



## TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

SEPTEMBER 2024

### SENIOR CENTER PROM

**Join us on the Hollywood Red Carpet!**  
**Friday, September 20<sup>th</sup>**  
**1:00 PM to 3:00 PM**

Join us for Senior Center Prom as we celebrate National Senior Center Month. Join us for music, dancing, appetizers, a photobooth and more!

Please call (203) 452-5199 to inquire about openings. Cost: \$8 for Residents/\$10 for Non-Residents. Membership is required. Payment must be made within five business days of signup.



**Thank You to Our Sponsors:**



### ROTARY CLUB SENIOR PICNIC

**Trumbull Rotary Club's Guy DeFeo**  
**Annual Senior Picnic**  
**Friday, September 13<sup>th</sup> at 12:00 PM**



You are invited to a free picnic at the Trumbull Town Green.

It's a great opportunity for fellowship and lunch! To

RSVP, please call (203) 452-5199. To arrange for transportation, please call (203) 452-5137.

### FOOD SAFETY SMARTS

**Food Safety Smarts**  
**Tuesday, September 17<sup>th</sup> at 10:30 AM**

Foodborne illness affects 48 million people, with 3,000 people dying from the illness, each year in the US. Older adults are more susceptible to death from foodborne illness. Most foodborne illness can be prevented. Join Registered Dietitian Nutritionist Carmen Weber to learn the four principles of food safety to keep your food - and yourself - safe. We'll do a simple activity to test your knowledge. Food safety info sheets and a FREE refrigerator thermometer given to all attendees! To RSVP, please call (203) 452-5199.

### UPCOMING PROGRAMS AT A GLANCE

- **Meet the Author**—September 5<sup>th</sup>, *see page 4*
- **Self Defense**—September 6<sup>th</sup>, *see page 5*
- **Bingo**—September 10<sup>th</sup> & 27<sup>th</sup>, *see page 5*
- **What Are My Medicare Options?**—September 12<sup>th</sup>, *see page 5*
- **Attorney Eliovson**—September 18<sup>th</sup>, *see page 4*
- **Brain Games**—September 19<sup>th</sup>, *see page 5*
- **AARP Safe Driver Course**—September 19<sup>th</sup>, *see page 5*
- **Scam & Fraud Protection with Bank of America**—September 23<sup>rd</sup>, *see page 5*
- **DementiaWise**—September 26<sup>th</sup>, *see page 4*
- **Trivia with Mary**—September 30<sup>th</sup>, *see page 5*

**We will be closed on Monday, September 2<sup>nd</sup> in observance of Labor Day.**



**Care  
Connection**  
by Stratford VNA

Home Care Held to a Higher Standard

**Non-Medical Hourly &  
24/7 Home Care**

203-380-5695 • Stratford, CT  
Careconnectionsna.org

**Wesley Village**

BISHOP WICKE | CROSBY COMMONS | LIFESTYLE TRANSITIONS | WESLEY HEIGHTS

Wesley Village is a not-for profit, full continuum of care campus designed to accommodate your lifestyle needs as they change.

- Independent & Assisted Living
- 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

MEMORY CARE ASSISTED LIVING  
AT TRUMBULL

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

203.245.5126  
ExploreBridgesTrumbull.com

2415 Reservoir Avenue | Trumbull

RELAY 711

WILLIAM RAVEIS  
REAL ESTATE • MORTGAGE • INSURANCE



**ELIZABETH CASEY**  
Your Trusted Resource

REALTOR® ABR, SRES  
elizabeth.casey@raveis.com | elizabethcasey.raveis.com



**Call your local Senior Real Estate  
Specialist today!**

**203-260-7118**

**From market evaluation to unpacking  
in your new home, we have you covered  
every step of the way.**

945 White Plains Road, Trumbull, CT 06611

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

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

Visit [lpicomunities.com](http://lpicomunities.com)



**OUR COMMUNITY  
NEWSLETTER**  
OCTOBER EDITION



Scan to  
contact us!

