



# TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

MAY 2024

## HEARING IN OLDER ADULTS

### Hearing in Older Adults Thursday, May 23<sup>rd</sup> at 10:00 AM

Join ComForCare Home Care for this informative program that will discuss more about hearing loss. By the end of this educational program, participants will be able to:

- \* Identify age and environmental reasons for related hearing loss.
- \* Describe coping strategies and tips for hearing loss.
- \* Discuss devices and resources to help with hearing loss.

This educational and interactive presentation will provide partners and caregivers a chance to learn more on this subject that can help improve their loved one's ability to hear.

Presented by Neil Anand of ComForCare Home Care. Hosted by Danielle Ramos of Cambridge and Ludlowe Health & Rehab Centers. **To RSVP, please call (203) 452-5199.**

## MUSICAL PERFORMANCE

### Strolling Strings: A Harmonious Blend of Music and Compassion Wednesday, May 15<sup>th</sup> at 11:30 AM

Join us for an exuberant musical journey with Strolling Strings, a trio orchestra composed of Madison Middle School students. The performance will be held at the senior center.

Immerse yourself in a time of delightful pieces by our two violins and one cello. From the timeless beauty of Vivaldi to the soul-stirring compositions of Florence Price and beyond, our program promises a captivating experience for all. **To RSVP, please call (203) 452-5199.**

## MARK ALBERTSON PRESENTATION

### Mark Albertson Presents: The Longest Day Tuesday, May 28<sup>th</sup> at 10:00 AM

June marks the 80th anniversary of D-Day: The Longest Day. This presentation will explain the strategic significance of Operation: Overlord and why June 6, 1944 was the first big battle of the Cold War. **To RSVP, please call (203) 452-5199. Please let us know if you are a Veteran attending.**

## MEMBERSHIP RENEWAL



It's that time of year! Membership renewal is due June 30, 2024. Please stop by the front desk for a new, 2024-2025, membership application. Membership is required to participate in all programs and activities, including our zoom programs. The annual resident fee is \$10 and the annual non-resident fee is \$30. Our membership year runs from July 1<sup>st</sup> through June 30<sup>th</sup>. There is a slight increase in our membership dues this year as a result of rise in overall costs and additional programming. *Need based scholarships are available for Trumbull residents.*

If you are new to the center and join now, you will receive the remainder of the 2023-2024 membership year for free and will only pay for the upcoming 2024-2025 membership year! **Renew or join before July 1<sup>st</sup> and get entered into a raffle! Winners will be selected and notified the first week of July.**

## UPCOMING PROGRAMS

- **Sign Language Workshop**—Wednesdays beginning May 1<sup>st</sup> through June 5<sup>th</sup> at 10:00 AM, *see page 4*
- **Bingo**—May 7th at 11:00 AM and May 31<sup>st</sup> at 12:30 PM, *see page 5*
- **Flower Canvas**—May 9<sup>th</sup> 10:00 AM, *see page 5*
- **Chronic Pain Management**—May 16<sup>th</sup> at 10:30 AM, *see page 5*
- **Sun Catcher**—May 21<sup>st</sup> at 10:00 AM, *see page 5*
- **Wreath Making**—May 23<sup>rd</sup> at 11:00 AM, *see page 5*
- **Pet Bandanas**—May 30<sup>th</sup> at 10:30 AM, *see page 5*

We will be closed on Monday, May 27<sup>th</sup> in observance of Memorial Day.

## BUNTING APPRAISAL SERVICES



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Trumbull Senior Center

06-5293

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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: \$10**

**Non-Resident Annual Fee: \$30**

**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

**MAY BIRTHDAYS**

We would like to wish a very happy birthday to:

- Ranjit Arora
- Carol Abrams
- Maureen Anderson
- Jane Andrews
- Joseph Andrews Jr.
- Dana Anthony
- Elaine Benczkowki
- Anthony Benefico
- June Bennet
- Richard Breunig
- Louise Broadhurst
- Therese Carey
- Josephine Caruso
- Mary Castorina
- Lillian Cavaliere
- Beverly Charland
- Rosalie Cisero
- Carol Cummings
- Anthony Dorta
- Bonnie Eck
- Kathy Fensky
- John Fiorini
- Ronald Foligno
- Albert Forno
- Linda Fratino
- Rosemarie Garofalo
- Brian Griffin
- Justine Hahn
- Bunnie Hovan
- Patricia Johnson
- Ronald Kosarko
- Christina Kowinko
- Ernestine Mancini
- Barbara Marrash
- Mary Ellen Moyher
- Julie Nyitrai
- Thomas O'Neill
- Linda Ortiz
- Lynn Patti
- Eileen Piquette
- Carolyne Pirre
- Josephine Rivera
- Jane Romano
- JoAnn Romer
- Gerri Rowell
- Pamela Rule
- James Saboe
- Donna Scarpelli
- Susan Scott
- Elizabeth Stella
- Susan Tall
- Doris Torok
- Bill Velez
- Sylvia Vellardito
- JoAnne Veltri
- Michael Ward



## 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 begins on Friday, May 3<sup>rd</sup> and is projected to end on June 21<sup>st</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

- 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.

