



Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

JUNE 2024

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.**

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! This event is open to the public to attend.

DRAMA CLUB RETURNS!

We are excited to announce that the Drama Club will begin rehearsals for their upcoming summer performance. The club will meet every Thursday at 12:30 PM beginning in July. **Anyone interested in participating must sign up with the main office by calling (203) 452-5199, membership is required to participate.**

SUMMER CONCERTS

TRUMBULL PARKS & RECREATION

2024 SUMMER CONCERTS

| | |
|-----------|---------------------------------|
| JUNE 25 | BLACK TIES & BOURBON |
| JULY 2 | I'LIGURI *NO RAIN DATE |
| JULY 9 | SILVER STEEL BAND |
| JULY 16 | OTIS & THE HURRICANES |
| JULY 23 | NORTH COUNTY BAND *NO RAIN DATE |
| JULY 30 | THE BERNADETTEs |
| AUGUST 6 | THE ALPACA GNOMES |
| AUGUST 13 | FASTER THINGS |
| AUGUST 20 | FLOYDIAN TRIP |
| AUGUST 27 | MASS CONN FUSION |

LAWN SEATING | TUESDAYS 7:00 PM | FREE ENTRY

RAIN DATES ON THURSDAY OF THE SAME WEEK
 TOWN HALL GREEN & GAZEBO
 5866 MAIN STREET, TRUMBULL, CT

MANY THANKS TO OUR SPONSORS:

Abriola Parkview Funeral Home, Middlebrook Farms at Trumbull, ECCO, The Mallet Charitable Trust, Matt Nuzie.

UPCOMING PROGRAMS AT A GLANCE

- **Food for Thought**—June 4th, *see page 5*
- **Understanding Home Care**—June 6th, *see page 4*
- **AARP Safe Driver**—June 7th, *see page 5*
- **How to Simplify Your Financial Life For You and Your Heirs**—June 11th, *see page 4*
- **Mandala Painting**—June 13th, *see page 5*
- **Summer Landscape Painting**—June 17th, *see page 5*
- **Brain Games**—June 20th, *see page 5*
- **Bingo**—June 18th and June 28th, *see page 5*
- **Trivia w/ Mary**—June 24th, *see page 5*

We will be closed on Wednesday, June 19th in observance of Juneteenth.

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



Home Care Held to a Higher Standard

Non-Medical Hourly & 24/7 Home Care

203-380-5695 • Stratford, CT

Careconnectionsvena.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

(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

JUNE BIRTHDAYS

We would like to wish a very happy birthday to:

- Sharon Altieri
- Janet Amiot
- Florence Behanna
- Gloria Bender
- Nancy Bonitatibus
- Rich Bowers
- George Brana
- Ann Breslow
- Donna Breunig
- Jill Campolucci
- Barbara Carbone
- Rosemarie Carroll
- Judith Chisarik
- Susan Donovan
- Alice Ennis
- Carol Gabris
- Patricia Ganino
- Marianne Garrow
- Kathleen Gillis
- Olga Gonzalez
- Dave Grischuk
- Chet Grygorcewicz
- Belinda Harris-Canty
- Richard Henrietta
- Andrea Hodska
- Mary Hurley
- Diane Kraemer
- Rona Lira
- Elaine Listenes
- Joseph McCabe
- Lary McTiernan
- Madelyn Meagher
- Marie Meresko
- Judith Mills
- Mark Minopoli
- Gloria Murphy
- Jo-Annette Nielsen
- Cynthia O'Brien
- Marie Palmieri
- Mary Piccuillo
- Olive Fay Pieragostini
- Thomas Polascik
- Arlene Pond
- Linda Randall
- Edward Raynor
- Edith Salce
- Patricia Scarpelli
- Barbara Schmidt
- Mukesh Shah
- Barbara Stewart
- Kathleen Stoppel
- Diana Taormina
- Jacqueline Wallace
- Carol Winslow
- Carolyn Wyckoff



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 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

- 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.

THANK YOU SPONSORS

A big thank you to our tea party sponsors:

BIGELOW
FAMILY TEA BLENDERS SINCE 1945

SHERATON
CAREGIVERS
Care. Deliberately Different.

NEW ENGLAND
Young at Heart
Live Well. Laugh Often. Love Much.