**Place Your Ad Here and  
Support our Community!**

Instantly create and  
purchase an ad with

**AD CREATOR STUDIO**



[lpicomunities.com/adcreator](http://lpicomunities.com/adcreator)

**SUPPORT OUR ADVERTISERS!**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

Trumbull Senior Center

06-5293



## HUMAN SERVICES STAFF

**Director of Human Services**

Michele Jakab, LCSW (203) 452-5144  
mjakab@trumbull-ct.gov

**SENIOR CENTER**

(203) 452-5199

**Senior Center Coordinator**

Ronnie Mogensen (203) 452-5199  
rmogensen@trumbull-ct.gov

**Front Desk**

Amanda DeBernardo (203) 452-5199  
adebernardo@trumbull-ct.gov

**Transportation & 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**

Vicki Tesoro (203) 452-5005  
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

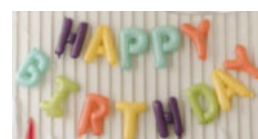


Watch Trumbull TV on Charter Spectrum channel 194, on YouTube at TCTV Trumbull, or on Facebook to watch LIVE municipal meetings and events.

## SEPTEMBER BIRTHDAYS

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

- Mary Ann Abercrombie
- Renuka Advani
- Michael Ales
- Elaine Annick
- Margaret Barnes
- Al Bodnar
- Rosemary Cavalli
- Annie Chen
- Rose Clark
- Florence Clomiro
- Ann Companik
- Mary Contino
- Irene Coutinho
- Rosemary Dobosz
- Arlene Fanali
- Thelma Gillis
- Gail Ginsberg
- Agnes Horton
- Rebecca Huston
- Fannie Jackson
- Avinash Kaur
- Melissa Kochis
- Roslyn Krasilovsky
- Helen Krehley
- Samuel Lupo
- Paula Macaluso
- Joan Munves
- Anthony Nanni
- Joanne O'Rourke
- Kamal Pandya
- Mary Radocchio
- Joao Ribeiro
- Joyce Rosinski
- Dulcie Rathna
- Samaranayake
- Mark Schickler
- Joanne Sloan
- Kevin Smith
- Michele Stapleton
- Margery Thoma
- Patricia Torpie
- Angela Vartuli
- Julene Vonglinsky
- Vi Watson
- Dolores Wiedwald



## ART CLASSES IN-PERSON

**8-Week Painting with Jill**  
**Fridays Beginning in October**  
**10:00 AM to 12:00 PM**

**Registration for the next art workshop opens on Monday, September 9<sup>th</sup> at 9:00 AM. To signup, please call (203) 452-5199. This workshop will meet every Friday from 10/4 through 11/22.**

Membership and preregistration is required to participate.

**Cost for Residents: \$20**

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

**Students are responsible for their own supplies (a list will be provided upon request).**

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

Meetings will be held at 2:00 PM

- 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.

## MEET THE AUTHOR

**Meet the Author**  
**Thursday, September 5<sup>th</sup>**  
**at 10:00 AM**

Join author Emily Franke, for a reading of her children's book, *The Ladybug Who Lived on a Four Leaf Clover*. The book was written in honor of her grandmother who passed away three years ago. The story is about a little girl named Emily who loses her grandmother but realizes she comes back to visit her as a magical ladybug. **To RSVP, please call (203) 452-5199.**

## WATERCOLORS WORKSHOP

**3-Week Watercolor Workshop with Renu**  
**Wednesday, October 9<sup>th</sup>,**  
**16<sup>th</sup> & 23<sup>rd</sup>**

**10:00 AM—11:30 AM**

**Registration opens on**  
**Wednesday, September 18<sup>th</sup>**  
**at 9:00 AM**

Join Art Strokes Instructor, Renu Vora for a fun three-week watercolors workshop. **All supplies will be provided and are built into the cost of the workshop.** Limited spaces are available, membership and pre-registration is required. **To sign up, please call (203) 452-5199.**

**Cost for Residents: \$20**

**Cost for Non-Residents: \$30**

**Payment must be received within two business days. Payments are non-refundable.**

## SAVE THE DATES



**More information coming soon!**

## TRUMBULL ARTS FESTIVAL



## 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.**

## MEDICAID PLANNING

**Medicaid Planning Discussion with Attorney Eliovson**  
**Wednesday, September 18<sup>th</sup>**  
**at 10:00 AM**

Attorney Lyn Eliovson of the firm Eliovson and Tenore will present an open round-table discussion regarding Long Term Care Planning. Attorney Eliovson will review basic Medicare and Medicaid regulations and planning, long term care and asset protection planning and the many recommended legal documents to assist in the management of estates. Attendees can bring their questions and concerns to the table for a mutually beneficial discussion. **To sign up, please call (203) 452-5199.**

