



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

FEBRUARY 2024

BLOOD DRIVE



Blood Drive Trumbull Senior Center

Held in the Smile-A-While Auditorium
23 Priscilla Place
Trumbull, CT 06611

Friday, February 2, 2024
9:00 a.m. to 2:00 p.m.



American
Red Cross

Scan QR code to register online,
for assistance, please call the
main office at (203) 452-5199.

LUNCH AT PRISCILLA PLACE CAFÉ

**Join us for lunch every Monday, Tuesday, and
Thursday at 12:00 PM!**

Lunch Reservation Policy:

- The cost of lunch is a suggested \$5-\$7 donation.
- Participants must be 60 years of age or older and have a registration form on file. Forms are available at the lunch check-in desk or in the main office. Caregivers and aides are welcome. The cost of lunch for those under the age of 60 is \$15.
- Reservations must be made 24 hours in advance.
- When leaving a lunch reservation, please leave the name of each person you are reserving for, the date you are attending and if you would like to dine in or take out. It is one meal per person for each day.

To reserve lunch, please call (203) 452-5199 ext. 3.
See page 10 for more information.

PULSE4PULSE SCREENING

PROACTIVE HEALTH CARE

@ TRUMBULL SENIOR CENTER

Friday, February 2, 2024 from 9:00am-2:00pm

OUR SERVICE:

- ✓ 20-min non-invasive circulation test providing a clear picture of your cardiovascular health
- ✓ Real-time results and recommendations
- ✓ Clinicians will be onsite to offer this valuable test to all and family members



INSURANCE ACCEPTED!

The following insurances will be accepted: Connecticare, Anthem, BCBS, Wellcare, UnitedHealthcare, Oxford, UMR, Cigna, Stirling Benefits, CT Medicaid (Husky), & Government Medicare (Part B)

**Kindly be aware that a Cash Price of \$50.00 is available for individuals whose insurance is not included in the list above, yet still wish to undergo the test.

Registration Required



Sponsored by the
Trumbull Health Department and Trumbull Senior Center

Appointments are required. To schedule, please call (203) 452-5199 or scan QR Code above to register online.

Please note: Aetna does not cover this test but all other insurances listed on the flyer do. If you would please make sure to check if your individual insurance is listed there that would be helpful. We will offer a cash price for those that still want to test. If you are unsure please call 860-919-7358 and ask for Doreen so she can help you verify the insurance.

UPCOMING PROGRAMS

- **AARP Tax-Aide at Trumbull Library**, see page 4
- **Pearls from Carol**—February 6th at 10:30 AM, see page 5
- **Pressed Flower Lantern Craft**—February 8th at 10:30 AM, see page 5
- **Sound Healing**—February 9th at 1:00 PM, see page 4
- **Cannabis & a Review of the CT Cannabis Law**—February 12th at 11:00 AM, see page 5
- **Fab, Fit & Fun with Leslie**—February 22nd at 11:30 AM, see page 6

We will be closed on Monday, February 19th in observance of Presidents Day.

BUNTING APPRAISAL SERVICES



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Michael W. Antonini | 203-521-9671

Medicare Insurance Broker

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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

(203) 452-5198

Social Services Coordinator

Jennifer Gillis B.A. (203) 452-5133
jgillis@trumbull-ct.gov

Social Services Receptionist

Judy Cahill (203) 452-5135
jcahill@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

(203) 452-5005

Vicki Tesoro

Firstselectman@trumbull-ct.gov

Priscilla Place Café

(203) 452-5199 Ext 3

Elaine Marcucio

New England Young at Heart

FOLLOW US ON FACEBOOK

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



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.

Please call (203) 452-5198 for an appointment.

FOOD PANTRY: Monday, Tuesday, Thursday

By appointment only, please call (203) 452-5136.

COMMISSION ON AGING

Ron Foligno: Chair

Mark Ryan: Vice Chair

Alissa Heilbrunn: Secretary

Barbara Crandall: Clerk

Nancy Lucas

Linda Randall

Eve Rothbard

Evelyn Wiesner

MEMBERSHIP

JULY 1ST - JUNE 30TH

Membership runs from July 1st—June 30th.

You can join at anytime during the year.

Resident Annual Fee: \$5

Non-Resident Annual Fee: \$20

Newsletter Mailed: \$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.

