



# TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

JUNE 2023

## 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 1<sup>st</sup> through June 30<sup>th</sup>.

## TRUMBULL SUMMER CONCERT SERIES



## GOOD LUCK JOY & MELODY!

Join us in wishing members Joy Koch and Melody Martin the best of luck in their upcoming Ms Connecticut Senior America Pageant which will take place on June 4<sup>th</sup> at the Bijou Theatre in Bridgeport, CT.

The Ms Senior America Pageant began in 1979 with the belief that seniors are the foundation of America and our most valuable treasure. Ms Senior America gives honor to women who have reached the "Age of Elegance". It is a search for the gracious lady who best exemplifies the dignity, maturity, and inner beauty of all senior Americans. This is not a beauty pageant in the traditional sense, but one that looks also to inner beauty, grace and strength. Contestants participate in four areas: interview, evening gown, philosophy of life, and talent. Each contestant shares her philosophy of life with the audience so that the judges may develop insight into each contestant's inner beauty.

## AGENCY ON AGING PRESENTATION

**Southwestern CT Agency on Aging Presentation**  
**Thursday, June 8th at 11:00 AM**

Join Kathleen Regan, SWCAA Community Services Director, for a presentation on the programs, benefits and services that are offered by the Southwestern CT Agency on Aging. SWCAA is available to help you maintain and improve the quality of your life in the community and can help you navigate options to help you or your loved one remain in the community regardless of age. **To sign up, please call (203) 452-5199.**



We will be closed on Monday, June 19<sup>th</sup> in observance of Juneteenth.

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Trumbull Senior Center

06-5293

## HUMAN SERVICES STAFF

**Director of Human Services**

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mjakab@trumbull-ct.gov

(203) 452-5144

**SENIOR CENTER****Senior Center Coordinator**

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**(203) 452-5199**

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**First Selectman**

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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.—3:30 p.m. (203) 452-5199

**SOCIAL SERVICES HOURS:**

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

**FOOD PANTRY:** 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

**JUNE BIRTHDAYS**

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

- Carmela Almonte
- Joseph McCabe
- Jan Amiot
- Lary McTiernan
- Maria Aquino
- Madelyn Meagher
- Kathleen Barnum
- Judith Mills
- Florence Behanna
- Mark Minopoli
- Gloria Bender
- Gloria Murphy
- Nancy Bonitatibus
- Marie Palmieri
- Ann Breslow
- Joseph Pellecchia
- Sofia Buitrago
- Marie Petitti
- Barbara Carbone
- Mary Piccuillo
- Judith Chisarik
- Olive Fay Pieragostini
- Susan Donovan
- Linda Pillo
- Jennie Fitzpatrick
- Thomas Polascik
- Carol Grabis
- Linda Randall
- Patricia Ganino
- Edward Raynor
- Kathleen Gillis
- William Renz
- Rita Goldberg
- Patricia Scarpelli
- Olga Gonzalez
- Barbara Schmidt
- Chet Grygorcewicz
- Mukesh Shah
- Tony Guglielmo
- Muriel Sozanski
- Richard Henrietta
- Barbara Stewart
- Paul Herman
- Kathleen Stoppel
- Diane Hintz
- Diana Taormina
- Andrea Hodska
- Juana Torres Demilla
- Mary Hurley
- Jacqueline Wallace
- Alfred Karinski
- Kathleen West
- Diane Kraemer
- Carol Winslow
- Rona Lira
- Carolyn Wyckoff
- Diane Manganiello

## 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.

**Please note that these classes are held in sessions on Zoom, two months on and one month off. Currently, the planned months off will include August, November, February, and May.**

### ART CLASSES IN-PERSON

- **Watercolors with Jill**  
**Thursdays from 10:00 AM to 12:00 PM (No class on 6/1)**
- **Oil/Acrylic Painting with Jill**  
**Fridays from 10:00 AM to 12:00 PM (No class on 6/2)**

***These workshops are currently in progress with end dates of June 15<sup>th</sup> and 16<sup>th</sup>.***

**Registration for the summer workshop opens on Monday, June 26<sup>th</sup> at 9:00 AM.**

The summer workshop will be a combined Watercolors and Oil/Acrylic class that will take place on Fridays beginning July 14<sup>th</sup> at 10:00 AM and will run for eight weeks. The class will need a minimum of 10 signups for the workshop to take place. Spaces are limited and signups are required to participate. Class fees are being added or increased to guarantee there will be no cancellations and to encourage consistent attendance. Payments are non-refundable.

