



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

JULY 2024

MEMBERSHIP RENEWAL



It's that time of year! July 1, 2024 begins our new membership year. 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.*

REAL ESTATE MARKET DISCUSSION PANEL

Real Estate Market Discussion Panel
Wednesday, July 31st
at 10:00 AM

Join us for a discussion on the ever-changing real estate market, reverse mortgages, what options are available for those ages 55+, what important documents to have, and more. The panel will include Lisa Valenti, Senior Real Estate Specialist, Cheryl Castellano of AllPoints Mortgage LLC and Lori Dion, Attorney at Law. Bring any questions you may have for the panelists. Light refreshments will be served. **To RSVP, please call (203) 452-5199.**

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

SUNDAY SUMMER CONCERTS

LAWN SEATING ♦ **4:00PM** ♦ FREE ENTRY

JULY 7	ACE & FRIENDS
JULY 14	THE KC SISTERS
JULY 21	DESTINY BAND
JULY 28	OVER EASY
AUGUST 4	THE KENN MORR BAND
AUGUST 11	JUKEBOX 45
AUGUST 18	WEST ROCK
AUGUST 25	THE BOB BUTTON BAND

TOWN HALL GREEN & GAZEBO
5866 MAIN STREET, TRUMBULL, CT

THANK YOU TO OUR SPONSOR
Bridges
BY EPOCH
MEMBER CARD ACCEPTED VENUE

UPCOMING PROGRAMS AT A GLANCE

- **Just What is the Declaration of Independence**—July 11th, *see page 5*
- **AI Scams**—July 15th, *see page 5*
- **Grief: Discovering an Unexpected Gift**—July 16th, *see page 4*
- **Bingo**—July 16th and July 26th, *see page 5*
- **Summer Craft w/ Mary**—July 18th, *see page 5*
- **Mental Wealth-Boost Your Mood**—July 25th, *see page 5*
- **A Funny Program About Funny Programs**—July 30th, *see page 5*

We will be closed on Thursday, July 4th and Friday, July 5th in observance of Independence Day.



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**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

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



**OUR COMMUNITY
NEWSLETTER**
OCTOBER EDITION

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

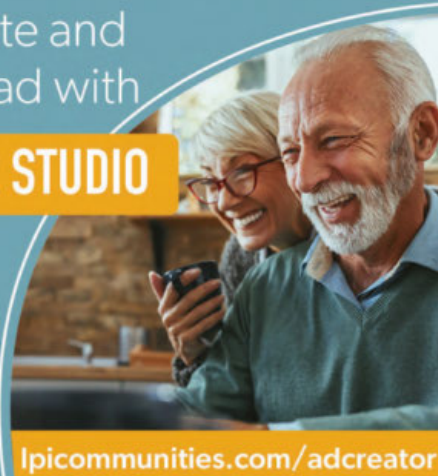


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Trumbull Senior Center

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

Kathleen Bordelon

Mark Ryan: Vice Chair

Nancy Lucas

Alissa Heilbrunn: Secretary

Linda Randall

Barbara Crandall: Clerk

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

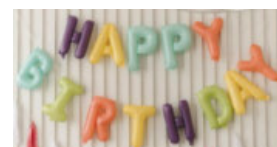
VFW: Graham Bisset (475) 243-3811

The American Legion: Ernie Foito (203) 913-5689

JULY BIRTHDAYS

We would like to wish a very happy birthday to:

