



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

AUGUST 2023

SENIOR SELF DEFENSE SEMINAR

Senior Self Defense Seminar Tuesday, August 15th at 10:45 AM

This Self Defense Seminar is focused for Seniors who would like to be better prepared and understand the physical and mental tools needed to protect oneself during specific situations.

Learn:

- **Situational Awareness**
- **Fight or Flight**
- **How to defend in different situations**
- **How to defend you and your family in certain situations**
- **Resistance and realistic techniques**
- **Using "Mental Karate" before anything physical is started**
- **Using the art of surprise**

Master Rob Librandi

Master Rob Librandi has taught numerous self-defense classes with over 30 years of Martial Arts Training. He is a 5th Degree Black Belt in Tang Soo Do, also a 2 Time North American Martial Arts Power Breaking Champion and Member of the US Martial Arts Team and Chief Instructor at Trumbull Academy of Karate.



Cost: \$5 per person

**Spaces are limited and pre-registration is required.
To sign up, please call (203) 452-5199.**

LINE DANCING WORKSHOP

8 Week Line Dancing Workshop with Tom Mohyde Every Tuesday beginning August 22nd—October 10th at 1:00 PM

Whether you love to dance, want to learn new dances, want a great way to exercise, dance to popular music, or would like to socialize & meet new friends, this is the class for you.

You'll feel young as we dance to the music we grew up with, stay sharp learning new steps, and get fit in a way that brings variety to exercising. Did you know that one line dancing class equals one and a half miles of walking? Or that dancing improves your balance even more than a class just devoted to balance? And that learning new dance routines is a delightful way to sharpen your memory.

Tom Mohyde has taught thousands of students exercise through dance for over fifty years, including ballroom, Zumba, and line dancing. His classes are fun, full of laughter and he has seen thousands of friendships form. Even more health benefits on top of the exercise! **To sign up, please call (203) 452-5199.**

MEDICATION MANAGEMENT PRESENTATION

Medication Management Thursday, August 24th 10:30 AM

Join Wellness Nurse Susan Clay and Sam Cousins, from Trumbull Health Department, to cover every aspect of taking your medication effectively and efficiently. Also, we will explore different types of pill containers and delivery systems, online options, and phone apps as well. Be an active member of your health care team and maybe you'll be the lucky winner of the free raffle! **Please call (203) 452-5199 to RSVP.**

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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF

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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 1ST - JUNE 30THMembership 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: \$10 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.**Subscribe to My Community Online to receive our newsletters by email:** <https://mycommunityonline.com/organization/trumbull-senior-center>

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

AUGUST BIRTHDAYS

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

- John Annick
- Elaine Borno
- Loretta Chory
- Betty Cohen
- Anthony D'Aquila
- Paula Davidson
- Peg DeSanty
- Robert Dolyak
- Susan Duignan
- Diane Fried
- Mark Gang
- Arlene Grogan
- Patricia Grosso-Hill
- Clifford Haut
- Joan Hughes
- Edith Kreisman
- Lawrence Krueger
- Robert Larsen
- Myrna Rodriguez
- Joyce Michaels
- Barbara Niemczyk
- Janna Oviatt
- Bharati Pandya
- Bessie Papadopoulos
- John Pineau Jr.
- Diana Polacik
- Margaret Potucek
- Alice Santangini
- Suzanne Serino
- Rosemary Sierer
- Andrea Simpson
- Gail Usher
- Jane Werthmann
- Sheila Wheeler
- Kelley Wright



4 ACTIVITIES, PROGRAMS AND EVENTS

ART CLASSES IN-PERSON

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

This is an eight week workshop that will run from July 14th through September 15th (**there no classes on 8/4 and 9/1**). Preregistration is required and seats are limited. To inquire about openings, please call (203) 452-5199.

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.

Returning this fall:

- **Watercolors with Jill Thursdays from 10:00 AM to 12:00 PM**
- **Oil/Acrylic Painting with Jill Fridays from 10:00 AM to 12:00 PM**

Stay tuned for fall registration information coming in October!

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!

ART CLASSES ON ZOOM

Returns in September (see below)!

