



# TOWN OF Trumbull HUMAN SERVICES

**Senior Center Serving Adults Age 55+**

**23 Priscilla Place • Trumbull, CT • 06611**

**(203) 452-5199**

**FEBRUARY 2023**

## AARP TAX-AIDE

AARP is offering free Tax Return Preparation by AARP/IRS Certified Tax Volunteers. Beginning Wednesday, February 1st until Friday, April 14th. Appointments will be held on Wednesdays and Fridays from 9:30 AM until 12:30 PM, by appointment only at the Trumbull Main Library, 33 Quality Street, Trumbull.

### WHAT TO BRING:

- **Photo ID or other type of identification**
- **Social Security Card and Statement (SSA 1099)**
- **A copy of your 2021 tax return and/or prior year AARP Envelope**
- **All tax forms received for tax year 2022 (W-2, 1095, 1099)**
- **End of year Investment statements (INT, DIV, Stocks, Bonds)**
- **List of Itemized Deductions (Medical, Donations, Taxes)**
- **Any other tax documents you might have**
- **IRS PIN if issued, Cancelled Check for Direct Deposit**

**You must make an appointment by calling the Trumbull Library at (203) 452-5197.**

## BREAKFAST AND PAJAMA DAY LUNCHEON

**Join us for a Breakfast/Pajama Day Luncheon**

Tuesday, February 7th at 12:00 PM

Pajamas are encouraged but not required!

**Cost: \$5**

**Menu: Vegetable omelets, home fries, bacon and pancakes**

Reservations are required 24 hours in advance by calling (203) 452-5199 ext. 3.

## SANTA'S RUNWAY



Trumbull Human Services receives donation of \$4,600 from Santa's Runway.

For the second year in a row, the residents on Sterling Road raised funds for social services while they attracted onlookers from all over the state to come and enjoy their light display "Santa's Runway". The neighborhood gets into the holiday spirit, lining the road with lights, creating 'Santa's runway'. The homes are beautifully decorated and the residents donate their time meeting with visitors, handing out candy canes and Christmas ornaments and directing traffic.

This year, the organizers of Santa's Runway, Zoli Szabo and Joe McDonald presented a check to the Human Services Department for \$4,600. These funds will be used to support the local food pantry and social services.

We thank them for their continued support!



**We will be closed on Monday, February 20th in observance of President's day.**

## 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!

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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****Front Desk**

Ronnie Mogensen  
rmogensen@trumbull-ct.gov

**(203) 452-5199**

(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

**Haely Kim**

hkim@trumbull-ct.gov

(203) 452-5135

**Food Pantry**

Karen Seferi  
kseferi@trumbull-ct.gov

(203) 452-5136

**Wellness Nurse**

Susan Clay, BSN RN  
sclay@trumbull-ct.gov

(203) 452-5134

**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

**FOLLOW US ON FACEBOOK**<https://www.facebook.com/TrumbullSeniorCenter/>

## COMMISSION ON AGING

Mike Ganino: Chair  
Ron Foligno: Vice Chair  
Jean DaRold: Secretary  
Evelyn Wiesner  
Mark Ryan

Alissa Heilbrunn  
Nancy Lucas  
Debra Gilbert Taylor  
Barbara Crandall: Clerk

## HOURS OF OPERATION

**SENIOR CENTER HOURS:**

Monday-Friday 9:00 a.m.- 2:00 p.m. (203) 452-5199  
\*appointments and arrangements for activities can be made by appointment only after 2:00 p.m.

**SOCIAL SERVICES HOURS:**

Monday-Friday 9:00 a.m.- 4:00 p.m.  
Call for an appointment (203) 452-5198

**FOOD PANTRY:** Monday, Tuesday, Thursday  
By appointment only (203) 452-5136

## 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

**JULY 1<sup>ST</sup> - JUNE 30<sup>TH</sup>**Membership runs from July 1<sup>st</sup> - June 30<sup>th</sup>.

You can join at anytime during the year.

