



TOWN OF **Trumbull** HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

MAY 2023

OPEN HOUSE WEEK

Welcome to all of our new members! We hope everyone enjoyed our open house which took place during the first week of April! We had an amazing turnout and we want to thank everyone for their support!

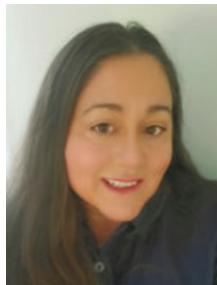
We also want to extend a huge thank you to all of our open house sponsors and presenters: Always Caring of Connecticut, AARP Fraud Watch Network, Bishop Wicke Health & Rehabilitation, Bridges by EPOCH, Cambridge and Ludlowe Health & Rehabilitation Centers in Fairfield, Trumbull Health Department, Wilton Meadows Rehabilitation and Health Care Center.

CONGRATULATIONS RONNIE!

We have great news! Ronnie Mogensen has been hired as our new full-time Senior Center Program Coordinator! Ronnie has been with the senior center for over two years in the position of Senior Center Clerk and interim Program Coordinator. She has proven to be an asset to our team with her superb job performance. She is adored by our members and appreciated by her colleagues. Ronnie was essential to the Trumbull community during the pandemic, helping the town roll out the Local Meals and Main Street Dollars programs and keeping our programs up and running on Zoom. Ronnie always goes above and beyond to help our members and supporters. She is dedicated to the Trumbull community and we know she will provide top notch programs for our seniors. We are honored to have her on board!



WELCOME AMANDA AND ANTHONY



Amanda joined our staff in March as our Senior Center Clerk. She received her Bachelor's Degree in Exercise Science from Hofstra University. Following college, Amanda worked in corporate fitness at Xerox as their fitness center manager. After the birth of her first born son she joined the medical field and worked as a medical secretary/assistant for a podiatrist for many years. Amanda recently moved to Trumbull and is married with two boys. She enjoys spending time with her family, going to the beach, and taking walks. Stop by the office and say hello!

Anthony joined our staff in March as our Building Attendant. Anthony previously worked at the Darien Senior Center and the Darien Police Department as their Facilities Manager until his retirement. He is married to his lovely wife Lisa and they share three children. Anthony enjoys baseball, football and basketball and has been an officiant for over 30 years. When you see Anthony throughout the building be sure to give him a wave!



MEMBERSHIP RENEWAL

It's that time of year! Membership renewal is due June 30th, 2023. Please stop by the front desk for a new, 2023-2024, membership application. Membership is required to participate in all activities. The annual resident fee is \$5 and the annual non-resident fee is \$20, our membership year runs from July 1st through June 30th.

We will be closed on Monday, May 29th in observance of Memorial Day.

BUNTING APPRAISAL SERVICES



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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**Senior Center Coordinator**

Ronnie Mogensen
rmogensen@trumbull-ct.gov

(203) 452-5199

(203) 452-5199

Front Desk

Amanda DeBernardo
adebernardo@trumbull-ct.gov

(203) 452-5199

Transportation/Trips

Erinne Bugge
ebugge@trumbull-ct.gov

(203) 452-5137

SOCIAL SERVICES

Jennifer Gillis B.A.
jgillis@trumbull-ct.gov

(203) 452-5198

(203) 452-5133

Food Pantry

Karen Seferi
kseferi@trumbull-ct.gov

(203) 452-5136

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

(203) 452-5199 Ext 3
Elaine Marcucio

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 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

MAY BIRTHDAYS

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

- Carol Abrams
- Maureen Anderson
- Dana Anthony
- Ranjit Arora
- Phil Babina
- Elaine Benczkowski
- Anthony Benefico
- June Bennet
- Alan Brixius
- Louise Broadhurst
- Jim Canfield
- Therese Carey
- Christine Carlson
- Lillian Cavaliere
- Beverly Charland
- Fred Conseglia
- Carol Cummings
- Barbara Dieckman
- Anthony D'Ostilio
- Bonnie Eck
- Alice Evans
- Kathy Fensky
- Gladys Freyer
- Gloria Fritz
- Rosemarie Garofalo
- Brian Griffin
- Mary T. Helfrich
- Bunnie Hovan
- Ronald Kosarko
- Christina Kowinko
- Ernestine Mancini
- Maxine Marino
- Charity Marlowe
- Janice Moore
- Mary Ellen Moyher
- Julie Nyitrai
- G. Meaghan O'Connor
- Thomas O'Neill
- Linda Ortiz
- Lynn Patti
- Eileen Piquette
- Carole Pirre
- Josephine Rivera
- Gerri Rowell
- Pamela Rule
- James Saboe
- John Scinto
- Elizabeth Stella
- JoAnne Veltri



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 to join an art class.

