



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!

HOUSING APPLICATIONS

The Trumbull Housing Authority will be accepting applications for housing **August 1st, 2022–September 30th, 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, www.sternvillage.com.

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:

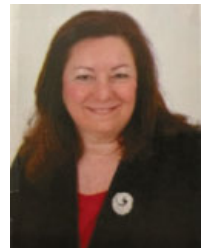
COMFORT • CARE • COMPASSION

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

For more information, check out www.impacttrumbull.org

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



Ewa Grzymala

Providing: Elderly Care,
Hourly, Companion,
Live-in Caregivers, Weekends
**We are taking long-term
life ins and state cases**

Reg. # HCA0000732

745 Osborn Rd., Naugatuck CT 06770

203-278-1436

www.littleangels-homecare.com

E: littleangelshomecare48@yahoo.com



ABRIOLA PARKVIEW FUNERAL HOME

James Abriola
Director

203-373-1013

419 White Plains Road, Trumbull

www.abriola.com

LISA VALENTI CENTURY 21 ALLPOINTS REALTY



6580 Main Street, Ste 101, Stratford, CT 06614
M 203.257.2127 • O 203.378.0210

LTV22realtor@gmail.com

Licensed in CT



MYRIAM ZORZI

Licensed Independent Broker

(860) 214-5282

myriamz65@aol.com

EAST HARTFORD, CT 06118

Tambien Hablo Español. Lo Puedo Ayudar!

Medicare
Advantage

Medicare
Supplement

Prescription Drug
and Hospital
Indemnity Plans

**GROW YOUR
BUSINESS
BY PLACING
AN AD HERE!**

CONTACT US!

Contact Bill Humpheys
to place an ad today!
bhumpheys@lpicommunities.com
or (800) 477-4574 x6634



Others caretake. We caregive.

Personal non-medical caregiving from a trusted and
distinguished home healthcare agency.

203.438.5555
RVNAhealth.org

LEARN MORE

rYnaHEALTH™
For Lifelong Care & Wellness



RLC
RESORT LIFESTYLE
COMMUNITIES
River Valley

Retire Well. Retire Here.

At River Valley, we offer more than just a
community, we offer all-inclusive independent
retirement living. Designed exclusively for adults
55 and over, we take care of everything with one
monthly price and no buy-in fee, so you can
enjoy the good things in life.

Call today to to schedule a private tour:

203-601-2884

101 Oakview Drive ♦ Trumbull, CT
RiverValleyRetirement.com

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

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**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

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

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



FOLLOW US ON FACEBOOK

[https://www.facebook.com/ TrumbullSeniorCenter/](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

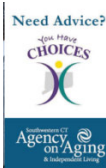
ONLINE PROGRAMS

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 seemingly 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 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.



October 7-14
trumbullrestaurantweek.com

MEDICARE OPEN ENROLLMENT

MEDICARE OPEN ENROLLMENT

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

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 25th – 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.

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

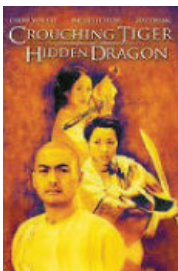
Movie will begin: 1:00 PM

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 & Thursdays
10:00 AM

Mahjong: Fridays: 11:00 AM

Bocce:

Mondays & Thursdays: 10:00 AM

Pickleball Open Court:

Wednesdays: 12:30

Fridays: 9:30 AM

NEW!

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
with Nurse Samantha****NEW!**

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



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

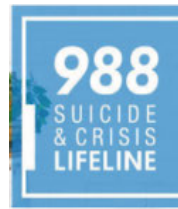


ADULT CRISIS LINE: 1-800-467-3135

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 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 and/or call (203) 452-5158.

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, hair-dresser, 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.