**Cost for Residents: \$20**

**Cost for Non-Residents: \$40**

Payment must be received within two business days of signing up or your registration may be voided.

### MOVIES ARE BACK!

**Join us Monday, June 5<sup>th</sup> at 1:00 PM for a viewing of:**

**"Where the Crawdads Sing"**

Abandoned by her family, Kya Clark, otherwise known to the townspeople of Barkley Cove as the Marsh Girl, is mysterious and wild. "Where the Crawdads Sing" is a coming-of-age story of a young girl raised by the marshlands of the south in the 1950s. When the town hotshot is found dead, and inexplicably linked to Kya, the Marsh Girl is the prime suspect in his murder case.

Starring: Kya Clark, Taylor John Smith, and Harris Dickinson.

**To signup, please call (203) 452-5199.**

### ATTORNEY ELVIOSON

**Join Attorney Linda Eliovson for a round table on Wednesday, June 14<sup>th</sup> at 10:00 AM**

What do the Estates of Jimi Hendrix, Bob Marley, Sonny Bono, Pablo Picasso, Howard Hughes, Aretha Franklin and Lisa Marie Presley have in common?

Attorney Linda L. Eliovson of the firm Eliovson and Tenore in Fairfield will present an open round-table discussion regarding estates and the planning needed to minimize the effects on you and your family. Attendees can bring their questions and concerns to the table for a mutually beneficial discussion. **To signup, please call (203) 452-5199.**

### THANK YOU TO OUR TEA PARTY SPONSORS AND FRIENDS

Thank you to all of our sponsors and friends that helped make this year's tea party a success! From cooking to donating raffle prizes and giveaways to being a part of our contests, we are so thankful to have your support.

We would also like to thank our members and volunteers that went above and beyond to make our tables and décor absolutely beautiful!



## IN PERSON PROGRAMS AND GAMES

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

- **The Black Cake by Charmaine Wilkerson**—Monday, June 5<sup>th</sup>
- **Thursday Murder Club by Richard Osman**—Monday, July 10<sup>th</sup>
- **The Lincoln Highway by Amor Towles**—Monday, August 7<sup>th</sup>

**Brain Games****Thursday, June 1<sup>st</sup> and 15<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.

**Medication Management****Thursday, June 6<sup>th</sup> at 10:30 AM**

Join Nurse Susan to cover every aspect of taking your medication effectively and efficiently. We will practice reading prescription bottle labels which are small, but full of information. Also, we will explore different types of pill boxes and delivery systems to pre-pour your medicine and when to take it. Be an active member of your health care team! **To RSVP, please call (203) 452-5199.**

**Bingo**

- **Wednesday, June 7<sup>th</sup> at 11:00 AM (Room: Studio 108)**
- **Friday, June 16<sup>th</sup> at 12:30 PM (Room: Priscilla Place Café)**  
 Membership and registration required. Please call (203) 452-5199 to RSVP.

**Fire Safety****Tuesday, June 13<sup>th</sup> at 11:00 AM**

Nurse Susan has invited Trumbull Fire Marshals, Brian Lampart and Rich Gregory to speak about fire prevention in your home. They will discuss how to assess your home for fire risks and safety. Rich and Brian have been working together since their teenage years as volunteer firefighters in Trumbull. Brian worked as a firefighter for Stratford and retired as Chief after thirty-four years of service. Rich began his twenty-seven years as a first responder, a Connecticut State Police Officer, with the last fifteen years in the Fire and Explosive Investigation Unit. They will be interesting and informative. **To RSVP, please call (203) 452-5199.**

