



# TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

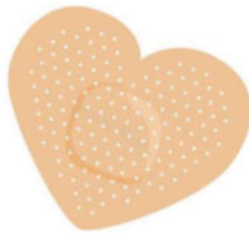
23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

SEPTEMBER 2023

## FLU SHOT WALK-IN CLINICS

### Trumbull Senior Center



Tuesday, 9/26 : 9:00-11:00am

Monday, 10/16: 11:00-1:00pm

Thursday, 10/26: 9:00-11:00am

- ✓ Flu forms will be provided & can be downloaded on our website
- ✓ Arrive with completed paperwork
- ✓ Arrive with your license & insurance card(s)
- ✓ Short sleeves shirt recommended



## A HEALTHY APPETITE FOR LIFE

### A Healthy Appetite for Life Thursday, September 28<sup>th</sup> at 10:30 AM

Eating enough nutritious food is important to maintain good health. Sometimes we eat more than we need and sometimes we don't eat enough. Join Registered Dietitian Nutritionist Carmen Weber for a discussion about possible causes of appetite change and suggestions to remedy problems to get back on track. Time permitting, we'll have an activity to reinforce concepts discussed. **Please call (203) 452-5199 to RSVP.**

## SENIOR PICNIC

### Annual Senior Picnic Hosted by the Trumbull Rotary Club Held at the Trumbull Town Green Friday, September 29<sup>th</sup> 12:00 PM

You are invited to a free picnic under a tent on the town green. It's a great opportunity for fellowship and a free lunch!

Sign ups are required.  
To RSVP, please call  
(203) 452-5199.



## KEEP YOUR BRAIN SHARP SEMINAR

### "Keep Your Brain Sharp" Seminar Wednesday, September 20<sup>th</sup> and 27<sup>th</sup> 10:00 AM—12:00 PM

This seminar is a 2-part program held at Senior Centers throughout Fairfield County and at the Mozaic Memory Workshop (located at Mozaic Senior Life, formerly Jewish Senior Services). The "Keep Your Brain Sharp" program provides stimulating activities such as recall, skill builders, challenging mind exercises and educational discussion topics to those who are concerned with changes in memory or have a diagnosis of Mild Cognitive Impairment. People who may benefit from the seminar are individuals who are concerned about changes in memory, have a diagnosis of Mild Cognitive Impairment and who are willing to speak about their concerns and experiences.

**Preregistration is required and spaces are limited. Participants must be able to attend both dates of the seminar in order to signup. To RSVP, please call 203-452-5199 by September 13<sup>th</sup>.**

1973 CELEBRATING 50 YEARS OF SERVICE TO SENIORS 2023

**MOZAIC** Senior Life  
Service is Our Calling

Formerly Jewish Senior Services

**We will be closed on Monday, September 4<sup>th</sup> in observance of Labor Day.**

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Trumbull Senior Center

06-5293



## HUMAN SERVICES STAFF

**Director of Human Services**

Michele Jakab, LCSW (203) 452-5144  
mjakab@trumbull-ct.gov

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

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

**Front Desk**

Amanda DeBernardo (203) 452-5199  
adebernardo@trumbull-ct.gov

**Transportation/Trips**

Erinne Bugge (203) 452-5137  
ebugge@trumbull-ct.gov

**SOCIAL SERVICES**

Jennifer Gillis B.A. (203) 452-5198  
jgillis@trumbull-ct.gov

**Food Pantry**

Karen Seferi (203) 452-5136  
kseferi@trumbull-ct.gov

**Wellness Nurse**

Susan Clay, BSN RN (203) 452-5134  
sclay@trumbull-ct.gov

**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 1<sup>ST</sup> - JUNE 30<sup>TH</sup>

Membership runs from July 1<sup>st</sup>-June 30<sup>th</sup>.

You can join at anytime during the year.