MISSION STATEMENT

Enrich the lives of older adults by offering programs and education that promote a healthy lifestyle, support independence, and enhance community engagement.

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

FEBRUARY BIRTHDAYS

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

- Pam Ales
- Robert Benick
- Estelle Blatt
- Ingrid Bloom
- Carol Bolin
- Mary Jo Bues
- Marie Chiapetta
- Barbara Chuga
- Margaret Cooney
- Virginia Day
- Sadhana Desai
- Mary Donohue
- Therese Evans
- Marie Folchick
- Marilyn Gang
- Shaun Gilbert
- Rufina Harper
- Mirjane Hasani
- JoAnn "Ruth" Haut
- Brian Holmes
- Claudia Holzemer
- Russell Jagoe
- Mary Louise Jagoe
- John Karabinos
- Eric Krug
- Joanne Langer
- Kim Lappi
- Marie Lombardo
- Laurie Macisco
- Jean Mangasarian
- Jill Nichols
- Edith Pellenberg
- Thomasina Petrahai
- Mary Jo Pranger
- Annette Puma
- Maryann Ramik
- Zofia Ramos
- Ether Riccio
- A. Joseph Romano
- Richard Roof
- Catherine Rotunno
- Jim Rule
- Lucille Sastram
- Rita Selsky
- Eileen Soltis
- Betsy Sorrentino
- Lynn Stewart
- Sandra Suttle
- Heather Sweeney
- Alicia Thomas
- Magdalene Toothill
- Frank Vellardito
- Christine Vezzani
- Stephen Visosky
- Beth Walsh

ART CLASSES IN-PERSON

- **Painting with Jill on Fridays from 10:00 AM to 12:00 PM Begins February 16th**

This is an 8-week combined oil/acrylic and watercolors workshop that begins on February 16th and projected to end on April 12th.

Membership and preregistration is required to participate. **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.

Please note that each workshop will need a minimum of 10 signups for the classes to take place.

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

ART CLASSES ON ZOOM

- **Drawing with Chris on Mondays at 9:00 AM through February 12th**

This is a two month workshop that is currently in progress and is scheduled to end on February 12th.

Registration for the March/April workshop will open on Monday, February 12th.

Membership and preregistration is required to participate. **To register, 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.

Please note that each workshop will need a minimum of 10 signups for the classes to take place.

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

COMMISSION ON AGING

Commission on Aging Meeting Dates for 2024

Meetings will be held at 2:00 PM

- January 26, 2024
- February 23, 2024
- March 22, 2024*
- April 26, 2024
- May 24, 2024
- June 28, 2024*
- July—No Meeting
- August 23, 2024
- September 27, 2024*
- October 25, 2024
- November 22, 2024
- December 13, 2024*

*Meeting will be held at the Trumbull Senior Center

AARP TAX-AIDE

AARP is offering free Tax Return Preparation by AARP/IRS Certified Tax Volunteers. Beginning Friday, February 2nd until Friday, April 12th (Closed on 3/29). Appointments will be held on Wednesdays and Fridays from 9:30 AM until 12:30 PM, by appointment only at the Trumbull Main Library, 33 Quality Street, Trumbull.

WHAT TO BRING:

- Photo ID or other type of identification
- Social Security Card and Statement (SSA 1099)
- A copy of your 2022 tax return and/or prior year AARP Envelope
- All tax forms received for tax year 2023 (W-2, 1095, 1099)
- End of year Investment statements (INT, DIV, Stocks, Bonds)
- List of Itemized Deductions (Medical, Donations, Taxes)
- Any other tax documents you might have
- IRS PIN if issued, Cancelled Check for Direct Deposit

You must make an appointment by calling the Trumbull Library at (203) 452-5197.

(No tax sessions if the Trumbull Schools are closed due to weather)

SOUND HEALING

Sound Healing for Seniors February 9th at 1:00 PM

Experience the soothing benefits of sound healing and reiki tailored for seniors in this gentle and rejuvenating class. Through calming sounds and vibrations of various instruments like singing bowls, gentle gongs, and soothing melodies, this session aims to promote relaxation, reduce stress, and support overall well-being. Join us for a tranquil journey to enhance your mind, body, and spirit. No experience necessary! Dress comfortably and be prepared for deep relaxation. Please bring a pillow, yoga mat and blanket. **To RSVP, please call (203) 452-5199.**

Health benefits include:

- Lowered blood pressure
- Lowered cholesterol
- Improved moods
- Improved sleep patterns
- Decrease anxiety
- Improves depression symptoms
- Resets the central nervous system

More about your facilitator:

Meet Tina, the graceful warrior.