**Trivia****Tuesday, June 20<sup>th</sup> at 10:00 AM**

Join Carolina Rozwadowski of Wilton Meadows Rehabilitation and Health Care Center for breakfast, trivia games and prizes! **To RSVP, please call (203) 452-5199.**

**AARP Smart Driving Course****Friday, June 23<sup>rd</sup> at 9:00 AM—1:00 PM**

AARP will present their Smart Drivers Course. \$20.00 for AARP members and \$25.00 non-members. Checks only, please note you will pay the instructor the day of the class. **To RSVP, please call (203) 452-5199.**



## CAREGIVERS ALWAYS WELCOME!

**Monthly Birthday Party****Cost of lunch: \$5****Tuesday, June 27<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.**

**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 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 11:00 AM

**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 8:30-10:00 AM  
 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**

Meeting ID: 885 6009 3612

Passcode: Peace

#### **Community Meditation**

**Thursday, June 15<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 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, June 16<sup>th</sup>**

This is a deep relaxation class with Reiki.

Please bring a yoga mat and small throw blanket.

Optional: small pillow for head rest.

#### **Hi-Low Aerobics and Balance with**

**Christine**

**Thursdays at 9:00 AM**

**\*This class will continue until the end of June and then will return in August**

Join us for some fun aerobic intervals, we will do some easy-to-follow cardio interval combinations set to upbeat music, and we will incorporate intervals of balance work. All exercises can be done using a chair as desired.

The Department provides programs such as benefits screenings, financial assistance, resources, information and assistance, counseling and advocacy. In-office and home visits are offered. Please call 203-452-5198.

### TRUMBULL 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.*

### EMERGENCY ASSISTANCE

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.

### UTILITIES MORATORIUM

The Connecticut Public Utilities Regulatory Authority has pushed back the utility shutoff moratorium for gas and electric utilities until October 31<sup>st</sup>.

The Winter Protection Program will be in place from November 1<sup>st</sup> of this year to May 1<sup>st</sup> of 2024.

### 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 at (203) 452-5133 or via email [Jgillis@trumbull-ct.gov](mailto:Jgillis@trumbull-ct.gov) to schedule an appointment.**



### CONNECTICUT DEPARTMENT OF AGRICULTURE'S SENIOR FARMERS' MARKET NUTRITION PROGRAM

Program begins July 1<sup>st</sup>. To be eligible to receive SFMNP benefit card, participants must be 60 years of age or older and has gone through proper means testing to support income eligibility. Each eligible participant shall receive one benefit card annually.



#### Income Eligibility Guidelines for 2023-2024

Household Size	Annual	Monthly
1	\$26,973	\$2,248
2	36,482	\$3,041
3	\$45,991	\$3,833
4	\$55,500	\$4,625

Eligible foods include fresh, unprocessed Connecticut Grown produce, honey, and eggs.



Please call Social Services at (203) 452-5198 for more information.

### Your Donation Matters

**Would you like to leave a donation in memory of someone or help fund a particular class or program?**

Donations are used to support Senior Center programs that enrich the lives of seniors at the center and in the community. All contributions are gratefully accepted. Here are some donation suggestions: Arts and Crafts, In Memory of..., Luncheon scholarship, Exercise Workshop.

**Please make the check payable to: The Trumbull Senior Center**

If you would like to specify what your donation is for, please do so here or on the memo of your check:

***Thank you for your support!***

## 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 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



## 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.

***Please note that there will be no Walking Group on July 4<sup>th</sup> and beginning Tuesday, July 11<sup>th</sup>, the Walking Group will start meeting at 10:00 AM instead of 9:30 AM. Thank you!***

## HEALTH TIP FROM WELLNESS NURSE SUSAN

Wandering and Alzheimer's Disease: Caring for someone living with Alzheimer's disease poses many unique challenges. Many people with Alzheimer's wander away from their home or caregiver. One way to keep the person safe is to make sure they have some kind of ID, wears a medical bracelet, or place labels in garments. A good program is MedicAlert and Alzheimer's Association 24/7 Wandering Support for a Safe Return Program. A person with this Disease may become fearful if they hear their name being called and therefore hide. I will share more information on this topic on my learning board.

