



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

JULY 2023

TPAUD LUNCH AND LEARN

**Marijuana in CT:
What Seniors Should Know
Wednesday, July 12th at 11:00 AM**

Connecticut has legalized both adult-use ("recreational") cannabis as well as "medical marijuana" for qualifying patients. What's the difference between these? What do we know about THC and CBD? What will expanded access mean for seniors? What should our families know about today's marijuana--which is a very different product from the past and often available in highly concentrated forms? And how can we protect our grandchildren from the issues that have arisen in other states?

Melissa McGarry, Project Director of TPAUD, Trumbull's Prevention Partnership, will give a brief update and answer any questions you may have.



Reservations are required and you must be in attendance for the presentation in order to receive lunch. To reserve your seat, please call (203) 452-5199 to RSVP.

MEMBERSHIP RENEWAL

It's that time of year, our new Membership year has begun. 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.

MS CONNECTICUT SENIOR AMERICA

Congratulations to Melody Martin and Joy Koch for their participation in the Ms. Connecticut Senior America 2023 Pageant that took place in June!



DRAMA CLUB PRESENTS

Join us for our Drama Club's performance of:

Murder at the Golden Gates Retirement Home

**Thursday, August 10th at 1:00 PM
and
Friday, August 11th at 11:00 AM**

To reserve your seat, please call (203) 452-5199.

We are looking forward to an amazing show!

We will be closed on Monday, July 3rd and Tuesday, July 4th in observance of Independence Day.

BUNTING APPRAISAL SERVICES



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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF

Director of Human Services

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

Ronnie Mogensen (203) 452-5199
rmogensen@trumbull-ct.gov

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adebernardo@trumbull-ct.gov

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SOCIAL SERVICES (203) 452-5198

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First Selectman (203) 452-5005

Vicki Tesoro
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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	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

JULY BIRTHDAYS

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

- | | |
|---------------------------|------------------------|
| • Joan Anderson | • Elsa O'Neill |
| • Augustus Aquino | • Robert Palazzo |
| • Marie Boyer | • Louise Palumbo |
| • Jane Bromley | • Fred Parnoff |
| • Thomas Brown | • Joyce Rehling |
| • Janet Butchko | • Maria Ribeiro |
| • Joseph Cenatempo | • Thomas Rosinski |
| • Michael Cerulo | • Judy Rossa |
| • Gregory Chuga | • Edward Rusnak |
| • Constance Cleary | • Dan Sacco |
| • Helen Collins | • Stasia Schroeder |
| • Mary Grace Corica | • Rosalie Schwarz |
| • Joseph Dene | • Debbie Selski |
| • Sunder Desai | • Antonio Senes |
| • Susan Drzal | • Nora Shea |
| • Louis Freiler | • Susan Smith |
| • Roberta Grega | • Dennis Soltis |
| • June Hoyt | • Marie Strolin |
| • Mary Isaac | • Sonya Suarez-Hammond |
| • Dolores Kosarko | • Anne Talley |
| • Susan Leonetti | • Alice Targowski |
| • Mary Ann Luczaj | • Thomas Therriault |
| • Rita McDougald-Campbell | • Margaret Traub |
| • Katherine McMullen | • Lorraine Wall |
| • Sally Melzer | • Eloise Wallace |
| • Esther Miller | • Azhar Zaidi |
| • Dora Montarro | • Tyrone Zandy |
| • Aurora Montini | • Bruce Zboray |
| • Pat Notarnicola Jr. | • Joanne Zboray |
| • Frank Nyitrai | • Antoinette Zigmond |

ART CLASSES IN-PERSON

- **Summer Painting Workshop with Jill Fridays from 10:00 AM to 12:00 PM beginning July 14th**

Preregistration is required and seats are limited. To inquire about openings, please call (203) 452-5199. This is an eight week workshop that will run from July 14th until mid September (end date TBD).

The summer workshop will be a combined Watercolors and Oil/Acrylic class. The class will need a minimum of 10 signups for the workshop to take place. Class fees are being added or increased to guarantee there will be no cancellations and to encourage consistent attendance.

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. Payments are non-refundable. Membership is required to participate. *Scholarships are available to Trumbull residents. All inquiries are kept confidential.*

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**

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.

Registration for the September/October session opens on Monday, August 7th at 9:00 AM. Membership and registration are required to participate.

Cost for Residents: \$20

Cost for Non-Residents: \$40

Payments must be received within two business days of signing up or your registration may be voided. Payments are non-refundable.

Scholarships are available to Trumbull residents. All inquiries are kept confidential.

