



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

MARCH 2023

SAVE THE DATE—APRIL OPEN HOUSE WEEK

The Senior Center will be hosting an open house on Monday, April 3rd through Thursday, April 6th. We welcome you to



come take a tour, attend a presentation or join in on a class and see all that we have to offer!

Join or renew your membership during our open house week and you will automatically be entered into a raffle to win a prize! If you are new to the center, you will receive the remainder of the 2022-2023 membership year free and will only pay for the following, 2023-2024 membership year!

Programs will include AARP Fraud Watch, bingo, trivia, lunch, exercise classes and more! If you plan to attend lunch, reservations are required 24 hours in advance and the cost is \$5.

ST. PATRICK'S DAY AT PRISCILLA PLACE CAFE

Join us for a St. Patrick's Day Celebration at the Priscilla Place Café!

Thursday, March 16th

At 12:00 PM

Cost: \$5

Menu: Corned Beef and Cabbage

Reservations for holiday lunches are required one week in advance by calling (203) 452-5199 ext. 3.

TRUMBULL 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.

A CALL TO VETERANS—FAMILIES OF VETERANS—AND ANYONE KNOWING A VETERAN

On Thursday, March 16th from 1:30 PM—2:30 PM, we will be sponsoring along with the Veterans of Foreign Wars (VFW) a meeting for all Veterans and anyone who knows a veteran or would like to attend. The focus will be on the changing benefits, programs available, activities available to veterans and a local post update. With all the changes from the Veterans Administration and programs available, this will be an opportunity for you to be updated, ask any questions you may have and share ideas with the VFW. All questions, inquiries and requests from local veterans are welcome. The meeting will take place at the Trumbull Senior Center. Coffee and refreshments will be provided. **To RSVP please call (203) 452-5199.**



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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF

Director of Human Services

Michele Jakab, LCSW (203) 452-5144
mjakab@trumbull-ct.gov

SENIOR CENTER (203) 452-5199**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

Haely Kim (203) 452-5135
hkim@trumbull-ct.gov

Food Pantry

Karen Seferi (203) 452-5136
kseferi@trumbull-ct.gov

Wellness Nurse

Susan Clay, BSN RN (203) 452-5134
sclay@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

FOLLOW US ON FACEBOOK

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



COMMISSION ON AGING

Mike Ganino: Chair	Nancy Lucas
Ron Foligno: Vice Chair	Debra Gilbert Taylor
Alissa Heilbrunn: Secretary	Evelyn Wiesner
Barbara Crandall: Clerk	Mark Ryan

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 1ST- JUNE 30TH

Membership runs from July 1st-June 30th.

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

MARCH BIRTHDAYS

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

- | | |
|-------------------------|------------------------|
| • Joyce Aquino | • Shriley McMenamy |
| • Linda Attianese | • Lois Neeley |
| • Audrey Bajoros | • Margaret Norris |
| • Luz Butler | • Pat Notarnicola |
| • Jeanne Buynak | • Hiedi Nyitrai |
| • Carol Cerulo | • Antoinette Obenchain |
| • Pamela Critser | • Paula O'Brien |
| • Judith Doyle | • Susan O'Connell |
| • Agnes Esposito | • Johanna Pankow |
| • Tina Evan | • Rita Paquette |
| • Evelyn Falcon | • Nancy Polasick |
| • Albert Fensky | • Maria Prado |
| • Patrick Freyer | • Anthony Puccio |
| • Marilyn Gallucci | • Suellen Riccardi |
| • Mary Ann Grygorcewicz | • Janet Ricci |
| • Cynthia Heher | • Kathleen Riley |
| • Patricia Iancale | • Lorraine Shairer |
| • Makota Kallay | • Patrick Shanahan |
| • Joy Koch | • Edward Shapiro |
| • Roger Kreisman | • John Smolen Jr. |
| • George Langer | • Mary Song |
| • Jeannette Laprade | • Llyod Stableford |
| • Nancy Lenoce | • Stacy Stableford |
| • James Leonetti | • Philomena Stefanacci |
| • Cheryl Manzi | • Hanna Strohfeld |
| • Melody Martin | • Lillian Tesoriero |
| • Patricia McDonough | • Michael Todd |
| | • Meryl Zuckerberg |

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 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

New workshops begin March 16th and 17th and will run for 12 weeks (no classes on 4/6 and 4/7). Preregistration is required so please call (203) 452-5199 to inquire about availability. There is a \$25 fee for non-residents.

