



# TOWN OF **Trumbull** HUMAN SERVICES

**Senior Center Serving Adults Age 55+**

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

**(203) 452-5199**

**APRIL 2023**

## **OPEN HOUSE: APRIL 3<sup>RD</sup> THROUGH APRIL 6<sup>TH</sup>**

Join us Monday, April 3<sup>rd</sup> through Thursday, April 6<sup>th</sup> for our open house week! We welcome you to come take a tour, meet the staff, attend a program or class and see all that we have to offer!

**In addition to our daily exercise classes, programs during our open house week will include:**

- AARP Fraud Watch—Monday, April 3<sup>rd</sup> at 10:00 AM
- Trivia—Tuesday, April 4<sup>th</sup> at 11:00 AM
- Bingo—Wednesday, April 5<sup>th</sup> at 11:00 AM
- Brain Games—Thursday, April 6<sup>th</sup> at 9:00 AM

**To reserve your seat for any of the above programs, please call (203) 452-5199.**

**Lunch is served every Monday, Tuesday and Thursday at 12:00 PM. The lunch menu during our open house week will include:**

- Monday, April 3<sup>rd</sup>—Chicken Burrito
- Tuesday, April 4<sup>th</sup>—Baked Potato Bar
- Thursday, April 6<sup>th</sup>—Beef Stroganoff

**If you plan to attend lunch, reservations are required 24 hours in advance by calling (203) 452-5199 ext. 3 and the cost is \$5.**

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!

## **THE POWER OF FOOD: 10 HEALTHY BRAIN FOODS**

Join Chef Gary Seri on Wednesday, May 3<sup>rd</sup> at 12:00 PM for a cooking show and lunch, sponsored by Bridges by EPOCH. **Spaces are limited and membership is required. To reserve your seat, please call (203) 452-5199.**

## **AARP FRAUD WATCH NETWORK PRESENTS**

**Inside the Criminal Mind**

**Monday, April 3<sup>rd</sup> at 10:00 AM**

Join us as we invite the AARP CT team to offer a presentation on the fraud and deceit practices of those targeting your money, ID, emails and so much more! We welcome AARP CT Volunteers Byron Peterson and John Wilson for an interactive and informative conversation.

**Please call (203) 452-5199 to RSVP.**



## **TEA PARTY REGISTRATION OPENS APRIL 10<sup>TH</sup>**

Our upcoming Tea Party will take place on Friday, May 5<sup>th</sup> at 12:00 PM. Reservations are required.

*\*Registration will open on Monday, April 10<sup>th</sup> at 12:00 PM. No early registrations will be taken. If you call in and your call is not answered, please leave a message with your name and phone number and we will call you back to confirm your reservation, all voicemails will be timestamped.*

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.



**Cost per person: \$10.**

Payment is due within two business days of signup or registration may be voided.

Be sure to wear your best and most creative hat for a chance to win a prize! We will also have raffle prizes available courtesy of Open Door Tea located in Stratford, CT and giveaways donated by Victorinox Swiss Army, Inc. located in Monroe, CT.

**We will be closed on Friday, April 7th in observance of Good Friday.**

## 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**

**Kathleenbunting@hotmail.com • 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](http://www.mullinsfh.com) email: cfmullinsfh@gmail.com

Family owned and operated since 1937

**Wesley Village**

BISHOP WICKE | CROSBY COMMONS | LIFESTYLE TRANSITIONS | WESLEY HEIGHTS

Wesley Village is a not-for profit, full continuum of care campus designed to accomodate 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](http://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](mailto:ccareers@4lpi.com) or  
[www.4lpi.com/careers](http://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



[www.BridgesbyEPOCH.com](http://www.BridgesbyEPOCH.com)

CT Relay 711



WILLIAM RAVEIS  
REAL ESTATE • MORTGAGE • INSURANCE



**ELIZABETH CASEY**  
Your Trusted Resource

REALTOR® ABR, SRES  
[elizabeth.casey@raveis.com](mailto:elizabeth.casey@raveis.com) | [elizabethcasey.raveis.com](http://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