- Augustus Aquino
- Donna Bailey
- Geraldine Brady
- Jane Bromley
- Janet Butchko
- Michael Cerulo
- Gregory Chuga
- Constance Cleary
- Helen Collins
- Mary Grace Corica
- Marlene Crespo
- Patsy Decarlo
- Sunder Desai
- Chithra Dhandayvtham
- Margaret DiMasi
- Mary Fiorini
- Barbara Foligno
- Virginia Gagliardo
- Roberta Grega
- Carolyn Grosso
- Della Hawkins
- June Hoyt
- Mary Isaac
- Wayne Johnson
- Dolores Kosarko
- Kathy Kurzatowski
- Nancy Loughlin
- Mary Ann Luczaj
- Rita McDougald-Campbell
- Katherine McMullen
- Sally Melzer
- Esther Miller
- Lynn Mones
- Richard Montgomery
- Aurora Montini
- Pat Notarnicola Jr.
- Frank Nyitrai
- Robert Olson
- Elsa (Nurys) O'Neill
- Robert Palazzo
- Barbara Porter
- Joyce Rehling
- Maria Ribeiro
- Thomas Rosinski
- Dan Sacco
- Rosalie Schwarz
- Debbie Selski
- Antonio Senes
- Nora Shea
- Barbara Skibiski
- Dennis Soltis
- Ellen Stevens
- Marie Strolin
- Sonya Suarez-Hammond
- Alice Targowski
- Marcia Tubin
- Elaine Van Allen
- Ana Velazquez
- Lorraine Wall
- Eloise Wallace
- Susan Wolk-Smith
- Tyrone Zandy
- Joanne Zboray
- Bruce Zboray



ART CLASSES IN-PERSON

**Painting with Jill on Fridays from
10:00 AM to 12:00 PM
Current Workshop Ends on
Friday, July 19th**

**Registration for the 6 week
summer workshop opens on
Monday, July 8th at 9:00 AM.**

This is a 6-week combined oil/
acrylic and watercolors workshop
that begins on Friday, July 26th and
is projected to end on August 30th.

Membership and preregistration is
required to participate. **To register,
please call (203) 452-5199.**

**Cost for Residents (6 weeks): \$15
Cost for Non-Residents (6 weeks):
\$30**

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. *Scholar-
ships 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

- 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.

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 work-
shop to explore why eating well
matters. **To RSVP, please call
(203) 452-5199.**

SIGN LANGUAGE CLASSES

Beginning in July, we will be
offering two sign language
programs every Wednesday. No
experience necessary, classes are
casual. One class will be for
beginners and the second will be
for anyone who wishes to continue
learning from the May/June
workshop previously offered.

- **Continuing Sign Language
Wednesdays beginning July
3rd at 10:00 AM**
- **Introductory to Sign
Language
Wednesdays beginning July
3rd at 11:00 AM**

**To sign up, 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 Primary Election is on August
13, 2024 and the Presidential
Election is on November 5,
2024. **If you are interested in
working, please contact the
Trumbull Registrars' Office at:
203-452-5059 or 203-452-5058.**

UNDERSTANDING AN UPEXPECTED GIFT

**Grief: Understanding an
Unexpected Gift
Tuesday, July 16th
at 10:00 AM**

This Talk may be useful to people
of different religious faiths or of no
religious faith in particular but will
be rooted in what is most deeply
human. It may be that our grief is a
place of healing and an experience
of what is most true in what it
means to be human. Each time we
open to the various shapes and
stages and tasks of grieving can it
be that we discover an unexpected
gift to ourselves and to the people
around us? We will enjoy together
small teaching stories, poems and
perhaps even some laughter to dis-
cover that we are not alone, rather,
we find ourselves in the community
of all those who know loss and
tears and gift in our human journey
together.

Doug Ryniewicz MS/Mdiv is an
ordained pastor who serves Good
Shepherd Church in Monroe.
He is also a trained professional
counselor. Until recently he taught
and trained counselors and thera-
pists in formation in family therapy
and in loss and grief counseling. **To
RSVP, please call (203) 452-5199.**

SUMMER CONCERTS

TRUMBULL PARKS & RECREATION
2024 SUMMER CONCERTS

JUNE 25	BLACK TIES & BOURBON
JULY 2	I'LLIGURI
JULY 9	SILVER STEEL BAND
JULY 16	OTIS & THE HURRICANES
JULY 23	NORTH COUNTY BAND
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**

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

MANY THANKS TO OUR SPONSORS:

Middlebrook Farm
Arriola Parkview
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The Mallet Charitable Trust

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ARE ALWAYS WELCOME!