COLLETTE TOURS PRESENTS

Join Collette Tours for a Presentation on Wednesday, April 5th at 1:00 PM about their upcoming trip to Southern Italy! To RSVP, please call (203) 452-5137.

COLLETTE TOURS:
SOUTHERN ITALY

Trip Dates: October 15-27, 2023

Double \$4,599

Single \$5,499

Triple \$4,549

collette

Trip price includes round trip airfare from New York, Air taxes and fees, hotel transfers. *All rates are per person and are subject to change, based on air inclusive package from NYC.

Highlights: Palermo, Monreale, Choices on Tour, Agrigento, Valley of the Temples, Taormina, Giardini Naxos, Mt. Etna Volcano, Matera, Sorrento, Amalfi Coast, and Pompeii.

SAVE THE DATE—TEA PARTY

Save the date for our upcoming Tea Party which will take place on Friday, May 5th at 12:00 PM. Reservations are required.

Registration will open in April on a date to be determined.
Cost per person: \$10



Membership is required at the time of signup (no exceptions). You will be able to sign up yourself and no more than one other person. Payment is due within two business days of signup or registration may be voided.

Volunteers Needed:

If we get enough interest in assisting, tables will be decorated to represent the different months of the year and will be decorated by volunteers/members. If you are interested in sponsoring a table and purchasing items to decorate a table, please contact (203) 452-5199 for more information.

AMERICAN LEGION

American Legion Family
Meet & Greet Saturday, April 22nd 11am – 2pm
“Plus Membership Sign-Up & Renewal”



Newtown Community Center, Fairfield Hills, Newtown

Join us for a drink and a bite to eat !



Veterans who served honorably can join the **American Legion**
You do not need to have served overseas!

Family members of veterans, *living or deceased*, can join as well.

Mothers, grandmothers, sisters, daughters, granddaughters, sons, grandsons, and spouses of veterans can join the **American Legion Auxiliary** or **Sons of the American Legion**

It does not matter where you live. You are welcome to come to this multi-town gathering.

Learn about our many activities and events in our communities.

Great way to meet people and make new friends!

For more information email DAMonteleone78@gmail.com

You can text (203) 577-9568 or call before 7pm



IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

1st Monday of every month
at 11:00 AM

- **Summer of 69** by Elin Hilderbrand
Monday, March 6th
- **Dear Edward** by Ann Napolitano
Monday, April 3rd
- **Something in the Water** by Catherine Steadman
Monday, May 1st

Brain Games

Thursday, March 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.

No Bones About It, Nutrition Matters
Thursday, March 2nd at 10:30 AM

We know we need healthy bones, but what do they all really do? What nutrients are important for keeping them healthy and what foods and drinks do we find them in? And what if you are lactose intolerant? Join Registered Dietitian Nutritionist Carmen Weber for a discussion about all of this. We'll also discuss ways to maintain or strengthen our bones aside from what we eat, review non-dairy milks and touch on supplements as well. At the end, see a simple good-for-your-bones food demo and enjoy a taste! **To sign up, please call (203) 452-5199.**

Bingo

- **Wednesday, March 15th at 11:00 AM**
(Room: Studio 108)
Refreshments sponsored by The Vero at Orange
- **Friday, March 31st at 12:30 PM**
(Room: Priscilla Place Café)
Refreshments sponsored by Susan Jackson, Community Liaison at Caring Hospice Services

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

Genealogy Computer Workshop with Bob
Thursday, March 23rd & March 30th at 10:30 AM

This class will help with your individual research for genealogy. It will be done utilizing "Family Search". If you don't have a login to www.familysearch.org it is recommended that you signup prior to the class. Bring your questions and a thumb drive to save the information you find. Members can sign up for one of two sessions, seats are limited for each. **To signup, please call (203) 452-5199.**

Holiday Wreath Craft
Monday, March 27th at 10:30 AM

Cost: \$5

Make a beautiful Easter Wreath! Instructor Caryn Migorodsky will lead the way with materials and instructions. Registration is required, limited spaces available. **Please call (203) 452-5199 to reserve your seat! Payment is due within two business days.**

Monthly Birthday Party Lunch and Sweets

Cost of lunch: \$5

Tuesday, March 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. The birthday party cake is sponsored by Middlebrook Farms at Trumbull. 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 and signups are required.