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

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

**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  
Alissa Heilbrunn: Secretary  
Barbara Crandall: Clerk

Nancy Lucas  
Debra Gilbert Taylor  
Evelyn Wiesner  
Mark Ryan  
Linda Randall

## 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

## APRIL BIRTHDAYS

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

- Katherine Alaimo
- Susan Baker-Mrotek
- Roop Singh Barhpaga
- Harry Barrett
- Joyce Bishop
- Beatrice Bleggi
- Henry Bleggi
- Joyce Bultman
- Marion Callo
- Jane Cavoto
- Irene Clampet
- Jean Czajkowski
- Marion Dale
- Sharon Daniels
- Muriel Dushok
- Gary Eaton
- Joan Epifano
- Louis Evan
- Lois Friedman
- Julie Fritzky
- Frank Gagliardi
- Barbara Gagliardi
- Michael Ganino
- Josephine Giudice
- Laurel Greenberg
- Judy Hannon
- Susan Henshaw
- Elaine Horelick
- Jim Iancale
- Karin King
- Thomas Konoski
- Patricia Kopcik
- Sidne Leith
- Art Lucas
- Kevin Lynch
- Maria Augusta Maia
- JoMarie McCann
- June McGuire
- Betty McTiernan
- Roger Michaels
- Nancy Miller
- Pat Pagliarulo
- Anthony L Patti
- Dennis Rotunno
- Mariette Roy
- John Saffo
- Rosemary Seaman
- Cheryl Shea
- Margaret Silvestri
- Elizabeth Thomas
- Deborah Todd
- Paula Waite



## 4 ACTIVITIES, PROGRAMS AND EVENTS

### 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. Preregistration is required, please call (203) 452-5199 to inquire about availability. Please note, there is a \$25 fee for non-residents.*

### COLLETTE TOURS PRESENTS

Join Collette Tours for a Presentation on Wednesday, April 5<sup>th</sup> 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**

**collette**

**Triple \$4,549**

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.

### 2023 LARGE ITEM PICKUP

The Town of Trumbull's 2023 Large Item Pickup Program is now accepting appointments online. Residents can schedule their appointment on the Large Item Pickup Program on the Town website at <https://www.trumbull-ct.gov/590/Large-Item-Pickup-Program>.

The Town of Trumbull offers an annual Large Item Pickup Program to help residents dispose of items that are difficult for most homeowners to transport. Residents should schedule appointments early because they fill up quickly. Each household may only schedule one pickup each year. The program begins in April and continues through the end of September.

### SHREDDING EVENT

## Community Shredding Event

Apr 29 from 9-12  
or until the truck is full

Trumbull Nature and Arts Center



Brought to you by  
TRUMBULL COMMUNITY WOMEN



### 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](mailto:DAMonteleone78@gmail.com)  
You can text (203) 577-9568 or call before 7pm



## IN PERSON PROGRAMS AND GAMES

**Book Club Meetings****1st Monday of every month  
at 11:00 AM**

- **Dear Edward by Ann Napolitano**—Monday, April 3<sup>rd</sup>

**Trivia with Lisa****Tuesday, April 4<sup>th</sup>****at 11:00 AM**

Golden Age of Hollywood, Movies, Music and More!! Join Lisa Bisson from Bishop Wicke Health & Rehabilitation Center for a fun-filled hour of trivia about the 40s-50s-60s – including celebrity facts (and gossip!), movies, music and more! **Please call (203) 452-5199 to RSVP.**

**Bingo**

- **Wednesday, April 5<sup>th</sup> at 11:00 AM (Room: Studio 108)**  
Sponsored by Gisselle McCann of Always Caring Connecticut
- **Friday, April 28<sup>th</sup> at 12:30 PM (Room: Priscilla Place Café)**

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

**Brain Games****Thursday, April 6<sup>th</sup> and 20<sup>th</sup> at 9:00 AM**

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

**What is Geriatric Medicine?****Monday, April 17<sup>th</sup> at 10:30 AM**

Join Rachel Kinzler, APRN and Kim Wills-Rinaldi, LCSW from (GEMS) Geriatric Emergency Medical Services-Bridgeport/ Milford Hospitals to explain how Geriatric patients can be seen and assessed in the Emergency Department and then followed by their inpatient geriatric team to address seniors special needs. **Please call (203) 452-5199 to RSVP.**

## CAREGIVERS ALWAYS WELCOME!

**Monthly Birthday Party****Cost of lunch: \$5****Tuesday, April 25<sup>th</sup>****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 cake will be sponsored by Middlebrook Farms at Trumbull. To reserve lunch, call (203) 452-5199 ext. 3.