Book Club Meetings

1st Monday of every month
at 11:00 AM

- **The Huntress** by Kate Quinn—
Monday, July 1st
- **A Separation** by Katie
Kitamura—Monday, August 5th

Brain Games

Thursday, July 18th
at 9:00 AM

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

**Mark Albertson Presents: Just
What is the Declaration of
Independence?**

Thursday, July 11th
at 10:00 AM

Join historian, Mark Albertson for
a presentation on the Declaration of
Independence. **To RSVP, please
call (203) 452-5199.**

AI Scams

Monday, July 15th
at 10:00 AM

Join Cherina Hamilton of Opulent
Home Care for a program designed
to educate seniors on the nature and
risks of AI-related scams. It aims to
empower them with the knowledge
and tools to identify, avoid, and
respond to fraudulent activities
effectively. **To RSVP, please call
(203) 452-5199.**

Movie: Top Gun Maverick

Monday, July 15th
at 1:00 PM

After 30 years, Maverick is still
pushing the envelope as a top naval
aviator, but must confront ghosts of
his past when he leads Top Gun's
elite graduates on a mission. Star-
ring: Tom Cruise, Jennifer Connel-
ly, and Miles Teller. **To RSVP,
please call (203) 452-5199.**

Summer Craft with Mary

Thursday, July 18th
at 10:30 AM

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

**Mental Wealth-Boost Your
Mood**

Thursday, July 25th
at 11:00 AM

Dealing with stress can be
overwhelming. Join us for an
interactive presentation given by
Debi Coniglio-Kilcourse, exercise
physiologist and senior advocate
with Sheraton Caregivers. Learn
some tips and tricks to handle
what life throws at you. Including:
Aromatherapy, Nutrition,
Breathing, Time Management, and
Exercise. **To RSVP, please call
(203) 452-5199.**

**A Funny Program About Funny
Programs**

Tuesday, July 30th
at 1:00 PM

Award-winning author and pop
culture historian Martin Gitlin
hosts this fun and enlightening
presentation based on his book,
The Greatest Sitcoms of All Time.
He is the only author to actually
rank the best of the best, including
I Love Lucy, The Honeymooners,
The Andy Griffith Show, Get
Smart, All in the Family, and
more. He will show funny snippets
from those shows and others, chal-
lenge patrons with sitcom trivia
(including identifying cool theme
songs!), discuss the criteria he
used to rank 70 years of sitcoms
and talk about how they have
evolved over the decades in hu-
mor, presentation and content.
This program is really entertaining
so join in on the fun! **To RSVP,
please call (203) 452-5199.**

Bingo

- Tuesday, July 16th at 11:00 AM
- Friday, July 26th at 12:30 PM
Sponsored by Opulent Home Care.
**Please call (203) 452-5199 to
RSVP.**

Trivia with Mary

Monday, July 29th
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, July 30th

12:00 PM Lunch/12:30 PM Cake
Join us to celebrate this month's
birthdays with lunch and cake!

**The cake is sponsored by
Middlebrook Farms at Trumbull.**
**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

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

Chair Yoga with Jeannie
Thursdays at 9:00 AM

Zumba Gold and Toning with Pauline
Wednesdays at 11:00 AM

Sit and Fit with Bobbi
Thursdays at 10:30 AM

QiGong with Julie
Wednesdays at 1:00 PM

Community Meditation with Deborah Swann
Thursday, July 18th at 7:00 PM
Third Thursday of each month.
No experience is necessary.

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

High-Low Aerobics & Balance w/ Heather
Thursdays at 9:00 AM

Zumba Gold and Toning with Pauline
Mondays at 11:15 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.

Moderate Yoga with Jeannie
Tuesdays at 9:00 AM
Please bring a yoga mat.

Strength and Zumba Toning with Nancy
Thursdays at 10:15 AM
Please bring your own weights.

Tap with Rose
Tuesdays at 10:00 AM
8 Week Workshop, July 9th—August 27th

Yoga Nidra with Deborah Swann
Friday, July 19th at 1:00 PM—No class on 7/5
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.