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 at 12:30 PM
(temporary drop in day)
- Tuesdays at 12:30 PM
(Tuesday Open Court ends on March 21st)
- Wednesdays at 12:30 PM
- Fridays:
Beginners at 8:30-10:00AM
Intermediate at 10:00 AM

EXERCISE CLASSES ON ZOOM

Yoga with Jeannie
Mondays at 10:30 AM
 Meeting ID: 816 351 63317 / Passcode: 394826

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

***Please note, Monday's Tai Chi with Ken/Alma on Zoom is no longer being offered. We thank Ken and Alma for all of their support over the years! Please join us Mondays and Wednesdays at 10:00 AM for in person Tai Chi with David. Thank you!**

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
 Meeting ID: 885 6009 3612 / Passcode: Peace

Community Meditation
Thursday, March 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.

Tambourine Class with Joy *New!*
Tuesdays at 10:00 AM
March 7th to March 28th
Cost: \$10 (includes class and tambourine to keep!)
 Join Joy for a four session class that will meet every Tuesday from March 7th until March 28th and learn a fun tambourine dance routine. **Spaces are limited, please call (203) 452-5199 to signup. Payment must be made within two business days.**

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, March 17th
 This is a deep relaxation class with Reiki. Please bring a yoga mat and small throw blanket. Optional: small pillow for head rest.

Cardio Kick and Balance with Christine *New!*
Thursdays at 9:00 AM starting 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.

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 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.

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.

EXTRA SNAP BENEFITS ENDING

Why are your extra benefits ending?

Congress temporarily increased SNAP benefits because of the COVID-19 public health emergency. This means you have been getting at least \$95.00 more in SNAP benefits on your EBT card each month than you normally would. Recently, Congress passed a bill ending these benefits effective February 2023. In March 2023, your monthly benefit amount will return to your normal SNAP amount, and you will not see a second deposit in the middle of the month. DSS does not have control over this change as it is a result of federal legislation.

What do you need to do?

You do not have to do anything. We are just letting you know that the extra benefits are ending. You will continue to receive SNAP until the end of your renewal period unless you report changes that make you ineligible or fail to return any documents we request. When you need to renew your benefits, we will send you another notice with instructions on how to do so.

How to check the benefits on your EBT card:

To check the balance on your Connect EBT card, visit myDSS.ct.gov or call 1-888-328-2666.

Remember, in March 2023 you will not see a second deposit in the middle of the month. If you have other questions or need more information, please visit www.ct.gov/snap/extracovidbenefits. You may also call 1-855-626-6632, Monday, Tuesday, Thursday and Friday from 8:00 a.m. to 4:30 p.m. (closed Wednesday).

If you need more help with food, please call the Trumbull Food Pantry at (203) 452-5136.

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!***

KNOWB4.COM: WATCH OUT FOR SCAMS THIS TAX SEASON

In most countries, it's cybercriminals' favorite time of the year: tax season. Taxes are a sensitive topic that can easily be used to catch your attention or manipulate your emotions. Over the next few months, cybercriminals will likely mention taxes in phishing attacks and disinformation campaigns.

Tax season is also a vulnerable time for your sensitive information. Tax documents from employers, banks, and other organizations typically include personally identifiable information. If cybercriminals get their hands on this information, they can use it to steal your identity, your money, and more.

Follow the tips below to stay safe during tax season:

- Always think before you click. Cyberattacks are designed to catch you off guard and trick you into clicking impulsively.
- Use extra caution when handling tax documents. For digital documents, use password protection. For physical documents, keep paperwork in a secure location and shred anything that is no longer needed.