**Resident Annual Fee:** \$5

**Non-Resident Annual Fee:** \$20

**Newsletter Mailed:** \$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

## SEPTEMBER BIRTHDAYS

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

- |                        |                       |
|------------------------|-----------------------|
| • Mary Ann Abercrombie | • Avinash Kaur        |
| • Renuka Advani        | • Melissa Kochis      |
| • Michael Ales         | • Roslyn Krasilvosky  |
| • Elaine Annick        | • Agnes Manuel        |
| • Esther Becker        | • Richard Martimucci  |
| • Al Bodnar            | • Sarah Masso         |
| • Ted Borowy           | • Alan Mears          |
| • Karin Lydia Brey     | • Marilyn Mitchell    |
| • Frances Capella      | • Donna Mizak         |
| • Elfrida Charles      | • Leslie Moss         |
| • Annie Chen           | • Joan Munves         |
| • Rose Clark           | • Diane Nunn          |
| • Florence Clomiro     | • Joanne O'Rourke     |
| • Ann Companik         | • Patricia Palumbo    |
| • Irene Coutinho       | • Kamalnayan Pandya   |
| • Rosemary Dobosz      | • Mary Radocchio      |
| • Arlene Fanali        | • Linda Reilly        |
| • Thelma Gillis        | • Joao Ribeiro        |
| • David Gillis         | • Joyce Rosinski      |
| • Gail Ginsberg        | • Rathna Samaranayake |
| • Barbara Hilinski     | • Barbara Slivka      |
| • Agnes Horton         | • Joanne Sloan        |
| • Rebecca Huston       | • Kevin Smith         |
| • Fannie Jackson       | • Michele Stapleton   |
| • Susan Jewsbury       | • Patricia Torpie     |
| • Marcie Jontos        | • Angela Vartuli      |
| • Joan Kacin           | • Gilda Vogel         |
| • Sue Kallay           | • Julene Vonglinsky   |
|                        | • Dolores Wiedwald    |

## ART CLASSES IN-PERSON

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

This is an 8-week workshop that is currently in progress and will run through September 15<sup>th</sup> (there is no class on 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

**Registration information coming in October!**

## LOTUS LANTERN WORKSHOP

**Lotus Lantern Workshop**  
**Wednesday, October 25<sup>th</sup>**  
**10:00 AM—11:15 AM**

Join the Korean Spirit and Culture Promotion Project ("KSCPP") for a lotus lantern craft class, which involves making a traditional Korean lotus lantern and a presentation about the lotus and lantern festival, followed by the showing of a documentary film.

**Cost: \$3**

**Registration is required to participate. To reserve your seat, please call (203) 452-5199.**



## ART CLASSES ON ZOOM

- **Drawing with Chris at 9:00 AM on Mondays starting 9/11/23 through 10/30/23**
- **Painting with Chris on Fridays, Part 1 at 9:00 AM and Part 2 at 1:00 PM on Fridays starting 9/1/23 through 10/27/23**

**Preregistration is required, to inquire about openings, please call (203) 452-5199.**

**Cost for Residents: \$20**

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

Cost is for each individual 2 month workshop. If you would like to sign up for the entire year of Drawing or Painting on Zoom, the cost is \$80 for residents and \$160 for non-residents. Payments are non-refundable. *Scholarships are available to Trumbull residents. All inquiries are kept confidential.*

## 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.**



## MOVIE

**Join us Monday, September 11<sup>th</sup> at 1:00 PM to view:**

#### "Book Club: The Next Chapter"

Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.