Please note that beginning in July these workshops will begin meeting every other week. The first week of July (the 3rd and 7th) will be an off week.

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.

TEA PARTY

Join us Friday, May 5th at 12:00 PM for our Tea Party!

Space are limited and reservations are required. Please call (203) 452-5199 to check for availability. Cost is \$10.

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.

MOVIES ARE BACK!

Join us Monday, May 8th at 1:00 PM for a viewing of:

80 for Brady

The movie is inspired by the true story of 4 best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI to see their hero Tom Brady play, and the chaos that ensues as they navigate the wilds of the biggest sporting event in the country.

Starring: Jane Fonda, Sally Field, Lily Tomlin, Rita Moreno and Tom Brady.

VETERANS LUNCH AND LEARN

Attention Veterans! Join us on Wednesday, May 17th at 12:00 PM for a lunch and learn!

Reservations are required by calling (203) 452-5199, Veterans and spouses only. Spaces are limited, you must attend the presentation in order to receive lunch.

Join historian Mark Albertson for a presentation on “The Longest Day”. This presentation will clarify the turning point in a cataclysmic change in the global dynamics of power, in a war that did not start in 1939, but 1914. Lunch will be served at the conclusion of the presentation to all attendees that signed up in advance.

TRUMBULL COMMUNITY WOMEN—COMMUNITY TAG SALE



Community Wide Tag Sale

Saturday May 6 (Rain Date May 7)

10 AM - 2 PM

Hillcrest Middle School Parking Lot

with covered walkway

530 Daniels Farm Road

Household Items/ Toys/Collectibles/Treasures

Reserve a spot today

\$30/car

Go to trumbullcommunitywomen.org for details or pay for your spot by clicking on the QR code below or go to: <https://secure.anedot.com/trumbull-community-women/tagsale>



All Proceeds to benefit Trumbull Community Women's projects in Trumbull

IN PERSON PROGRAMS AND GAMES

Book Club Meetings

1st Monday of every month at 11:00 AM

- **Something in the Water by Catherine Steadman—** Monday, May 1st
- **The Black Cake by Charmaine Wilkerson—** Monday, June 5th
- **Thursday Murder Club by Richard Osman—** Monday, July 10th

The Power of Food

Wednesday, May 3rd at 12:00 PM

Join Chef Gary Seri 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.

Brain Games

Thursday, May 4th and 18th 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.

Navigating Through the Challenges of Hip and Knee Arthritis

Monday, May 8th at 10:30 AM

Join Robert Moore, PT, formerly the Founder and CEO of Moore PT and Fitness and currently working for FCP Live-In for a presentation on “Navigating through the Challenges of Hip and Knee Arthritis.” He will review ways in which you can decrease pain associated with hip and knee arthritis through diet and exercise. Please call (203) 452-5199 to RSVP.

Bingo

- **Tuesday, May 16th at 11:00 AM (Room: Studio 108)** Sponsored by Bridges by EPOCH
- **Friday, May 26th at 12:30 PM (Room: Priscilla Place Café)** Membership and registration required. Please call (203) 452-5199 to RSVP.

Mental Health Overview in Aging Individuals

Monday, May 22nd at 10:30 AM

Nurse Susan has invited Victoria O’Neil from HUB to discuss a Mental Health Overview in Aging Individuals. Mental health problems are common among seniors and may include isolation, affective and anxiety disorders, dementia, and psychosis, among others. We will discuss what mental health is, the stigma associated with disorders, common examples, suicide prevention, and resources available. Please call (203) 452-5199 to RSVP.

Diabetes—You’re Sweet Enough

Thursday, May 25th at 10:30 AM

More than 10% of US adults are living with diabetes and almost 1 in 4 of those over age 65 are affected. Let’s take a look at what we can do to possibly delay or manage this chronic disease. Join Registered Dietitian Nutritionist Carmen Weber for a basic discussion on what diabetes is, which nutrients impact our blood sugar, what foods they are in, and how to read a food label so you can plan balanced meals and snacks. Time permitting, we will have an activity or game to reinforce concepts discussed. Please call (203) 452-5199 to RSVP.

CAREGIVERS ALWAYS WELCOME!

Monthly Birthday Party

Cost of lunch: \$5

Tuesday, May 30th

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.

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: **NEW DAY!**

Tuesdays and Thursdays at 10:00 AM

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

NEW!

Mondays at 10:30

Dominoes: Tuesdays at 11:00AM**Canasta:** Tuesdays at 12:30 PM**Scrabble:** Tuesdays at 10:30 AM**Pinochle:** Wednesdays & Thursdays at 10:00 AM**Bocce:**

NEW!