### BRAINTEASERS

#### Brainteasers

Every Wednesday

May 15<sup>th</sup> through June 12<sup>th</sup>  
10:00 AM—11:00 AM

Get ready to exercise those brain muscles! Join Sacred Heart University Students for a fun memory boost. **To RSVP, please call (203) 452-5199.**

### ART CLASSES ON ZOOM

- **Drawing with Chris on Mondays at 9:00 AM**

This two month zoom workshop will begin on June 3<sup>rd</sup> and run through July 29<sup>th</sup>. **Registration will open on Monday, May 13<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 EXPO

#### Trumbull Senior Center

#### Art Expo

**Friday, June 28<sup>th</sup>  
10:00 AM—1:00 PM**

The Trumbull Senior Center is thrilled to welcome back our Art Expo! This will be an opportunity for all of our current art students, needlework group, and more to showcase their own personal works of art! Some of our artists' work will be up for sale, don't miss out!

**If you are a current member of the senior center that is participating in our art classes or are a part of our needlework group and you are interested in displaying your work, please call the main office at (203) 452-5199. Spaces are limited and tables must be reserved in advance.**

Not a member of the art classes or needlework group but interested in participating? Additional spaces may be available. Contact us to be placed on a standby list.

### TEA PARTY

**Tea Party  
Friday, May 17<sup>th</sup>  
11:00 AM—1:00 PM**

Join us for our annual tea party! Registration is required, to inquire about openings, please call (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.** Tickets will be issued at time of payment and will need to be brought on the day of tea party for entry. **Tickets are non-transferrable.**

Be sure to wear your best and most creative hat for a chance to win a prize! We will also have raffle prizes!

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### SIGN LANGUAGE

**Introduction to Sign Language  
6-Week Workshop**

**Every Wednesday  
10:00 AM—11:00 AM  
May 1<sup>st</sup> through June 5<sup>th</sup>**

Join us for a six week workshop to learn the basics of sign language. **To sign up, please call (203) 452-5199.**

## IN PERSON PROGRAMS AND GAMES

## Book Club Meetings

1st Monday of every month  
at 11:00 AM

- **Conviction by Denise Mina**—Monday, May 6<sup>th</sup>
- **Ask Again, Yes by Mary Beth Keane**—Monday, June 3<sup>rd</sup>

## Brain Games

Thursday, May 2<sup>nd</sup> & May 16<sup>th</sup>  
at 9:00 AM

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

## Bingo

- Tuesday, May 7<sup>th</sup>  
at 11:00 AM  
**Sponsored by Griswold Home Care.**
- Friday, May 31<sup>st</sup>  
at 12:30 PM

Please call (203) 452-5199 to RSVP.

## Flower Canvas

Thursday, May 9<sup>th</sup>  
at 10:00 AM—12:00 PM

**Cost: \$3 (must be paid within two business days of signup).**  
Join Art Strokes Instructor, Renu Vora for a fun workshop where we will draw/paint spring flowers on a canvas using acrylic paint. This class will begin by warming up with hand exercises to prepare for the final artwork. **Limited seats available and registration is required.** To RSVP, please call (203) 452-5199.

## Wreath Decorating with Mary

Thursday, May 23<sup>rd</sup>

at 11:00 AM

Join Clinical Liaison, Mary Sourivanh, LPN, from Wilton Meadows Rehabilitation & Care Center for a fun floral cupcake liner wreath craft. **Limited seats available.** To RSVP, please call (203) 452-5199.

## Chronic Pain Management

Thursday, May 16<sup>th</sup>  
at 10:30 AM

Occupational Therapist Christian Alvarez and Physical Therapist James Laiso will be presenting on nonpharmacological approach to chronic pain and how therapy can help. We will explore the various nonpharmacologic options including task modification, compensation, adaptation, Occupational Therapy, Physical Therapy, and more. **To RSVP, please call (203) 452-5199.**

## Trivia with Mary

Monday, May 20<sup>th</sup>  
at 10:30 AM

Last Monday of every month.  
Trivia hosted by Clinical Liaison, Mary Sourivanh, LPN, from Wilton Meadows Rehabilitation & Care Center. **To RSVP, please call (203) 452-5199.**

## Movie: How to Lose a Guy in 10 Days

Monday, May 20<sup>th</sup>  
at 1:00 PM

A columnist tries pushing the boundaries of what she can write about in her new piece about how to get a man to leave you in 10 days. An executive who is so confident in his romantic prowess that he thinks he can make any woman fall in love with him in 10 days. When they meet, their plans backfire. Starring: Kate Hudson, Matthew McConaughey  
**To RSVP, please call (203) 452-5199.**

