



## TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

AUGUST 2024

### SAVE THE DATE: SENIOR CENTER PROM

**Join us for an afternoon on the  
Hollywood Red Carpet!  
Friday, September 20th  
1:00 PM to 3:00 PM**

September is National Senior Center Month and to celebrate, we will be hosting a Senior Center Prom. Join us for music, dancing, appetizers, a photobooth and more!

**Registration opens on Monday, August 19<sup>th</sup> at 9:00 AM. Membership and registration are required to attend.**

**Cost: \$8 for Residents/\$10 for Non-Residents. Membership is required. Payment must be made within five business days of signup.**



### GBT CONNECT : RIDE SHARE FOR RESIDENTS

## Get a Ride and Get Goin'

Affordable ride sharing in Trumbull, CT

**DOWNLOAD THE APP**

DROID APPLE

**\$4**

Find out more at [gbtconnect.org](http://gbtconnect.org)

**gbtconnect**  
gbtconnect.org

- Start by downloading the app or call (203) 916-9355 to get started. All Trumbull residents are eligible.
- The service is 7 days a week. 6:00 AM—8:00 PM, anywhere within the town of Trumbull.
- \$4 per ride (each way). Pay through the app, with a credit/debit card or with cash when boarding.
- You can book a ride up to two days in advance.
- All vehicles are wheelchair accessible and drivers are trained to help people with disabilities.
- The app shows estimate of when your ride will arrive and how long to your destination.

### UPCOMING PROGRAMS AT A GLANCE

- **Brain Games**—August 1<sup>st</sup> & 15<sup>th</sup>, see page 5
- **Improve Your Balance**—August 5<sup>th</sup>, see page 5
- **Bingo**—August 6<sup>th</sup> and August 30<sup>th</sup>, see page 5
- **Joyful Memories**—August 8<sup>th</sup>, see page 5
- **Movie**—August 19<sup>th</sup>, see page 5
- **Trivia with Mary**—August 19<sup>th</sup>, see page 5

**We will be closed on Friday, August 23<sup>rd</sup> for staff development and building maintenance.**



**Care  
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- Memory Support
- Short-Term Rehab
- Outpatient Therapy & Fitness

**SCHEDULE YOUR TOUR TODAY!** | 203-225-5000  
580 Long Hill Avenue, Shelton, CT 06484 | www.umh.org

## INSPIRING MEMORY CARE



**Bridges**  
BY EPOCH

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AT TRUMBULL

Bridges® offers expert care and a truly enriching lifestyle for those in all stages of memory loss.

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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?**



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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 & Trip Coordinator**

Kyle Black (203) 452-5137  
kblack@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

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

## TRUMBULL COMMUNITY TELEVISION



Watch Trumbull TV on Charter Spectrum channel 194, on YouTube at TCTV Trumbull, or on Facebook to watch LIVE municipal meetings and events.

## AUGUST BIRTHDAYS

**We would like to wish a very happy birthday to:**

- John Annick
- Robert Bajoros
- Janis Baldino
- Mary Blake
- Elaine Borno
- Sriani Chinniah
- Paula Davidson
- Robert Dolyak
- Diane Fried
- Mark Gang
- Nancy Gomes
- Arlene Grogan
- Clifford Haut
- Edith Kreisman
- Robert Larsen
- Joyce Michaels
- Susan Oprendeck
- Michael Oprendeck
- Bharati Pandya
- Margaret Potucek
- Diane Rivers
- Alice Santangini
- Rosemary Sierer
- Gail Usher
- Jane Werthmann
- Sheila Wheeler



## ART CLASSES IN-PERSON

**Painting with Jill on Fridays**  
**10:00 AM to 12:00 PM**  
**July 26<sup>th</sup>—August 30<sup>th</sup>**

This is a 6-week combined oil/acrylic and watercolors workshop is currently in progress. Membership and preregistration is required to participate. **To inquire about openings, 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.*

**Registration for the next 8-week workshop will open in September for classes beginning in October. Registration date to be determined.**

**Cost for Residents: \$20**  
**Cost for Non-Residents: \$40.**

## SIGN LANGUAGE CLASSES

- **Continuing Sign Language**  
**Wednesdays at 10:00 AM**
- **Introductory to Sign Language**  
**Wednesdays at 11:00 AM**

No experience necessary. **To sign up, please call (203) 452-5199.**

## COMMISSION ON AGING

Meetings will be held at 2:00 PM

- 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.

## VFW MEMBERSHIP



As we pause in this season, or any season, to remember

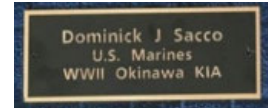
and honor those who paid the ultimate price for our freedom we invite Veterans to join with us in comradeship and serving our community. We are VFW POST 10059, serving Trumbull, Monroe, Shelton, Easton and Redding. Email us: [vfepost10059@gmail.com](mailto:vfepost10059@gmail.com) or call 203-858-6371.