Resident Annual Fee: \$5

Non-Resident 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

## FEBRUARY BIRTHDAYS

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

- Robert Benick
- Daisy Blake
- Ingrid Bloom
- Carol Bolin
- Donna Brien
- Karen Brown
- Marie Chiappetta
- Barbara Chuga
- Margaret Cooney
- Linda Dattolo
- Virginia Day
- Sadhana Desai
- Frances Dimenna
- Mary Donohue
- Kathleen Dunn
- Simone Eladawy
- Ann Flowers
- Marie Folchick
- James Gross Sr.
- Ruth Haut
- Louise Iannarelli
- Russell Jagoe
- Mary Louise Jagoe
- John Karabinos
- Elaine Konoski
- Eric Krug
- Joanne Langer
- George Langley
- Mark Lewandowski
- Marie Lombardo
- John Lowndes
- Jerry Lynch
- Hildegund Mayo
- Mary Minopoli
- Jill Nichols
- Julianne Nyitrai
- Donna Ortoli
- Thomasina Petrahai
- Mary Jo Pranger
- Esther Riccio
- A. Joseph Romano
- Richard Roof
- Catherine Rotunno
- Jim Rule
- Lucille Sastram
- Eileen Soltis
- Betsy Sorrentino
- Lynn Stewart
- Jack Talley
- Rachel Tanski
- Domenico Testani
- Christine Vezzani
- Stephen Visoky
- Beth Walsh

## 4 ACTIVITIES, PROGRAMS AND EVENTS

### DRAMA CLUB RETURNS!

We are excited to announce that the Drama Club will begin meeting and practicing for their upcoming spring show. The club will meet every Tuesday at 12:30 PM beginning Tuesday, February 7th.

New members are welcome to join!



### PICKLEBALL LESSONS

Beginner pickleball lessons return on Wednesdays for 6 weeks beginning February 8th until March 15th from 11:15 AM-12:15 PM.

**Cost: \$45**

**Includes all six lessons and must be paid within two business days.**

Registration is required! Open to Trumbull residents/members only, who have not previously taken lessons at the senior center.

**\*Registration for these lessons has already taken place and spaces are filled. Please call Ronnie at (203) 452-5199 to be added to the waitlist.**

### TOWN OF TRUMBULL 2023 HOLIDAY SCHEDULE

DAY	DATE
Monday	January 2, 2023
Monday	January 16, 2023
Monday	February 20, 2023
Friday	April 7, 2023
Monday	May 29, 2023
Monday	June 19, 2023
Monday	July 3, 2023
Tuesday	July 4, 2023
Monday	September 4, 2023
Monday	October 9, 2023
Friday	November 10, 2023
Thursday	November 23, 2023
Friday	November 24, 2023
Monday	December 25, 2023
Monday	January 1, 2024

### ART CLASSES ON ZOOM

- Drawing with Chris (part 1) at 9:00 AM on Mondays**
- Painting with Chris (part 1) at 9:00 AM on Fridays**
- Painting with Chris (part 2) at 1:00 PM on Fridays**

These are ongoing art workshops that are available on Zoom. 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 with Jill Thursdays from 10:00 AM to 12:00 PM**
- Oil/Acrylic Painting with Jill Fridays from 10:00 AM to 12:00 PM**

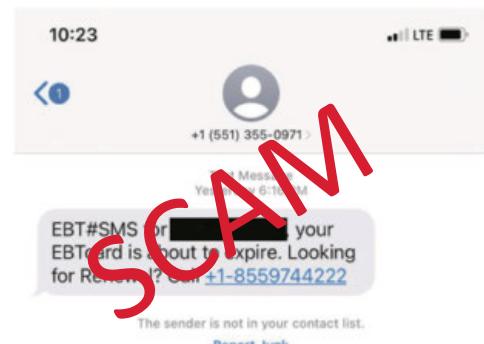
*These are 12 week workshops that are currently in progress.*

**\*The next registration period for these workshops will open Monday, February 13th at 9:00 AM for classes beginning mid March, dates TBD. Non-residents must register in person, there is a \$25 fee for non-residents.**

### FRAUD AWARENESS

Staff and clients have begun reporting messages appearing to be from DSS regarding their EBT card and Renewal. These messages are scams, individuals should not call back the number listed on the text message. DSS has not yet started texting client regarding renewals.