## 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, June 7<sup>th</sup> & 21<sup>st</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, June 13<sup>th</sup> & 27<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.

## 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.

**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, JUNE 2<sup>ND</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, JUNE 16<sup>TH</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****ST. CLEMENTS CASTLE LUNCHEON SHOW**

**Tuesday, June 20, 2023**

Depart Penny Lane Lot: 10:00 AM

Estimated Return: 4:45 PM

**NEWPORT SPEAKEASY**

**Monday, July 17, 2023**

**Cost: \$115 (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 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. The last day to sign up is June 16<sup>th</sup>.

**PROVIDENCE ITALIAN STYLE**

**Tuesday, August 29, 2023**

**Cost: \$185.00 (Check to Tours of Distinction)**

Depart Penny Lane Lot: 7:15 AM

Estimated Return: 6:00 PM

Join your tour guide for a behind-the-scenes tour of Providence's Historic Federal Hill. Enjoy a gondola ride after our lunch in Little Italy. The day ends on the river walk with live Italian music. Food choices for lunch are chicken parmesan, Baked fish, or Penne Primavera (vegetarian). **Entrée choice in advance.** Call 203-452-5137 to sign up. The last day to sign up is August 8<sup>th</sup>.

**ATLANTIC CITY OVERNIGHT**

**\*Registration opens at June 14<sup>th</sup> at 9:00 AM**

**Tuesday– Thursday, Oct 17-19, 2023**

**Cost: \$359 pp Double/\$499 pp Single**

Flyers available at the senior center.

**LEISURE TRIPS**

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

**FIFTH STATE BREWERY + BREAKFAST**

Bridgeport, CT

**Friday, June 9<sup>th</sup>**

**Cost: \$7—CASH ONLY  
(Lunch not included in cost)**

Depart: 9:30 AM

**KINSHIP GLASSWORKS + LUNCH**

Milford, CT

**Friday June 23<sup>rd</sup>**

**Cost: \$22—CASH ONLY  
(Lunch not included in cost)**

Depart: 9:30 AM

**GILBERTIES NURSERY & STEW LEONARD'S**

**\*Registration opens June 9<sup>th</sup> at 9:00 AM**

Westport & Norwalk, CT

**Friday, June 30<sup>th</sup>**

Pick-ups start at 9:00 AM

Depart Senior Center 9:30 AM

**GUILFORD CRAFT EXPO**

**\*Registration opens June 2<sup>nd</sup> at 9:00 AM**

Guilford, CT

**Friday, July 14<sup>th</sup>**

**Cost: \$11—CASH ONLY**

Depart: 9:15 AM

Join us for a day of shopping at the top craft expo in the country. There are food vendors as well as cute restaurants surrounding the green.

**\*Lunch will be on your own.**

**THIMBLE ISLANDS TOUR + LUNCH**

**\*Registration opens June 16<sup>th</sup> at 9:00 AM**

Branford, CT

**FRIDAY July 28th**

**Cost: \$17—CASH ONLY  
(Lunch not included in cost)**

Depart: 9:00 AM

Tour the Thimble Islands in style on the Sea Mist! There is a cash bar on the boat as well as a ramp with two steps to enter. Lunch will be at the Chowder Pot.

**\*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 &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.

**Thursday, June 1<sup>st</sup>**

Chicken Burrito

**Monday, June 5<sup>th</sup>****Tuesday, June 6<sup>th</sup>****Thursday, June 8<sup>th</sup>**

Lasagna

Beef Stroganoff

Pork Loin

**Monday, June 12<sup>th</sup>****Tuesday, June 13<sup>th</sup>****Thursday, June 15<sup>th</sup>**

Stuffed Shells

Roasted Chicken Thighs

Shrimp Stir Fry

**Monday, June 19<sup>th</sup>****Tuesday, June 20<sup>th</sup>****Thursday, June 22<sup>nd</sup>****The Center is closed in observance of Juneteenth.**

Eye of Round

Cookout

**Monday, June 26<sup>th</sup>****Tuesday, June 27<sup>th</sup>****Thursday, June 29<sup>th</sup>**

Breakfast for Lunch!