## A WALL OF HONOR

**The New Veterans and First Responders Building Will Feature a Wall of Honor**

Available is the opportunity to place on the wall a 6.5" by 2.5" plaque to: Honor, Remember, Memorialize

Cost of each plaque: \$125  
**PLAQUE EXAMPLE:**



To place your name(s) of honor plaque order online, visit: [www.trumbullvfr.com](http://www.trumbullvfr.com) and click Wall of Honor.

To place your name(s) of honor plaque order by mail, provide three lines of text for each plaque and mail to: Town of Trumbull VFRC, P.O. Box 110205, Trumbull, CT 06611

## SAVE THE DATES



**More information coming soon!**

## 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 BROCK**

**TRUMBULL PARKS & RECREATION**  
**2024 SUMMER CONCERTS**

JUNE 25	BLACK TIES & BOURBON
JULY 2	FLIGURI
JULY 9	SILVER STEEL BAND
JULY 16	OTIS & THE HURRICANES
JULY 23	NORTH COUNTY BAND
JULY 30	THE BERNADETTE
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:

ARGHOLA PARKVIEW, Middlebrook Farms, ECCO, The Mallet Charitable Trust, TOWN HALL

## TRUMBULL ARTS FESTIVAL

**TRUMBULL PARKS & RECREATION**  
**ART • MUSIC • FOOD**  
**2024 TRUMBULL ARTS FESTIVAL**  
**SUNDAY, SEPTEMBER 15TH**  
**10:00AM - 4:00PM**

Pottery • Photography • Home Decor • Maps  
 Woodworking • Glass • Silver • Quilts  
 Paintings • Jewelry • Furniture • Candles • Crafts  
 Health & Beauty • Food Trucks • Live Music & So Much More!

**Trumbull Town Hall Green & Gazebo**  
**5866 Main Street Trumbull, CT 06611**  
**Free Admission**  
**Rain or Shine**



IN PERSON PROGRAMS AND GAMES

CAREGIVERS ARE ALWAYS WELCOME!

**Book Club Meetings**

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

- **A Separation** by Katie Kitamura—Monday, August 5<sup>th</sup>
- **The Stranger in the Woods** by Michael Finkel—Monday, September 9<sup>th</sup>

**Brain Games**

**Thursday, August 1<sup>st</sup> & 15<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.**

**Improve Your Balance**

**Monday, August 5<sup>th</sup> At 10:30 AM**

Please come and join Bob Moore, PT and Vice President, Business Development at Collins Medical to learn how to maintain and improve your Balance and Strength. This will be an interactive presentation, so bring your best questions! **To RSVP, please call (203) 452-5199.**

**Joyful Memories**

**Thursday, August 8<sup>th</sup> at 10:30 AM**

Wellness Nurse Susan has invited Neil Anand from ComForCare Home Care for an interactive music/sing-along program where their music director will sing hits from the 30s to the 60s. Music is a powerful force and has been shown to spark memories, boost moods, promote relaxation, and provide cognitive stimulation. It's also so nostalgic! Attendees will be entered into a raffle. **To RSVP, please call (203) 452-5199.**

**Bingo**

• **Tuesday, August 6<sup>th</sup> at 11:00 AM**

**Sponsored by G-Vaz Care Services LLC.**

• **Friday, August 30<sup>th</sup> at 12:30 PM**

**Sponsored by All Ways Caring HomeCare.**

**Please call (203) 452-5199 to RSVP.**

**Senior Self Defense Part II**

**Friday, August 9<sup>th</sup> at 1:00 PM**

**Cost: \$5 per person**

We are excited to welcome back Master Rob Librandi of Trumbull Academy of Karate for a second phase of our self-defense seminar. **This seminar will entail:**

- Practice Live Self Defense situations. Multiple Attackers
- Using real techniques that work
- Advanced Footwork
- Advanced Defense "Destruction Techniques"
- How to fall correctly: forward and back fall.
- How to protect yourself and family if there is a situation

**Please note that some exercises require the ability to sit and rise from the floor. To RSVP, please call (203) 452-5199.**

**Movie: IF**

**Monday, August 19<sup>th</sup> at 1:00 PM**

A young girl who goes through a difficult experience begins to see everyone's imaginary friends who have been left behind as their real-life friends have grown up. Starring: Ryan Reynolds, John Krasinski and Cailey Fleming. **To RSVP, please call (203) 452-5199.**

**Trivia with Mary**

**Monday, August 19<sup>th</sup> at 10:30 AM**

*\*Please note that for August, this program will meet on the third Monday of the month instead of the last.*

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**

**Tuesday, August 27<sup>th</sup>**

**12:00 PM Lunch/12:30 PM Cake**

**Cost of lunch: \$5—\$7 Donation**

Join us to celebrate this month's birthdays with lunch and cake!

