



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

APRIL 2024

SELF DEFENSE

Senior Self Defense Seminar Thursday, April 18th at 1:00 PM

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

Learn:

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

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

Cost: \$5 per person. Spaces are limited and pre-registration is required. To sign up, please call (203) 452-5199. Preference will be given to new attendees unless the class does not fill. Thank you!

NUTRITION MYTH BUSTERS

Nutrition Myth Busters Tuesday, April 16th at 11:00 AM

Join ShopRite Dietitian Siddhi Sheth to learn about some common nutrition myths and whether they have truth to them or are just a misconception. The session will have you feeling more informed towards making your own food choices to fit nutrition needs! **To RSVP, please call (203) 452-5199.**

STATE OF THE MARKET PANEL

State of the Market Discussion Panel Wednesday, April 24th 12:00 PM to 1:30 PM

Join us for a panel discussion covering topics such as the current state of the housing market, downsizing from a large home to an apartment or senior living community, reverse mortgages and how they may allow seniors to remain in their homes and finally, exploring senior living options and senior care. You'll gain insights into the senior care world from the following panelists:

- **Christopher Curran, CarePatrol:** Explore the senior care journey and its challenges.
- **Craig Oshrin:** Get a glimpse into the fast-paced world of CT's residential real estate market
- **Cindy Perham:** The mortgage forecast—Reverse Mortgage benefits and stipulations.
- **Adam Hirsch, Hirsch Law Firm:** Know the legal dos and don'ts in CT real estate landscape and how to stay safe in a legal perspective.
- **Andrea Ruby, Senior Move Manager:** How to prep plan and organize for your upcoming move. Get settled with less stress.

Lunch will be served, you must attend panel to receive lunch. Spaces are limited and reservations are required. To reserve your seat, please call (203) 452-5199.

UPCOMING PROGRAMS

- **Tea Party Registration**—April 5th at 12:00 PM, page 4. *Please note new registration time.*
- **Spring Cleaning**—April 8th 10:30 AM, *see page 5*
- **Bingo**—April 9th at 11:00 AM and April 26th at 12:30 PM, *see page 5*
- **Makeup Class**—April 11th at 9:30 AM, *see page 4*
- **Intro. to Vitals**—April 15th at 10:30 AM, *see page 5*
- **Mandala Painting Workshop**—April 22nd at 10:30 AM, *see page 5*
- **Cookie Class**—April 29th at 1:00 PM, *see page 4*

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

INSPIRING MEMORY CARE



Bridges
BY EPOCH
MEMORY CARE ASSISTED LIVING
AT TRUMBULL

Bridges® offers expert care and a truly enriching lifestyle for those in all stages of memory loss.

203.245.5126

ExploreBridgesTrumbull.com

2415 Reservoir Avenue | Trumbull

RELAY 711

CFM

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 accommodate 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



Care Connection
by Stratford VNA

Home Care Held to a Higher Standard

**Non-Medical Hourly &
24/7 Home Care**

203-380-5695 • Stratford, CT

Careconnectionsna.org

**DOES YOUR NONPROFIT
ORGANIZATION NEED
A NEWSLETTER?**



**OUR COMMUNITY
NEWSLETTER**
OCTOBER EDITION



Scan to
contact us!

Engaging,
ad-supported
print and digital
newsletters to reach
your community.

Visit lpicomunities.com

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

SUPPORT OUR ADVERTISERS!



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

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

Vicki Tesoro (203) 452-5005
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

APRIL BIRTHDAYS

We would like to wish a very happy birthday to:

- Katherine Alaimo
- Beatrice Bleggi
- Henry Bleggi
- Mary Bossio
- Joyce Bultman
- Pearl Cannizarro
- Joe Cantiello
- Jane Cavoto
- Joseph Cavoto
- Irene Clampet
- Bernadine Clark
- Carolyn Coletta
- Marion Dale
- Sharon Daniels
- Muriel Dushok
- Suzette Esposito
- Louis Evan
- Alice Evans
- Julie Fritzky
- Barbara Gagliardi
- Frank Gagliardi
- Michael Ganino
- Josephine Giudice
- Judy Hannon
- Mary Helfrich
- Elaine Horelick
- Jim Iancale
- Edward Jewsbury
- Thomas Konoski
- Patricia Kopcik
- Deepa Kumar
- Sidne Leith
- Cathleen Lindstrom
- Joan Lisy
- Art Lucas
- Kevin Lynch
- June McGuire
- Betty McTiernan
- Michael Melli
- Roger Michaels
- Nancy Miller
- Pat Pagliarulo
- Anthony L Patti
- Laura Puli
- Eleanor Ramey
- Dennis Rotunno
- Mariette Roy
- Rosemary Seaman
- Margaret Silvestri
- Elizabeth Thomas
- Deborah Todd
- Paula Waite
- Vikki Weiss



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 16th and is projected to end on April 12th.