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

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

## HAZARDOUS WASTE COLLECTION

**Town of Trumbull**  
**Hazardous Waste Collection**  
**Saturday, October 7, 2023**

Time: 9:00 AM—2:00 PM

Place: 307 Indian Ledge Park Drive next to BMX Facility

**For More Information, Please Contact: Trumbull Highway Department at (203) 452-5070.**

## ARTS FESTIVAL

**TRUMBULL PARKS & RECREATION**

**TRUMBULL ARTS FESTIVAL**  
**Saturday, September 30, 2023**  
**10:00am - 4:00pm**

**EXHIBITORS**

A Glass Act	Purseabilities
Brie's Art Creations	Icing On Top
Red Barn Crafts	The Crafty Druid
All About Earrings	B's Hive
Tables Devour	Dolls From My Heart
Hearts Of Stone	TJJ Sews
Pink Daffodil Jewelry	
Laura Byrne Illustration	
Caricatures by Party Cartoons	
Duckie's Soapy Creations	
Waffle Wagon	Noteworthy Crochet
Barryboxes	Family Affair Crafts
Charmful by Lucia	The Dognut Shop
Connecticut House Drawings	Komfort Zone
Marbles by Mandrake	Designs by Debbie
Lordship Quilts	Oh D'Luxe Candles
	Daisy and Amused
	Gabriella Gizzo
	JL Craft & Design

**Free admission**  
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*Rain or Shine*

## IN PERSON PROGRAMS AND GAMES

## CAREGIVERS ALWAYS WELCOME!

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

- **The Spanish Daughter** by Lorena Hughes—Monday, September 11<sup>th</sup>
- **A Good Marriage** by Kimberly McCreight—Monday, October 2<sup>nd</sup>
- **A Woman is No Man** by Etaf Rum—Monday, November 6<sup>th</sup>

**Brain Games****Thursday, September 7<sup>th</sup> and 21<sup>st</sup> at 9:00 AM**

1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month. Join Danielle Ramos, of Cambridge and Ludlowe Health & Rehabilitation Centers in Fairfield, to participate in fun, stimulating brain games.

**Round Table With Attorney Eliovson****Tuesday, September 12<sup>th</sup> At 10:00 AM**

Attorney Lyn Eliovson of the firm Eliovson and Tenore will present an open round-table discussion regarding Estate Planning on Tuesday, September 12, 2023 at 10:00 a.m. Attorney Eliovson will discuss Trusts versus Last Wills and Testaments including Probate and Non-Probate assets. Attendees are invited to bring their questions for a mutually beneficial discussion. **To sign up, please call (203) 452-5199.**

**Bingo**

- **Wednesday, September 13<sup>th</sup> at 11:00 AM** (Room: Studio 108). **Sponsored by Benchmark Senior Living at Split Rock.**
- **Friday, September 29<sup>th</sup> at 12:30 PM** (Room: Priscilla Place Café). **Sponsored by Robin Lynch of Caring Hospice.** Please call (203) 452-5199 to RSVP.

**Healthy Aging****Thursday, September 14<sup>th</sup> at 10:30 AM**

Join Clinical Liaison, Mary Sourivanh, LPN, from Wilton Meadows Rehabilitation & Care Center for a discussion on healthy lifestyle changes as you age. Topics will include healthy eating, taking control of your healthcare and being mentally and physically active. **Please call (203) 452-5199 to RSVP.**

**Trivia with Lisa****Monday, September 18<sup>th</sup> 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.**

**Benefits of Adult Speech Therapy****Tuesday, September 19<sup>th</sup> at 10:30 AM**

Every day communication can be demanding and frustrating, especially if you or a loved one have aphasia, a mild cognitive disorder, social skill issues, public and professional speaking challenges, as well as a voice disorder. Fortunately, speech therapy can help with these challenges as well as others. In this presentation, 'Benefits of Adult Speech Therapy,' Annalise M. Colton, MS, CCC-SLP, an adult speech language pathologist and Founder of Word of Mouth SLP, will present what speech therapy can provide for adults; as well as share useful communication tips that anyone can use to improve their quality of life and better their relationships. **Please call (203) 452-5199 to RSVP.**

**Trivia with Mary****Monday, September 25<sup>th</sup> at 10:30 AM**

Trivia hosted by Clinical Liaison, Mary Sourivanh, LPN, from Wilton Meadows Rehabilitation & Care Center. **Please call (203) 452-5199 to RSVP.**

**Monthly Birthday Party****Cost of lunch: \$5****Tuesday, September 26<sup>th</sup>****12:00 PM Lunch/12:30 PM Cake**

Join us to celebrate this month's birthdays with lunch and cake!