Be suspicious of emails, text messages, and social media posts that contain shocking information about taxes in your country. These messages could be disinformation, which is false information designed to mislead you.

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

When it comes to heart health know your numbers. What is the blood pressure your doctor wants for you? What are your cholesterol levels, waist circumference, and weight? Knowing these numbers helps to identify risk factors and then you and your doctor can make a plan to improve them. Even small changes help; so think progress not perfection!

PROGRAMS WITH NURSE SUSAN

In January, Wellness Nurse Susan hosted a First Aid Kit Program where she helped members put together their own kits for their homes.

Check our programs pages for more upcoming health and wellness presentations!

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.

**SUPPORT GROUPS****COFFEE AND LEARN WITH DR. MORRIS**

Meets the 1st and 3rd Wednesday of each month at 9:00 AM—**Wednesday, March 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 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, March 14th & 28th**

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

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.

**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.

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 & TRANSPORTATION OFFICE HOURS

The office hours for Erinne Bugge, our Transportation and Trip Coordinator, are Monday through Friday from 8:30 AM to 11:30 AM. She can be reached at (203) 452-5137. If calling outside of these hours, please leave a message and you will receive a return 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 days are **FRIDAY, MARCH 3RD and FRIDAY, MARCH 31ST (since we are closed on April 7th)**. 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, MARCH 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

BLITHEWOLD MANSION & TEA

Thursday, April 27, 2023

Cost: \$146 (Checks made out to Friendship Tours)

Depart Penny Lane Lot: 8:45AM

Estimated Return: 7:00 PM

Blithewold is one of the finest garden estates in New England. Their famous display covers the 33-acre seaside estate with over 50,000 daffodils. Tea Lunch will be served on the heated porch. **Call 203-452-5137 to sign up. The last day to sign up is March 20th**

INSIDE WEST POINT

Tuesday, May 9, 2023

Cost: \$125.00 (Checks made out to Tours of Distinction)

Depart Penny Lane Lot: 8:00AM

Estimated Return: 5:00PM

The tour will bring the Long Gray Line to the present as you learn of the cadet experience and West Point's continuing role in training the leaders of tomorrow. Lunch is served buffet style at The Thayer Hotel. After lunch, we will head to the Boscobel House for a guided tour. **Call 203-452-5137 to sign up. The last day to sign up is April 11th.**

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

BUS TRIPS CONTINUED

STAYIN' ALIVE AT AQUA TURF CLUB

Monday, May 22, 2023

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

Depart Penny Lane Lot: 9:45 am

Estimated Return: 5:15 pm

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. Lunch will be roast pork loin and salmon with maple glaze. **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. PLEASE CONFIRM CANCELLATION POLICY.

HILL-STEAD MUSEUM

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)

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

LITCHFIELD ANTIQUES & LUNCH

***Registration opens March 3rd at 9:00 AM**

Banton, CT—Lunch at Patty's Restaurant

Friday, April 14th—Depart: 9:00 AM

Cost: \$2.00 (does not include lunch)

Come for a morning of antiques in the quaint town of Banton, CT in Litchfield County. Stores include: Emporium of Litchfield, Housatonic Trading Co, and Toll House Antiques.

VINTAGE RADIO MUSEUM & LUNCH

***Registration opens March 17th at 9:00 AM**

Windsor, CT—Lunch at Dom's Broad St. Eatery

Friday, April 28th—Depart: 9:00 AM

Cost: \$7 CASH ONLY (does not include lunch)

Take a tour through history and learn about transmitters, radios, and televisions!

***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.**

Priscilla Place Café Lunch Hours:

Mondays, Tuesdays, and Thursdays from 12:00 PM—1:00 PM.

Please check in for lunch by 12:30.

Suggested donation of \$5.00

As long as participant fills out registration forms

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 (by 12:00 PM the day prior or if ordering for Monday lunch, please call by 12:00 PM the Friday before).

***For holiday lunches and parties, reservations must be made a week in advance.**

*Financial assistance is available. See the front office to apply.