Calling the number below (in the text message example) it asks for the caller to enter their card number and PIN in an attempt to steal their benefits.



Messages from DSS will only be sent from the BC (Benefits Center) Number, which is 1-855-626-6632 and will only direct individuals to [www.mydss.ct.gov](http://www.mydss.ct.gov) and will contain their first name and the last 4 digits of the client id.

### ELDER JUSTICE HOTLINE

If you or someone you know has been a victim of fraud, please contact the Elder Justice Hotline for assistance at 1-860-808-5555.

The hotline will be staffed by the Attorney General's Office Monday through Friday from 8:00 AM to 5:00 PM. The Attorney General's office launched the Elder Justice Hotline in collaboration with the Coalition for Elder Justice in Connecticut.



## IN PERSON PROGRAMS AND GAMES

**Book Club Meetings**

1st Monday of every month  
at 11:00 AM

- **The Music of Bess by Eileen Garvin**  
Monday, February 6th
- **Summer of 69 by Elin Hilderbrand**  
Monday, March 6th
- **Dear Edward by Ann Napolitano**  
Monday, April 3rd

**Brain Games****Thursday, February 2nd and 16th at 9:00 AM**

1st & 3rd Thursday of each month.  
Join Danielle Ramos, of Cambridge and Ludlowe Health & Rehabilitation Centers in Fairfield, to participate in fun, stimulating brain games.

**Bingo**

- **Wednesday, February 8th at 11:00 AM with Paulette (Room: Studio 108)**
- **Friday, February 24th at 12:30 PM (Room: Priscilla Place Café)**

Membership and registration required. Please call (203) 452-5199 to RSVP.



*Looking for volunteer hours and interested in being a bingo caller? Please contact the office at (203) 452-5199 for more information!*

## CAREGIVERS ALWAYS WELCOME!

**Monthly Birthday Party****Lunch and Sweets****Cost of lunch: \$5****Tuesday, February 28th****12:00 PM Lunch****12:30 PM Cake**

Join us to celebrate this month's 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.

**Computer Lessons****Mondays at 12:30 PM**

Please call (203) 452-5199 to make an appointment with Cathy. Appointments are one on one instruction.

**Knitting Group**

Tuesdays at 10:00 AM

**Billiards:** Call to reserve a table

**Ping Pong:** Call to reserve a table

**Dominoes:** Tuesdays at 11:00 AM

**Canasta:** Tuesdays at 12:30 PM

**Scrabble:** Tuesdays at 10:30 AM

**Pinochle:**

Wednesdays & Thursdays at 10:00 AM

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

**Pickleball Open Court:**

- Mondays & Tuesdays at 12:30 PM **(Please note that Monday and Tuesday are temporary drop in days)**
- Wednesdays at 12:30 PM
- Fridays at 9:00 AM



Watch Trumbull TV on Charter Spectrum channel 194, on YouTube at TCTV Trumbull, or on Facebook to watch LIVE municipal meetings and events.

## 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 NEW ZOOM INFO!**

No Meeting ID or Passcode. Go to

<https://us02web.zoom.us/j/87542331046?pwd=Q2x5OEx2UIY3Q3JTb0YwUUVRYWIyUT09>

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

**Wednesdays at 11:00 AM**

Meeting ID: 721 316 6085 / Passcode: 549424

#### **QiGong with 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

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

**Thursdays at 11:30 AM NEW ZOOM INFO!**

Meeting ID: 885 6009 3612 / Passcode: Peace

#### **Community Meditation**

**Thursday, February 16th at 7:00 PM**

Join us for Community Meditation, led by Deborah Swann, on the third Thursday each month.