Thursdays: 10:30 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

***No pickleball on 5/5/23**

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 5/18/23**

Meeting ID: 885 6009 3612

Passcode: Peace

Community Meditation

Thursday, May 18th 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 5/16/23**

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, May 19th

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

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.

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

RENTER'S REBATE FOR ELDERLY/ DISABLED RESIDENTS

The State of CT Renters' Rebate Program provides an income-based reimbursement for seniors aged 65+ (12/31/2022) and/or individuals who are totally disabled and collecting Social Security income. The renters' rebate amount is based on qualifying income and the amount of rent and utility payments (excluding telephone/internet) made in the previous calendar year (2022). The maximum income for a single person to qualify is \$40,300 or \$ 49,100 for a marries couple.

Any 2022 rent or utility payments made by UniteCT will not be counted.

The deadline to apply for this State Funded program is September 28, 2023. Residents can contact Social Services @ (203) 452-5133 or via email Jgillis@trumbull-ct.gov to schedule an appointment.

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

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.



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.

AARP FRAUD WATCH NETWORK HELPLINE

Spot a scam?
Call AARP Fraud Watch Network Helpline at 1-877-908-3360 or visit aarp.org/fraudwatchnetwork

To receive biweekly alerts from the AARP Fraud Watch Network text FWN to 50757. Message and data rates may apply. Terms apply: <https://aarp.info/tcofr>

HEALTH AND WELLNESS

WELLNESS NURSE SUSAN



NURSE APPOINTMENTS

Please 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

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 hearing health plays a vital role in your thinking, reasoning, remembering and imagining. Hearing well is crucial to maintaining an active and social lifestyle. Numerous academic studies have linked hearing loss to dementia, anxiety, poor balance, increased social isolation and low self-esteem. Get your hearing checked and get the hearing health you need. Sometimes it can be a frustrating experience to find the right hearing aids for you, but keep trying because it's worth the effort.

TRUMBULL HEALTH DEPARTMENT

Thank you to the Trumbull Health Department for joining us during our open house week and providing our members with helpful information!



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 & 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, May 3rd & 17th**

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, May 9th & 23rd**

To join, contact Dr. Cornelia Morris at 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, MAY 12TH**. 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, MAY 19TH**.

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**ST. CLEMENTS CASTLE LUNCHEON SHOW**

Tuesday, June 20, 2023

Depart Penny Lane Lot: 10:00 AM

Estimated Return: 4:45 PM

Cost: \$116.00 (Checks to Friendship Tours)

Singing impressionist Eric Kearns delivers an unbelievable performance, paying tribute to some of the greatest vocalists in music. Dine on Salad, and Choice of: Chicken Marsala OR Broiled Scrod with Crumb Topping, both served with Vegetable, Potato, Delicious Dessert and Coffee. Entrée choice in advance. Call 203-452-5137 to sign up. Last day to sign up is May 5th.

NEWPORT SPEAKEASY

Monday, July 17, 2023

Cost: \$115.00 (Checks to Tours of Distinction)

Depart Penny Lane Lot: 6:30 AM

Estimated Return: 5:30 PM

Come learn about Newport's role during prohibition. Today's murder mystery lunch will be at Johnny's. Lunch choices are a Grilled Chicken Caesar Salad, Bruschetta salad, a Turkey Club, or a Reuben on Rye. Entrée choice in advance. Guests are encouraged to wear an accessory of the 20's! Call 203-452-5137 to sign up. Last day to sign up is June 16th.

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 (Signups are now closed)

Depart Penny Lane Lot: 9:45 AM

Estimated Return: 5:15 PM

LEISURE TRIPS

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

GYPSY AT THE GOOD SPEED

East Haddam, CT

Wednesday, May 10th (Full, waitlist available)

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

**Price includes tax and gratuities.*

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

ALDI

Fairfield, CT

Friday, May 26th

Pick-ups start at 9:00 AM

Departs Senior Center: 9:45 AM

FIFTH STATE BREWERY + BREAKFAST

***Registration opens May 12th at 9:00 AM**

Bridgeport, CT

Friday, June 9th

Cost: \$7—CASH ONLY

Depart: 9:30 AM

Join us for a tour of the Fifth State Distillery in Bridgeport, CT. They create the base alcohol from corn and then hand-craft vodka, gin, whiskey and specialty spirits. We will start our day with breakfast at the Blue Sky Diner. **Breakfast is not included in the price.*