**The cake will be sponsored by the Watermark at 3030. 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.

**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

**Mahjong:** Fridays at 9:30 AM

**Pickleball Open Court:**

- Mondays at 12:30—3:00 PM

**(temporary drop in day)**

- Wednesdays at 12:30—3:00 PM

- Fridays:

Beginners 8:30-10:00 AM

Intermediate 10:00 AM—12:30 PM



## 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 10:30 AM**  
 Meeting ID: 885 6009 3612  
 Passcode: Peace

**Community Meditation**  
**Thursday, September 21<sup>st</sup> at 7:00 PM**  
 Join us for Community Meditation, led by Deborah Swann, on the third Thursday each month.  
 No experience is necessary.  
 Meeting ID: 870 1001 5761  
 Passcode: 603982

**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 Zumba Gold 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.

**Tap with Rose—8 Week Workshop**  
***RETURNS IN OCTOBER!***  
**Tuesdays at 10:00 AM**

**Sit and Fit with Bobbi**  
**Tuesdays at 10:30 AM**  
 Please bring your own weights.

**Line Dancing with Tom Mohyde**  
**8 Week Workshop**  
**Tuesdays at 1:00 PM**  
**August 22<sup>nd</sup>—October 10<sup>th</sup>**

**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 and Zumba Toning 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, September 15<sup>th</sup>**  
 This is a deep relaxation class with Reiki.  
 Please bring a yoga mat and small throw blanket.  
 Optional: small pillow for head rest.

**High-Low Aerobics & Balance with Christine**  
**Thursdays at 9:15 AM**  
**August 24<sup>nd</sup>—November 16<sup>th</sup>**  
***\*No class on 9/21***

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



#### Income Eligibility Guidelines for 2023-2024

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

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

**Please call Social Services at (203) 452-5133 for more information.**

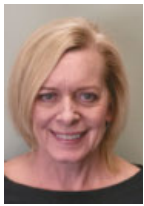
### TRUMBULL LOCAL MEALS PROGRAM

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.

## HEALTH TIP FROM WELLNESS NURSE SUSAN

I'm working on a bulletin board with health information that I would like to share with you. The board is across from the back elevators and near the Department of Nursing office. A quote for today "The best medicine is: sunshine, water, rest, fresh air, exercise, and healthy food."

## 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.



## SUPPORT GROUPS

**COFFEE AND LEARN WITH DR. MORRIS**

Meets the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month at 9:00 AM at the senior center—**Wednesday, September 6<sup>th</sup> & 20<sup>th</sup>**. Join Dr. Morris for this open-discussion group that will touch base on all different life topics and provide an opportunity for discussion and reflection. To join, contact Dr. Cornelia Morris at [cmorris@trumbull-ct.gov](mailto:cmorris@trumbull-ct.gov) and/or call (203) 452-5158.

**GRIEF AND LOSS GROUP**

Facilitated by Dr. Cornelia Morris, PhD, LADC. Meets the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at 9:00 AM at the senior center—**Tuesday, September 12<sup>th</sup> & 26<sup>th</sup>**. To join, contact Dr. Cornelia Morris at [cmorris@trumbull-ct.gov](mailto:cmorris@trumbull-ct.gov) and/or call (203) 452-5158.

**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, September 19<sup>th</sup>**. 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.**

## MEET DANA, COUNSELING CENTER INTERN

Dana Lombardo is a current graduate student at Post University studying Counseling and Human Services. She is presently interning at the Mary J. Sherlach Counseling Center where she has been enjoying her role taking on new clients and learning further about various mental health disorders. Dana's background is with working with typical children ages toddler to early teens. She has many years of experience working with children with Autism and providing them Behavioral Therapy. She is excited for the opportunity in serving different age groups and demographics. **If you are interested in setting up an appointment with Dana for a therapy intake you can call the Mary J. Sherlach Center at (203) 452-5193.**

## 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.





**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, SEPTEMBER 1<sup>ST</sup>**. Stores include Big Y, Best Buy, Kohl's and Target. Also included are TJ Maxx, McDonald's, Duchess and Burger King.