No experience is necessary.

Meeting ID: 870 1001 5761

Passcode: 603982

### EXERCISE CLASSES IN PERSON

**\*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. All class cancellations will be sent out via email to our membership. Please stop by the office if you'd like to update your email address or verify that we have one on file for you.\***

#### **Stretch and Move with Nancy**

**Mondays at 9:00 AM**

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

**Mondays at 11:15 AM**

#### **Tai Chi with David**

**Mondays and Wednesdays at 10:00 AM**

Meets inside and outside at times.

#### **Moderate Yoga with Jeannie**

**Tuesdays at 9:00 AM**

Please bring a yoga mat.

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

**Tuesdays at 11:30 AM**

Please bring your own weights.

#### **Intermediate Tap with Rose**

**Tuesdays at 10:00 AM until February 21st**

The advanced beginner should have about one year of tap dance training. The class will teach you new tap dance skills and help you improve your speed, timing and rhythm. The class will introduce basic time steps, paddle and roll combinations as well as other new combinations.

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

**Wednesdays at 9:00 AM**

Optional: bring weights

#### **Strength with Nancy**

**Thursdays at 10:15 AM**

Please bring your own weights.

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

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

**Friday, February 17th**

This is a deep relaxation class with Reiki.

Please bring a yoga mat and small throw blanket.

Optional: small pillow for head rest.

#### **New Class Coming in March!**

**Cardio Kick and Balance with Christine Koval**

**Every Thursday at 9:00 AM starting Thursday, March 2nd**

A cardio based workout for all levels of fitness including some shadowboxing moves to get your arms working, some cardio combinations to get your heart pumping, and some low kicks to get your legs working. This workout will incorporate periods of balance work to give your heart rate a chance to come down while working on core muscles to help improve and strengthen balance ability. A fun, full body workout.

## HEALTH AND WELLNESS

## WELLNESS NURSE SUSAN



## NURSE APPOINTMENTS

Call (203) 452-5134 to schedule an appointment with Wellness Nurse Susan. Drop in appointments available on Mondays and Thursdays between 9:00 AM and 1:30 PM.

## THE WALKING GROUP

**Tuesdays from 9:30 AM—10:30 AM**

## at Trumbull Mall

Join Wellness Nurse Susan every Tuesday at 9:30 AM in front of Target on the second floor inside the Trumbull Mall. For more information, please call (203) 452-5134.

## HEALTH TIP FROM WELLNESS NURSE SUSAN

Laughter is the best medicine...If the winter gets you down laughter may be the best medicine. Laughter is a powerful antidote to stress, pain, and conflict. Read a funny book, watch a comedy or share a funny story with a friend. We like the feeling of shared laughter and our body wants as much of this feeling as possible. Come join us at the senior center and laugh with friends here!

## LOCAL MEALS PROGRAM

The Local Meals Program provides residents in Trumbull with an allotted number of meals from participating Trumbull restaurants. Eligibility guidelines state that applicants must be impacted in some way by COVID-19, currently in quarantine, have a diagnosis of another illness, are caring for an ill loved one in the household, recent death of a family member, change in financial circumstance, or recently became homebound/isolated.

If you would like to inquire about the program please call social services at **203-452-5198**.

*This is a temporary program designed to assist households during a difficult time.*



**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



## UNITED WAY:

Call 211 for resources and assistance. 24 hours a day. <https://uwc.211ct.org/categorysearch/mental-health/>



## 988 Suicide and Crisis Lifeline

Calling 988 will direct the caller to representatives specifically trained in the management of suicide risk and other mental health crises.

## U-TURNS ON PRISCILLA PLACE

## SAFETY POLICY

It has been brought to our attention that members are turning around in the road rather than driving through the parking lot to turn around. This is causing traffic and safety issues. We ask that all members drive through the back parking lot to turn around. We work hard to respect our neighbors and their quality of life. This includes not turning around in our neighbors driveways.

Thank you for understanding.