MAKEUP FOR MATURE WOMEN

**MakeUp for Mature Women
Monday, August 14th
9:30 AM to 12:00 PM**

Join Joby Rogers, a certified, professional makeup artist with over 30 years

of experience for this two and a half hour Forum that is the perfect place for mature women of all ages and experience to

learn how to create a makeup style that compliments their personal features and skin tone. We will explore products and tools and 'must haves' for your personal makeup collection. You will participate in 'hands-on' makeup demonstrations and convey knowing that with a little practice you can perfect your personal appearance for all occasions.



Joby's makeup artistry has appeared in Forbes Magazine, Billboard Magazine, The New York Post, and Marie Claire, among many other printed and social media publications.

Participants are encouraged, BUT NOT required, to bring their own personal MakeUp and Brushes for a professional evaluation (if applicable). It is preferable that participants attend the forum 'MakeUp free' BUT NOT required. Please bring pen and paper.

Registration opens on Monday, July 17th at 10:00 AM.

Cost: \$5 (must be paid within two business days of signup)

Spaces are limited and registration is required. To reserve your seat, please call (203) 452-5199.

TRUMBULL CONCERT SERIES

TRUMBULL PARKS AND RECREATION PRESENTS

SUNDAY SUMMER CONCERTS

4:00PM
Town Hall Green & Gazebo
5866 Main Street, Trumbull

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- 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

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

1st Monday of every month at 11:00 AM

- **Thursday Murder Club** by **Richard Osman**—Monday, July 10th
- **The Lincoln Highway** by **Amor Towles**—Monday, August 7th
- **The Spanish Daughter** by **Lorena Hughes**—Monday, September 11th

Brain Games

Thursday, July 6th and 20th 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.

Bingo

- **Wednesday, July 5th at 11:00 AM** (Room: Studio 108)
- **Friday, July 21st at 12:30 PM** (Room: Priscilla Place Café)

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

Emotional Wellbeing Seminar

Thursday, July 13th at 10:30 AM

Emotional Wellbeing Seminar for Seniors hosted by Clinical Liaison, Mary Sourivanh, LPN from Wilton Meadows Rehabilitation & Health Care Center. Topics will include coping mechanisms, managing stress, improving sleep, achieving work-life balance, and more. Wellness topics vary and include helpful information and resources, as well as an activity to continue to practice what you learned. Light refreshments will be served. **Please call (203) 452-5199 to RSVP.**

Movie

Monday, July 17th at 1:00 PM

Movie: Moving On
Starring: Jane Fonda, Lily Tomlin and Malcolm McDowell
Two old friends reconnect at a funeral and decide to get revenge on the widower who messed with them decades before. **To signup, please call (203) 452-5199.**

Trivia with Lisa
Tuesday, July 18th at 11:00 AM

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

Painting with Gisselle
Wednesday, July 19th at 10:30 AM

Join Gisselle McCann of Always Caring Connecticut for a water-colors painting class. Each person will receive their own paint by number set to complete and bring home. **Limited seats available, to sign up, please call (203) 452-5199.**

UV Awareness
Tuesday, July 25th at 10:30 AM

July is UV Awareness Month, join Clinical Liaison, Mary Sourivanh, LPN from Wilton Meadows Rehabilitation & Health Care Center for an informational discussion on how to properly protect yourself from the sun, all about SPF and the different kinds of effects UV can have on your skin and overall health. Light refreshments will be served. **Please call (203) 452-5199 to RSVP.**

Monthly Birthday Party

Cost of lunch: \$5

Tuesday, July 25th

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 the Watermark at 3030 Park. **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:

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:

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
***No Pickleball on 7/28 and 8/11**

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
**No class on 8/2 and 8/9*

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 *NEW TIME!*
Thursdays at 10:30 AM
 Meeting ID: 885 6009 3612
 Passcode: Peace

Community Meditation
Thursday, July 20th 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

To help maintain our Zoom programs, membership is required to participate. If you would like to check the status of your membership, please call (203) 452-5199 or stop by the main office to join or renew. Thank you!

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
**No class on 7/31 and 8/7*

Moderate Yoga with Jeannie
Tuesdays at 9:00 AM
 Please bring a yoga mat.

Tap with Rose—8 Week Workshop *NEW!*
Tuesdays at 10:00 AM
July 11th—August 29th

Sit and Fit with Bobbi *NEW TIME!*
Tuesdays at 10:30 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, July 21st
 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 *RETURNING IN AUGUST!*
Thursdays at 9:00 AM
**Classes begin Thursday, August 10th*
 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 either 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, short term 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.

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) 452-5133 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?

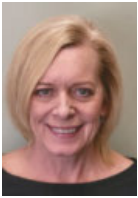
Donations are used to support Senior Center programs that enrich the lives of seniors at the center and in the community. All contributions are gratefully accepted. Here are some donation suggestions: Arts and Crafts, In Memory of..., Luncheon scholarship, Exercise Workshop.