## DEMENTIAWISE

**DementiaWise**  
**Thursday, September 26<sup>th</sup>**  
**at 10:00 AM**

Wellness Nurse Susan has invited Neil Amand, owner of ComForCare Home Care, to present a workshop DementiaWise. This workshop is for anyone caring for a person living with Dementia. Dementia has life changing effects on families and their loved ones. We will explain why challenging behavior can happen and talk about five methods that can help create better days. Light refreshments will be served and attendees will be entered into a raffle. **To sign up, please call (203) 452-5199.**

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ARE ALWAYS WELCOME!

**Book Club—1<sup>st</sup> Monday of every month at 11:00 AM**

- **The Stranger in the Woods** by Michael Finkel—Monday, September 9<sup>th</sup>
- **The Extraordinary Life of Sam Hell** by Robert Dugoni—Monday, October 7<sup>th</sup>

**Senior Self Defense Part II (No previous experience necessary) Friday, September 6<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.**

**Bingo**

- **Tuesday, September 10<sup>th</sup> at 11:00 AM** Sponsored by **Visiting Angels—Fairfield**
- **Friday, September 27<sup>th</sup> at 12:30 PM**

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

**AARP Smart Driver Course Thursday, September 19<sup>th</sup> 9:00 AM—1:00 PM**

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

**What are My Medicare Options?**

**Thursday, September 12<sup>th</sup> at 11:00 AM**

Join Sheila O'Donnell of Health Directions to answer questions about Medicare. We will discuss the pros and cons of each and will answer questions about Medicare part A and Part B, as well as answering questions on how a Medicare Advantage Plan works and how a Medicare Supplement Plan works. **To RSVP, please call (203) 452-5199.**

**Brain Games**

**Thursday, September 19<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.**

**Movie: 23 Walks**

**Monday, September 23<sup>rd</sup> at 1:00 PM**

A gentle, sweet, funny, romantic story of love in later life. Following a couple in their sixties, Dave (Dave Johns) and Fern (Alison Steadman) who get to know one another over the course of 23 dog walks. Set against the dramatic background of the changing seasons of one year. Starring: Alison Steadman, Dave Johns and Vivienne Soan. **To RSVP, please call (203) 452-5199.**

**Scam & Fraud Protection Monday, September 23<sup>rd</sup> at 10:00 AM**

Join Johanna Viteri of Bank of America, Trumbull Branch, to learn how imposters trick you into sending money to them and how to protect yourself. **To RSVP, please call (203) 452-5199.**

**Trivia with Mary Monday, September 30<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 Tuesday, September 24<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 Watermark at 3030. 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 9/20.**



## 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

**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, September 19<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>—September 10<sup>th</sup>**

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

**Jazz and Dance with Melody** *NEW!*  
Tuesdays at 11:15 AM  
**4 Week Workshop**  
**September 3<sup>rd</sup>—September 24<sup>th</sup>**

**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**  
**September 5<sup>th</sup>—October 24<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, September 6<sup>th</sup> & 20<sup>th</sup> at 1:00 PM  
First and Third Friday of each month  
This is a deep relaxation class with Reiki.  
Please bring a yoga mat and small throw blanket.  
Optional: small pillow for head rest.

**Sound Healing with Tina**  
Friday, September 13<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> – 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

Let's help our families/kids have a great start to a new school year – Social Services & Food Pantry are seeking donations of the following items:

- Water bottles and/or juice boxes
- Individual snack items such as crackers, cookies, chips, granola bars, pop tarts, fruit cups, apple sauce cups, nuts, raisins
- Individual refrigerator snacks such as jello & pudding cups, yogurts, string cheese, veggies & hummus, guacamole & salsa
- Handi- wipes & hand sanitizer (kid friendly sizes)
- Amazon/Target/Walmart gift cards for needed school supplies and are always greatly appreciated!

## 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.

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

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

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.