## SUPPORT GROUPS

## COFFEE AND LEARN WITH DR. MORRIS

Meets the 1st and 3rd Wednesday of each month at 9:00 AM—**Wednesday, February 1st & 15th**

Join Dr. Morris for this open-discussion group that will touch base on all different life topics and provide an opportunity for discussion and reflection. The group will meet at 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.

## 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, February 14th & 28th**

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.

### MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD

From January 1 – March 31 each year, if you're enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan). You can use this time to switch to another Medicare Advantage Plan only if you are *already* enrolled in a Medicare Advantage Plan, and you can only switch plans *once* during this period. New coverage becomes effective the first month after the plan gets your request.

What is Medicare Advantage Plan?

- Medicare Advantage (also known as Part C) is a Medicare-approved plan from a private insurance company that offers an alternative to Original Medicare for your health and drug coverage. These “bundled” plans include Part A, Part B, and usually Part D.
- In most cases, you can only use doctors who are in the plan's network.
- In many cases, you may need to get approval from your plan before it covers certain drugs or services.
- Plans may offer some extra benefits that Original Medicare doesn't cover – like vision, hearing, and dental services.

More information can be found on [www.medicare.gov](http://www.medicare.gov) and we are also here for help. If you need any assistance, you can schedule an appointment by calling our social services department at 203-452-5198.

### TRANSPORTATION

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.

### ENERGY/HEAT ASSISTANCE

Social Services is currently accepting applications from Trumbull residents meeting income guidelines for the Energy Assistance/Winter Heating Program. Applicants are required to provide proof of income, entitlements, assets, bank statements, and heating bills. Social Services sends the applications to Alliance for Community Empowerment (formerly ABCD) for approval. Benefits are available to help offset the heating costs for the 2022-2023 season. The amount of the benefit depends on income, assets, the number of people in the household, and whether a household member is under 6 years, over 60 years, or disabled. Benefits are paid directly to the fuel/utility company. **To schedule an appointment, please call at (203) 452-5198.**

*There is no harm in calling to see if you are eligible!*

### 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.

OFFICE HOURS MON-FRI 8:30 AM – 11:30 AM (203) 452-5137

### MEDICAL RIDES

Rides available for medical appointments on **Monday, Tuesday, and Thursday from 9:00 AM to 1:00 PM**. We can book appointments months or days in advance. We travel to Trumbull, Bridgeport, Shelton and Stratford.

### ARPA FINANCIAL ASSISTANCE FUND

**Application filing period January 30<sup>th</sup>, 2023- March 3<sup>rd</sup>, 2023**

The town of Trumbull has allocated \$150,000 through the American Rescue Plan Act (ARPA) for a financial assistance fund. The fund was established to provide financial support to eligible Trumbull households. The fund offers financial assistance for rent, security deposits, mortgage, utilities, medical/prescription/mental health bills and other necessities where basic needs are at risk.

**Guidelines for Eligibility:** Applicants must have exhausted all other benefits or resources before being considered. Direct payment to applicants is not available. The Social Services Department will notify recipients by mid-March.

#### How to Apply:

- Visit <https://www.trumbull-ct.gov/308/Social-Services> for an application.
- Visit the Trumbull Senior Center at 23 Priscilla Place to pick up an application.

If you have questions or need assistance, please call Social Services at (203) 452-5198.

*\*Any remaining ARPA Financial Assistance funds will be used in an additional application period. Check the town website for updates.*

<https://www.trumbull-ct.gov>

#### 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.*

## TRIP &amp; TRANSPORTATION OFFICE HOURS

**Erinne, our Transportation and Trip Coordinator, will be in the office Monday through Friday from 8:30 AM until 11:30 AM and can be reached at (203) 452-5137. If you are calling outside of those hours, please leave a message and you will receive a return phone call within one business day. If you are calling about a ride that is scheduled for that day and Erinne is not in the office, please call the front office at (203) 452-5199 ext. 2.**

## SHOPPING TRIPS

**SHOPPING LOOP**

One Friday a month we offer loop shopping where you can choose the store to visit. Pickup time is between 9:00-9:45 AM, shop for 1 1/2 hours and then return home. Our loop day is **FRIDAY, FEBRUARY 3RD**. Stores include Big Y, Best Buy, Kohl's and Target. Also included are TJ Maxx, McDonald's, 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, FEBRUARY 17TH**.

