



# 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 1<sup>st</sup> through June 30<sup>th</sup>. There is a slight increase in our membership dues this year as a result of rise in overall costs and additional programming. *Need based scholarships are available for Trumbull residents.*

## REAL ESTATE MARKET DISCUSSION PANEL

**Real Estate Market Discussion Panel**  
**Wednesday, July 31<sup>st</sup>**  
**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	JKUKEBOX 45
AUGUST 18	WEST ROCK
AUGUST 25	THE BOB BUTTON BAND

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MEMORY CARE ASSISTED LIVING

## UPCOMING PROGRAMS AT A GLANCE

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

**We will be closed on Thursday, July 4<sup>th</sup> and Friday, July 5<sup>th</sup> in observance of Independence Day.**



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Trumbull Senior Center

06-5293

**HUMAN SERVICES STAFF****Director of Human Services**

Michele Jakab, LCSW  
mjakab@trumbull-ct.gov

(203) 452-5144

**SENIOR CENTER****Senior Center Coordinator**

Ronnie Mogensen  
rmogensen@trumbull-ct.gov

**(203) 452-5199**

(203) 452-5199

**Front Desk**

Amanda DeBernardo  
adebernardo@trumbull-ct.gov

(203) 452-5199

**Transportation/Trips**

Erinne Bugge  
ebugge@trumbull-ct.gov

(203) 452-5137

**SOCIAL SERVICES****Social Services Coordinator**

Jennifer Gillis B.A.  
jgillis@trumbull-ct.gov

**(203) 452-5198**

(203) 452-5133

**Social Services Receptionist**

Judy Cahill  
jcahill@trumbull-ct.gov

(203) 452-5135

**Food Pantry**

Karen Seferi  
kseferi@trumbull-ct.gov

(203) 452-5136

**Wellness Nurse**

Susan Clay, BSN RN  
sclay@trumbull-ct.gov

(203) 452-5134

**First Selectman**

Vicki Tesoro  
Firstselectman@trumbull-ct.gov

(203) 452-5005

**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

Kathleen Bordelon  
Nancy Lucas  
Linda Randall  
Eve Rothbard  
Evelyn Wiesner

**MEMBERSHIP****JULY 1<sup>ST</sup> - JUNE 30<sup>TH</sup>**

Membership runs from July 1<sup>st</sup>—June 30<sup>th</sup>.

You can join at anytime during the year.

**Resident Annual Fee: \$10**

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

**Newsletter Mailed:** \$10 annually

**You may print our membership form out online:**

<https://www.trumbull-ct.gov/Archive.aspx?AMID=50>  
or call the office at (203) 452-5199.

**MISSION STATEMENT**

Enrich the lives of older adults by offering programs and education that promote a healthy lifestyle, support independence, and enhance community engagement.

**IMPORTANT PHONE NUMBERS**

**Elder Justice Hotline:** 1-860-808-5555

**Agency on Aging:** (203) 333-9288

**211:** Referrals to local resources. Call 211

**VFW:** Graham Bisset (475) 243-3811

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

**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 Gross
- Della Hawkins
- June Hoyt
- Mary Isaac
- Wayne Johnson
- Dolores Kosarko
- Kathy Kurzatkowski
- 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



## 4 ACTIVITIES, PROGRAMS AND EVENTS

### ART CLASSES IN-PERSON

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

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

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

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. *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

- 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 26<sup>th</sup> through July 24<sup>th</sup> 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.**

### 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 3<sup>rd</sup> at 10:00 AM**
- **Introductory to Sign Language Wednesdays beginning July 3<sup>rd</sup> 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 UEXPECTED GIFT

#### Grief: Understanding an Unexpected Gift

**Tuesday, July 16<sup>th</sup> 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 discover 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 therapists in formation in family therapy and in loss and grief counseling. **To RSVP, please call (203) 452-5199.**

### SUMMER CONCERTS



## IN PERSON PROGRAMS AND GAMES

**Book Club Meetings**

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

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

**Brain Games**

**Thursday, July 18<sup>th</sup>  
at 9:00 AM**

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

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

**Thursday, July 11<sup>th</sup>  
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 15<sup>th</sup>  
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 15<sup>th</sup>  
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. Starring: Tom Cruise, Jennifer Connelly, and Miles Teller. **To RSVP, please call (203) 452-5199.**

## CAREGIVERS ARE ALWAYS WELCOME!

**Bingo**

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

**Trivia with Mary**

**Monday, July 29<sup>th</sup>  
at 10:30 AM**

**Last Monday of every month.**

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

**Monthly Birthday Party**

**Cost of lunch: \$5—\$7 Donation  
Tuesday, July 30<sup>th</sup>**

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

**The cake is sponsored by  
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

**Pinocle:** 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 1<sup>st</sup>, 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 1<sup>st</sup> through June 30<sup>th</sup>). You may begin requesting information for July's classes on 6/24/24.**

**Yoga with Jeannie**  
**Mondays at 10:30 AM**

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

**QiGong with Julie**  
**Wednesdays at 1:00 PM**

**Chair Yoga with Jeannie**  
**Thursdays at 9:00 AM**

**Sit and Fit with Bobbi**  
**Thursdays at 10:30 AM**

**Community Meditation with Deborah Swann**  
**Thursday, July 18<sup>th</sup> 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**

**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, July 9<sup>th</sup>—August 27<sup>th</sup>**

**Sit and Fit with Bobbi**  
**Tuesdays at 10:30 AM**  
Please bring your own weights.

**Line Dancing with Tom Mohyde**  
**Tuesdays at 1:00 PM**

**Morning Exercise with Nancy**  
**Wednesdays at 9:00 AM**

**Tai Chi with David**  
**Wednesdays at 10:00 AM**

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

**8 Week Workshop, June 20<sup>th</sup>—August 15<sup>th</sup>**  
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, July 19<sup>th</sup> 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.