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

Sound Healing with Tina
Friday, July 12th at 1:00 PM
Second Friday of each month

Morning Exercise with Nancy
Wednesdays at 9:00 AM

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.

Tai Chi with David
Wednesdays at 10:00 AM

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.

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

Returning to Trumbull Parks & Recreation



TRUMBULL FARMERS' MARKET
LOCAL FRESH

OPENING MAY 23RD

THURSDAYS at 4PM
TWIN BROOKS PARK
BROCK ST., TRUMBULL, CT
May 23 – October 10
no market July 4th
Rain or Shine

TRUMBULL FOOD PANTRY DONATIONS

TRUMBULL FOOD PANTRY

use the camera function on your phone and click to the link



Facebook page

Please "like" our page!



Amazon Wish List

Please shop our page with shipping direct to the Food Pantry



Shopping List

These are items most in need right now.

Karen Seferi Food Pantry Coordinator kseferi@trumbull-ct.gov
23 Priscilla Place Trumbull, CT 06611 Phone: 203-452-5136
Hours: Monday, Tuesday and Thursday 9:30am-4:00pm.
Appointments are required. Please call ahead for donation drop off.

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.

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.**

2024-2025 Income Limits

Household Size	Monthly Income	Annual Income
1	\$2,322	\$27,861
2	\$3,152	37,814
3	\$3,981	47,767
4	\$4,810	57,720
5	\$5,640	67,673

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

Mindful eating is a present-moment awareness of the eating experience. It's a practice that can help us to slow down and be more aware of what we're eating and how much. Mindful eating is about making choices that will be more satisfying and nourishing to the body in modest portions. In Italy it is considered poor manners to drink coffee while walking down the street. Food and coffee are meant to be enjoyed while sitting down in a café especially with friends.

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, July 3rd & 17th**. Join Dr. Morris for this open-discussion group that will touch base on all different life topics and provide an opportunity for discussion and reflection. To join, contact Dr. Cornelia Morris at cmorris@trumbull-ct.gov and/or call (203) 452-5158.

GRIEF AND LOSS GROUP

Facilitated by Dr. Cornelia Morris, PhD, LADC. Meets the 2nd and 4th Tuesday of each month at 9:00 AM at the senior center—**Tuesday, July 9th & 23rd**. To join, contact Dr. Cornelia Morris at cmorris@trumbull-ct.gov and/or call (203) 452-5158.

CAREGIVER SUPPORT GROUP

Facilitated by Trumbull Social Services. Meets the 3rd Tuesday of every month at 1:00 PM at the senior center—**Tuesday, July 16th**. Caring for a senior loved one is a constant challenge. Countless others share this burden. How do they do it? What have they learned? These illuminating discussions help caregivers gain the perspective and strength necessary to remain positive and empathetic as they continue their selfless service. **To attend, please call (203) 452-5199.**

TRANSPORTATION

(203) 452-5137

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

See right column for upcoming changes!
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, JULY 12th**. 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, JULY 19th**.

GROCERY SHOPPING

Every Wednesday we offer grocery shopping trips for residents. On the 1st and 3rd (and 5th) Wednesday of the month, we go to Stop and Shop in Trumbull and on the 2nd and 4th Wednesday of the month we go to ShopRite in Shelton. The estimated pick up time at your home is between 9:00 AM-9:45 AM. Shop for an hour and then return home.

LEISURE TRIPS

PAYMENT FOR TRIPS MUST BE MADE WITHIN 2 DAYS OF SIGN UP OR YOUR RESERVATION MAY BE RELEASED. PLEASE CONFIRM CANCELLATION POLICY.

THIMBLE ISLANDS TOUR

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

Branford, CT

FRIDAY, JULY 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.