**Understanding Various****Forms of Dementia****Thursday, April 27<sup>th</sup>****at 11:15 AM**

Dementia is not a single disease—it is a general term for loss of memory and covers a wide range of specific medical conditions. Join Susan Duignan, Senior Advisor, Bridges by Epoch Memory Care Assisted Living in Trumbull and learn about the various forms and treatments and symptoms. **Please call (203) 452-5199 to RSVP.**

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

Please call (203) 452-5199 to make a one on one appointment with Cathy. Signups are required.

**Knitting Group:****Tuesdays at 10:00 AM**

**Billiards/Ping Pong:** Call (203) 452-5199 to reserve a table.

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

**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)**
- Wednesdays at 12:30 PM
- Fridays:  
Beginners at 8:30-10:00AM  
Intermediate at 10:00 AM



## 6 HEALTH AND WELLNESS

### EXERCISE CLASSES ON ZOOM

#### **Yoga with Jeannie**

**Mondays at 10:30 AM**

Meeting ID: 816 351 63317 / Passcode: 394826

#### **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**

**\*Please note there is no class on 4/13/23**

Meeting ID: 885 6009 3612 / Passcode: Peace

#### **Community Meditation**

**Thursday, April 20<sup>th</sup> 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**

#### **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 note there is no class on 4/18/23**

Please bring your own weights.

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

**Wednesdays at 9:00 AM**

Optional: Bring your own weights.

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

**Wednesdays at 10:00 AM**

Meets inside and outside at times.

#### **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, April 21<sup>st</sup>**

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**

**Thursdays at 9:00 AM**

**\*Please note there is no class on 4/13/23**

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. Optional: Bring your own weights.

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.

### 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!*

### CAREGIVER SUPPORT

Trumbull Human Services is the primary hub for family caregiver information, support and referral. Staff provide caregivers with the information they need to make informed decisions and the ability to access services and resources available in the community. We offer one-on-one support services. Call (203) 452-5198 for information.

To make a donation, make checks payable to Social Services. Donations can be mailed to: Director of Human Services, 23 Priscilla Place, Trumbull, CT 06611.

### 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.

### DONATIONS CAN NOW BE MADE ONLINE BY CREDIT CARD

Thank you for considering making a donation. To make a donation online, please visit our website: <https://www.trumbull-ct.gov/281/Senior-Center>.



Donations have a huge impact on the seniors and residents in this community. Whether you are giving to the senior center, food pantry, or social services, your donation is put to good use. We are able to provide seniors with gift cards, lunch scholarships, and programs designed to prevent isolation. We provide residents and families access to the food pantry, gift cards, and financial assistance to assist with utilities and rent. Every little bit helps! Thank you for making your neighbors lives a little easier.

If you prefer to donate by check, checks may be written out to the Department of Human Services. Please add a note on the check if you prefer it go to a specific department: Trumbull Social Services, The Trumbull Food Pantry, or The Trumbull Senior Center.

Donations can be sent to: The Center at Priscilla Place, 23 Priscilla Place, Trumbull, CT 06611

### SNAP RENEWALS

Keeping track of your SNAP renewals just got easier!

In 2023, the Connecticut Department of Social Services (DSS) will text you reminders to submit your renewal form to help you keep your SNAP benefits.

- **We will always text you from an official DSS number:** the DSS Benefits Center number (855) 626-6632
- **We will never ask for your SSN or EBT PIN**
- Stop the messages by replying "OptOutSNAP"

Check that we have your cell phone number by going online to: [www.mydss.ct.gov](http://www.mydss.ct.gov)

### 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.*



## 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

Your Dermatologist may be the first doctor to notice that you have heart disease because warning signs can appear on your skin and nails. A commonly known sign of many diseases of the heart is swelling of feet and lower legs. Also, yellowish-orange, waxy growths on your skin may be deposits of cholesterol under your skin in many areas including the corners of your eyes, lines on your palms, or the backs of your lower legs. You can find more information about the warning signs on the American Academy of Dermatology website.