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



## 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

What happens when a smoker quits smoking? Many positive and healthy results happen! Research has shown that even if you're 60 or older and have been smoking for many years, quitting will improve your health. We all have heard that smoking cigarettes can cause lung cancer and heart disease, but it also can increase the risk of cancer of the mouth, larynx, esophagus, stomach, liver, pancreas, kidney, bladder, and cervix. Quitting is difficult for many people but there is help. There are various methods and using one or a few like medication, walking, exercising, nicotine products for weaning, and apps can help. Smokeless tobacco products and electronic cigarettes are not a safe choice for replacing cigarettes. 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, September 4<sup>th</sup> & 18<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, September 10<sup>th</sup> & 24<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, September 17<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, SEPTEMBER 4<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, SEPTEMBER 18<sup>th</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)

- Each trip has a registration date/time, to allow everyone 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 are 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.
- Senior Center bus trips will depart from the Penny Lane Commuter Lot. Please arrive a few minutes early to allow time for parking, check-in, and departure.

**LYMAN ORCHARDS**—Middlefield, CT

**THURSDAY, SEPTEMBER 12<sup>th</sup>**

**Cost: \$4—CASH ONLY (Doesn't include lunch)**

Depart Penny Lane Lot: 9:15 AM

Lunch will be at 1741 Pub & Grill.

**DUDLEY FARM**—Guilford, CT

**THURSDAY, SEPTEMBER 26<sup>th</sup>**

**Cost: \$9—CASH ONLY (Doesn't include lunch)**

Depart Penny Lane Lot: 9:00 AM

Lunch will be at Brownstone House Family Restaurant.

**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 Penny Lane Lot: 8:45 AM

## LEISURE TRIPS CONTINUED

**GIGGLING PIG**—Shelton, CT

**\*Registration opens on September 13<sup>th</sup> at 9:00 AM**

**WEDNESDAY, OCTOBER 16<sup>th</sup>**

**Cost: \$29—CASH ONLY (Doesn't include lunch)**

Depart Penny Lane Lot: 9:40 AM

Lunch will be at Riverdale Diner.

**WEBB DEANE STEVENS MUSEUM**—

Wethersfield, CT

**\*Registration opens on September 20<sup>th</sup> at 9:00 AM**

**THURSDAY, OCTOBER 24<sup>th</sup>**

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

Depart Penny Lane Lot: 8:45 AM

Lunch will be at Wood-N-Tap Restaurant.

## BUS TRIPS

**THE BIG E! NEW ENGLAND'S EXTRAVAGANZA!**

**\*REGISTRATION IS CLOSED\***

**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

**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.

Monday, September 2 <sup>nd</sup>	Tuesday, September 3 <sup>rd</sup>	Thursday, September 5 <sup>th</sup>
The Senior Center is closed in observance of Labor Day.	Vegetable Quiche	Vegetable Lasagna
Monday, September 9 <sup>th</sup>	Tuesday, September 10 <sup>th</sup>	Thursday, September 12 <sup>th</sup>
Sausage and Peppers	Chicken Parmesan	Meatloaf
Monday, September 16 <sup>th</sup>	Tuesday, September 17 <sup>th</sup>	Thursday, September 19 <sup>th</sup>
Swedish Meatballs Over Noodles	Shrimp Florentine	Pork Loin
Monday, September 23 <sup>rd</sup>	Tuesday, September 24 <sup>th</sup>	Thursday, September 26 <sup>th</sup>
Roast Beef	BBQ Chicken	Cookout: Hamburger, Hot Dog or Veggie Burger
Monday, September 30 <sup>th</sup>		
Meat Lasagna		NEW ENGLAND <b>Young at Heart</b> ™ <i>Live Well, Laugh Often, Love Much</i>

**ADT-Monitored Home Security**

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized  
Provider

SafeStreets

**833-287-3502**

## Little Angels Home Care LLC



Ewa Grzymala

Providing: Non Medical,  
Elderly Care, Hourly, Companion,  
Live-in Caregivers, Weekends  
**We Are Taking: Private Pay,  
Long-Term Life Insurance**

Reg. # HCA0000732

745 Osborn Rd., Naugatuck CT 06770

203-278-1436

www.littleangelshomecare.com

E: littleangelshomecare48@yahoo.com



EXCEPTIONAL  
COMPANION CARE  
IN THE COMFORT  
OF YOUR HOME

COMPANION CARE • ASSISTANCE  
LIGHT HOUSEKEEPING • LAUNDRY  
GROCERY SHOPPING  
ESCORTING TO APPTS & MORE.