- **Drawing with Chris at 9:00 AM on Mondays**
- **Painting with Chris on Fridays, Part 1 at 9:00 AM and 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 sessions 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

Cost is for each individual 8 week workshop. If you would like to signup for the entire year of Drawing or Painting on Zoom, the cost is \$80 for residents and \$160 for non-residents.

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.

MOVIE

**Join us Monday, August 14th at 1:00 PM to view:
"Book Club"**

Four friends' lives are turned upside down to hilarious ends when their book club tackles the infamous Fifty Shades of Grey.

Starring: Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen and Andy Garcia

To RSVP, please call (203) 452-5199.

Stay tuned for a viewing of the sequel to this movie, "Book Club: The Next Chapter" which we will be showing in the coming months.

BE A POLL WORKER

Be a Poll Worker!

Trumbull needs poll workers to help make sure in-person voting is safe and all eligible votes are counted. Responsibilities include greeting and checking in voters, handing out ballots, guarding the voting machines, and helping voters with visual or mobility issues.



You must be 16 or older to apply. Compensation ranges from \$200 to \$350 and you must attend a training session prior to the election, which is usually held on the Thursday evening before Election Day. Election Day start time is 5:00 am; end time is 9:00 pm or later, depending on how long it takes to make sure that all the votes have been correctly counted. You must work the full day. The town provides lunch and dinner for all poll workers.

The Trumbull General Election on November 7, 2023. If you are interested in working, please contact the Trumbull Registrars' Office at: 203-452-5058 or 203-452-5059.

MAKEUP FOR MATURE WOMEN

MakeUp For Mature Women

**Monday, August 14th
at 9:30 AM—12:00 PM**

Cost: \$5 (Full-Waitlist Available)

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 complements 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. **Spaces are limited and reservations are required, please call (203) 452-5199 to check for availability.**

IN PERSON PROGRAMS AND GAMES

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

- **The Lincoln Highway by Amor Towles**—Monday, August 7th
- **The Spanish Daughter by Lorena Hughes**—Monday, September 11th
- **A Good Marriage by Kimberly McCreight**—Monday, October 2nd

Brain Games**Thursday, August 3rd and 17th 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, August 9th at 11:00 AM** (Room: Studio 108)
Sponsored by Health Care Connectors

- **Friday, August 25th at 12:30 PM** (Room: Priscilla Place Café)

Please call (203) 452-5199 to RSVP.

Trivia with Charlie**Thursday, August 10th At 9:00 AM**

Join our Senior Center Intern Charlie to test your knowledge with Jeopardy style trivia games. Please call (203) 452-5199 to RSVP.



Watch Trumbull TV on Charter Spectrum channel 194, on YouTube at TCTV Trumbull, or on Facebook to watch LIVE municipal meetings and events.

CAREGIVERS ALWAYS WELCOME!

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

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

Needlework Group:

Tuesdays and Thursdays at 10:00 AM

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

Mondays at 10:30 AM

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 9:30 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 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**Thursdays at 10:30 AM**

Meeting ID: 885 6009 3612

Passcode: Peace

No class on 8/17 and 8/24*Community Meditation****Thursday, August 17th 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.

Stretch and Move with Nancy**Mondays at 9:00 AM****Zumba Gold and Toning with Pauline****Mondays at 11:15 AM*****No class on 8/7****Moderate Yoga with Jeannie****Tuesdays at 9:00 AM**

Please bring a yoga mat.

Tap with Rose—8 Week Workshop**Tuesdays at 10:00 AM****July 11th—August 29th****Sit and Fit with Bobbi****Tuesdays at 10:30 AM*****No class on 8/15 and 8/22**

Please bring your own weights.

Line Dancing with Tom Mohyde**8 Week Workshop****Tuesdays at 1:00 PM****Beginning August 22nd—October 10th****Morning Exercise with Nancy****Wednesdays at 9:00 AM****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, August 18th**

This is a deep relaxation class with Reiki.

Please bring a yoga mat and small throw blanket.

Optional: small pillow for head rest.

High-Low Aerobics & Balance with Christine**RETURNS! NEW TIME!****Thursdays at 9:15 AM*****Classes begin Thursday, August 24th**

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.