All inquiries 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, March 2nd
		Chicken Burrito
Monday, March 6th	Tuesday, March 7th	Thursday, March 9th
Lasagna	Beef Stroganoff	Pork Loin
Monday, March 13th	Tuesday, March 14th	Thursday, March 16th
Stuffed Shells and Meatballs	Roasted Chicken Thighs	St. Patrick's Day Celebration! Corned Beef and Cabbage
Monday, March 20th	Tuesday, March 21st	Thursday, March 23rd
Chicken Divan	Eye of Round	Cook out!
Monday, March 27th	Tuesday, March 28th	Thursday, March 31st
Chicken Parmesan	Meatloaf	Roasted Turkey

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<div>MARCH 2023</div> <div>*All virtual programs are written in GREEN text.</div> 		<div>1</div> <div>9:00 Morning Exercise 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 11:00 Zumba Gold/Tone 11:15 Pickleball Lessons (full) 12:30 Pickleball Open Court 1:00 Qigong</div>	<div>2</div> <div>9:00 Cardio Kick & Balance 9:00 Chair Yoga 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:15 Strength 10:30 No Bones About It 11:30 Sit & Fit 12:00 Lunch</div>	<div>3</div> <div>9:00 Painting Part 1 8:30 Beginner Pickleball 9:00 The Loop 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting Part 2</div>
<div>6</div> <div>9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 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</div>	<div>7</div> <div>9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Matter of Balance 10:00 Knitting 10:00 Tambourine Class 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</div>	<div>8</div> <div>9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</div>	<div>9</div> <div>9:00 Cardio Kick & Balance 9:00 Chair Yoga 10:00 Pinochle 10:15 Strength 11:30 Sit & Fit 12:00 Lunch</div>	<div>10</div> <div>9:00 Painting Part 1 8:30 Beginner Pickleball 9:15 Hill-stead Museum 10:00 Intermediate Pickleball 11:00 Mahjong 1:00 Painting Part 2</div>
<div>13</div> <div>9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</div>	<div>14</div> <div>9:00 Grief Support 9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Knitting 10:00 Tambourine Class 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</div>	<div>15</div> <div>9:00 Morning Exercise 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 11:00 Bingo 11:00 Zumba Gold/Tone 11:15 Pickleball Lessons (full) 12:30 Pickleball Open Court 1:00 Qigong</div>	<div>16</div> <div>9:00 Cardio Kick & Balance 9:00 Chair Yoga 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:30 Sit and Fit 12:00 Lunch 7:00 Comm. Meditation</div>	<div>17</div> <div>9:00 Painting Part 1 8:30 Beginner Pickleball 9:00 Walmart 10:00 Intermediate Pickleball 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting Part 2 1:00 Yoga Nidra</div>
<div>20</div> <div>9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</div>	<div>21</div> <div>9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Matter of Balance 10:00 Knitting 10:00 Tambourine Class 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Pickleball (Last Day) 12:30 Canasta 12:30 Drama Club</div>	<div>22</div> <div>9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 11:15 Pickleball Lessons (full) 12:30 Pickleball Open Court 1:00 Qigong</div>	<div>23</div> <div>9:00 Cardio Kick & Balance 9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:15 Strength 10:30 Genealogy with Bob 11:30 Sit and Fit 12:00 Lunch</div>	<div>24</div> <div>9:00 Painting Part 1 8:30 Beginner Pickleball 9:15 Maritime Aquarium 10:00 Intermediate Pickleball 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting Part 2</div>
<div>27</div> <div>9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 Tai Chi 10:30 Holiday Wreath 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</div>	<div>28</div> <div>9:00 Grief Support 9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Knitting 10:00 Matter of Balance 10:00 Tambourine Class 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch/Birthday Party 12:30 Canasta 12:30 Drama Club</div>	<div>29</div> <div>9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</div>	<div>30</div> <div>9:00 Cardio Kick & Balance 9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:15 Strength 10:30 Genealogy with Bob 11:30 Sit and Fit 12:00 Lunch</div>	<div>31</div> <div>9:00 Painting Part 1 8:30 Beginner Pickleball 9:00 The Loop 10:00 Intermediate Pickleball 10:00 Oil/Acrylic 11:00 Mahjong 12:30 Bingo 1:00 Painting Part 2</div>