Tina merges over a decade of practice with a life-long connection to music through dance and percussion. Tina discovered sound healing therapy through her own healing journey and immediately felt a strong sense of connection. Tina specializes in blending sound therapy with other healing modalities to remove energetic blockages and help clients achieve their healing goals. Tina combines her intuitive wisdom with reiki and tangible vibrational frequency healing, into each magical session. Tina is passionate about creating deep meaningful connections with her clients, while creating a safe container to allow trust and optimal healing benefits to take place.



IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

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

- **One Day in December by Josie Silver**—Monday, February 5th
- **Where the Forest Meets the Stars by Glendy Vanderah**—Monday, March 4th
- **The Secrets We Kept by Lara Prescott**—Monday, April 1st

Brain Games

**Thursday, February 1st and 15th
at 9:00 AM**

1st & 3rd Thursday of each month. Join Danielle Ramos, of Cambridge and Ludlowe Health & Rehabilitation Centers in Fairfield, to participate in fun, stimulating brain games. **To RSVP, please call (203) 452-5199.**

Cannabis & a Review of the CT Cannabis Law

**Monday, February 12th
at 11:00 AM**

Wellness Nurse Susan has invited the HUB to offer this presentation that will cover basic information regarding cannabis as well as an overview of the cannabis bill (S.B. 1201), and how we can get involved for community prevention. Subtopics include cannabis facts and myths, high potency marijuana (THC), use among youth, brain development, public health concerns, and strategies for prevention and change. **To RSVP, please call (203) 452-5199.**

Pearls from Carol

**Tuesday, February 6th
at 10:30 AM**

Albert Ruggerio will present a collection of delightfully funny short stories and poems written by his late wife Carol. This collection was published after Carol's passing in a book titled "Pearls from Carol." He has also offered to entertain us with a rousing sing along as he plays his saxophone. **To RSVP, please call (203) 452-5199.**

Pressed Flower Lantern Craft with Mary

**Thursday, February 8th
at 10:30 AM**

Join Clinical Liaison, Mary Sourivanh, LPN, from Wilton Meadows Rehabilitation & Care Center for a fun craft class! Make your own pressed flower lanterns that are beautiful and easy to put together. The dried flowers provide a pop of color and a soft glow from LED tea light candles inside. **To RSVP, please call (203) 452-5199, spaces are limited.**

**Movie: The Proposal
Monday, February 12th
at 1:00 PM**

A tough, demanding business-woman discovers that she's about to be deported back to Canada, forcing her to rush into a marriage of convenience with her young assistant in order to stay in the US. But the ruse becomes even more complicated when the two must visit his family in Alaska while posing as a couple. Starring: Sandra Bullock, Ryan Reynolds and Betty White. **To RSVP, please call (203) 452-5199.**

Bingo

- **Tuesday, February 13th
at 11:00 AM**
Sponsored by Home Care Connectors
- **Friday, February 23rd
at 12:30 PM**
Sponsored by Home Aides
Please call (203) 452-5199 to RSVP.

**Trivia with Mary
Monday, February 26th
at 10:30 AM**

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

**Trivia with Charlie
Thursday, February 29th
at 9:00 AM**

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

**Monthly Birthday Party
Cost of lunch: \$5**

**Tuesday, February 27th
12:00 PM Lunch/12:30 PM Cake** Join us to celebrate this month's birthdays with lunch and cake! **The cake is sponsored by 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 & 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
- Wednesdays at 12:30—3:00 PM
- Fridays: Beginners 8:30—10:00 AM/Intermediate 10:00 AM—12:30 PM

****Please note that there is no Pickleball on 2/2***

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
RETURNS IN MARCH!
Thursdays at 10:30 AM
 Meeting ID: 882 3111 3228
 Passcode: Peace2024!