Registration for the next workshop will open on Monday, April 22nd at 9:00 AM for classes starting on May 3rd.

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 began on Monday, March 4th and ends on Monday, April 29th.

Registration for the next workshop will take place in May.

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.

COOKIE DECORATING

Cookie Decorating Workshop Monday, April 29th at 1:00 PM

Join us for an exciting cookie decorating class where you'll learn tips, tricks and techniques to turn plain cookies into edible masterpieces! Perfect for all ages and skill levels, this class promises to provide you with the basic techniques of sugar cookie decorating so you can do this at home. Spaces are limited, so secure your spot now and get ready to decorate! Don't miss out on this delectable opportunity!

Cost: \$3 (must be paid within two business days of signup). To sign up, please call (203) 452-5199.

SAVE THE DATE

Tea Party

**Friday, May 17th
at 11:00 AM—1:00 PM**

REGISTRATION TIME

CHANGE: Registration will open on Friday, April 5th at 12:00 PM.

You may sign up in person or by calling (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 16th and cleanup will take place immediately following the tea party. *Please note volunteers will still need to signup to attend the tea party.*

MAKEUP CLASS

**MakeUp for Mature Women
Thursday, April 11th
9:30 AM to 12:00 PM**

Join Joby Rogers, a certified, professional makeup artist with over 30 years of experience for this two and a half hour Forum that is the perfect place for mature women of all ages and experience to learn how to create a makeup style that compliments their personal features and skin tone. We will explore products and tools and 'must haves' for your personal makeup collection. You will participate in 'hands-on' makeup demonstrations and convey knowing that with a little practice you can perfect your personal appearance for all occasions.

Participants are encouraged, BUT NOT required, to bring their own personal MakeUp and Brushes for a professional evaluation (if applicable). It is preferable that participants attend the forum 'MakeUp free' BUT NOT required. Please bring pen and paper.

Cost: \$5 (must be paid within two business days of signup).

Spaces are limited and registration is required. To reserve your seat, please call (203) 452-5199.

COMMISSION ON AGING

**Commission on Aging Meeting
Dates for 2024**

Meetings will be held at 2:00 PM

- 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.

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

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

- **The Secrets We Kept by Lara Prescott**—Monday, April 1st
- **Conviction by Denise Mina**—Monday, May 6th

Brain Games

**Thursday, April 4th & April 18th
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.**

Spring Cleaning

**Monday, April 8th
at 10:30 AM**

Spring is a great time to freshen up your space and organize your personal information! Join Joe Violetta of 4CORE and he will share what important documents to keep, shred and how to have all your wishes in place for loved ones! **To RSVP, please call (203) 452-5199.**

Bingo

• **Tuesday, April 9th
at 11:00 AM**

Sponsored by G-Vaz Care Services

• **Friday, April 26th
at 12:30 PM**

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

Please call (203) 452-5199 to RSVP.

Introduction to Vitals

**Monday, April 15th
at 10:30 AM**

Join Clinical Liaison, Mary Sourivanh, LPN, from Wilton Meadows Rehabilitation & Care Center to review the top 7 vital signs and definitions, when and how to measure vital signs, why monitoring your blood pressure is important and changes in vital signs as you age. **To RSVP, please call (203) 452-5199.**

Movie: POMS

**Monday, April 15th
at 1:00 PM**

Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you. Starring Diane Keaton, Jacki Weaver, and Rhea Perlman. **To RSVP, please call (203) 452-5199.**

Mandala Painting Workshop

**Tuesday, April 22nd
at 11:00 AM**

Cost: \$3 (must be paid within two business days of signup).