## Sun Catcher Craft

Tuesday, May 21<sup>st</sup>  
at 10:00 AM

Join Trumbull High School Human Development and Family Sciences students for a fun sun catcher craft! **Limited spaces available and registration is required by calling (203) 452-5199.**

## CAREGIVERS ALWAYS WELCOME!

## Monthly Birthday Party

Cost of lunch: \$5—\$7

Tuesday, May 28<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 Gifted Hands Home Care.** To reserve lunch, call (203) 452-5199 ext. 3.

## Pet Bandanas

Thursday, May 30<sup>th</sup>  
at 10:30 AM

Join G-Vaz Care services and be a part of a great way to connect and give back. Decorate a dog or cat bandana with messages of hope and love. Help shelter pets put their best paw forward and find their "fur-ever" homes. You will receive bandanas and fabric markers to create bandanas to donate to your local animal shelter. **To RSVP, please call (203) 452-5199.**

## 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

**\*No Pickleball on 5/17**

### 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, May 16<sup>th</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. Our membership year runs from July 1<sup>st</sup> through June 30<sup>th</sup>. 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 2<sup>nd</sup>—June 4<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, April 4<sup>th</sup>—May 30<sup>th</sup>**

**\*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, May 3<sup>rd</sup> & Friday, May 17<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, May 10<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.

### RENTER'S REBATE

Applications for the Renter's Rebate for Elderly/Disabled Renters Program will open on April 1<sup>st</sup> – 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](mailto:socialservices@trumbull-ct.gov)

### 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.

### 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.

### 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. (203) 652-8600.**

### TRUMBULL FARMERS' MARKET RETURNS WITH NEW LOCATION—TWIN BROOKS PARK



### SENIOR FARMERS' MARKET VOUCHERS AVAILABLE—NEW THIS SEASON INCREASED BENEFIT AMOUNT OF \$50

Program begins June 1<sup>st</sup>, applications are currently being accepted, all participants must complete a new application regardless of prior participation. To be eligible to receive SFMNP benefit card, participants must be 60 years of age or older and has gone through proper means testing to support income eligibility. Each eligible participant shall receive one benefit card. **Please call Social Services at (203) 452-5198 for more information and to complete an application.**

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

#### Income Eligibility Guidelines for 2023-2024

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



## WELLNESS NURSE SUSAN



### NURSE APPOINTMENTS

Please call (203) 452-5134 to schedule an appointment with Wellness Nurse Susan. Drop in appointments are available on Tuesdays 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

There is a misconception that a gluten free diet is a weight loss diet. Those who need a gluten free diet have an allergy to gluten called Celiac Disease. Eating gluten triggers an autoimmune response that damages the small intestine. Sometimes people lose weight on a gluten free diet because they avoid some breads, pasta, and pizza. Also, gluten free products aren't lower in calories. They tend to have more sugar and fat. Have a happy and healthy month!

### NUTRITION PROGRAM



Thank you to Registered Dietitian Nutritionist Carmen Weber for a very informative presentation on fiber last month. We look forward to her return in June!

### MENTAL HEALTH

#### The Mary J. Sherlach Counseling Center

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



### UNITED WAY

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

#### 988 Suicide and Crisis Lifeline

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



### SUPPORT GROUPS

#### COFFEE AND LEARN WITH DR. MORRIS

Meets the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month at 9:00 AM at the senior center—**Wednesday, May 1<sup>st</sup> & 15<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, May 14<sup>th</sup> & 28<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, May 21<sup>st</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.**

### TRANSPORTATION

(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 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, MAY 3<sup>rd</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, MAY 17<sup>th</sup>**.

**GROCERY SHOPPING**

Every Wednesday we offer grocery shopping trips for residents. On the 1<sup>st</sup> and 3<sup>rd</sup> (and 5<sup>th</sup>) Wednesday of the month, we go to Stop and Shop in Trumbull and on the 2<sup>nd</sup> and 4<sup>th</sup> 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.**

**HENRY C. LEE INSTITUTE OF FORENSIC SCIENCE**

West Haven, CT

**FRIDAY, MAY 10<sup>th</sup> (Full—Waitlist Available)**

**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.

**LAVENDER POND FARM**

**\*Registration opens on May 17<sup>th</sup> at 9:00 AM**

Killingworth, CT

**FRIDAY JUNE 14<sup>th</sup>**

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

Depart: 9:15 AM

Walk the lavender fields at this beautiful farm and enjoy the gift shop afterwards. **PLEASE WEAR COMFORTABLE SHOES.** You get to choose your restaurant for lunch: Da Vinci Pizzeria or The Copper Skillet. We cannot guarantee separate checks at the restaurants.