## BLOOD PRESSURE SCREENINGS

Nurse Susan will be offering blood pressure screenings during our Open House week. She will be available on Monday, April 3<sup>rd</sup>, Tuesday, April 4<sup>th</sup> and Thursday, April 6<sup>th</sup>, for members and potential members. Nurse Susan will also demonstrate how to use the Trumbull Senior Center's Health Kiosk which enables members to check their own blood pressure at any time.

## 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

## 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

**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.**

**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, April 5<sup>th</sup> & 19<sup>th</sup>**

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, April 11<sup>th</sup> & 25<sup>th</sup>**

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

**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 31<sup>ST</sup> (since we are closed on April 7<sup>th</sup>).** 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, APRIL 21<sup>ST</sup>.**

**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****INSIDE WEST POINT**

**Tuesday, May 9, 2023**

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

Depart Penny Lane Lot: 8:00 AM

Estimated Return: 5:00 PM

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 11<sup>th</sup>.**

**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 6<sup>th</sup>.**

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

**BUS TRIPS CONTINUED****HARVARD GLASS MUSEUM & THE MAPPARIUM**

**Tuesday, June 6, 2023**

**Cost: \$140.00 (Checks made out to Friendship Tours)**

Depart Penny Lane Lot: 7:45 AM

Estimated Return: 8:00 PM

The Mapparium at the Mary Baker Eddy Library contains a huge globe that shows the world's boundaries frozen in time circa 1935! Enjoy a three-course family-style Italian lunch at Maggiano's Little Italy. Next, be amazed by the realistic flowers made of blown glass at The Glass Flowers exhibit in the Harvard Museum of Natural History. **Call 203-452-5137 to sign up. The last day to sign up is May 5<sup>th</sup>.**

**LEISURE TRIPS**

***PAYMENT FOR TRIPS MUST BE MADE WITHIN 2 DAYS OF SIGN UP OR YOUR RESERVATION MAY BE RELEASED. PLEASE CONFIRM CANCELLATION POLICY.***

**LITCHFIELD ANTIQUES & LUNCH**

Bantam, CT—Lunch at Patty's Restaurant

**Friday, April 14<sup>th</sup>—Depart: 9:00 AM**

**Cost: \$2.00 (does not include lunch)**

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

**VINTAGE RADIO MUSEUM & LUNCH**

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

**Friday, April 28<sup>th</sup>—Depart: 9:00 AM**

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

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

**GYPSY AT THE GOOD SPEED**

**\*Registration opens April 3<sup>rd</sup> at 9:00 AM**

East Haddam, CT

**Wednesday, May 10<sup>th</sup>**

**Cost: \$103.00 (Cash or check to the senior center)**

*\*Price includes tax and gratuities.*

Depart: 10:15 AM—Estimated Return: 6:30 PM

Join us for a matinee showing of Gypsy. The brassy masterpiece about vaudeville, burlesque and one of the greatest stage mothers of all time. Lunch will be at the Gelston House and is included in the price (COFFEE & TEA NOT INCLUDED). Food choices must be made at time of payment. Entrees: Parmesan Encrusted Cod, Parmesan Encrusted Chicken, Bistro Steak, Pasta Cavatappi (vegetarian), Kobe Beef Burger.