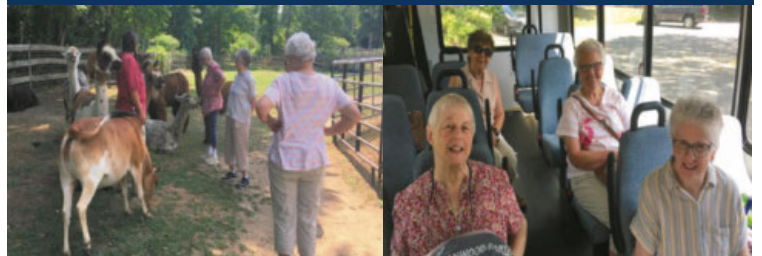
November 10, 2022

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.



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 **833-287-3502**

Genesis

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

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 inquires are kept confidential.

**Other Menu Selections:**

Turkey Club

Turkey Sandwich

Tuna Salad

Salad: topped with

Tuna Salad or
Grilled Chicken

Grilled 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**

Chicken burrito
served with an
orange and tortilla
soup or salad

**Thursday,
September 8th
Lunch Special**

Pork loin with roasted
sweet potatoes,
applesauce, mixed
vegetables, and salad
or lentil soup

**Thursday,
September 15th
Lunch Special**

Chicken parmesan,
pasta, string beans,
cantaloupe, chicken
soup or a salad

**Thursday,
September 22nd
Lunch Special**

Cookout!

**Thursday,
September 29th
Lunch Special**

Beef pot pie with
potatoes, carrots
and peas, bread,
cauliflower, and
soup or a salad

SUPPORT OUR ADVERTISERS!

BUNTING APPRAISAL SERVICES



Need an Appraisal of your home to get rid of costly PMI or for Probate, Divorce, Pre-Listing, Estate Planning or Tax Appeal purposes?

Give me a call!

Friendly, Fast and Affordable Service!

KATHLEEN BUNTING • 203-243-6009



LYNN MUT Independent Insurance Agent

INSURANCE SOLUTIONS INC.

Office: 203-230-0548 Cell: 203-671-4400

Email: Lmut@comcast.net

355 Main Street • Hamden, CT 06514

Medicare Health Plans • Dental • Final Expense



CYRIL F. MULLINS FUNERAL HOME, INC.

399 White Plains Road, Trumbull, CT

203-372-6543

www.mullinsfh.com email: cfmullinsfh@gmail.com

Family owned and operated since 1937



BISHOP WICKE | CROSBY COMMONS | LIFESTYLE TRANSITIONS | WESLEY HEIGHTS

Wesley Village is a not-for profit, full continuum of care campus designed to accommodate your lifestyle needs as they change.

- Independent & Assisted Living
- Short-Term Rehab
- Memory Support
- Outpatient Therapy & Fitness

SCHEDULE YOUR TOUR TODAY! | 203-225-5000

580 Long Hill Avenue, Shelton, CT 06484 | www.umh.org

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

Hair on Wheels

DEBBIE FONTANA

"Full Service Salon in the Comfort of your Own Home"

Cell: 203-913-2192

If you are single & make less than \$2,390/month or a couple & make less than \$3,220/month, then you are eligible to get your Medicare Part B premium of \$170.10 a month put back into your Checking account, pay \$0 for your prescription medications & have a \$0 premium Medicare insurance policy with NO copayments

Call me for a free confidential consultation -

I will help you navigate your Medicare Options!

Michael W. Antonini | 203-521-9671

Medicare Insurance Broker

REMARKABLE MEMORY CARE ASSISTED LIVING



Bridges

BY EPOCH

MEMORY CARE ASSISTED LIVING AT TRUMBULL

Remarkable people. Exceptional care.

Helping those in various stages of memory loss experience more joyful, meaningful days.

203.245.5126

2415 Reservoir Avenue | Trumbull, CT 06611

WILLIAM RAVEIS
REAL ESTATE • MORTGAGE • INSURANCE



ELIZABETH CASEY
Your Trusted Resource

REALTOR® ABR, SRES

elizabeth.casey@raveis.com | elizabethcasey.raveis.com



Call your local Senior Real Estate Specialist today!

203-260-7118

From market evaluation to unpacking in your new home, we have you covered every step of the way.