**WALMART SHOPPING TRIP**

One Friday a month we offer rides to Walmart in Shelton. Estimated pick up time is between 9:00-9:45 AM. Shop for an hour then return home. The Walmart shopping date is **FRIDAY, SEPTEMBER 15<sup>TH</sup>**.

**GROCERY SHOPPING**

Every Wednesday we offer grocery shopping trips for Residents. On the 1st and 3rd (and 5th) Wednesday of the month, we go to Stop and Shop in Trumbull and on the 2nd and 4th Wednesdays of the month we go to ShopRite in Shelton. The estimated pick up time at your home is between 9:00 AM –9:45 AM. Shop for an hour and then return home.

**BUS TRIPS**

**FLYERS FOR ALL BUS TRIPS ARE AVAILABLE AT THE SENIOR CENTER ACROSS FROM THE BUNNY FOUNTAIN ROOM AND NEXT TO STUDIO 108.**

**OCTOBERFEST AT KRUCKER'S (FULL)**  
**Thursday, October 19, 2023****Cost: \$129**

Depart Penny Lane Lot: 9:00 AM

Estimated Return: 6:30 PM

**A TASTE OF NEW YORK! (FULL)**  
**Thursday, November 9, 2023****Cost: \$134**

Depart Penny Lane Lot: 8:45 AM

Estimated Return: 7:00 PM

**SILVER BELLS AND DIAMONDS****Tuesday, December 5, 2023****Cost: \$118 (Checks made out to Friendship Tours)**

Depart Penny Lane Lot: 9:45 AM

Estimated Return: 5:15 PM

Their signature harmony comes alive with a combination of memorable holiday tunes and the greatest hits the Diamonds are so well known for. Family Style Menu: Garden Salad, Pasta, Chicken Parmigiana, Scrod with Cracker Crumb Stuffing, vegetables, potato, rolls, dessert and beverage. **The last day to sign up is October 27<sup>th</sup>.**

**UPCOMING TRIPS WITH COLLETTE TOURS:****Cowboy Country: Sept. 12-Sept. 19, 2024****Cultural Treasures of Japan: March 30th through April 12, 2025****BUS TRIPS CONTINUED****COLLETTE TOURS: DISCOVER SCOTLAND!****April 28<sup>th</sup>—May 7<sup>th</sup>, 2024 (only 10 seats available)****Cost: \$4349 pp Double/\$5149 pp Single****(Cost includes Airfare).**

10 days, 14 meals and all the kilts you can handle!

Deposit due by October 28<sup>th</sup>. **Come for a presentation on October 11<sup>th</sup> at 10:00 AM at the Senior Center to learn more.**

**LEISURE TRIPS**

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

**NEW ENGLAND AIR MUSEUM**

Windsor Locks, CT

**Friday, September 8<sup>th</sup>****Cost: \$19 CASH ONLY (Cost doesn't include lunch)**

Depart: 9:00 AM

**PORT JEFF TRIP****\*Registration opens August 16<sup>th</sup> at 9:00 AM**

Port Jeff, NY

**Friday, September 22<sup>nd</sup>****Cost: \$2 (Does not include ferry ticket)**

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

**CLINTON PREMIUM OUTLETS****\*Registration opens August 18<sup>th</sup> at 9:00 AM**

Clinton, CT

**Friday, September 29<sup>th</sup>****Cost: \$2 (Cost doesn't include lunch)**

Depart: 9:00 AM

**TAPPING REEVE HOUSE****\*Registration opens September 1<sup>st</sup> at 9:00 AM**

Litchfield, CT

**Friday, October 13<sup>th</sup>****Cost: \$14 CASH ONLY (Cost doesn't include lunch)**

Depart: 9:15 AM

Tour America's first law school! Lunch will be at Market Place Tavern (entrees start at \$16).

**FASCIAS CHOCOLATE TOUR****\*Registration opens September 15<sup>th</sup> at 9:00 AM**

Waterbury, CT

**Friday, October 27<sup>th</sup>****Cost: \$14 (CASH ONLY-Cost doesn't include lunch)**

Depart: 9:15 AM

Lunch will be at Maggie McFly's.