Community Meditation
Thursday, February 15th at 7:00 PM
 Join us for Community Meditation, led by Deborah Swann, on the third Thursday each month.
 No experience is necessary.
 Meeting ID: 870 1001 5761
 Passcode: 603982

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

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
Tuesdays at 10:00 AM
8 Week Workshop—February 6th—March 26th

Sit and Fit with Bobbi
RETURNS IN MARCH!
Tuesdays at 10:30 AM
 Please bring your own weights.

Line Dancing with Tom Mohyde
Tuesdays at 1:00 PM

Morning Exercise with Nancy
Wednesdays at 9:00 AM

Tai Chi with David
Wednesdays at 10:00 AM

Strength and Zumba Toning with Nancy
Thursdays at 10:15 AM
 Please bring your own weights.

High-Low Aerobics & Balance w/ Heather
Thursdays at 9:00 AM
8 Week Workshop—January 18th—March 7th
 Join us for some fun aerobic intervals and easy-to-follow cardio interval combinations set to upbeat music. We will also incorporate intervals of balance work. All exercises can be done using a chair as desired.

Introductory to Line Dancing w/ Tom
Thursdays at 1:00 PM
6 Week Workshop—January 18th—February 22nd

Yoga Nidra with Deborah Swann
First and Third Friday of each month at 1:00 PM
Friday, Feb. 2nd & Friday, Feb. 16th
 This is a deep relaxation class with Reiki.
 Please bring a yoga mat and small throw blanket.
 Optional: small pillow for head rest.

Fab, Fit & Fun with Leslie *POP UP CLASS!*
Thursday, February 22nd
11:30 AM—12:00 PM
 Join Leslie Schoen, Activities Assistant at Spring Meadows, for 30 minutes of stretching mixed with some fun cardio moves. This pop up workout will be sure to increase flexibility, range of motion and get your heart pumping! Get ready for your booties to burn! **To RSVP, please call (203) 452-5199.**

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.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Applications for Assistance are being accepted beginning Monday, October 2, 2023.

The following are the income guidelines for 2023:

1 person: \$41,553
2 people: \$54,338
3 people: \$67,124
4 people: \$79,910
5 people: \$92,695

When applying, you must have the Social Security numbers for everyone living in your household.

Applications will be taken by appointment only (in person or remotely). **Please contact 203-452-5198 to schedule an appointment and obtain required documentation list.**

TRUMBULL LOCAL MEALS

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, 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.



MEDICAL EQUIPMENT

The Trumbull Senior Center/ Social Services Department will no longer be accepting donations of medical equipment. For medical equipment needs and donations, please contact Wheel It Forward located in Bridgeport, CT.

Wheel It Forward is a community library that lends out (and accept donations of) durable medical equipment including wheelchairs, walkers, hospital beds, shower chairs and more, at no cost. Their newly opened location is at 955 Connecticut Avenue, Bridgeport, CT 06607.

They are open 10:00 AM – 3:00 PM, Monday-Thursday and by appointment on Fridays.

For any questions, please call the Wheel It Forward office at (203) 652-8600.

Learn more at <https://www.wheelitforwardusa.org/>

To check inventory, visit: <https://www.wheelitforwardusa.org/check-inventory> or to join the library, you may visit: <https://www.wheelitforwardusa.org/join-the-library>

ELDERLY/DISABLED PROPERTY TAX RELIEF PROGRAM

Filing period begins February 1st and ends May 15th. Maximum income guideline is \$70,000 (single/married couple). Please contact the Tax Assessor's office at 203-452-5018 or Social Services at (203) 452-5133 for more detailed information.

CONNECTICUT FAIR HOUSING CENTER

The Connecticut Fair Housing Center in partnership with the Southwestern CT Agency on Aging (SWCAA) is offering free virtual Office Hours to help individuals aged 60+ with limited tenant and homeowner rights issues. Tenant rights issues may include but are not limited to potential age and disability discrimination, including requests for reasonable accommodations/modifications and rent increases. Homeowner rights issues may include foreclosure questions/concerns, including but not limited to reverse mortgage foreclosures, tax foreclosures, and water or sewer lien foreclosures.