KINSHIP GLASSWORKS + LUNCH

***Registration opens May 19th at 9:00 AM**

Milford, CT

Friday June 23rd

Cost: \$22—CASH ONLY

Depart: 9:30 AM

Learn about the art of glassblowing with a demonstration at Kinship Glassworks. Everyone attending will have the chance to win a piece of glass to take home! For lunch we will head to Pop's Family Restaurant. **Lunch is not included in the price.*

**Please note, we will not accept early registrations.*

Please call (203) 452-5137 on the designated registration 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.****Monday, May 1st****Tuesday, May 2nd****Thursday, May 4th**

Chicken Cacciatore

Vegetable Lasagna

Swedish Meatballs

Monday, May 8th**Tuesday, May 10th****Thursday, May 11th**

Stuffed Peppers

Shepherd's Pie

Roasted Chicken Thighs

Monday, May 15th**Tuesday, May 16th****Thursday, May 18th**

Sausage and Peppers

BBQ Chicken

Shrimp Stir Fry

Monday, May 22nd**Tuesday, May 23rd****Thursday, May 25th**

Chicken Oregano

Meatloaf

Cookout

Monday, May 29th**Tuesday, May 30th****The Center is closed in observance of Memorial Day.**

Stuffed Cabbage



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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Drawing 9:00 Stretch & Move 10:00 Matter of Balance 10:30 Rummikub 10:30 Yoga 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	2 9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Knitting 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Canasta 12:30 Drama Club	3 9:00 Morning Exercise 9:00 Coffee & Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 10:00 Matter of Balance 11:00 Zumba Gold/Tone 12:00 Power of Food 12:30 Pickleball Open Court 1:00 Qigong	4 9:00 Cardio Kick & Balance 9:00 Chair Yoga 9:00 Brain Games 10:00 Pinochle 10:15 Strength 10:30 Bocce 11:30 Sit & Fit 12:00 Lunch	5 9:00 Painting Part 1 11:00 Mahjong 12:00 Tea Party 1:00 Painting Part 2
8 9:00 Drawing 9:00 Stretch & Move 10:00 Matter of Balance 10:30 Yoga 10:30 Rummikub 10:30 Navigating Arthritis 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Movie	9 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 Canasta 12:30 Drama Club	10 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 10:00 Matter of Balance 10:15 Goodspeed Trip 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	11 9:00 Cardio Kick & Balance 9:00 Chair Yoga 10:00 Pinochle 10:00 Knitting 10:15 Strength 10:30 Bocce 11:30 Sit and Fit 12:00 Lunch	12 8:30 Beginner Pickleball 9:00 The Loop 9:00 Painting Part 1 10:00 Intermediate Pickleball 11:00 Mahjong 1:00 Painting Part 2
15 9:00 Drawing 9:00 Stretch & Move 10:00 Matter of Balance 10:30 Rummikub 10:30 Yoga 10:30 Geriatric Medicine 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	16 9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Knitting 10:30 Scrabble 11:00 Dominoes 11:00 Bingo 12:00 Lunch 12:30 Canasta 12:30 Drama Club	17 9:00 Morning Exercise 9:00 Coffee & Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 10:00 Matter of Balance 11:00 Zumba Gold/Tone 12:00 Veterans Lunch & Learn 12:30 Pickleball Open Court 1:00 Qigong	18 9:00 Cardio Kick & Balance 9:00 Chair Yoga 9:00 Brain Games 10:00 Watercolors 10:00 Pinochle 10:00 Knitting 10:15 Strength 10:30 Bocce 11:30 Sit and Fit 12:00 Lunch 7:00 Comm. Meditation	19 8:30 Beginner Pickleball 9:00 Walmart 9:00 Painting Part 1 10:00 Intermediate Pickleball 10:00 Oil/Acrylic 11:00 Mahjong 1:00 Painting Part 2 1:00 Yoga Nidra
22 9:00 Drawing 9:00 Stretch & Move 10:00 Matter of Balance 10:30 Yoga 10:30 Rummikub 10:30 Mental Health Overview 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	23 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 Canasta 12:30 Drama Club	24 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 10:00 Matter of Balance 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	25 9:00 Cardio Kick & Balance 9:00 Chair Yoga 10:00 Watercolors 10:00 Pinochle 10:00 Knitting 10:15 Strength 10:30 Diabetes Talk 10:30 Bocce 11:30 Sit and Fit 12:00 Lunch	26 8:30 Beginner Pickleball 9:00 Aldi 9:00 Painting Part 1 10:00 Intermediate Pickleball 10:00 Oil/Acrylic 11:00 Mahjong 12:30 Bingo 1:00 Painting Part 2
29 The Center is closed in observance of Memorial Day.	30 9:00 Moderate Yoga 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	31 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 10:30 Fraud Bingo 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	MAY 2023 *All virtual programs are written in GREEN text.	

