



# TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

MARCH 2024

## IMPACTRUMBULL SPRING CELEBRATION

IMPACTrumbull invites you to a

## SPRING CELEBRATION

to usher in the new season!

Friday, March 15, 2024

4pm-5:30pm

IMPACTrumbull, a Trumbull 501c3 nonprofit, invites our local seniors to celebrate the start of the spring season with an afternoon of sweet treats, gift bags, and games and friendly competition with local families.

Registration is required.

Please call the Senior Center at  
203-452-5199 by March 8th to register.

To learn more about IMPACTrumbull  
and the many organizations we support,  
check out [impactrumbull.org](http://impactrumbull.org)

## 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 the menu and for more information.**

We will be closed on Friday, March 29<sup>th</sup> in observance of Good Friday.

## ST. PATRICK'S DAY CELEBRATION

St. Patrick's Day Luncheon  
at Priscilla Place Café

Thursday, March 14<sup>th</sup> at 12:00 PM

Cost: \$5.00—\$7.00



Join us for a St. Patrick's Day Luncheon! Corned beef and cabbage will be served.

Reservations are required and must be made one week in advance, by 3/7/24. Please call (203) 452-5199 ext. 3 to make your reservation.

*Please note, sandwiches are not available for order on event/celebration days. Thank you for understanding!*

## ART GOTTLIEB PRESENTS

Arthur N. Gottlieb, LCSW, CSA Presents:  
Grand Central Terminal  
Wednesday, March 27<sup>th</sup>

Lunch: 11:30 AM/Presentation: 12:00 PM

Bisecting Manhattan's Park Avenue and boasting 44 train platforms on two levels, this recently restored Beaux Arts masterpiece has remained one of New York's most famous transportation landmarks since its building in 1913.

Reservations are required by calling (203) 452-5199.

Sponsored by:

## UPCOMING PROGRAMS

- **Learn About Adult Immunizations**—March 5<sup>th</sup>, see page 5
- **Bingo**—March 5<sup>th</sup> and March 22<sup>nd</sup>, see page 5
- **AARP Safe Driving**—March 15<sup>th</sup> at 9:00 AM, see page 4
- **First Aid**—March 19<sup>th</sup> at 10:00 AM, see page 5
- **Fill Up on Fiber**—March 21<sup>st</sup> at 10:30 AM, see page 5

## BUNTING APPRAISAL SERVICES



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Trumbull Senior Center

06-5293

## HUMAN SERVICES STAFF

**Director of Human Services**

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mjakab@trumbull-ct.gov

(203) 452-5144

**SENIOR CENTER****Senior Center Coordinator**

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rmogensen@trumbull-ct.gov

**(203) 452-5199**

(203) 452-5199

**Front Desk**

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(203) 452-5199

**Transportation/Trips**

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ebugge@trumbull-ct.gov

(203) 452-5137

**SOCIAL SERVICES****Social Services Coordinator**

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

**(203) 452-5198**

(203) 452-5133

**Social Services Receptionist**

Judy Cahill  
jcahill@trumbull-ct.gov

(203) 452-5135

**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  
New England Young at Heart

(203) 452-5199 Ext 3

**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 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.

## 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

## MARCH BIRTHDAYS

We would like to wish a very happy birthday to:

- Joyce Aquino
- Audrey Bajoros
- Nicholas Bandanza
- Maria Barreira
- Luz Butler
- Jeanne Buynak
- Michael Carroll
- Patricia Carter
- Carol Cerulo
- Anthony Chory
- Pamela Critser
- Fred Delibero
- Judith Doyle
- Maria Espinal
- Agnes Esposito
- Tina Evan
- Evelyn Falcon
- Albert Fensky
- Gail Frascatore
- Marilyn Gallucci
- Mary Ann Grygorcewicz
- Barbara Johnson
- Robert Jordan
- Lydia Joven
- Matoka Kallay
- Sally Kiman
- Joy Koch
- Roger Kreisman
- Violet Lajoie
- George Langer
- Nancy Lenoce
- Agnes Manuel
- Cheryl Manzi
- Melody Martin
- Shirley McMenamey
- Virginia McNamara
- Lois Neeley
- Paula O'Brien
- Patricia Olson
- Mark Oprendek
- Johanna Pankow
- Frederic Peel
- Leonilde Pereira
- Donna Piccolo
- Vincenzo Pinto
- Nancy Polsick
- Stephen Potucek
- Margaret Mary Powers
- Tom Powers
- Judith Prusak
- Anthony Puccio
- Janet Ricci
- Kathleen Riley
- Carl Scarpelli
- William Selski
- Lorraine Shairer
- Bridget Shanahan
- Patrick Shanahan
- Michael Shay
- Michael Sheehan
- Lloyd Stableford
- Stacy Stableford
- Philomena Stefanacci
- Douglas Stevens
- Lillian Tesoriero
- Michael Todd
- Lynn Wham