**GROCERY SHOPPING**

Every Wednesday we offer grocery shopping trips for Residents. On the 1st and 3rd (and 5th) Wednesday of the month, we go to Stop and Shop in Trumbull and on the 2nd and 4th Wednesdays of the month we go to ShopRite in Shelton. The estimated pick up time at your home is between 9:00 AM –9:45 AM. Shop for an hour and then return home.

## BUS TRIPS

**STAYIN' ALIVE AT AQUA TURF CLUB**

**Monday, May 22, 2023**

Depart Penny Lane Lot: 9:45 am

Estimated Return: 5:15 pm

Cost: \$118.00 (**Checks made out to Friendship Tours**)

Stayin' Alive is the World's #1 tribute to the Bee Gees. This amazing tribute show is as close to the original as you can get featuring the hits: Night Fever, Jive Talkin', Stayin' Alive, and many more. Dine on Salad, pasta, roast pork loin & salmon with maple glaze, vegetables, potatoes, rolls, dessert and beverage.

Call 203-452-5137 to sign up. The last day to sign up is April 6th.

**LEISURE TRIPS**

***PAYMENT FOR TRIPS MUST BE MADE WITHIN 2 DAYS OF SIGN UP OR YOUR RESERVATION MAY BE RELEASED***

**OPEN DOOR TEA LUNCH**

Stratford, CT

**Friday, February 10th**

Cost: \$30—**CASH ONLY**

Depart Senior Center: 11:00 AM

**STAMFORD MUSEUM & NATURE CENTER**

Stamford, CT

Lunch at The Stillery

**Friday, February 24th**

Cost: \$10—**CASH ONLY (does not include lunch)**

Depart Senior Center: 9:30 AM

\*Please dress for weather

**HILL-STEADE MUSEUM**

**\*Registration opens February 3rd at 9:00 AM**

Farmington, CT

Lunch at Chili's

**Friday, March 10th**

Cost: \$16—**CASH ONLY (does not include lunch)**

Depart Senior Center: 9:15 AM

**MARITIME AQUARIUM (SELF GUIDED TOUR)**

**\*Registration opens February 17th at 9:00 AM**

Norwalk, CT

Lunch at Penny's III Diner

**Friday, March 24th**

Cost: \$20—**CASH ONLY (does not include lunch)**

Depart Senior Center: 9:15 AM

***\*Please note, we will not accept early registration for any reason. Please call (203) 452-5137 on the designated registration day and time and leave a voicemail with your name, phone number and the trip you are calling for. All voicemails will be timestamped. We will call you regarding the status of your reservation.***

Please call (203) 452-5137 to schedule an appointment to register and discuss trips.

**Priscilla Place Café Lunch Hours:**

Mondays, Tuesdays, and Thursdays from 12:00 PM -1:00 PM.  
Please check in for lunch by 12:30.

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\***

\*Only available when ordering 24 hours in advance and you must specify in message that you would like the club sandwich



**Thursday, February 2nd**

Shrimp Stir Fry

**Monday, February 6th**

Meat Loaf

**Tuesday, February 7th**

**Breakfast Day/Pajama Day!**  
Vegetable Omelets/Pancakes

**Thursday, February 9th**

Sausage & Peppers

**Monday, February 13th**

Chicken Oregano

**Tuesday, February 14th**

**Valentine's Day Luncheon!**  
Stuffed Shrimp

**Thursday, February 16th**

Assorted Sandwich Day!

**Monday, February 20th**

**Tuesday, February 21st**

**Thursday, February 23rd**

**The center is closed in observance of President's Day**

Turkey Tetrazzini

Cookout!

