TURF: MUSIC OF DARIN & FRANCIS**

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

**PORT JEFF DAY TRIP**

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

**BEARDSLEY CIDER MILL AND SASSAFRAS**

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

## BUS TRIPS

**SOUNDS OF SUMMER**

Enjoy the music of the 60s & 70s at Amarante's Sea Cliff in New Haven, CT. Lunch choices are Chicken Mediterranean or Sole Florentine.

**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! Lunch choices are Chicken Parmigiana, Penne Primavera, or Baked Fish.

**September 20, 2022—(Full, Waitlist available)**

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 of western Massachusetts. Please call for lunch choices. After lunch, we will visit a local winery!

**October 23, 2022—(Full, Waitlist available)**

Depart Penny Lane Lot: 7:30 am  
 Estimated Return: 6:30 pm  
 Cost: \$138 Per person Due Sept 9th

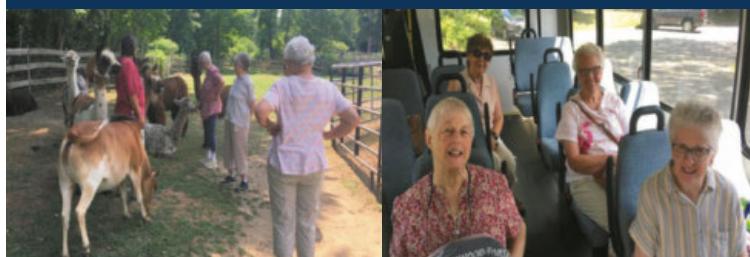
**AMERICA THE BEAUTIFUL**

Celebrate the music of America at the Grand Oak Villa in Oakville 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 an appointment to register and discuss trips.**

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**Priscilla Place Café Lunch 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 hours in advance. Suggested donation of \$5.00.

\*Financial assistance is available. See the front office to apply.  
All inquiries are kept confidential.**Other Menu Selections:**Turkey ClubTurkey SandwichTuna SaladSalad: topped with  
Tuna Salad or  
Grilled ChickenGrilled Chicken Sandwich**Monday,  
September 5th  
Lunch Special**Senior Center is  
closed in  
Observance of  
Labor Day!**Monday,  
September 12th  
Lunch Special**Stuffed shells with  
meatballs, broccoli,  
an apple, and a salad  
or pasta fagioli soup**Monday,  
September 19th  
Lunch Special**Chicken divan with  
rice, mushrooms,  
string beans, and  
salad or tomato  
zucchini soup**Monday,  
September 26th  
Lunch Special**Lasagna with green  
beans, bread, and  
salad or soup**Tuesday,  
September 6th  
Lunch Special**Beef stroganoff  
served with broccoli,  
bread, an apple, salad  
or chicken  
vegetable soup**Tuesday,  
September 13th  
Lunch Special**Meatloaf with gravy,  
roasted red potatoes,  
zucchini, a banana,  
and a salad or beef  
barley soup**Tuesday,  
September 20th  
Lunch Special**Eye of round with gra-  
vy, mashed  
potatoes, broccoli,  
bread, a banana, and  
salad or onion soup**Tuesday,  
September 27th  
Lunch Special**Roast turkey with  
gravy, mashed  
sweet potatoes, and  
salad or  
vegetable soup**Thursday,  
September 1st  
Lunch Special****Thursday,  
September 8th  
Lunch Special****Thursday,  
September 15th  
Lunch Special****Thursday,  
September 22nd  
Lunch Special****Thursday,  
September 29th  
Lunch Special**Chicken burrito  
served with an  
orange and tortilla  
soup or saladPork loin with roasted  
sweet potatoes,  
applesauce, mixed  
vegetables, and salad  
or lentil soupChicken parmesan,  
pasta, string beans,  
cantaloupe, chicken  
soup or a salad

Cookout!

Beef pot pie with  
potatoes, carrots  
and peas, bread,  
cauliflower, and  
soup or a salad**SUPPORT OUR ADVERTISERS!**

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