## 4 ACTIVITIES, PROGRAMS AND EVENTS

### ART CLASSES IN-PERSON

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

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

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**

This is a two month zoom workshop that begins on Monday, March 4<sup>th</sup> and ends on Monday, April 29<sup>th</sup>.

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.*

### COMMISSION ON AGING

#### Commission on Aging Meeting Dates for 2024

Meetings will be held at 2:00 PM

- 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, otherwise at Town Hall Chambers.

### SAVE THE DATE

#### Tea Party Friday, May 17th at 11:00 AM—1:00 PM

**Registration will open on Friday, April 5<sup>th</sup> at 9:00 AM.** You may sign up in person or by calling phone (203) 452-5199. Membership is required at the time of signup (no exceptions). You will be able to sign up yourself and no more than one other person who also must be a member.

**Cost: \$10 per person.** Payment must be made within two business days of signup. Tickets will be issued at time of payment and will need to be brought on day of tea party for entry. **Tickets are non-transferrable.**

Get creative and participate in our hat contest which will take place during the event. We will also have raffles prizes!

If you are attending the tea party and are interested in volunteering to help with setup or cleanup, please see the main office. Setup will take place the afternoon of May 16<sup>th</sup> and cleanup will take place immediately following the tea party. *Please note volunteers will still need to signup to attend the tea party.*

### AARP DRIVER SAFETY

#### AARP Driver Safety Course Friday, March 15<sup>th</sup> 9:00 AM—1:00 PM

AARP will present their Driver Safety Course. Cost is \$20.00 for AARP members and \$25.00 for non-members. Checks only, please note you will pay the instructor the day of the class. **To RSVP, please call (203) 452-5199.**



### AARP TAX-AIDE

AARP is offering free Tax Return Preparation by AARP/IRS Certified Tax Volunteers. Beginning Friday, February 2<sup>nd</sup> until Friday, April 12<sup>th</sup> (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)

## IN PERSON PROGRAMS AND GAMES

## Book Club Meetings

1st Monday of every month  
at 11:00 AM

- **Where the Forest Meets the Stars by Glendy Vanderah**—Monday, March 4<sup>th</sup>
- **The Secrets We Kept by Lara Prescott**—Monday, April 1<sup>st</sup>

## Learn About Adult Immunizations

Tuesday, March 5<sup>th</sup>  
at 10:00 AM

Our Wellness Nurse Susan has invited Sam Cousins MSN, BPH, RN, our Town of Trumbull Public Health Nurse to present information about Adult Immunizations including COVID updates. You can prevent some serious illnesses with immunizations. Coffee and snacks will be provided. Come and join us! **To RSVP, please call (203) 452-5199.**

## Bingo

• Tuesday, March 5<sup>th</sup>  
at 11:00 AM

**Sponsored by Care Connection, non-medical home care, by the Stratford VNA**

• Friday, March 22<sup>nd</sup>  
at 12:30 PM

**Sponsored by Compassion Home Care**

Please call (203) 452-5199 to RSVP.

## Movie: Wild Mountain Thyme

Monday, March 11<sup>th</sup>

at 1:00 PM

The headstrong farmer Rosemary Muldoon has her heart set on winning her neighbor Anthony Reilly's love. The problem is Anthony seems to have inherited a family curse, and remains oblivious to his beautiful admirer. Stung by his father Tony's plans to sell the family farm to his American nephew, Anthony is jolted into pursuing his dreams in this comedic, moving and wildly romantic tale. Starring: Emily Blunt, Jamie Dornan, Christopher Walken and Jon Hamm. **To RSVP, please call (203) 452-5199.**

## CAREGIVERS ALWAYS WELCOME!

## Trivia with Mary

Monday, March 25<sup>th</sup>  
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 **NEW TIME!**

Thursday, March 28<sup>th</sup>  
at 10:00 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, March 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 is sponsored by Maefair Health Care Center.** To reserve lunch, call (203) 452-5199 ext. 3.

Computer Lessons with Cathy  
Mondays at 12:30 PM

Appointments required by calling (203) 452-5199.