**The cake is sponsored by Right at Home. To reserve lunch, call (203) 452-5199 ext. 3.**

**Computer Lessons w/ 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 8/16 and 8/23.*

## EXERCISE CLASSES ON ZOOM

**Membership is required to participate in all of our Zoom programs. To register, please call the main office at (203) 452-5199. Zoom information will be sent via email upon registration. Zoom information will remain the same for the entire membership year which runs from July 1<sup>st</sup> through June 30<sup>th</sup>.**

**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  
**\*There is no class on 7/31 & 8/7**

**Sit and Fit with Bobbi**  
Thursdays at 10:30 AM  
**\*There is no class on 8/29**

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

**Community Meditation with Deborah Swann**  
**\*Please note date change for month August**  
Thursday, August 22<sup>nd</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

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

**Zumba Gold and Toning with Pauline**  
Mondays at 11:15 AM  
**\*There is no class on 7/29 & 8/5**

**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.

**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 9<sup>th</sup>—September 10<sup>th</sup>**  
**\*There will be no class on 7/30 & 8/27**

**Yoga Nidra with Deborah Swann**  
Friday, August 2<sup>nd</sup> at 1:00 PM  
**\*There is no class on 8/16**

**Sit and Fit with Bobbi**  
Tuesdays at 10:30 AM  
**\*There is no class on 8/27**  
Please bring your own weights.

**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.

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

**Sound Healing with Tina**  
Friday, August 9<sup>th</sup> 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 1<sup>st</sup> – September 30, 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

*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](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**  
***\*VOUCHERS ARE STILL AVAILABLE FOR THOSE THAT MEET THE CRITERIA\****

#### 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

Program begins June 1<sup>st</sup>, applications are currently being accepted, all participants must complete a new application regardless of prior participation.

To be eligible to receive SFMNP benefit card, participants must be 60 years of age or older and has gone through proper means testing to support income eligibility. Each eligible participant shall receive one benefit card. **Please call Social Services at (203) 452-5198 for more information and to complete an application.**

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





## 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

A continuous glucose monitor (CGM) is a device that measures blood glucose levels in real time. The device is usually worn on the arm or abdomen. Some diabetics use it instead of the traditional fingerstick to obtain their blood glucose levels. A new fad is people without diabetes using the CGM as a health tool. Is this a good idea and helpful? It might be interesting to see the immediate effects of food and exercise on your blood sugar levels. Currently, more studies are needed to find compelling evidence that these expensive devices are helpful if you are not diabetic. Have a healthy month! -Nurse Susan

## 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, August 7<sup>th</sup> & 21<sup>st</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, August 20<sup>th</sup> (please note date change) & 27<sup>th</sup>**. **To join, contact Dr. Cornelia Morris at [cmorris@trumbull-ct.gov](mailto:cmorris@trumbull-ct.gov) and/or call (203) 452-5158.**

**CAREGIVER SUPPORT GROUP**

Facilitated by Trumbull Social Services. Meets the 3<sup>rd</sup> Tuesday of every month at 1:00 PM at the senior center—**Tuesday, August 20<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

**SHOPPING LOOP** *NEW SCHEDULE!*

The first Wednesday 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 **WEDNESDAY, AUGUST 7<sup>th</sup>**. Stores include Big Y, Best Buy, Kohl's, Target, and Five Below.

**WALMART SHOPPING TRIP**

The third Wednesday of every 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 **WEDNESDAY, AUGUST 21<sup>st</sup>**.

**GROCERY SHOPPING**

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

- Please note that each trip has it's own registration date and time, this is so that everyone has the same opportunity to register. You must 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. We will not accept early registrations. Payment is due within two business days of signup.
- Each trip has a bus fee of \$4, this is built into the listed cost of each trip.

**CAPTAIN'S COVE**—Bridgeport, CT

**Registration opens on July 19<sup>th</sup> at 9:00 AM**  
**WEDNESDAY, AUGUST 14<sup>th</sup>**

**Cost: \$4 (Doesn't include lunch)**  
**Depart: 12:30 PM**

**LYMAN ORCHARDS**—Middlefield, CT

**Registration opens on August 9<sup>th</sup> at 9:00 AM**  
**THURSDAY, SEPTEMBER 12<sup>th</sup>**

**Cost: \$4—CASH ONLY (Doesn't include lunch)**  
**Depart: 9:15 AM**  
Lunch will be at 1741 Pub & Grill.

**DUDLEY FARM**—Guilford, CT

**Registration opens on August 2<sup>nd</sup> at 9:00 AM**  
**THURSDAY, SEPTEMBER 26<sup>th</sup>**

**Cost: \$9—CASH ONLY (Doesn't include lunch)**  
**Depart: 9:00 AM**  
Lunch will be at Brownstone House Family Restaurant.

