



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 23rd 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 15th 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 28th 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 1st through June 30th. 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 1st 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 1st through June 5th at 10:00 AM, *see page 4*
- **Bingo**—May 7th at 11:00 AM and May 31st at 12:30 PM, *see page 5*
- **Flower Canvas**—May 9th 10:00 AM, *see page 5*
- **Chronic Pain Management**—May 16th at 10:30 AM, *see page 5*
- **Sun Catcher**—May 21st at 10:00 AM, *see page 5*
- **Wreath Making**—May 23rd at 11:00 AM, *see page 5*
- **Pet Bandanas**—May 30th at 10:30 AM, *see page 5*

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

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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF

Director of Human Services

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SENIOR CENTER

(203) 452-5199

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SOCIAL SERVICES

(203) 452-5198

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Susan Clay, BSN RN (203) 452-5134
sclay@trumbull-ct.gov

First Selectman

(203) 452-5005

Vicki Tesoro

Firstselectman@trumbull-ct.gov

Priscilla Place Café

(203) 452-5199 Ext 3

Elaine Marcucio

New England Young at Heart

FOLLOW US ON FACEBOOK

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



HOURS OF OPERATION

SENIOR CENTER HOURS:

Monday-Friday 9:00 a.m.—3:30 p.m. (203) 452-5199

SOCIAL SERVICES HOURS:

Monday-Friday 9:00 a.m.—4:00 p.m.

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

FOOD PANTRY: Monday, Tuesday, Thursday

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

COMMISSION ON AGING

Ron Foligno: Chair

Mark Ryan: Vice Chair

Alissa Heilbrunn: Secretary

Barbara Crandall: Clerk

Nancy Lucas

Linda Randall

Eve Rothbard

Evelyn Wiesner

MEMBERSHIP

JULY 1ST - JUNE 30TH

Membership runs from July 1st—June 30th.

You can join at anytime during the year.

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



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 3rd and is projected to end on June 21st.

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 15th through June 12th
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 3rd and run through July 29th. **Registration will open on Monday, May 13th.**

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 28th

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 17th

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 1st through June 5th

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

CAREGIVERS ALWAYS WELCOME!

Book Club Meetings

1st Monday of every month
at 11:00 AM

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

Brain Games

Thursday, May 2nd & May 16th
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.**

Bingo

- **Tuesday, May 7th**
at 11:00 AM

Sponsored by Griswold Home Care.

- **Friday, May 31st**
at 12:30 PM

Please call (203) 452-5199 to RSVP.

Flower Canvas

Thursday, May 9th

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 23rd

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 16th
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 20th

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 20th

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 21st

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.**

Monthly Birthday Party

Cost of lunch: \$5—\$7

Tuesday, May 28th

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 30th

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 "forever" 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 16th 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 1st through June 30th. 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****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, May 3rd & Friday, May 17th**

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 10th**

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

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 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.

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



*Returning to
Trumbull Parks & Recreation*



**OPENING
MAY 23RD**

**THURSDAYS at 4PM
TWIN BROOKS PARK
BROCK ST., TRUMBULL, CT
May 23 - October 10**

no market July 4th

Rain or Shine

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

Program begins June 1st, 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.**

Income Eligibility Guidelines for 2023-2024

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

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



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 1st and 3rd Wednesday of each month at 9:00 AM at the senior center—**Wednesday, May 1st & 15th**. 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, May 14th & 28th**. 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, May 21st**. 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 3rd**. 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 17th**.

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.

HENRY C. LEE INSTITUTE OF FORENSIC SCIENCE

West Haven, CT

FRIDAY, MAY 10th (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 17th at 9:00 AM**

Killingworth, CT

FRIDAY JUNE 14th

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 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.**

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 16th

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 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**

Priscilla Place Café Lunch Hours:

Mondays, Tuesdays, and Thursdays from 12:00 PM—1:00 PM.

Please check in for lunch by 12:30.

Suggested donation of \$5.00-\$7.00

As long as participant fills out registration forms

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

All sandwiches are served with a side.

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

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

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


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

All inquiries are kept confidential.

**Other Menu
Selections:**

Sandwich*

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

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

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>MAY 2024</div> <div>*All virtual programs are written in GREEN text.</div>  </div>		<div>1</div> <div> 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 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong </div>	<div>2</div> <div> 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 </div>	<div>3</div> <div> 8:30 Beginner Pickleball 9:00 The Loop 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 1:00 Yoga Nidra </div>
<div>6</div> <div> 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court </div>	<div>7</div> <div> 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 </div>	<div>8</div> <div> 9:00 Morning Exercise 9:00 Shoprite 10:00 Sign Language 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong </div>	<div>9</div> <div> 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Flower Canvas 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch </div>	<div>10</div> <div> 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 </div>
<div>13</div> <div> 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court </div>	<div>14</div> <div> 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 </div>	<div>15</div> <div> 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 11:00 Zumba Gold/Tone 11:30 Strolling Strings 12:30 Pickleball Open Court 1:00 Qigong </div>	<div>16</div> <div> 9:00 Chair Yoga 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Chronic Pain Manage. 10:30 Sit and Fit 12:00 Lunch 7:00 Comm. Meditation </div>	<div>17</div> <div> 9:00 Walmart 10:00 Mahjong 10:00 Painting w/ Jill 11:00 Tea Party 1:00 Yoga Nidra </div>
<div>20</div> <div> 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Trivia w/ Mary 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Movie </div>	<div>21</div> <div> 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 </div>	<div>22</div> <div> 9:00 Morning Exercise 9:00 Shoprite 10:00 Sign Language 10:00 Tai Chi 10:00 Pinochle 10:00 Brainteasers 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong </div>	<div>23</div> <div> 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Hearing in Older Adults 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 11:00 Wreath Class w/ Mary 12:00 Lunch </div>	<div>24</div> <div> 8:30 Beginner Pickleball 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill </div>
<div>27</div> <div>  <div> MEMORIAL DAY Honoring all who served. The Center is closed in observance of Memorial Day. </div> </div>	<div>28</div> <div> 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 </div>	<div>29</div> <div> 9:00 Morning Exercise 9:00 Stop and Shop 10:00 Sign Language 10:00 Tai Chi 10:00 Pinochle 10:00 Brainteasers 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong </div>	<div>30</div> <div> 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Pet Bandanas 10:30 Sit and Fit 12:00 Lunch </div>	<div>31</div> <div> 8:30 Beginner Pickleball 10:00 Mahjong 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 12:30 Bingo </div>