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!

WELLNESS NURSE SUSAN



NURSE APPOINTMENTS

Please call (203) 452-5134 to schedule an appointment with Wellness Nurse Susan. Drop in appointments are available on Mondays and Thursdays between 9:00 AM and 1:30 PM.

THE WALKING GROUP

NEW TIME!

Tuesdays from 10:00 AM—11:00 AM

Join Wellness Nurse Susan every Tuesday from 10:00 AM until 11:00 AM in front of Target on the second floor inside the Trumbull Mall for her weekly walking group. For more information, please call (203) 452-5134.

MATTER OF BALANCE GRADUATES



Thank you to the Trumbull Health Department for hosting our most recent Matter of Balance program and to Executive Home Care for sponsoring the program lunches. Congratulations to our graduates!

MENTAL HEALTH

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.



HEALTH TIP FROM WELLNESS NURSE SUSAN

Bone health is a common topic we hear and read about. Calcium and Vitamin D are encouraged for strong bones but before you start any supplements you need to speak with your doctor. Important information I learned is that there is a calcium supplement, calcium citrate, that is better for people taking medication to treat stomach acid, ulcers, and acid reflux. Calcium carbonate is an alternative calcium supplement that shouldn't be taken by people who take those medications. Vitamin D3 is usually recommended with Calcium, or Vitamin D2 is a good alternative. Stay healthy and happy!

SUPPORT GROUPS

COFFEE AND LEARN WITH DR. MORRIS

Meets the 1st and 3rd Wednesday of each month at 9:00 AM at the senior center—**Wednesday, July 5th & 19th** 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. 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 at the senior center—**Tuesday, July 11th & 25th** To join, contact Dr. Cornelia Morris at cmorris@trumbull-ct.gov and/or call (203) 452-5158.

CAREGIVER SUPPORT GROUP

NEW!

Facilitated by Rita Mazzarello, MSW of Assisted Living Services, Inc. and Jennifer Gillis, Trumbull Social Services. Meets the 3rd Tuesday of every month at 1:00 PM at the senior center—**Tuesday, July 18th** Caring for a senior loved one is a constant challenge. Countless others share this burden. How do they do it? What have they learned? These illuminating discussions help caregivers gain the perspective and strength necessary to remain positive and empathetic as they continue their selfless service. To attend, please call (203) 452-5199 or call Rita at 860-560-3210 with any questions.

TRANSPORTATION

OFFICE HOURS MON-FRI 8:30 AM—11:30 AM

(203) 452-5137

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.

MEDICAL RIDES

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

Need a ride somewhere else?

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

VETERANS!

Ask us about rides to the VA in West Haven.

Check out Page 9 for trips



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, JULY 7th**. Stores include Big Y, Best Buy, Kohl's and Target. Also included are TJ Maxx, McDonald's, Duchess and Burger King.

WALMART SHOPPING TRIP

One Friday a month we offer rides to Walmart in Shelton. Estimated pick up time is between 9:00-9:45 AM. Shop for an hour then return home. The Walmart shopping date is **FRIDAY, JULY 21st**.

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

Flyers for all Bus Trips are available at the Senior Center across from The Bunny Fountain Room and next to Studio 108.

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

Guests are encouraged to wear an accessory of the 20's!

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

Entrée choice in advance. Call 203-452-5137 to sign up. The last day to sign up is August 8th.

ROSELAND COTTAGE

Thursday, September 14, 2023

Cost: \$145 (Checks made to Friendship Tours)

Depart Penny Lane Lot: 9:00 AM

Estimated Return: 5:30 PM

Entrée choice in advance. Call (203) 452-5137 to sign up. Last day to sign up is August 7th.

ATLANTIC CITY OVERNIGHT

Tuesday– Thursday, Oct 17-19, 2023

**Cost: \$359 pp Double/\$499 pp Single
\$50 Deposit due Tuesday, July 18th**

LEISURE TRIPS

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

GUILFORD CRAFT EXPO

Guilford, CT

Friday, July 14th

Cost: \$11—CASH ONLY

Depart: 9:15 AM

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

THIMBLE ISLANDS TOUR + LUNCH

Branford, CT

Friday, July 28th

Cost: \$17—CASH ONLY

(Lunch not included in cost)

Depart: 9:00 AM

CAPTAIN'S COVE

****Registration opens July 7th at 9:00 AM***

Bridgeport, CT

Friday, August 11th

Cost: \$2 (Lunch not included in cost)

Depart: 12:30 PM

Join us for the \$6.99 Fish Fry Special and shopping at Captain's Cove!