Join us for a workshop of gratitude and healing with the use of Mandala Art. A mandala is a symbol of the universe in its ideal form, and its creation signifies the transformation of a universe of suffering into one of joy. It can also be used as an aid to meditation, helping the meditator to envision how to achieve the perfect self. This workshop will show you how to create your very own Mandala stone and how its used to promote emotional wellness. **Spaces are limited and registration is required. To RSVP, please call (203) 452-5199.**

Trivia with Charlie

**Thursday, April 25th
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.**

Trivia with Mary

**Monday, April 29th
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.**

Monthly Birthday Party

Cost of lunch: \$5

Tuesday, April 30th

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 Park. 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, April 18th 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, April 2nd—June 4th**

**Please note that 4/2 will be a makeup class from 2/13 and there will be no class on 4/23.*

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, April 4th—May 30th**

**Please note that there will be no class on 5/16.*

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, April 5th & Friday, April 19th**

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, April 12th**

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.

RENTER'S REBATE

Applications for the Renter's Rebate for Elderly/Disabled Renters Program will open on April 1st – October 1, 2024.

The income criteria for this filing period is based on gross income for 2023.

Maximum for single household:
\$43,800

Maximum for married household:
\$53,400

For more detailed information and to schedule an appointment, please contact Social Services by calling 203-452-5198. E-mail inquiries can also be made to:
socialservices@trumbull-ct.gov

STERLING RD SANTA'S RUNWAY

For the third year in a row, the organizers of Santa's Runway Holiday Light Extravaganza, Zoli Szabo and Joe McDonald presented a check to the Human Services Department, these funds will be used to support the local food pantry and social services department. This year they collected \$6,596.

We thank them for their continued support and we look forward to seeing the beautifully decorated neighborhood of Sterling Road next holiday season!



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.
- Are accessible by computer or phone.



To register for office hours, scan the QR code or visit:

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.

HEALTH TIP FROM WELLNESS NURSE SUSAN

The medical field is very specialized these days but it is important to have a primary care physician. When you start to look for a physician the titles can be confusing. There are different titles for primary care doctors. A Family Care Doctor is also called a Primary Care Doctor. An Internist is a primary care doctor who takes care of adolescents and adults. In 1998, a new subspecialty in primary care was instituted called Gerontology. Geriatricians have one to two years of specialized training and take care of older adults usually over 65 years of age. It might seem difficult to find a new doctor because it is. The number of primary care physicians has declined over the years.

MENTAL HEALTH

The Mary J. Sherlach Counseling Center

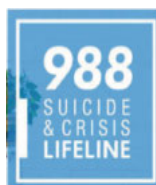
Provides a therapeutic clinical setting for individual, family and group therapy, and crisis intervention. Services are available for Trumbull residents, Town employees, and students who attend Trumbull schools. (203) 452-5193

**UNITED WAY**

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

988 Suicide and Crisis Lifeline

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



SUPPORT GROUPS

COFFEE AND LEARN WITH DR. MORRIS

Meets the 1st and 3rd Wednesday of each month at 9:00 AM at the senior center—**Wednesday, April 3rd & 17th**. 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, April 9th & 23rd**. 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, April 16th**. 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

(203) 452-5137

OFFICE HOURS:
MONDAY—FRIDAY
8:30 AM—11:30 AM

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 APPOINTMENTS:**

Medical appointment rides are available on **Mondays, Tuesdays, and Thursdays from 9:00 AM to 1:00 PM**. We require a minimum of 48 hours notice to see if we can accommodate the appointment into our schedule, rides can be booked days or months in advance. We travel to Trumbull, Bridgeport, Stratford, parts of Shelton, and Rt. 111 in Monroe up to the CVS.

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.



See page 9 for shopping and trip information!

SHOPPING TRIPS

SHOPPING LOOP **NEW SCHEDULE!**

The first Friday 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 **FRIDAY, APRIL 5th**. 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, APRIL 19th**.

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 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.

CHESTER MUSEUM AT THE MILL

Chester, CT

FRIDAY, APRIL 12th

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 at the restaurant.

HENRY C. LEE INSTITUTE OF FORENSIC SCIENCE

***Registration opens on April 19th at 9:00 AM**

West Haven, CT

FRIDAY, MAY 10th

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

Depart: 9:15 AM

Join us for a tour of the Henry C. Lee Institute of Forensic Science. Lunch will be at Texas Roadhouse. We cannot guarantee separate checks at the restaurant.