**\*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.**

**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.

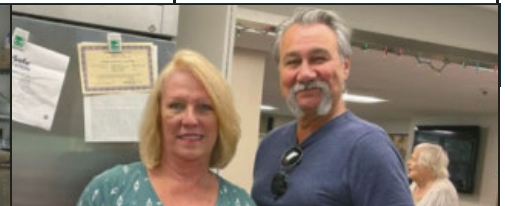
All inquiries are kept confidential.

**Other Menu  
Selections:**

**Sandwich\***

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

NEW ENGLAND  
**Young at Heart™**  
*Live Well, Laugh Often, Love Much*



**Monday, September 4<sup>th</sup>**

**Tuesday, September 5<sup>th</sup>**

**Thursday, September 7<sup>th</sup>**

**The Center is closed in observance  
of Labor Day.**

Shrimp Stir Fry

Roasted Boneless Chicken Thighs

**Monday, September 11<sup>th</sup>**

**Tuesday, September 12<sup>th</sup>**

**Thursday, September 14<sup>th</sup>**

Stuffed Shells and Meatballs

Pork Loin

Stuffed Peppers

**Monday, September 18<sup>th</sup>**

**Tuesday, September 19<sup>th</sup>**

**Thursday, September 21<sup>st</sup>**

BBQ Boneless Chicken Thighs

Eye of Round

Sausage & Peppers

**Monday, September 25<sup>th</sup>**

**Tuesday, September 26<sup>th</sup>**

**Thursday, September 28<sup>th</sup>**

Stuffed Acorn Squash

Baked Potato Bar

Cookout  
Hot Dog, Hamburger or Veggie  
Burger

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Trumbull Senior Center

06-5293



Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>SEPTEMBER 2023</div> <div>*All virtual programs are written in GREEN text.</div> <div>  <div>HAPPY NATIONAL SENIOR CENTER MONTH!</div> </div> </div>				<div>1</div> <div> 8:30 Beginner Pickleball  9:00 Painting Part 1 w/ Chris  9:30 Mahjong  10:00 Intermediate Pickleball  1:00 Painting Part 2 w/ Chris </div>
<div>4</div> <div> The Center is closed in observance of Labor Day. </div>	<div>5</div> <div> 9:00 Moderate Yoga  10:00 Needlework Group  10:30 Scrabble  10:30 Sit &amp; Fit  11:00 Dominoes  12:00 Lunch  12:30 Canasta  1:00 Line Dancing </div>	<div>6</div> <div> 9:00 Morning Exercise  9:00 Coffee and Learn  9:00 Stop and Shop  10:00 Tai Chi  10:00 Pinochle  11:00 Zumba Gold/Tone  12:30 Pickleball Open Court  1:00 Qigong </div>	<div>7</div> <div> 9:00 Chair Yoga  9:00 Brain Games  9:15 High-Low Aerobics  10:00 Pinochle  10:00 Needlework Group  10:15 Strength  10:30 Sit &amp; Fit  12:00 Lunch </div>	<div>8</div> <div> 8:30 Beginner Pickleball  9:00 Air Museum  9:00 Painting Part 1 w/ Chris  9:30 Mahjong  10:00 Paint Workshop w/ Jill  10:00 Intermediate Pickleball  1:00 Painting Part 2 w/ Chris </div>