MATTATUCK MUSEUM

****Registration opens July 21st at 9:00 AM***

Waterbury, CT

Friday, August 25th

Cost: \$24—CASH ONLY

(Lunch is not included in the cost)

Depart: 10:15 AM

Join us for a tour and learn the history of the Naugatuck Valley and the artists of Connecticut. We will have lunch at the San Marino Ristorante.

SUMMER STOCK AT THE GOODSPEED

****Registration opens July 7th at 9:00 AM***

East Haddam, CT

Wednesday, August 16th

Cost: \$113 (Check made to Trumbull Senior Center)

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

Join us for a matinee showing of Summer Stock. Lunch will be at the Gelston House and is included in the price (coffee and tea not included). Price includes tax and gratuities.

****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.**

Monday, July 3 rd	Tuesday, July 4 th	Thursday, July 6 th
The Center is closed in observance of Independence Day.	The Center is closed in observance of Independence Day.	Roasted Boneless Chicken Thighs
Monday, July 10 th	Tuesday, July 11 th	Thursday, July 13 th
Stuffed Shells and Meatballs	Pork Loin	Stuffed Peppers
Monday, July 17 th	Tuesday, July 18 th	Thursday, July 20 th
BBQ Boneless Chicken Thighs	Eye of Round	Sausage and Peppers Over Rice
Monday, July 24 th	Tuesday, July 25 th	Thursday, July 27 th
Chicken Caccitore	Baked Potato Bar	Cookout
Monday, July 31 st		
Baked Stuffed Chicken		

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
3 The Center is closed in observance of Independence Day.	4 The Center is closed in observance of Independence Day.	5 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	6 9:00 Chair Yoga 9:00 Brain Games 10:00 Pinochle 10:00 Knitting 10:15 Strength 10:30 Bocce 10:30 Sit & Fit 12:00 Lunch	7 8:30 Beginner Pickleball 9:00 The Loop 9:00 Painting Part 1 w/ Chris 10:00 Intermediate Pickleball 11:00 Mahjong 1:00 Painting Part 2 w/ Chris
10 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	11 9:00 Moderate Yoga 9:00 Grief Support 10:00 Walking Group at Mall 10:00 Knitting 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit & Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 12:30 Drama Club	12 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Marijuana in CT 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	13 9:00 Chair Yoga 10:00 Pinochle 10:00 Knitting 10:15 Strength 10:30 Bocce 10:30 Emotional Wellbeing 10:30 Sit and Fit 12:00 Lunch	14 8:30 Beginner Pickleball 9:00 Painting Part 1 w/ Chris 9:15 Guilford Craft Expo 10:00 Intermediate Pickleball 10:00 Paint Workshop w/ Jill 11:00 Mahjong 1:00 Painting Part 2 w/ Chris
17 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 1:00 Movie	18 9:00 Moderate Yoga 10:00 Walking Group at Mall 10:00 Knitting 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit & Fit 11:00 Dominoes 11:00 Trivia w/ Lisa 12:00 Lunch 12:30 Canasta 12:30 Drama Club 1:00 Caregiver Support	19 9:00 Morning Exercise 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 10:30 Painting w/ Gisselle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	20 9:00 Chair Yoga 9:00 Brain Games 10:00 Pinochle 10:00 Knitting 10:15 Strength 10:30 Bocce 10:30 Sit and Fit 12:00 Lunch 7:00 Comm. Meditation	21 8:30 Beginner Pickleball 9:00 Painting Part 1 w/ Chris 9:00 Walmart 10:00 Intermediate Pickleball 10:00 Paint Workshop w/ Jill 11:00 Mahjong 12:30 Bingo 1:00 Painting Part 2 w/ Chris 1:00 Yoga Nidra
24 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	25 9:00 Moderate Yoga 9:00 Grief Support 10:00 Walking Group at Mall 10:00 Knitting 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit & Fit 10:30 UV Awareness 11:00 Dominoes 12:00 Lunch 12:30 Birthday Party 12:30 Canasta 12:30 Drama Club	26 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	27 9:00 Chair Yoga 10:00 Pinochle 10:00 Knitting 10:15 Strength 10:30 Bocce 10:30 Sit and Fit 12:00 Lunch	28 9:00 Painting Part 1 w/ Chris 9:00 Thimble Islands 10:00 Paint Workshop w/ Jill 11:00 Mahjong 1:00 Painting Part 2 w/ Chris
31 9:00 Drawing w/ Chris 9:00 Stretch & Move 10:30 Rummikub 10:30 Yoga 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	<div>JULY 2023</div> <div>*All virtual programs are written in GREEN text.</div> 			