Wilton Meadows
REHABILITATION & HEALTH CARE CENTER

Care Connection
by Stratford VNA
Non-medical Home Care

Bridges
BY EPOCH
MEMORY CARE ASSISTED LIVING

Caring Hospice Services
...life is for living

Health Directions
Health Insurance Planning

GIFTED HANDS
HOMECARE

SIMPLIFY YOUR FINANCES

**How to Simplify Your Financial
Life for You and Your Heirs
Tuesday, June 11th
At 10:00 AM**

Join Stephen Archer, Certified Financial Planner, for an informative presentation and learn ways to simplify your financial life, this includes:

1. Advantages and disadvantages of multiple accounts.
2. How accounts are titled is important.
3. What do you do with all the paper you get?
4. How you organize yourself can impact your taxes.
5. What happens to your accounts when you pass away?
6. What papers do you keep and what can you get rid of?
7. Do you have estate documents in place to protect you and your heirs?

To reserve your seat, please call (203) 452-5199.

BE A POLL WORKER

Trumbull needs poll workers to help make sure in-person voting is safe and all eligible votes are counted. Responsibilities include greeting and checking in voters, handing out ballots, guarding the voting machines, and helping voters with visual or mobility issues.

You must be 16 or older to apply. Compensation ranges from \$200 to \$350 and you must attend a training session prior to the election, which is usually held on the Thursday evening before Election Day. Election Day start time is 5:00 am; end time is 9:00 pm or later, depending on how long it takes to make sure that all the votes have been correctly counted. You must work the full day. The town provides lunch and dinner for all poll workers.

The Trumbull General Election on November 7, 2023. **If you are interested in working, please contact the Trumbull Registrars' Office at: 203-452-5059 or 203-452-5058.**

UNDERSTANDING HOME CARE

**Understanding Home Care
Thursday, June 6th
at 10:30 AM**

Join Kelley Green, CDP, CADDCT, Assistance Coordinator for FCP Live-in Homecare for an in depth presentation of everything you need to know about home care in Connecticut. She will explain the differences between what "Homecare" and "Home Health Care" is. This presentation will help you understand what these care options are and their differences. We'll discuss each kind of home care service and understand what each can and can't do for you and also who provides it. We'll also review some of the terminology commonly used, like what are ADLs, skilled nursing, custodial care and others. We'll discuss how to get which home care service that you need and to understand who's responsible for paying for them. Finally, we'll discuss what other kinds of help are available and where to find those resources and why home is better. **To RSVP, please call (203) 452-5199.**

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.**

NUTRITION

**Nutrition as We Age
Every Wednesday
June 26th through July 24th
10:00 AM—11:00 AM**

Join Sacred Heart University Students for this five week workshop to explore why eating well matters. **To RSVP, please call (203) 452-5199.**

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ARE ALWAYS WELCOME!

Book Club Meetings

1st Monday of every month
at 11:00 AM

- **Ask Again, Yes** by Mary Beth Keane—Monday, June 3rd
- **The Huntress** by Kate Quinn—Monday, July 1st
- **A Separation** by Katie Kitamura—Monday, August 5th

Brain Games

Thursday, June 20th
at 9:00 AM

***Please note that Brain Games will only meet on the 3rd Thursday of June.**

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.**

Food for Thought

Tuesday, June 4th
at 10:30 AM

There is no magic pill to prevent cognitive decline and memory loss but following a healthy diet can help keep the brain healthy, memory intact and help protect the mind from premature deterioration. Join Registered Dietitian Nutritionist Carmen Weber for a discussion of brain-boosting foods, foods to limit, the importance of hydration as well as mental benefits of physical activity. Handouts and recipe available for all. Small door prize will be given to one attendee! **To RSVP, please call (203) 452-5199.**

AARP Smart Driver Course

Friday, June 7th
9:00 AM—1:00 PM

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

Movie: Dear John

Monday, June 10th
at 1:00 PM

When a soldier meets an idealistic college student, it's the beginning of a strong romance. Over the next seven tumultuous years and separated by his increasingly dangerous deployment, the lovers stay in touch through their letters, meeting in person only rarely. However, their correspondence triggers consequences that neither could foresee. Starring: Channing Tatum, Amanda Seyfried, Richard Jenkins. **To RSVP, please call (203) 452-5199.**

Mandala Painting Workshop

Thursday, June 13th
at 10:00 AM—12:00 PM

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

Summer Landscape Painting

Monday, June 17th
10:00 AM—12:00 PM

Cost: \$3 Join Art Strokes Instructor, Renu Vora for a fun and relaxing canvas painting class. In this class we will begin by doing hand warmup exercises and then draw and paint a beautiful summer landscape on a canvas using acrylic paint. **Spaces are limited and registration is required. To RSVP, please call (203) 452-5199.**

Bingo

- Tuesday, June 18th at 11:00 AM

Sponsored by Health Directions.