ARE YOUR HOUSE NUMBERS VISIBLE IN THE EVENT OF AN EMERGENCY?

Many addresses in Trumbull are not clearly visible making it difficult to locate residents quickly in case of an emergency. A minute can be vital to the person(s) waiting for help to arrive.

To aid our First Responders, the Town of Trumbull has an ordinance in place stipulating that numbers shall be affixed to the dwelling, mailbox, lamppost or similar fixture of every residence. The numbers should be large enough for easy daytime visibility and reflective for nighttime vision.

Trumbull's Home Depot has very generously supplied house numbers, free-of-charge, to those senior/disabled residents that are in need.

If you know of an elderly or disabled friend or neighbor that does not have visible numbers, please reach out to them and ask them to contact us or you may contact us for them.

Our first responders also want to remind homeowners/renters to make sure that over brush is not obscuring visibility and that leaving your outside lights on when you call for assistance will aid them in getting to you quickly when necessary.

Please contact Social Services at (203) 452-5198. Please leave your name, address and phone number. Numbers may be picked up at the Senior Center, 23 Priscilla Place, Monday-Friday 9:00 AM—3:00 PM.

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.



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.

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.

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.

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 DAY & TIME!**

Mondays from 9:30 AM—10:30 AM

Join Wellness Nurse Susan every Monday from 9:30 AM until 10:30 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.

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

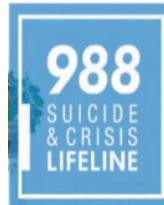


UNITED WAY

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.



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 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 and travel.

HEALTH TIP FROM WELLNESS NURSE SUSAN

When researching health information on the internet it is important to know and trust the organization that is your source of information. Also please remember that reading a website on health matters doesn't replace a visit with your doctor. I have a new pamphlet from the *National Institute on Aging* about the validity of online health information. Please call Nurse Susan at 203-452-5134 or stop by her office if you would like more information on this topic or a copy of the pamphlet. Happy Summer!

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, August 2nd & 16th**. 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, August 8th & 22nd**. 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, August 15th**. 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.**

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, AUGUST 4TH**. 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, AUGUST 18TH**.

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

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

SHADES OF BUBLE (Registration closed)

Thursday, August 10, 2023

Depart Penny Lane Lot: 9:45 AM

Estimated Return: 5:15 PM

PROVIDENCE ITALIAN STYLE

Tuesday, August 29, 2023

Cost: \$185 (Checks to Tours of Distinction)

Depart Penny Lane Lot: 7:15 AM

Estimated Return: 6:00 PM

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

Last day to sign up is August 7th.

ATLANTIC CITY OVERNIGHT

Tuesday– Thursday, Oct 17-19, 2023

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

Stay two nights at Resorts Casino Hotel featuring the new Jimmy Buffett's Margaritaville.

CANCELLATION POLICY: If a passenger cancels from deposit to September 5, 2023 fee of \$25 pp; September 6 to October 3, 2023 fee of \$75 pp; no refunds if cancelled on October 4, 2023 or later unless a substitute is provided. **Final Payment Due August 29th.**

LEISURE TRIPS

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

CAPTAIN'S COVE (FULL—Waitlist available)

Bridgeport, CT

Friday, August 11th

Cost: \$2 (Cost doesn't include lunch)

Depart: 12:30 PM

MATTATUCK MUSEUM

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

Waterbury, CT

Friday, August 25th

Cost: \$24 CASH ONLY (Cost doesn't include lunch)

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.

NEW ENGLAND AIR MUSEUM

***Registration opens August 4th at 9:00 AM**

Windsor Locks, CT

Friday, September 8th

Cost: \$19 CASH ONLY (Cost doesn't include lunch)

Depart: 9:00 AM

This is a self-guided tour of the museum. There will be a lot of walking. We will have lunch at the Airway Restaurant.

PORT JEFF TRIP

***Registration opens August 16th at 9:00 AM**

Port Jeff, NY

Friday, September 22nd

Cost: \$2 (Does not include ferry ticket)

Depart: 9:00 AM/Ferry Return Time: 2:00 PM

Take the ferry across the Sound and spend the day in the quaint town of Port Jeff. You may purchase a ferry ticket upon arrival.