*\*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 &amp; 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.****Monday, April 3<sup>rd</sup>****Tuesday, April 4<sup>th</sup>****Thursday, April 6<sup>th</sup>**

Chicken Burrito

Baked Potato Bar

Beef Stroganoff

**Monday, April 10<sup>th</sup>****Tuesday, April 11<sup>th</sup>****Thursday, April 13<sup>th</sup>**

Sausage and Peppers Over Rice

Shepard's Pie

Roasted Boneless Chicken Thigh

**Monday, April 17<sup>th</sup>****Tuesday, April 18<sup>th</sup>****Thursday, April 20<sup>th</sup>**

Pork Loin

Turkey Dinner

Potato Pierogis

**Monday, April 24<sup>th</sup>****Tuesday, April 25<sup>th</sup>****Thursday, April 27<sup>th</sup>**

Stuffed Peppers

Meatloaf

Cookout

**ADT-Monitored Home Security**

Get 24-Hour Protection From a Name You Can Trust



- Burglary
- Fire Safety

- Flood Detection
- Carbon Monoxide



SafeStreets

**833-287-3502****Genesis**

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

## Little Angels Home Care LLC



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



## LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

**CONTACT ME**  
**Bill Humphreys**

**bhumphreys@lpcommunities.com**  
**(800) 477-4574 x6634**

## Place Your Ad Here and Support our Community!

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**



[lpcommunities.com/adcreator](http://lpcommunities.com/adcreator)

## MYRIAM ZORZI

Licensed Independent Broker

**(860) 214-5282**

[myriamz65@aol.com](mailto:myriamz65@aol.com)

EAST HARTFORD, CT 06118

*Tambien Hablo Español. Lo Puedo Ayudar!*

Medicare  
Advantage

Medicare  
Supplement

Prescription Drug  
and Hospital  
Indemnity Plans

## Others caretake. We caregive.

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

203.438.5555  
[RVNAhealth.org](http://RVNAhealth.org)

[LEARN MORE](#)

**RVNAHEALTH™**  
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 schedule a private tour:

**203-601-2884**

101 Oakview Drive • Trumbull, CT  
[RiverValleyRetirement.com](http://RiverValleyRetirement.com)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpcommunities.com](http://www.lpcommunities.com)

Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday	
	3 9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:00 AARP Fraud 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	4 9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Matter of Balance 10:00 Knitting 10:30 Scrabble 11:00 Dominoes 11:00 Trivia 11:30 Sit & Fit 12:00 Lunch 12:30 Canasta 12:30 Drama Club	5 9:00 Morning Exercise 9:00 Coffee & Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 11:00 Bingo 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong 1:00 Collette Tours	6 9:00 Cardio Kick & Balance 9:00 Chair Yoga 9:00 Brain Games 10:00 Pinochle 10:15 Strength 11:30 Sit & Fit 12:00 Lunch	7 The Center is closed in observance of Good Friday
	10 9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	11 9:00 Moderate Yoga 9:00 Grief Support 9:30 Walking Group at Mall 10:00 Matter of Balance 10:00 Knitting 10:30 Scrabble 11:00 Know Before You Go 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Canasta 12:30 Drama Club	12 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	13 9:00 Chair Yoga 10:00 Pinochle 10:15 Strength 12:00 Lunch	14 8:30 Beginner Pickleball 9:00 Painting Part 1 9:00 Litchfield Antiques 10:00 Intermediate Pickleball 11:00 Mahjong 1:00 Painting Part 2
	17 9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 10:30 Geriatric Medicine 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	18 9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Knitting 10:30 Scrabble 11:00 Dominoes 12:00 Lunch 12:30 Canasta 12:30 Drama Club	19 9:00 Morning Exercise 9:00 Coffee & Learn 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	20 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	21 8:30 Beginner Pickleball 9:00 Painting Part 1 9:00 Walmart 10:00 Intermediate Pickleball 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting Part 2 1:00 Yoga Nidra
	24 9:00 Drawing 9:00 Stretch & Move 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	25 9:00 Moderate Yoga 9:00 Grief Support 9:30 Walking Group at Mall 10:00 Knitting 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Birthday Party 12:30 Canasta 12:30 Drama Club	26 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 10:30 Fraud Bingo 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	27 9:00 Cardio Kick & Balance 9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:15 Strength 11:15 Understanding Dementia 11:30 Sit and Fit 12:00 Lunch	28 8:30 Beginner Pickleball 9:00 Painting Part 1 9:00 Vintage Radio Museum 10:00 Intermediate Pickleball 10:00 Oil/Acrylic 11:00 Mahjong 12:30 Bingo 1:00 Painting Part 2

## APRIL 2023

\*All virtual programs are written in GREEN text.