****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

Last Day to Register: April 5th

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

Last Day to Register: July 12th

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 30th 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 & 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, April 1 st	Tuesday, April 2 nd	Thursday, April 4 th
Potato Pierogies with Cabbage and Kielbasa	Manicotti & Meatballs	Grilled Chicken Sandwich
Monday, April 8 th	Tuesday, April 9 th	Thursday, April 11 th
Vegetable Chili & Baked Potato	Roast Beef	Cavatelli with Sausage and Broccoli
Monday, April 15 th	Tuesday, April 16 th	Thursday, April 18 th
Chicken Burrito	Fish Filet Sandwich	Roasted Pork Shoulder
Monday, April 22 nd	Tuesday, April 23 rd	Thursday, April 25 th
Taco Salad	BBQ Boneless Chicken Thighs	Cookout: Hamburger, Hot Dog or Veggie Burger
Monday, April 29 th	Tuesday, April 30 th	
Breakfast for Lunch: Spinach/Mushroom Frittata, Pancakes and Home Fries	Baked Sole	

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- 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



Ewa Grzymala

Providing: Non Medical,
Elderly Care, Hourly, Companion,
Live-in Caregivers, Weekends
We Are Taking: Private Pay,
Long-Term Life Insurance

Reg. # HCA0000732

745 Osborn Rd., Naugatuck CT 06770

203-278-1436

www.littleangels-homecare.com

E: littleangelshomecare48@yahoo.com



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



Others caretake. We caregive.

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

203.438.5555
RVNAhealth.org

LEARN MORE

rVnaHEALTH™
For Lifelong Care & Wellness

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Duane Budelier

dbudelier@lpicommunities.com

(800) 950-9952 x2525

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com

Questions about Medicare?

I'm here to help. Call me to learn more about your Medicare options.

James Velasco
Field Sales Executive
1-860-803-6802 (TTY: 711)

8AM-8PM, Monday-Friday

A licensed agent will answer your call.

VelascoJ6@aetna.com

AetnaMedicare.com



©2023 Aetna Inc.
Y0001_NR_34539_2023_C
2329250-01-01

♥ aetna
medicare solutions



FREE
AD DESIGN
with purchase
of this space

CALL
800-477-4574



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>1</p> <p>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</p>	<p>2</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap w/ 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</p>	<p>3</p> <p>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</p>	<p>4</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch</p>	<p>5</p> <p>8:30 Beginner Pickleball 9:00 The Loop 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 1:00 Yoga Nidra</p>
<p>8</p> <p>9:00 Stretch w/ Nancy 9:00 Drawing w/ Chris 9:30 Walking Group at Mall 10:30 Spring Cleaning 10:30 Rummikub 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p>	<p>9</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Bingo 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Matter of Balance</p>	<p>10</p> <p>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</p>	<p>11</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 9:30 MakeUp Class 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch</p>	<p>12</p> <p>8:30 Beginner Pickleball 9:00 Chester Museum Trip 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 1:00 Sound Healing</p>
<p>15</p> <p>9:00 Stretch w/ Nancy 9:00 Drawing w/ Chris 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Intro. to Vitals 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Movie</p>	<p>16</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap with Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Nutrition Myth Busters 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Caregiver Support</p>	<p>17</p> <p>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</p>	<p>18</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Self Defense 7:00 Comm. Meditation</p>	<p>19</p> <p>8:30 Beginner Pickleball 9:00 Walmart 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 1:00 Yoga Nidra</p>
<p>22</p> <p>9:00 Stretch w/ Nancy 9:00 Drawing w/ Chris 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Mandala Painting 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p>	<p>23</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p>	<p>24</p> <p>9:00 Morning Exercise 9:00 Shoprite 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:00 State of the Market 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>25</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Trivia with Charlie 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch</p>	<p>26</p> <p>8:30 Beginner Pickleball 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 12:30 Bingo</p>
<p>29</p> <p>9:00 Stretch w/ Nancy 9:00 Drawing w/ Chris 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 10:30 Trivia with Mary 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Cookie Decorating</p>	<p>30</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap w/ 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</p>	<div> <div>APRIL 2024</div> <div>*All virtual programs are written in GREEN text.</div>  </div>		