Shelton 203-538-5643 • 203-538-5614

ellmakhomecare@gmail.com

www.ellmakepas.org



## ABRIOLA PARKVIEW

FUNERAL HOME

James Abriola  
Director

203-373-1013

419 White Plains Road, Trumbull

www.abriola.com

## CENTURY 21.

ALLPOINTS REALTY

Lisa Valenti, SRES

REALTOR®

C 203.257.2127

O 203.378.0210

ltv22realtor@gmail.com

LICENSED IN CT



BOYESJAS

## Others caretake. We caregive.

Personal non-medical caregiving from a trusted and  
distinguished home healthcare agency.

203.438.5555

RVNAhealth.org

LEARN MORE

rVnaHEALTH™

For Lifelong Care & Wellness

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME  
Duane Budelier

dbudelier@lpicommunities.com

(800) 950-9952 x2525

## NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our  
newsletter  
emailed  
to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

## Questions about Medicare?

I'm here to help. Call me to learn more about your Medicare options.

Mark Pacheco  
Field Sales Executive

1-860-576-2858 (TTY: 711)

8AM-8PM, Monday-Friday

A licensed agent will answer your call.

PachecoM1@aetna.com

AetnaMedicare.com



©2023 Aetna Inc.  
Y0001\_NR\_34539\_2023\_C  
2329250-01-01

♥aetna™  
medicare solutions



FREE  
AD DESIGN  
with purchase  
of this space

CALL  
800-477-4574



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

Trumbull Senior Center

06-5293



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>The Senior Center is in observance of Labor Day.</p>	<p>3</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 11:15 Jazz/Dance 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p>	<p>4</p> <p>9:00 Morning Exercise 9:00 The Loop 9:00 Coffee and Learn 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</p>	<p>5</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:00 Meet the Author 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 12:30 Drama Club Rehearsal</p>	<p>6</p> <p>8:30 Beginner Pickleball 9:00 Stop &amp; Shop 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Yoga Nidra 1:00 Self Defense</p>
<p>9</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>10</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 11:00 Bingo 11:15 Jazz/Dance 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p>	<p>11</p> <p>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</p>	<p>12</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 9:15 Lyman Orchards 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 11:00 Medicare Options 12:00 Lunch 12:30 Drama Club Rehearsal</p>	<p>13</p> <p>8:30 Beginner Pickleball 9:00 Shoprite 10:00 Intermediate Pickleball 10:30 Mahjong 12:00 Picnic at Town Green 1:00 Sound Healing</p>
<p>16</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>17</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:30 Scrabble 10:30 Sit and Fit 10:30 Food Safety Smarts 11:00 Dominoes 11:15 Jazz/Dance 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Caregiver Support</p>	<p>18</p> <p>9:00 Morning Exercise 9:00 Walmart 9:00 Coffee and Learn 10:00 Tai Chi 10:00 Pinochle 10:00 Medicaid Planning 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>19</p> <p>9:00 Chair Yoga 9:00 Brain Games 9:00 High-Low Aerobics 9:00 AARP Safe Driver 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 12:30 Drama Club Rehearsal 7:00 Comm. Meditation</p>	<p>20</p> <p>9:00 Stop &amp; Shop 10:30 Mahjong 1:00 Yoga Nidra 1:00 Prom</p>
<p>23</p> <p>9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 Scam/Fraud Protection 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>24</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:15 Jazz/Dance 12:00 Lunch 12:30 Canasta 12:30 Birthday Party 1:00 Line Dancing</p>	<p>25</p> <p>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</p>	<p>26</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Dudley Farm 10:00 Pinochle 10:00 Needlework Group 10:00 DementiaWise 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 12:30 Drama Club Rehearsal</p>	<p>27</p> <p>8:30 Beginner Pickleball 8:45 Port Jeff 9:00 Shoprite 10:00 Intermediate Pickleball 10:30 Mahjong 12:30 Bingo</p>
<p>30</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>	<div> <h2>SEPTEMBER 2024</h2> <p>*All virtual programs are written in GREEN text.</p>  </div>			