945 White Plains Road, Trumbull, CT 06611



www.BridgesbyEPOCH.com


CT Relay 711



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Trumbull Senior Center

06-5293

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| <div> <div>SEPTEMBER 2022</div> <div>*All virtual programs are written in GREEN text.</div>  </div> | | | <div>1</div> <div> 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 </div> | <div>2</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>5</div> <div> The Center is closed in Observance of Labor Day. </div> | <div>6</div> <div> 9:00 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:15 Gentle Yoga 10:30 Scrabble 11:00 Dominoes 11:30 Jazz Dance/Exercise 11:30 Sit & Fit 12:00 Lunch 12:30 Drama Club </div> | <div>7</div> <div> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 10:00 Coffee and Learn 11:00 Zumba Gold/Tone 11:15 Beginners Ballet 1:00 Qigong 12:30 Pickleball Court </div> | <div>8</div> <div> 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 </div> | <div>9</div> <div> 8:45 Mark Twain House 9:00 Painting Part 1 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting Part 2 </div> |
| <div>12</div> <div> 9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 10:30 Beltone Presents 11:00 Book Club 11:15 Zumba 12:00 Lunch 12:00 Drama Club 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi 1:00 Mastering Memoir </div> | <div>13</div> <div> 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:00 Walking Group 10:00 Beginners Tap 10:15 Gentle Yoga 10:30 Scrabble 11:00 Dominoes 11:30 Jazz Dance/Exercise 11:30 Sit & Fit 12:00 Lunch 12:30 Drama Club </div> | <div>14</div> <div> 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 Beginners Ballet 1:00 Qigong 12:30 Pickleball Court </div> | <div>15</div> <div> 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 1:00 Mastering Memoir 1:15 Pilates 1:30 Tour Portugal 7:00 Comm. Meditation </div> | <div>16</div> <div> 9:00 Painting Part 1 9:15 Port Jeff 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 12:00 Senior Picnic 1:00 Painting 1:00 Yoga Nidra </div> |
| <div>19</div> <div> 9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 11:15 Zumba 12:00 Lunch 12:00 Drama Club 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi 1:00 Mastering Memoir </div> | <div>20</div> <div> 9:00 Moderate Yoga 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:15 Gentle Yoga 10:30 Scrabble 10:30 Wigs 101 11:00 Dominoes 11:30 Jazz Dance/Exercise 11:30 Sit & Fit 12:00 Lunch 12:30 Drama Club </div> | <div>21</div> <div> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 10:00 Coffee and Learn 11:00 Zumba Gold/Tone 11:15 Beginners Ballet 1:00 Qigong 12:30 Pickleball Court </div> | <div>22</div> <div> 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 1:00 Movie 1:00 Mastering Memoir 1:15 Pilates </div> | <div>23</div> <div> 9:00 Painting Part 1 9:00 The Loop 9:00 AARP Safe Driving 9:30 Pickleball Court 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting Part 2 </div> |
| <div>26</div> <div> 9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:00 Bocce 10:00 Sweet and Treats 11:15 Zumba 12:00 Lunch 12:00 Drama Club 12:30 Computer Tutor 12:30 Canasta 1:00 Tai Chi </div> | <div>27</div> <div> 9:00 Moderate Yoga 9:00 Grief Support 10:00 Knitting 10:00 Beginners Tap 10:00 Walking Group 10:15 Gentle Yoga 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 11:30 Jazz Dance/Exercise 12:00 Lunch 12:30 Birthday Party 12:30 Drama Club </div> | <div>28</div> <div> 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 11:15 Beginners Ballet 1:00 Qigong 12:30 Pickleball Court </div> | <div>29</div> <div> 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 1:00 Mastering Memoir 1:15 Pilates </div> | <div>30</div> <div> 9:00 Painting Part 1 9:30 Pickleball Court 9:45 Beardsley Cider Mill 10:00 Oil/Acrylic 11:00 Mahjong 12:30 Bingo 1:00 Painting Part 2 </div> |