- open to all adults aged 60+ and others receiving services from SWCAA
- occur the 2nd and 4th Wednesday each month at 10:00am via Teams (please note the 2nd December session is the 3rd Wednesday 12/20)
- are accessible by computer or phone

Register for virtual office hours:
www.tinyurl.com/cfhcofficehours

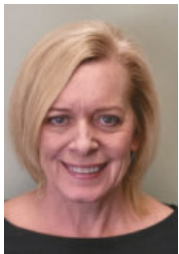
Contact the Center by phone at:
(860) 247-4400

For more information about the Connecticut Fair Housing Center, you can visit their website (<https://ctfairhousing.org/what-we-do/>). You will find a great deal of information including fair housing resources in English and Spanish.

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.

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**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.

See page 5 for more information on an upcoming presentation with Nurse Susan and the HUB!

MENTAL HEALTH

The Mary J. Sherlach Counseling Center

Provides a therapeutic clinical setting for individual, family and group therapy, and crisis intervention. Services are available for Trumbull residents, Town employees, and students who attend Trumbull schools. (203) 452-5193

**UNITED WAY**

Call 211 for resources and assistance. 24 hours a day.
<https://uwc.211ct.org/categorysearch/mental-health/>

988 Suicide and Crisis Lifeline

Calling 988 will direct the caller to representatives specifically trained in the management of suicide risk and other mental health crises.



HEALTH TIP FROM WELLNESS NURSE SUSAN

Stroke Warning Signs: Seek Emergency Care Immediately

A stroke happens when the blood flow to part of your brain is interrupted. This can occur from a blood clot or because of bleeding in the brain. Symptoms can include face drooping, arm weakness, speech problems, and various other symptoms. Getting IMMEDIATE medical care can limit damage to the brain and might be the difference between life and death. A family member recently had a stroke and one of the symptoms was hallucinations. I advise becoming familiar with all possible symptoms and don't hesitate calling 9-1-1. Have a Healthy New Year!

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, February 7th & 21st**. Join Dr. Morris for this open-discussion group that will touch base on all different life topics and provide an opportunity for discussion and reflection. 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, February 13th & 27th**. To join, contact Dr. Cornelia Morris at cmorris@trumbull-ct.gov and/or call (203) 452-5158.

CAREGIVER SUPPORT GROUP

Facilitated by Trumbull Social Services. Meets the 3rd Tuesday of every month at 1:00 PM at the senior center—**Tuesday, February 20th**. 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.**

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***NEW SCHEDULE!***

The second Wednesday of every month we offer a loop shopping trip 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 day is **WEDNESDAY, FEBRUARY 14TH**. Stores include Big Y, Best Buy, Kohl's, Target, and Five Below.

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, FEBRUARY 16TH**.

GROCERY SHOPPING

Every Wednesday we offer grocery shopping trips for Residents. On the 1st and 3rd (and 5th) Wednesday of the month, we go to Stop and Shop in Trumbull and on the 4th Wednesday 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.

FRIENDSHIP TOURS: BERMUDA CRUISE

June 16th—23rd, 2024

Cost: \$1449 pp Double

7 days, all meals, classic drink package and staff gratuities included in cost. \$400 deposit due at registration. Passport required to register. **Call (860) 243-1630 to register. Passport required to register. LAST DAY TO REGISTER IS 2/17.**

COLLETTE TOURS: DISCOVER SCOTLAND!

April 28th—May 7th, 2024

Cost: \$4349 pp Double/\$5149 pp Single (Cost includes Airfare).

10 days, 14 meals. Transportation to the airport included.

UPCOMING TRIPS WITH COLLETTE TOURS:

- **Cowboy Country: Sept. 12-Sept. 19, 2024**
- **Cultural Treasures of Japan: March 30th through April 12, 2025**

LEISURE TRIPS

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

TAPPING REEVE HOUSE

RESCHEDULED FROM OCTOBER (WAITLIST AVAILABLE)

Litchfield, CT

FRIDAY, FEBRUARY 9th

Cost: \$14—CASH ONLY (Doesn't include lunch)

Depart: 9:15 AM

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

NEW BRITAIN MUSEUM OF AMERICAN ART

***Registration opens on February 2nd at 9:00 AM**

New Britain, CT

FRIDAY, MARCH 8th

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

Depart: 8:45 AM

Take a tour of the museum masterpieces before we head to Applebee's for lunch.