- Friday, June 28th at 12:30 PM

Sponsored by FCP Live-In Home Care.

Please call (203) 452-5199 to RSVP.

Trivia with Mary

Monday, June 24th
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.**

Monthly Birthday Party

Cost of lunch: \$5—\$7 Donation
Tuesday, June 25th

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 Executive Home Care. 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 10:30 AM

Pickleball Open Court:

- Mondays & Wednesdays: 12:30—3:00 PM
- Fridays: Beginners 8:30—10:00 AM/Intermediate 10:00 AM—12:30 PM ***No Pickleball on 6/28**

EXERCISE CLASSES ON ZOOM

Beginning July 1st, membership will be required to participate in all senior center Zoom programs. Members will need to call the main office at (203) 452-5199 to register and receive Zoom information, it will no longer be available via the monthly newsletter. Membership must be up-to-date prior to registering. Zoom information will remain the same for the entire membership year (July 1st through June 30th). You may begin requesting information for July's classes on 6/24/24.

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
****There will be no class on 6/5 and 6/12***
 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 with Deborah Swann
Thursday, June 20th at 7:00 PM
Third Thursday of each month.
 No experience is necessary.
 Meeting ID: 870 1001 5761
 Passcode: 603982

EXERCISE CLASSES IN PERSON

Please note that an active membership is required to participate in all programs and classes. All participants must sign in for classes at the kiosk or with the main office. Thank you!

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, June 20th—August 15th

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
Friday, June 7th & Friday, June 21st at 1:00 PM
First and Third Friday of each month
 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
Friday, June 14th at 1:00 PM
Second Friday of each month

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.

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.

Wheel it Forward is open 10:00 AM – 3:00 PM, Monday-Thursday and by appointment on Fridays.



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

Body Mass Index or commonly known as BMI uses body height and weight to gauge body mass. It screens for weight categories that may lead to health problems. BMI was created by a Belgian mathematician in the 1830's trying to find the "average man". One problem using BMI as a gauge is that it doesn't take into account the different body types. An athlete with a lot of muscle mass might fall in the overweight or obese range. A label like a BMI in the overweight or obese range for an individual is considered "unhealthy" and doesn't take into account overall health. Have a healthy month!

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 (due to the holiday this month will be the 1st and 4th Wednesday)—**Wednesday, June 5th & 26th**. 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, June 11th & 25th**. 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, June 18th**. 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. **For more information or to view our transportation guidelines please visit: <https://www.trumbull-ct.gov/289/Transportation-Services>**



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.

SENIOR CENTER: Rides are available Monday through Friday to the senior center. Please call for more information and times. We require a minimum of 48 hours notice for all rides.

VETERANS: Ask us about rides to the VA in West Haven.

Need a ride somewhere else? We provide rides to the bank, hairdresser, barbershop, or legal appointments.

See page 9 for shopping and trip information!

SHOPPING TRIPS

SHOPPING LOOP

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, JUNE 7th**. 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, JUNE 21st**.

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.

LAVENDER POND FARM

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.

THIMBLE ISLANDS TOUR

***Registration opens on June 21st at 9:00 AM**

Branford, CT

FRIDAY JUNE 26th

Cost: \$19—CASH ONLY (Doesn't include lunch)

Depart: 9:00 AM

Tour the Thimble Islands in style on the Sea Mist! There is a cash bar on the boat as well as a ramp with two steps to enter. Lunch will be at Dockside Seafood and Grill. We cannot guarantee separate checks.

**Please note, we will not accept early registrations. Please call (203) 452-5137 on the designated registration time and leave a voicemail with your name, phone number and the trip you are calling for. All voicemails will be timestamped.*

BUS TRIPS

NEWPORT FLOWER SHOW

Sunday, June 23, 2024 (Register by May 16th)

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

Depart Penny Lane Lot: 8:15 AM

Estimated Return: 5:30 PM

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.**

THE BIG E! NEW ENGLAND'S EXTRAVAGANZA!

