



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

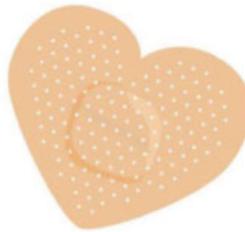
23 Priscilla Place • Trumbull, CT • 06611

(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 28th 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.

We will be closed on Monday, September 4th in observance of Labor Day.

SENIOR PICNIC

Annual Senior Picnic
Hosted by the Trumbull Rotary Club
Held at the Trumbull Town Green
Friday, September 29th
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 20th and 27th
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 13th.

1973 CELEBRATING 50 YEARS OF SERVICE TO SENIORS 2023



BUNTING APPRAISAL SERVICES



Need an Appraisal of your home to get rid of costly PMI or for Probate, Divorce, Pre-Listing, Estate Planning or Tax Appeal purposes? Give me a call!

Friendly, Fast and Affordable Service!

KATHLEEN BUNTING

Kathleenbunting@hotmail.com • 203-243-6009



LYNN MUT Independent Insurance Agent

**INSURANCE
SOLUTIONS**
INC.

Office: 203-230-0548 Cell: 203-671-4400
Email: Lmut@comcast.net
355 Main Street • Hamden, CT 06514

Medicare Health Plans • Dental • Final Expense



CYRIL F. MULLINS FUNERAL HOME, INC.

399 White Plains Road, Trumbull, CT

203-372-6543

www.mullinsfh.com email: cfmullinsfh@gmail.com

Family owned and operated since 1937

Wesley Village

BISHOP WICKE | CROSBY COMMONS | LIFESTYLE TRANSITIONS | WESLEY HEIGHTS

Wesley Village is a not-for profit, full continuum of care campus designed to accomodate your lifestyle needs as they change.

- Independent & Assisted Living
- Short-Term Rehab
- Memory Support
- Outpatient Therapy & Fitness

SCHEDULE YOUR TOUR TODAY! | 203-225-5000

580 Long Hill Avenue, Shelton, CT 06484 | www.umh.org

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



Ipicommunities.com/adcreator

REMARKABLE MEMORY CARE ASSISTED LIVING



Bridges
BY EPOCH

MEMORY CARE ASSISTED LIVING
AT TRUMBULL

Remarkable people. Exceptional care.

Helping those in various stages of memory loss experience more joyful, meaningful days.

203.245.5126

2415 Reservoir Avenue | Trumbull, CT 06611



www.BridgesbyEPOCH.com

CT Relay 711



WILLIAM RAVEIS
REAL ESTATE • MORTGAGE • INSURANCE



ELIZABETH CASEY
Your Trusted Resource

REALTOR® ABR, SRES
elizabeth.casey@raveis.com | elizabethcasey.raveis.com



Call your local Senior Real Estate Specialist today!
203-260-7118

From market evaluation to unpacking in your new home, we have you covered every step of the way.

945 White Plains Road, Trumbull, CT 06611



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.ipicommunities.com

Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF

Director of Human Services

Michele Jakab, LCSW
mjakab@trumbull-ct.gov

(203) 452-5144

SENIOR CENTER**Senior Center Coordinator**

Ronnie Mogensen
rmogensen@trumbull-ct.gov

(203) 452-5199

(203) 452-5199

Front Desk

Amanda DeBernardo
adebernardo@trumbull-ct.gov

(203) 452-5199

Transportation/Trips

Erinne Bugge
ebugge@trumbull-ct.gov

(203) 452-5137

SOCIAL SERVICES

Jennifer Gillis B.A.
jgillis@trumbull-ct.gov

(203) 452-5198

(203) 452-5133

Food Pantry

Karen Seferi
kseferi@trumbull-ct.gov

(203) 452-5136

Wellness Nurse

Susan Clay, BSN RN
sclay@trumbull-ct.gov

(203) 452-5134

First Selectman

Vicki Tesoro
Firstselectman@trumbull-ct.gov

(203) 452-5005

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
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

SEPTEMBER BIRTHDAYS

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

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

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 8-week workshop that is currently in progress and will run through September 15th (**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 25th
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 11th 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



IN PERSON PROGRAMS AND GAMES

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

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

Brain Games**Thursday, September 7th and 21st 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.