**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 10:00 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

**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: 882 3111 3228

Passcode: Peace2024!

**Community Meditation****Thursday, March 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****Tuesdays at 10:00 AM****8 Week Workshop****February 6<sup>th</sup>—March 26<sup>th</sup>****Sit and Fit with Bobbi****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****High-Low Aerobics & Balance w/ Heather****Thursdays at 9:00 AM****8 Week Workshop****January 18<sup>th</sup>—March 14<sup>th</sup> (returns in April)**

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. Please bring your own weights.

**Strength and Zumba Toning with Nancy****Thursdays at 10:15 AM**

Please bring your own weights.

**Yoga Nidra with Deborah Swann****First and Third Friday of each month at 1:00 PM****Friday, March 1<sup>st</sup> & Friday, March 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.

**Sound Healing with Tina****Second Friday of each month****at 1:00 PM****Friday, March 8<sup>th</sup>**

Experience the soothing benefits of sound healing and reiki tailored for seniors in this gentle and rejuvenating class. Please bring a pillow, yoga mat and blanket.

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 as of 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 1<sup>st</sup> and ends May 15<sup>th</sup>. 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.
- Are accessible by computer or phone.



To register for office hours, scan the QR code or visit: [www.tinyurl.com/cfhofficehours](http://www.tinyurl.com/cfhofficehours)

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 upcoming presentations with Nurse Susan!*

## MENTAL HEALTH

## The Mary J. Sherlach Counseling Center

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

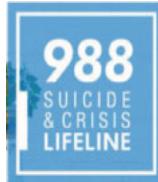


## UNITED WAY

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

## 988 Suicide and Crisis Lifeline

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



## TRANSPORTATION

The Trumbull Senior Center provides transportation to residents, age 60 and over and/or age 55-59 and disabled.



Buses are fitted with UV light/air filtration systems.

## OFFICE HOURS MON-FRI 8:30 AM—11:30 AM (203) 452-5137

## MEDICAL RIDES

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

## Need a ride somewhere else?

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

## VETERANS!

Ask us about rides to the VA in West Haven.



## HEALTH TIP FROM WELLNESS NURSE SUSAN

We need to make the most of a visit to our doctor since getting timely appointments is not easy. Go in with a written list of symptoms so you don't forget some or get off track. Bring in a summary or other paperwork from other providers. Be honest with your doctor, we aren't there to impress them. You are paying for a service and the doctor's time. Respect should go both ways. Bring in a list and doses of your medication and any over-the-counter medications, supplements, vitamins and herbal products. Taking notes is a good idea and if you don't understand something ask questions. Hopefully this advice will make your visits go well.

## 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, March 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, March 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

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

**SHOPPING TRIPS****SHOPPING LOOP**

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, March 13<sup>th</sup>**. 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, MARCH 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 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.

**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 BRITAIN MUSEUM OF AMERICAN ART**

New Britain, CT

**FRIDAY, MARCH 8<sup>th</sup>**

**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.

**CHESTER MUSEUM AT THE MILL**

**\*Registration opens on March 15 at 9:00 AM**

Chester, CT

**FRIDAY, APRIL 12<sup>th</sup>**

**Cost: \$2—CASH ONLY (Doesn't include lunch)**

Depart: 9:00 AM

Join us for a tour of the Chester Historical Society (donations are welcome). Lunch will be at Pattaconk 1850 Bar & Grille. We cannot guarantee separate checks.

**\*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.**

**BUS TRIPS**

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

**NEIL DIAMOND TRIBUTE AT AQUA TURF**

**Tuesday, May 14, 2024**

**Cost: \$124 (checks made to Friendship Tours)**

**Depart Penny Lane Lot: 10:00 AM**

**Estimated Return: 5:45 PM**

Longtime Las Vegas entertainer & Legends in Concert Alumni, Rob Garrett has become the #1 Neil Diamond Tribute artist. The show features all of your favorite hits: Cherry, Cherry, I'm a Believer, Girl You'll be a Woman Soon, Coming to America and of course the iconic SWEET CAROLINE. Lunch will be Chicken ala Kathryn & Broiled Scrod with Crumb Topping.

**BEACH BOYS TRIBUTE AT AQUA TURF**

**Wednesday, August 21, 2024**

**Cost: \$124 (Checks made to Friendship Tours)**

**Depart Penny Lane Lot: 9:45 AM**

**Estimated Return: 5:15 PM**

SAIL ON! is the most popular Beach Boys Tribute, appearing all over the world. Performing all of the classic hits, plus some treasures from the brilliant extended catalog, SAIL ON faithfully recreates the timeless songs of surfing, cruising, dancing, and dreaming for everyone that wants to have Fun ! Fun ! Fun ! Lunch will be Lemon Chicken & Maple Glazed Salmon.