****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.***

SENIOR CENTER TRIP POLICY REMINDERS

FOR A FULL COPY OF THE TRIP POLICY, PLEASE SEE ERINNE

ELIGIBILITY:

- **Membership is required** to participate in Senior Center Sponsored Trips.
- Due to high demand, 70% of the seats will be held for Trumbull residents.
- **Phone reservations will be held for 2 business days only.** You must be a member to make a phone reservation and can only hold a spot for you and one additional member. If the registrant does not show up within 2 business days to pay the trip fee, the reservation will automatically be dropped.

CANCELLATION PROCESS:

- Participants must contact the Senior Center if it becomes necessary to cancel for any reason.
- When possible, the space will be filled by someone from the waiting list.
- Participants may not transfer their reservation to a friend; all cancellations must be processed through the Senior Center.
- There will be no refunds for those canceling unless the reservation has been resold or the Senior Center receives a refund from the provider.

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-\$7.00

As long as participant fills out registration forms

All lunch specials are served with: Soup **or** Salad & Dessert

All sandwiches are served with a side.

Reservation Line: (203) 452-5199 ext. 3

Reservations must be made 24 hours in advance (by 12:00 PM the day prior or if ordering for Monday lunch, please call by 12:00 PM the Friday before).

***For holiday lunches and parties, reservations must be made a week in advance.**


*Financial assistance is available. See the front office to apply.

All inquiries are kept confidential.

**Other Menu
Selections:**

Sandwich*

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

		Thursday, February 1st
		Vegetable Lasagna
Monday, February 5th	Tuesday, February 6th	Thursday, February 8th
Chicken Pot Pie	Chicken Parmesan	Meatloaf
Monday, February 12th	Tuesday, February 13th	Thursday, February 15th
Swedish Meatballs Over Noodles	Valentine's Day Celebration Shrimp Florentine	Pork Loin
Monday, February 19th	Tuesday, February 20th	Thursday, February 22nd
The Center is closed in observance of President's Day.	BBQ Chicken	Meat Lasagna
Monday, February 26th	Tuesday, February 27th	Thursday, February 29th
Breakfast for Lunch! Spinach/Mushroom Frittata Pancakes	Baked Sole	Cookout! Burgers/Hot Dogs/Veggie Burgers

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
		<h1>FEBRUARY 2024</h1> <p><i>*All virtual programs are written in GREEN text.</i></p>		
<div>5</div> 9:00 Stretch w/ Nancy 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	<div>6</div> 9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap with Rose 10:30 Scrabble 10:30 Pearls from Carol 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Matter of Balance	<div>7</div> 9:00 Morning Exercise 9:00 Stop and Shop 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	<div>8</div> 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Craft with Mary 12:00 Lunch 1:00 Line Dancing	<div>9</div> 8:30 Beginner Pickleball 9:15 Tapping Reeve House 10:00 Mahjong 10:00 Intermediate Pickleball 1:00 Sound Healing
<div>12</div> 9:00 Stretch w/ Nancy 9:00 Drawing w/ Chris 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 11:00 Cannabis Law Review 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Movie	<div>13</div> 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap with Rose 10:30 Scrabble 11:00 Dominoes 11:00 Bingo 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Matter of Balance	<div>14</div> 9:00 Morning Exercise 9:00 The Loop 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	<div>15</div> 9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 12:00 Lunch 1:00 Line Dancing 7:00 Comm. Meditation	<div>16</div> 8:30 Beginner Pickleball 9:00 Walmart 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting with Jill 1:00 Yoga Nidra
<div>19</div> <p>The Center is closed in observance of President's Day.</p>	<div>20</div> 9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap with Rose 10:30 Scrabble 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Caregiver Support	<div>21</div> 9:00 Morning Exercise 9:00 Stop and Shop 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	<div>22</div> 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 11:30 Fab, Fit & Fun 12:00 Lunch 1:00 Line Dancing	<div>23</div> 8:30 Beginner Pickleball 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting with Jill 12:30 Bingo
<div>26</div> 9:00 Stretch w/ Nancy 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>27</div> 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap with Rose 10:30 Scrabble 11:00 Dominoes 12:00 Lunch 12:30 Birthday Party 12:30 Canasta 1:00 Line Dancing 1:00 Matter of Balance	<div>28</div> 9:00 Morning Exercise 9:00 Shoprite 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	<div>29</div> 9:00 Chair Yoga 9:00 Trivia with Charlie 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 12:00 Lunch	