Round Table With Attorney Eliovson**Tuesday, September 12th 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 13th at 11:00 AM**

(Room: Studio 108). **Sponsored by Benchmark Senior Living at Split Rock.**

• Friday, September 29th 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 14th 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 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.**

Benefits of Adult Speech Therapy**Tuesday, September 19th 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.**

CAREGIVERS ALWAYS WELCOME!

Trivia with Mary**Monday, September 25th 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 26th**

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 21st 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 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 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 15th**

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 24nd—November 16th*****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 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.

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.



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.

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, September 6th & 20th**. 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, September 12th & 26th**. 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, September 19th**. 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.**

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.



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 1ST**. 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 15TH**.

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 27th.**

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 28th—May 7th, 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 28th. Come for a presentation on October 11th 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 8th

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

Depart: 9:00 AM

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

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

TAPPING REEVE HOUSE

***Registration opens September 1st at 9:00 AM**

Litchfield, CT

Friday, October 13th

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 15th at 9:00 AM**

Waterbury, CT

Friday, October 27th

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.**

**Monday, September 4th****Tuesday, September 5th****Thursday, September 7th****The Center is closed in observance of Labor Day.**

Shrimp Stir Fry

Roasted Boneless Chicken Thighs

Monday, September 11th**Tuesday, September 12th****Thursday, September 14th**

Stuffed Shells and Meatballs

Pork Loin

Stuffed Peppers

Monday, September 18th**Tuesday, September 19th****Thursday, September 21st**

BBQ Boneless Chicken Thighs

Eye of Round

Sausage & Peppers

Monday, September 25th**Tuesday, September 26th****Thursday, September 28th**

Stuffed Acorn Squash

Baked Potato Bar

Cookout
Hot Dog, Hamburger or Veggie Burger

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust



- Burglary
- Fire Safety

- Flood Detection
- Carbon Monoxide



Authorized Provider

SafeStreets

833-287-3502

Genesis**St. Joseph's Center**REHABILITATION CENTER
6448 Main Street, Trumbull • 203-268-6204

Little Angels Home Care LLC



Providing: Elderly Care,
Hourly, Companion,
Live-in Caregivers, Weekends
We are taking long-term
life ins and state cases
Reg. # HCA0000732
745 Osborn Rd., Naugatuck CT 06770
203-278-1436
www.littleangels-homecare.com
E: littleangelshomecare48@yahoo.com

Ewa Grzymala



ABRIOLA PARKVIEW

FUNERAL HOME

James Abriola
Director

203-373-1013

419 White Plains Road, Trumbull

www.abriola.com

LISA VALENTI CENTURY 21 ALLPOINTS REALTY



6580 Main Street, Ste 101, Stratford, CT 06614
M 203.257.2127 • O 203.378.0210

LTV22realtor@gmail.com

Licensed in CT



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



Visit www.mycommunityonline.com

LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

CONTACT ME
Duane Budelier

dbudelier@lpicommunities.com

(800) 950-9952 x2525



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574

Others caretake. We care**give**.

Personal non-medical caregiving from a trusted and distinguished home healthcare agency.

203.438.5555
RVNAhealth.org

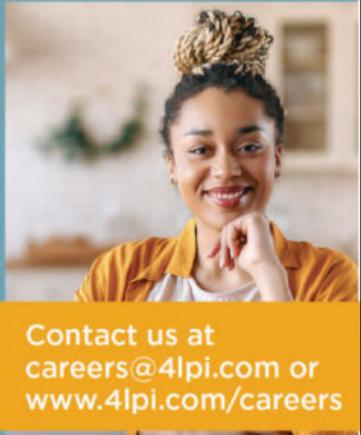
LEARN MORE

rvnaHEALTH
For Lifelong Care & Wellness

WE'RE HIRING! AD SALES EXECUTIVES

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4ipi.com or
www.4ipi.com/careers

SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
				<p style="text-align: center;">SEPTEMBER 2023</p> <p style="text-align: center;">*All virtual programs are written in GREEN text.</p>  <p style="text-align: center; font-size: 2em; margin-top: 10px;">HAPPY NATIONAL SENIOR CENTER MONTH!</p>
				1 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
<p style="text-align: center;">The Center is closed in observance of Labor Day.</p>	4	9:00 Moderate Yoga 10:00 Needlework Group 10:30 Scrabble 10:30 Sit & Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	5	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
	6		7	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 & Fit 12:00 Lunch
11		12		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
18		19		14 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
25		26		15 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 1:00 Comm. Meditation
				21 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
				28 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