<div>11</div> <div> 9:00 Stretch &amp; Zumba Gold  9:00 Drawing w/ Chris  9:30 Walking Group at Mall  10:30 Rummikub  10:30 Yoga  11:00 Book Club  11:15 Zumba Gold/Tone  12:00 Lunch  12:30 Computer Tutor  12:30 Pickleball Open Court  1:00 Movie </div>	<div>12</div> <div> 9:00 Moderate Yoga  9:00 Grief Support  10:00 Needlework Group  10:00 Attorney Eliovson  10:30 Scrabble  10:30 Sit &amp; Fit  11:00 Dominoes  12:00 Lunch  12:30 Canasta  1:00 Line Dancing </div>	<div>13</div> <div> 9:00 Morning Exercise  9:00 Shoprite  10:00 Tai Chi  10:00 Pinochle  11:00 Bingo  11:00 Zumba Gold/Tone  12:30 Pickleball Open Court  1:00 Qigong </div>	<div>14</div> <div> 9:00 Chair Yoga  9:15 High-Low Aerobics  10:00 Pinochle  10:00 Needlework Group  10:15 Strength  10:30 Sit &amp; Fit  10:30 Healthy Aging  12:00 Lunch </div>	<div>15</div> <div> 8:30 Beginner Pickleball  9:00 Painting Part 1 w/ Chris  9:30 Mahjong  10:00 Intermediate Pickleball  10:00 Paint Workshop w/ Jill  1:00 Painting Part 2 w/ Chris  1:00 Yoga Nidra </div>
<div>18</div> <div> 9:00 Stretch &amp; Zumba Gold  9:00 Drawing w/ Chris  9:30 Walking Group at Mall  10:30 Rummikub  10:30 Yoga  11:00 Trivia with Lisa  11:15 Zumba Gold/Tone  12:00 Lunch  12:30 Computer Tutor  12:30 Pickleball Open Court </div>	<div>19</div> <div> 9:00 Moderate Yoga  10:00 Needlework Group  10:30 Scrabble  10:30 Speech Therapy  10:30 Sit &amp; Fit  11:00 Dominoes  12:00 Lunch  12:30 Canasta  1:00 Line Dancing  1:00 Caregiver Support </div>	<div>20</div> <div> 9:00 Morning Exercise  9:00 Coffee and Learn  9:00 Stop and Shop  10:00 Tai Chi  10:00 Pinochle  10:00 Keep Your Brain Sharp  11:00 Zumba Gold/Tone  12:30 Pickleball Open Court  1:00 Qigong </div>	<div>21</div> <div> 9:00 Chair Yoga  9:00 Brain Games  10:00 Pinochle  10:00 Needlework Group  10:15 Strength  10:30 Sit &amp; Fit  12:00 Lunch  7:00 Comm. Meditation </div>	<div>22</div> <div> 8:30 Beginner Pickleball  9:00 Port Jeff  9:00 Painting Part 1 w/ Chris  9:30 Mahjong  10:00 Intermediate Pickleball  1:00 Painting Part 2 w/ Chris </div>
<div>25</div> <div> 9:00 Stretch &amp; Zumba Gold  9:00 Drawing w/ Chris  9:30 Walking Group at Mall  10:30 Rummikub  10:30 Yoga  10:30 Trivia with Mary  11:15 Zumba Gold/Tone  12:00 Lunch  12:30 Computer Tutor  12:30 Pickleball Open Court </div>	<div>26</div> <div> 9:00 Flu Shot Clinic  9:00 Moderate Yoga  9:00 Grief Support  10:00 Needlework Group  10:30 Scrabble  10:30 Sit &amp; Fit  11:00 Dominoes  12:00 Lunch  12:30 Birthday Party  12:30 Canasta  1:00 Line Dancing </div>	<div>27</div> <div> 9:00 Morning Exercise  9:00 Shoprite  10:00 Tai Chi  10:00 Pinochle  10:00 Keep Your Brain Sharp  11:00 Zumba Gold/Tone  12:30 Pickleball Open Court  1:00 Qigong </div>	<div>28</div> <div> 9:00 Chair Yoga  9:15 High-Low Aerobics  10:00 Pinochle  10:00 Needlework Group  10:30 Healthy Appetite  10:15 Strength  10:30 Sit and Fit  12:00 Lunch </div>	<div>29</div> <div> 8:30 Beginner Pickleball  9:00 Painting Part 1 w/ Chris  9:30 Mahjong  10:00 Intermediate Pickleball  12:00 Senior Picnic  12:30 Bingo  1:00 Painting Part 2 w/ Chris </div>