**UPCOMING TRIPS WITH COLLETTE TOURS:**

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

**Please call 203-452-5137 to schedule a time to come in and register for our trips.**

**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.

**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 &amp; 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, March 4<sup>th</sup>****Tuesday, March 5<sup>th</sup>****Thursday, March 7<sup>th</sup>**

Stuffed Shells with Meatballs

Tuscan Chicken

Pork Loin

**Monday, March 11<sup>th</sup>****Tuesday, March 12<sup>th</sup>****Thursday, March 14<sup>th</sup>**

Roast Beef

Sausage and Peppers

**St. Patrick's Day Celebration!**  
Corned Beef and Cabbage**Monday, March 18<sup>th</sup>****Tuesday, March 19<sup>th</sup>****Thursday, March 21<sup>st</sup>**

Eggplant Parmesan

Turkey and Stuffing

Swedish Meatballs

**Monday, March 25<sup>th</sup>****Tuesday, March 26<sup>th</sup>****Thursday, March 28<sup>th</sup>**

Chicken Cacciatore

Ham

Cookout:  
Hamburger, Hot Dog or Veggie Burger

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
				<p style="text-align: center;"><b>MARCH 2024</b></p> <p style="text-align: center;">*All virtual programs are written in GREEN text.</p>
				1
				8:30 Beginner Pickleball 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 1:00 Yoga Nidra
4	5	6	7	8
9:00 Stretch w/ Nancy <b>9:00 Drawing w/ Chris</b> 9:30 Walking Group at Mall 10:30 Rummikub <b>10:30 Yoga</b> 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap with Rose 10:00 About Immunizations 10:30 Scrabble 10:30 Sit and Fit 11:00 Bingo 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	9:00 Morning Exercise 9:00 Stop and Shop 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	<b>9:00 Chair Yoga</b> 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength <b>10:30 Sit and Fit</b> 12:00 Lunch	8:30 Beginner Pickleball 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 1:00 Sound Healing
11	12	13	14	15
9:00 Stretch w/ Nancy <b>9:00 Drawing w/ Chris</b> 9:30 Walking Group at Mall 10:30 Rummikub <b>10:30 Yoga</b> 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Movie	9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap with Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Matter of Balance	9:00 Morning Exercise 9:00 The Loop 10:00 Tai Chi 10:00 Pinochle <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	<b>9:00 Chair Yoga</b> 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength <b>10:30 Sit and Fit</b> 12:00 Lunch	8:30 Beginner Pickleball 9:00 Walmart 9:00 AARP Driver Safety 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 1:00 Yoga Nidra 4:00 Spring Celebration (reservations required)
18	19	20	21	22
9:00 Stretch w/ Nancy <b>9:00 Drawing w/ Chris</b> 9:30 Walking Group at Mall 10:30 Rummikub <b>10:30 Yoga</b> 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap with Rose 10:00 First Aid 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Caregiver Support 1:00 Matter of Balance	9:00 Morning Exercise 9:00 Stop and Shop 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	<b>9:00 Chair Yoga</b> 10:00 Pinochle 10:00 Needlework Group 10:15 Strength <b>10:30 Sit and Fit</b> 10:30 Fill Up on Fiber 12:00 Lunch <b>7:00 Comm. Meditation</b>	8:30 Beginner Pickleball 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 12:30 Bingo
25	26	27	28	29
9:00 Stretch w/ Nancy <b>9:00 Drawing w/ Chris</b> 9:30 Walking Group at Mall 10:30 Rummikub <b>10:30 Yoga</b> 10:30 Trivia with Mary 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap with Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Birthday Party 12:30 Canasta 1:00 Line Dancing 1:00 Matter of Balance	9:00 Morning Exercise 9:00 Shoprite 10:00 Tai Chi 10:00 Pinochle <b>11:00 Zumba Gold/Tone</b> 11:30 Art Gottlieb Presents 12:30 Pickleball Open Court <b>1:00 Qigong</b>	<b>9:00 Chair Yoga</b> 10:00 Trivia with Charlie 10:00 Pinochle 10:00 Needlework Group 10:15 Strength <b>10:30 Sit and Fit</b> 12:00 Lunch	The Center is closed in observance of Good Friday.