**\*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 (Full—Waitlist Available)**

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

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

**Estimated Return: 5:45 PM**

**Last Day to Register: April 5<sup>th</sup>**

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.**

**NEWPORT FLOWER SHOW**

**Sunday, June 23, 2024**

**Cost: \$129 (Checks made to Friendship Tours)**

**Depart Penny Lane Lot: 8:15 AM**

**Estimated Return: 5:30 PM**

**Last Day to Register: May 16<sup>th</sup>**

The magnificent Rosecliff Mansion provides a delightful backdrop for the Newport Flower Show. Begin by touring the first floor of the mansion filled with incredible floral arrangements, continue out onto the spacious lawn to enjoy beautiful displays. Explore the Shopper's Marketplace with incredible views! Begin your day in downtown Newport....Lots of wonderful shopping and restaurants on Bowen's and Bannister's Wharf!

**LUNCH IS NOT INCLUDED IN THE PRICE AND IS ON YOUR OWN.**

**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 12<sup>th</sup>**

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**

**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.**

<b>NEW ENGLAND Young at Heart™ Live Well, Laugh Often, Love Much</b>		<b>Thursday, May 2<sup>nd</sup></b>
		Vegetable Lasagna
<b>Monday, May 6<sup>th</sup></b>	<b>Tuesday, May 7<sup>th</sup></b>	<b>Thursday, May 9<sup>th</sup></b>
Sausage and Peppers Over Rice	Chicken Parmesan and Linguine	Meatloaf and Mashed Potatoes
<b>Monday, May 13<sup>th</sup></b>	<b>Tuesday, May 14<sup>th</sup></b>	<b>Thursday, May 16<sup>th</sup></b>
Swedish Meatballs Over Noodles	Shrimp Florentine and Linguine	Pork Loin and Roasted Sweet Potatoes
<b>Monday, May 20<sup>th</sup></b>	<b>Tuesday, May 21<sup>st</sup></b>	<b>Thursday, May 23<sup>rd</sup></b>
Roast Beef and Mashed Potatoes	BBQ Chicken and Collard Greens	Cookout: Burger, Hot Dog, or Veggie Burger
<b>Monday, May 27<sup>th</sup></b>	<b>Tuesday, May 28<sup>th</sup></b>	<b>Thursday, May 30<sup>th</sup></b>
<b>The Center is closed in observance of Memorial Day.</b>	Meat Lasagna	Vegetable Quiche with Red Roasted Potatoes

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
	<h1>MAY 2024</h1> <p>*All virtual programs are written in GREEN text.</p> 			
		9:00 Morning Exercise 9:00 Stop and Shop 9:00 Coffee and Learn 10:00 Sign Language 10:00 Tai Chi 10:00 Pinochle <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	1 <b>9:00 Chair Yoga</b> 9:00 High-Low Aerobics 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:15 Strength <b>10:30 Sit and Fit</b> 12:00 Lunch	2 3 8:30 Beginner Pickleball 9:00 The Loop 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 1:00 Yoga Nidra
6	9:00 Stretch w/ Nancy 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	7 9:00 Moderate Yoga 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	8 9:00 Morning Exercise 9:00 Shoprite 10:00 Sign Language 10:00 Tai Chi 10:00 Pinochle <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	9 10 8:30 Beginner Pickleball 9:15 Henry C. Lee Institute 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 1:00 Sound Healing
13	9:00 Stretch w/ Nancy 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	14 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	15 9:00 Morning Exercise 9:00 Coffee and Learn 9:00 Stop and Shop 10:00 Sign Language 10:00 Brainteasers 10:00 Tai Chi 10:00 Pinochle <b>11:00 Zumba Gold/Tone</b> 11:30 Strolling Strings 12:30 Pickleball Open Court <b>1:00 Qigong</b>	16 17 9:00 Walmart 10:00 Mahjong 10:00 Painting w/ Jill 11:00 Tea Party 1:00 Yoga Nidra
20	9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Trivia w/ Mary <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	21 9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap w/ Rose 10:00 Sun Catcher Craft 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	22 9:00 Morning Exercise 9:00 Shoprite 10:00 Sign Language 10:00 Tai Chi 10:00 Pinochle 10:00 Brainteasers <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	23 24 8:30 Beginner Pickleball 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill
27	<b>MEMORIAL DAY</b> Honoring all who served.  <b>The Center is closed in observance of Memorial Day.</b>	28 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap w/ Rose 10:00 Mark Albertson 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	29 9:00 Morning Exercise 9:00 Stop and Shop 10:00 Sign Language 10:00 Tai Chi 10:00 Pinochle 10:00 Brainteasers <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	30 31 8:30 Beginner Pickleball 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 12:30 Bingo