Meatloaf

Grilled Chicken Salad

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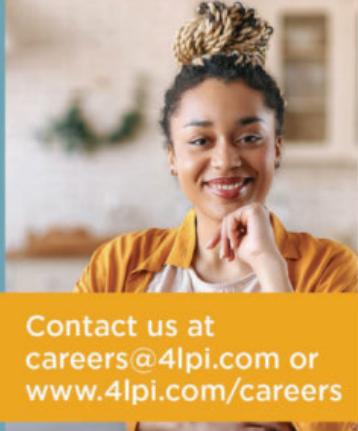
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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>JUNE 2023</b> <i>*All virtual programs are written in GREEN text.</i>		
			9:00 Aerobics & 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	1 2 8:30 Beginner Pickleball 9:00 Painting Part 1 w/ Chris 9:00 Walmart 10:00 Intermediate Pickleball 11:00 Mahjong 1:00 Painting Part 2 w/ Chris
9:00 Drawing w/ Chris 9:00 Stretch & Move 10:30 Yoga 10:30 Rummikub 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Movie	5 9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Knitting 10:30 Scrabble 10:30 Med. Management 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Canasta 12:30 Drama Club	6 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 11:00 Bingo 12:30 Pickleball Open Court 1:00 Qigong	7 9:00 Aerobics & Balance 9:00 Chair Yoga 10:00 Pinochle 10:00 Watercolors w/ Jill 10:00 Knitting 10:15 Strength 10:30 Bocce 11:00 SWCCA Program 11:30 Sit and Fit 12:00 Lunch	8 9 8:30 Beginner Pickleball 9:00 Painting Part 1 w/ Chris 9:30 Fifth State Brewery 10:00 Oil/Acrylic w/ Jill 10:00 Intermediate Pickleball 11:00 Mahjong 1:00 Painting Part 2 w/ Chris
9:00 Drawing w/ Chris 9:00 Stretch & Move 10:30 Rummikub 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	12 9:00 Moderate Yoga 9:00 Grief Support 9:30 Walking Group at Mall 10:00 Knitting 10:30 Scrabble 11:00 Fire Safety 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Canasta 12:30 Drama Club	13 9:00 Morning Exercise 10:00 Attorney Elovson 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	14 9:00 Aerobics & Balance 9:00 Chair Yoga 9:00 Brain Games 10:00 Pinochle 10:00 Watercolors w/ Jill 10:00 Knitting 10:15 Strength 10:30 Bocce 11:30 Sit and Fit 12:00 Lunch 7:00 Comm. Meditation	15 16 8:30 Beginner Pickleball 9:00 Painting Part 1 w/ Chris 9:00 The Loop 10:00 Oil/Acrylic w/ Jill 10:00 Intermediate Pickleball 11:00 Mahjong 12:30 Bingo 1:00 Painting Part 2 w/ Chris 1:00 Yoga Nidra
The Center is closed in observance of Juneteenth.	19 9:00 Moderate Yoga 9:30 Walking Group at Mall 10:00 Knitting 10:00 Trivia 10:30 Scrabble 11:00 Dominoes 11:30 Sit & Fit 12:00 Lunch 12:30 Canasta 12:30 Drama Club	20 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 12:30 Pickleball Open Court 1:00 Qigong	21 9:00 Aerobics & 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	22 23 8:30 Beginner Pickleball 9:00 AARP Safe Driving 9:00 Painting Part 1 w/ Chris 9:30 Kinship Glassworks 10:00 Intermediate Pickleball 11:00 Mahjong 1:00 Painting Part 2 w/ Chris
9:00 Drawing w/ Chris 9:00 Stretch & Move 10:30 Rummikub 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	26 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	27 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	28 9:00 Aerobics & 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	29 30 8:30 Beginner Pickleball 9:00 Painting Part 1 w/ Chris 10:00 Intermediate Pickleball 11:00 Stew Leonard's 11:00 Mahjong 1:00 Painting Part 2 w/ Chris