CLINTON PREMIUM OUTLETS

***Registration opens August 18th at 9:00 AM**

Clinton, CT

Friday, September 29th

Cost: \$2 (Cost doesn't include lunch)

Depart: 9:00 AM

Lunch will be on your own in the Outlets. There are several food trucks to choose from.

***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.**

| | | |
|--|--|---|
|  <p>Live Well, Laugh Often, Love Much</p> | Tuesday, August 1st | Thursday, August 3rd |
| | Beef Stroganoff | Vegetable Lasagna |
| Monday, August 7th | Tuesday, August 8th | Thursday, August 10th |
| Ham | Chicken Parm Over Linguini | Moussaka |
| Monday, August 14th | Tuesday, August 15th | Thursday, August 17th |
| Shrimp Scampi over pasta | Stuffed Squash | Chicken Francese |
| Monday, August 21st | Tuesday, August 22nd | Thursday, August 24th |
| Roasted Boneless Chicken Thighs | Eye of Round | Eggplant Parm |
| Monday, August 28th | Tuesday, August 29th | Thursday, August 31st |
| Breakfast for Lunch! Pancakes, Spinach/Tomato Frittata | Pork Loin | Cook Out! Hot Dog, Burger or Veggie Burger |

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Trumbull Senior Center

06-5293

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <h1>AUGUST 2023</h1> <p>*All virtual programs are written in GREEN text.</p> | <p>1</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 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</p> | <p>2</p> <p>9:00 Morning Exercise 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Stop and Shop 12:30 Pickleball Open Court 1:00 Qigong</p> | <p>3</p> <p>9:00 Chair Yoga 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Bocce 10:30 Sit & Fit 12:00 Lunch</p> | <p>4</p> <p>8:30 Beginner Pickleball 9:00 The Loop 9:30 Mahjong 10:00 Intermediate Pickleball</p> |
| <p>7</p> <p>9:00 Stretch & Move 9:30 Walking Group at Mall 10:30 Yoga 10:30 Rummikub 11:00 Book Club 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p> | <p>8</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 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</p> | <p>9</p> <p>9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Shoprite 11:00 Bingo 12:30 Pickleball Open Court 1:00 Qigong</p> | <p>10</p> <p>9:00 Chair Yoga 9:00 Trivia 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Bocce 10:30 Sit and Fit 12:00 Lunch 1:00 Drama Performance</p> | <p>11</p> <p>9:30 Mahjong 10:00 Paint Workshop w/ Jill 11:00 Drama Performance 12:30 Captain's Cove</p> |
| <p>14</p> <p>9:00 Stretch & Move 9:30 Walking Group at Mall 9:30 MakeUp Class 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</p> | <p>15</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Trivia 10:45 Self Defense 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Caregiver Support</p> | <p>16</p> <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> | <p>17</p> <p>9:00 Chair Yoga 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Bocce 12:00 Lunch 7:00 Comm. Meditation</p> | <p>18</p> <p>8:30 Beginner Pickleball 9:00 Walmart 9:30 Mahjong 10:00 Intermediate Pickleball 10:00 Paint Workshop w/ Jill 1:00 Yoga Nidra</p> |
| <p>21</p> <p>9:00 Stretch & Move 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 10:30 Eye Health 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p> | <p>22</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p> | <p>23</p> <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> | <p>24</p> <p>9:00 Chair Yoga 9:15 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Med. Management 10:30 Bocce 12:00 Lunch</p> | <p>25</p> <p>8:30 Beginner Pickleball 9:30 Mahjong 10:00 Intermediate Pickleball 10:00 Paint Workshop w/ Jill 10:15 Mattatuck Museum 12:30 Bingo</p> |
| <p>28</p> <p>9:00 Stretch & Move 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p> | <p>29</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit & Fit 11:00 Dominoes 12:00 Lunch 12:30 Birthday Party 12:30 Canasta 1:00 Line Dancing</p> | <p>30</p> <p>9:00 Morning Exercise 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> | <p>31</p> <p>9:00 Chair Yoga 9:15 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Bocce 10:30 Sit and Fit 12:00 Lunch</p> | |