**Sound Healing with Tina**  
**Friday, July 12<sup>th</sup> 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 1<sup>st</sup> – October 1, 2024.

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

Maximum for single household: \$43,800

Maximum for married household: \$53,400

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

## EMERGENCY ASSISTANCE

Trumbull offers Hardship and Emergency Assistance to Trumbull Residents. Please call Social Services (203) 452-5198. This can be applied towards rent, medical, utilities, or other needs.

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



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

### 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 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month at 9:00 AM at the senior center—**Wednesday, July 3<sup>rd</sup> & 17<sup>th</sup>**. Join Dr. Morris for this open-discussion group that will touch base on all different life topics and provide an opportunity for discussion and reflection. To join, contact Dr. Cornelia Morris at [cmorris@trumbull-ct.gov](mailto:cmorris@trumbull-ct.gov) and/or call (203) 452-5158.

### GRIEF AND LOSS GROUP

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

### CAREGIVER SUPPORT GROUP

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

**To attend, please call (203) 452-5199.**

### TRANSPORTATION

(203) 452-5137

The Trumbull Senior Center provides transportation to residents, age 60 and over and/or age 55-59 and disabled. Buses are fitted with UV light/air filtration systems. **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 12<sup>th</sup>**. Stores include Big Y, Best Buy, Kohl's, Target, and Five Below.

WALMART SHOPPING TRIP

One Friday a month we offer rides to Walmart in Shelton. Estimated pick up time is between 9:00-9:45 AM. Shop for an hour then return home. The Walmart shopping date is **FRIDAY, JULY 19<sup>th</sup>**.

GROCERY SHOPPING

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

## LEISURE TRIPS

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

THIMBLE ISLANDS TOUR

**\*Registration opens on June 21<sup>st</sup> at 9:00 AM**

Branford, CT

**FRIDAY, JULY 26<sup>th</sup>**

**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 19<sup>th</sup> at 9:00 AM**

Bridgeport, CT

**WEDNESDAY, AUGUST 14<sup>th</sup>**

**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 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Friday will be Stop and Shop, the 2<sup>nd</sup> and 4<sup>th</sup> Friday will be Shoprite. The Loop will be the 1<sup>st</sup> Wednesday of the month and Walmart will be the 3<sup>rd</sup> 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 12<sup>th</sup>**

SAIL ON! is the most popular Beach Boys Tribute, appearing all over the world. Performing all of the classic hits, plus some treasures from the brilliant extended catalog, SAIL ON faithfully recreates the timeless songs of surfing, cruising, dancing, and dreaming for everyone that wants to have Fun! Fun! Fun! **Lunch will be Lemon Chicken & Maple Glazed Salmon.**

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

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 3<sup>rd</sup>**

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 30<sup>th</sup> 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<sup>st</sup>****Tuesday, July 2<sup>nd</sup>****Thursday, July 4<sup>th</sup>**

Fish Sandwich with Sweet Potato Wedges

Chef Salad

The Center is closed in observance of Independence Day.

**Monday, July 8<sup>th</sup>****Tuesday, July 9<sup>th</sup>****Thursday, July 11<sup>th</sup>**

Stuffed Shells and Meatballs

Tuscan Chicken with Rice

Pork Loin with Sweet Potato

**Monday, July 15<sup>th</sup>****Tuesday, July 16<sup>th</sup>****Thursday, July 18<sup>th</sup>**

Roast Beef with Mashed Potatoes

Sausage and Peppers with Rice

Taco Salad

**Monday, July 22<sup>nd</sup>****Tuesday, July 23<sup>rd</sup>****Thursday, July 25<sup>th</sup>**

Eggplant Parmesan with Pasta

Chicken Sandwich with Mixed Vegetables

Cookout!  
Hamburger, Hot Dog or Veggie Burger**Monday, July 29<sup>th</sup>****Tuesday, July 30<sup>th</sup>**

Ham with Scalloped Potatoes

Chicken Burrito Bake

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub <b>10:30 Yoga</b> 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	2 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	3 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 <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	4 <b>The Center is closed in observance of Independence Day.</b>	5 <b>The Center is closed in observance of Independence Day.</b>
8 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub <b>10:30 Yoga</b> 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	9 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	10 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 <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	11 <b>9:00 Chair Yoga</b> 9:00 High-Low Aerobics 10:00 Mark Albertson 10:00 Pinochle 10:00 Needlework Group 10:15 Strength <b>10:30 Sit and Fit</b> 12:00 Lunch 12:30 Drama Club	12 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
15 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 AI Scams 10:30 Rummikub <b>10:30 Yoga</b> 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Movie	16 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	17 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 <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	18 <b>9:00 Chair Yoga</b> 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 <b>10:30 Sit and Fit</b> 12:00 Lunch 12:30 Drama Club <b>7:00 Comm. Meditation</b>	19 8:30 Beginner Pickleball 9:00 Walmart 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 10:30 Mahjong 1:00 Yoga Nidra
22 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub <b>10:30 Yoga</b> 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	23 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	24 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 <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	25 <b>9:00 Chair Yoga</b> 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength <b>10:30 Sit and Fit</b> 11:00 Mental Wealth 12:00 Lunch 12:30 Drama Club	26 8:30 Beginner Pickleball 9:00 Thimble Islands 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 10:30 Mahjong 12:30 Bingo
29 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Trivia w/ Mary <b>10:30 Yoga</b> 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	30 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	31 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 <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court <b>1:00 Qigong</b>	<b>JULY 2024</b> *All virtual programs are written in GREEN text.	