CAPTAIN'S COVE

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

Bridgeport, CT

WEDNESDAY, AUGUST 14th

Cost: \$14 (Doesn't include lunch)

Depart: 12:30 PM

Join us for an afternoon on the boardwalk. There is a \$9.99 fish fry special and drink for our group. After lunch, enjoy the eclectic boutiques! 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.*

UPCOMING SHOPPING CHANGES

Beginning in August, all grocery shopping will take place on Fridays. The 1st, 3rd and 5th Friday will be Stop and Shop, the 2nd and 4th Friday will be Shoprite. The Loop will be the 1st Wednesday of the month and Walmart will be the 3rd Wednesday of the month.

BUS TRIPS

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

Other Menu Selections: Sandwich—Only available when ordering 24 hours in advance and it must be specified in your reservation that you are ordering a sandwich.

Sandwiches are NOT available on special event days.

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.

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals.

Monday, July 1 st	Tuesday, July 2 nd	Thursday, July 4 th
Fish Sandwich with Sweet Potato Wedges	Chef Salad	The Center is closed in observance of Independence Day.
Monday, July 8 th	Tuesday, July 9 th	Thursday, July 11 th
Stuffed Shells and Meatballs	Tuscan Chicken with Rice	Pork Loin with Sweet Potato
Monday, July 15 th	Tuesday, July 16 th	Thursday, July 18 th
Roast Beef with Mashed Potatoes	Sausage and Peppers with Rice	Taco Salad
Monday, July 22 nd	Tuesday, July 23 rd	Thursday, July 25 th
Eggplant Parmesan with Pasta	Chicken Sandwich with Mixed Vegetables	Cookout! Hamburger, Hot Dog or Veggie Burger
Monday, July 29 th	Tuesday, July 30 th	
Ham with Scalloped Potatoes	Chicken Burrito Bake	

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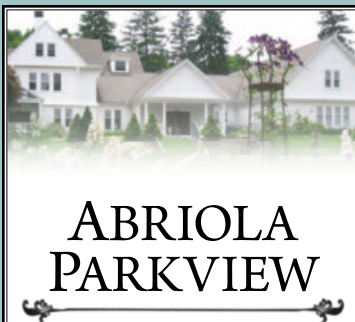
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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</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>2</p> <p>9:00 Moderate Yoga 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>3</p> <p>9:00 Morning Exercise 9:00 Stop and Shop 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Nutrition as We Age 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>4</p> <p>The Center is closed in observance of Independence Day.</p>	<p>5</p> <p>The Center is closed in observance of Independence Day.</p>
<p>8</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</p>	<p>9</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p>	<p>10</p> <p>9:00 Morning Exercise 9:00 Shoprite 10:00 Tai Chi 10:00 Pinochle 10:00 Nutrition as We Age 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>11</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Mark Albertson 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 12:30 Drama Club</p>	<p>12</p> <p>8:30 Beginner Pickleball 9:00 The Loop Shopping 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 10:30 Mahjong 1:00 Sound Healing</p>
<p>15</p> <p>9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 AI Scams 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>16</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap w/ Rose 10:00 Grief:Understanding 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>17</p> <p>9:00 Morning Exercise 9:00 Stop and Shop 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Nutrition as We Age 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>18</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 Summer Craft w/ Mary 10:30 Sit and Fit 12:00 Lunch 12:30 Drama Club 7:00 Comm. Meditation</p>	<p>19</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>22</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</p>	<p>23</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p>	<p>24</p> <p>9:00 Morning Exercise 9:00 Shoprite 10:00 Tai Chi 10:00 Pinochle 10:00 Nutrition as We Age 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>25</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 11:00 Mental Wealth 12:00 Lunch 12:30 Drama Club</p>	<p>26</p> <p>8:30 Beginner Pickleball 9:00 Thimble Islands 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 10:30 Mahjong 12:30 Bingo</p>
<p>29</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>30</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Birthday Party 12:30 Canasta 1:00 A Funny Program 1:00 Line Dancing</p>	<p>31</p> <p>9:00 Morning Exercise 9:00 Stop and Shop 10:00 Tai Chi 10:00 Pinochle 10:00 Real Estate Discussion 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong</p>	<p>JULY 2024</p> <p>*All virtual programs are written in GREEN text.</p> 	