## LEISURE TRIPS CONTINUED

**PORT JEFF TRIP**—Port Jeff, NY

**\*Registration opens on August 16<sup>th</sup> at 9:00 AM**  
**FRIDAY, SEPTEMBER 27<sup>th</sup>**  
**Cost: \$4—CASH ONLY (Doesn't include lunch)**  
**Depart: 8:45 AM**

## BUS TRIPS

**BEACH BOYS TRIBUTE AT AQUA TURF**

**Wednesday, August 21, 2024—Registration is closed**  
**Depart Penny Lane Lot: 9:45 AM**  
**Estimated Return: 5:15 PM**

**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)**

**Last Day to Register: September 3<sup>rd</sup>**

**Depart Penny Lane Lot: 10:30 AM**  
**Estimated Return: 4:15 PM**

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.**

**SHADOWS OF THE 60'S**

**Tuesday, December 3, 2024—Plantsville, CT**

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

**Last Day to Register: October 25<sup>th</sup>**

**Depart Penny Lane Lot: 10:30 AM**  
**Estimated Return: 4:15 PM**

Enjoy the unforgettable upbeat hits of Motown and your favorite Holiday songs, done with a Motown twist that will be sure to put you in the Mood to sing and dance along. Join us for a Happy, Jolly Blast of Holiday Cheer. **Lunch will be Chicken Parmesan & Boiled Scrod.**

## UPCOMING TRIPS WITH COLLETTE TOURS:

- 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.

		<b>Thursday, August 1<sup>st</sup></b>
		Chicken Sandwich
<b>Monday, August 5<sup>th</sup></b>	<b>Tuesday, August 6<sup>th</sup></b>	<b>Thursday, August 8<sup>th</sup></b>
Grilled Chicken Caesar Salad	Roast Beef with Mashed Potatoes	Meat Lasagna
<b>Monday, August 12<sup>th</sup></b>	<b>Tuesday, August 13<sup>th</sup></b>	<b>Thursday, August 15<sup>th</sup></b>
Sausage Cavatelli and Brussel Spouts	Baked Potato Bar	Turkey Club
<b>Monday, August 19<sup>th</sup></b>	<b>Tuesday, August 20<sup>th</sup></b>	<b>Thursday, August 22<sup>nd</sup></b>
Baked Stuffed Eggplant	BBQ Chicken	Cookout! Burger, Hot Dog or Veggie Burger
<b>Monday, August 26<sup>th</sup></b>	<b>Tuesday, August 27<sup>th</sup></b>	<b>Thursday, August 29<sup>th</sup></b>
Meatloaf and Mashed Potatoes	Seafood Salad and Sweet Potato Fries	Vegetable Lasagna

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<b>AUGUST 2024</b> *All virtual programs are written in GREEN text.			1 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 12:30 Drama Club	2 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 10:30 Mahjong 1:00 Yoga Nidra
5 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 10:30 Improve Your Balance 11:00 Book Club 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	6 9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap w/ Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Bingo 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	7 9:00 Morning Exercise 9:00 Coffee and Learn 9:00 The Loop Shopping 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 12:30 Pickleball Open Court 1:00 Qigong	8 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Joyful Memories 10:30 Sit and Fit 12:00 Lunch 12:30 Drama Club	9 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 10:30 Mahjong 1:00 Sound Healing 1:00 Self Defense
12 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	13 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 Canasta 1:00 Line Dancing 1:00 Caregiver Support	14 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 12:30 Captain's Cove 1:00 Qigong	15 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 12:30 Drama Club	16 9:00 Stop & Shop 10:00 Painting w/ Jill 10:30 Mahjong
19 9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Rummikub 10:30 Yoga 10:30 Trivia w/ Mary 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Movie	20 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 1:00 Caregiver Support	21 9:00 Morning Exercise 9:00 Coffee and Learn 9:00 Walmart 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	22 9:00 Chair Yoga 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 12:30 Drama Club 7:00 Comm. Meditation	23 The Senior Center is closed for staff development and maintenance.
26 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	27 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:30 Scrabble 11:00 Dominoes 12:00 Lunch 12:30 Birthday Party 12:30 Canasta 1:00 Line Dancing	28 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	29 9:00 Chair Yoga 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 12:00 Lunch 12:30 Drama Club	30 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Intermediate Pickleball 10:00 Painting w/ Jill 10:30 Mahjong 12:30 Bingo