



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 1st through June 30th.

TRUMBULL SUMMER CONCERT SERIES

2023

TRUMBULL PARKS & RECREATION

THE MALLET TRUST PRESENTS

Trumbull's Summer Concert Series

LIVE MUSIC • FOOD TRUCKS

Free Entry

FEATURING

- June 27 • MASS-CONN-FUSION
- July 11 • A KANSAS, STYX & FOREIGNER TRIBUTE
- July 18 • STEVE D'AGOSTINO
- July 25 • THE BERNADETTE'S
- August 1 • BOB BUTTON BAND
- August 8 • LENNON & MCCARTNEY
- August 15 • SILVER STEEL BAND
- August 22 • RAVE ON
- August 29 • I'LGURI

Tuesday's at 7pm

TOWN HALL GREEN & GAZEBO

LAWN SEATING

5866 Main Street, Trumbull

Fryburg

SILVER SHARDS

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 4th 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 19th 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

SENIOR CENTER (203) 452-5199**Senior Center Coordinator**

Ronnie Mogensen (203) 452-5199
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SOCIAL SERVICES

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Karen Seferi (203) 452-5136
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Susan Clay, BSN RN (203) 452-5134
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First Selectman

Vicki Tesoro (203) 452-5005
Firstselectman@trumbull-ct.gov

Priscilla Place Café

Elaine Marcucio (203) 452-5199 Ext 3

FOLLOW US ON FACEBOOK

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



COMMISSION ON AGING

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

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 Pellicchia |
| • Sofia Buitrago | • Marie Petitti |
| • Barbara Carbone | • Mary Piccuillo |
| • Judith Chisarik | • Olive Fay Pieragostini |
| • Susan Donovan | • Linda Pillo |
| • Jennie Fitzpatrick | • Thomas Polascik |
| • Carol Grabis | • Arlene Pond |
| • Patricia Ganino | • Linda Randall |
| • Kathleen Gillis | • Edward Raynor |
| • Rita Goldberg | • William Renz |
| • Olga Gonzalez | • Patricia Scarpelli |
| • Chet Grygorcewicz | • Barbara Schmidt |
| • Tony Guglielmo | • Mukesh Shah |
| • Richard Henrietta | • Muriel Sozanski |
| • Paul Herman | • Barbara Stewart |
| • Diane Hintz | • Kathleen Stoppel |
| • Andrea Hodska | • Diana Taormina |
| • Mary Hurley | • Juana Torres Demilla |
| • Alfred Karinski | • Jacqueline Wallace |
| • Diane Kraemer | • Kathleen West |
| • Rona Lira | • Carol Winslow |
| • Diane Manganiello | • Carolyn Wyckoff |

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 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 15th and 16th.

Registration for the summer workshop opens on Monday, June 26th at 9:00 AM.

The summer workshop will be a combined Watercolors and Oil/Acrylic class that will take place on Fridays beginning July 14th 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 5th 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 14th 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

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

1st Monday of every month at 11:00 AM

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

Brain Games

Thursday, June 1st and 15th 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.

Medication Management

Thursday, June 6th 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 7th at 11:00 AM** (Room: Studio 108)
- **Friday, June 16th at 12:30 PM** (Room: Priscilla Place Café)

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

Fire Safety

Tuesday, June 13th 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 20th 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 23rd 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.**



Monthly Birthday Party

Cost of lunch: \$5

Tuesday, June 27th

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

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 15th 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 16th
 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 31st.

The Winter Protection Program will be in place from November 1st of this year to May 1st 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 married 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 to schedule an appointment.



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

Program begins July 1st. 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.

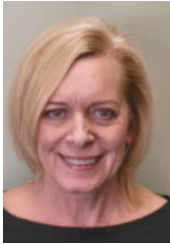
Please make the check payable to: The Trumbull Senior Center

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 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 4th and beginning Tuesday, July 11th, 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.

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, June 7th & 21st**

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, June 13th & 27th**

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

TRANSPORTATION

The Trumbull Senior Center provides transportation to residents, age 60 and over and/or age 55-59 and disabled.

Buses are fitted with UV light/air filtration systems.

**OFFICE HOURS MON-FRI 8:30 AM—11:30 AM****(203) 452-5137****MEDICAL RIDES**

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

Need a ride somewhere else?

We provide rides to the bank, hairdresser, barbershop, or legal appointments.

VETERANS!

Ask us about rides to the VA in West Haven.



Check out Page 9 for trips and travel.

TRIP & TRANSPORTATION OFFICE HOURS

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

SHOPPING TRIPS

SHOPPING LOOP

One Friday a month we offer loop shopping where you can choose the store to visit. Pickup time is between 9:00-9:45 AM, shop for 1 1/2 hours and then return home. Our loop days are **FRIDAY, JUNE 2ND**. 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 16TH**.

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 16th.**

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 8th.**

ATLANTIC CITY OVERNIGHT

***Registration opens at June 14th 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 9th

Cost: \$7—CASH ONLY

(Lunch not included in cost)

Depart: 9:30 AM

KINSHIP GLASSWORKS + LUNCH

Milford, CT

Friday June 23rd

Cost: \$22—CASH ONLY

(Lunch not included in cost)

Depart: 9:30 AM

GILBERTIES NURSERY & STEW LEONARD'S

***Registration opens June 9th at 9:00 AM**

Westport & Norwalk, CT

Friday, June 30th

Pick-ups start at 9:00 AM

Depart Senior Center 9:30 AM

GUILFORD CRAFT EXPO

***Registration opens June 2nd at 9:00 AM**

Guilford, CT

Friday, July 14th

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 16th 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 & 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:

Sandwich*

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

		Thursday, June 1st
		Chicken Burrito
Monday, June 5th	Tuesday, June 6th	Thursday, June 8th
Lasagna	Beef Stroganoff	Pork Loin
Monday, June 12th	Tuesday, June 13th	Thursday, June 15th
Stuffed Shells	Roasted Chicken Thighs	Shrimp Stir Fry
Monday, June 19th	Tuesday, June 20th	Thursday, June 22nd
The Center is closed in observance of Juneteenth.	Eye of Round	Cookout
Monday, June 26th	Tuesday, June 27th	Thursday, June 29th
Breakfast for Lunch!	Meatloaf	Grilled Chicken Salad

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<div>  </div> <div> <h1>JUNE 2023</h1> <p>*All virtual programs are written in GREEN text.</p> </div>			<div>1</div> <p>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</p>	<div>2</div> <p>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</p>
<div>5</div> <p>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</p>	<div>6</div> <p>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</p>	<div>7</div> <p>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</p>	<div>8</div> <p>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</p>	<div>9</div> <p>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</p>
<div>12</div> <p>9:00 Drawing w/ Chris 9:00 Stretch & Move 10:30 Rummikub 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p>	<div>13</div> <p>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</p>	<div>14</div> <p>9:00 Morning Exercise 10:00 Attorney Eliovson 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<div>15</div> <p>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</p>	<div>16</div> <p>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</p>
<div>19</div> <p>The Center is closed in observance of Juneteenth.</p>	<div>20</div> <p>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</p>	<div>21</div> <p>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</p>	<div>22</div> <p>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</p>	<div>23</div> <p>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</p>
<div>26</div> <p>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</p>	<div>27</div> <p>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</p>	<div>28</div> <p>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</p>	<div>29</div> <p>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</p>	<div>30</div> <p>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</p>