Thursday, September 19, 2024—West Springfield, MA

Cost: \$104 (Checks made to Friendship Tours)

Depart Penny Lane Lot: 9:00 AM

Estimated Return: 6:00 PM

Last Day to Register: August 12th

Six State Exposition · Avenue of States Food Contests & Cooking Demos Petting Zoo · Rides Shopping · Craft vendors The Big E Super Circus Horse Shows & Parades! Shops at Storowton Village. **Lunch is not included in the price and will be on your own.**

CHER AT GRAND OAK VILLA

Thursday, October 10, 2024—Oakville, CT

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

Depart Penny Lane Lot: 10:30 AM

Estimated Return: 4:15 PM

Last Day to Register: September 3rd

Get ready to go on a musical journey of Cher's spectacular career. Lisa Carter promises to bring in the elaborate costumes and wigs, banter and comedy to this magical show. Alongside Lisa, special guest Freddie Marion will be showcasing country crooner Kenny Rogers' great hits. Don't miss this tribute show bringing in The Glitz, The Glam, the Music and the Mackie...all wrapped up in one rhinestoned and feathered extravaganza!!! **Lunch will be Chicken Parmesan & Roast Beef with Gravy.**

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.

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

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. You must specify when making your reservation that you would like the sandwich. Sandwiches will not be available on special event days (ex.-holiday parties).**

| Monday, June 3 rd | Tuesday, June 4 th | Thursday, June 6 th |
|------------------------------------------------------------------------------------|----------------------------------------------------------------------------|----------------------------------------------|
| Kielbasa/Cabbage Pierogi | Manicotti with Meatballs | Chicken Sandwich |
| Monday, June 10 th | Tuesday, June 11 th | Thursday, June 13 th |
| Vegetable Chili with Baked Potato | Roast Beef with Mashed Potatoes | Sausage Cavatelli |
| Monday, June 17 th | Tuesday, June 18 th | Thursday, June 20 th |
| Chicken Cacciatore | Seafood Salad Croissant Sandwich | Shepherd's Pie |
| Monday, June 24 th | Tuesday, June 25 th | Thursday, June 27 th |
| Baked Stuffed Zucchini with Sausage Stuffing | Breakfast for Lunch! Spinach/Mushroom Frittata, Pancakes, Home Fries | Cookout! Burger, Hot dog or Veggie Burger |
|  | | |
| | | |

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.littleangelshomecare.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

rYnaHEALTH™
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.

Mark Pacheco
Field Sales Executive
1-860-576-2858 (TTY: 711)

8AM-8PM, Monday-Friday
A licensed agent will answer your call.

PachecoM1@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>3</p> <p>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</p> | <p>4</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap with Rose 10:30 Scrabble 10:30 Sit and Fit 10:30 Food for Thought 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p> | <p>5</p> <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 10:00 Brainteasers 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court</p> | <p>6</p> <p>9:00 Chair Yoga 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Und. Home Care 10:30 Sit and Fit 12:00 Lunch</p> | <p>7</p> <p>8:30 Beginner Pickleball 9:00 The Loop 9:00 AARP Smart Driver 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 10:30 Mahjong 1:00 Yoga Nidra</p> |
| <p>10</p> <p>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 1:00 Movie</p> | <p>11</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Simplify Your Finances 10:00 Needlework Group 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p> | <p>12</p> <p>9:00 Morning Exercise 9:00 Shoprite 10:00 Tai Chi 10:00 Pinochle 10:00 Brainteasers 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court</p> | <p>13</p> <p>9:00 Chair Yoga 10:00 Pinochle 10:00 Needlework Group 10:00 Mandala Painting 10:15 Strength 10:30 Sit and Fit 12:00 Lunch</p> | <p>14</p> <p>8:30 Beginner Pickleball 9:15 Lavender Pond Farm 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 10:30 Mahjong 1:00 Sound Healing</p> |
| <p>17</p> <p>9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 Sum. Landscape Paint 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>18</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 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 Caregiver Support</p> | <p>19</p> <p>The Center is closed in observance of Juneteenth.</p> | <p>20</p> <p>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 Sit and Fit 12:00 Lunch 7:00 Comm. Meditation</p> | <p>21</p> <p>8:30 Beginner Pickleball 9:00 Walmart 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 10:30 Mahjong 1:00 Yoga Nidra</p> |
| <p>24</p> <p>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</p> | <p>25</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 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> | <p>26</p> <p>9:00 Morning Exercise 9:00 Shoprite 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Nutrition as We Age 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p> | <p>27</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch</p> | <p>28</p> <p>10:00 Art Expo 10:30 Mahjong 12:30 Bingo</p> |

JUNE 2024

*All virtual programs are written in GREEN text.