**Monday, February 27th**

**Tuesday, February 28th**

Manicotti and Meatballs

Grilled Chicken Caesar Salad

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday	
		9:00 Morning Exercise 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Coffee and Learn 10:00 Stop and Shop <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b> 1:00 Calligraphy	1 9:00 Chair Yoga 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:15 Strength <b>11:30 Sit &amp; Fit</b> 12:00 Lunch	2 <b>9:00 Painting Part 1</b> 9:00 Pickleball Open Court 9:00 Shopping Loop 10:00 Oil/Acrylic 11:00 Mahjong <b>1:00 Painting Part 2</b>	3
<b>9:00 Drawing</b> 9:00 Stretch & Move <b>10:30 Yoga</b> 10:00 Tai Chi 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court <b>1:00 Tai Chi</b> 1:00 Calligraphy	6 9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Intermediate Tap 10:00 Matter of Balance 10:00 Knitting 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Canasta 12:30 Pickleball Open Court 12:30 Drama Club	7 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite <b>11:00 Zumba Gold/Tone</b> 11:00 Bingo 11:15 Pickleball Lessons 12:30 Pickleball Open Court <b>1:00 Qigong</b> 1:00 Calligraphy	8 9:00 Chair Yoga 10:00 Pinochle 10:00 Watercolors 10:15 Strength 10:30 Heart Healthy Desserts <b>11:30 Sit &amp; Fit</b> 12:00 Lunch	9 <b>9:00 Painting Part 1</b> 9:00 Pickleball Open Court 10:00 Oil/Acrylic 11:00 Mahjong 11:00 Open Door Tea <b>1:00 Painting Part 2</b>	10
<b>9:00 Drawing</b> 9:00 Stretch & Move <b>10:30 Yoga</b> 10:00 Tai Chi 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court <b>1:00 Tai Chi</b>	13 9:00 Grief Support 9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Knitting 10:00 Intermediate Tap 10:00 Matter of Balance 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Pickleball Open Court 12:30 Canasta 12:30 Drama Club	14 9:00 Morning Exercise 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop <b>11:00 Zumba Gold/Tone</b> 11:15 Pickleball Lessons 12:30 Pickleball Open Court <b>1:00 Qigong</b>	15 9:00 Chair Yoga 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:15 Strength <b>11:30 Sit and Fit</b> 12:00 Lunch <b>7:00 Comm. Meditation</b>	16 <b>9:00 Painting Part 1</b> 9:00 Pickleball Open Court 9:00 Walmart 10:00 Oil/Acrylic 11:00 Mahjong <b>1:00 Painting Part 2</b> 1:00 Yoga Nidra	17
<b>The Center is closed in observance of President's Day</b>	20 9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Knitting 10:00 Intermediate Tap 10:30 Scrabble 11:00 Dominoes 11:00 Trivia 11:30 Sit & Fit 12:00 Lunch 12:30 Pickleball Open Court 12:30 Canasta 12:30 Drama Club	21 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite <b>11:00 Zumba Gold/Tone</b> 11:15 Pickleball Lessons 12:30 Pickleball Open Court <b>1:00 Qigong</b>	22 9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:15 Strength 10:30 Blue Zones <b>11:30 Sit and Fit</b> 12:00 Lunch	23 <b>9:00 Painting Part 1</b> 9:00 Pickleball Open Court 9:30 Stamford Museum 10:00 Oil/Acrylic 11:00 Mahjong 12:30 Bingo <b>1:00 Painting Part 2</b>	24
<b>9:00 Drawing</b> 9:00 Stretch & Move <b>10:30 Yoga</b> 10:00 Tai Chi 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court <b>1:00 Tai Chi</b>	27 9:00 Grief Support 9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Knitting 10:00 Matter of Balance 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch/Birthday Party 12:30 Pickleball Open Court 12:30 Canasta 12:30 Drama Club	28 <b>February 2023</b> *All virtual programs are written in GREEN text.			