



# TOWN OF Trumbull HUMAN SERVICES



Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

JANUARY 2025

## INCLEMENT WEATHER POLICY

### CLOSURES:

#### When Trumbull Public Schools are closed:

- All activities including lunch will be cancelled. (EXCEPT FOR ZOOM)
- Transportation will operate with a possible delay. Call the morning of to inquire. (203) 452-5137
- The center will remain open as a warming center. Members may stop in, charge their phones, read a book, relax, and stay warm.
- Zoom classes continue as scheduled.

#### When the Town closes:

- The senior center will be closed to the public. Warming center information will be listed on the town website.
- All activities including lunch will be cancelled.
- ZOOM classes continue as scheduled.

### DELAYS:

#### How to be notified of Closings and Delays:

- Call the senior center, ext 2, listen for updates
- T.V. channels 12, 8, 6 and 3
- Radio WICC 660 and WEBE 108 on the radio
- Text alerts thru NBC or WSFB (see below)
- Our Facebook Page
- Sign up for our emails on the town website.

#### NBC TEXT ALERTS:

<https://www.nbcconnecticut.com/news/local/Sign-Up-For-Winter-Weather-Closing-Alerts-106521708.html>

OR

#### WSFB CHANNEL 3 TEXT ALERTS:

<https://my.textcaster.com/asa/Default.aspx?ID=c1616077-39d9-4682-b0ca-63a1ee174441>

## HAPPY NEW YEAR



*Happy New Year!*

*We look forward to another year of making memories together and continuing to share in laughter, learning, and friendship.*

## MAIN STREET DOLLARS

For the fourth year, Trumbull will offer the Main Street Dollars program, providing a minimum of 250 certificates to Trumbull residents to be used from December 4, 2024—January 31, 2025. The program is designed to promote locally run businesses that offer gift, entertainment, or personal wellness options for families to take advantage of during winter months.

Each certificate is worth \$15 and a customer must spend a minimum of \$30 at one of the participating businesses to apply the certificate. Certificates can be applied toward any services, goods or merchandise at Plasko's Farm, Pure Poetry, Next Chapter Books, City Line Florist, Xperiment VR, and Naturally U. Up to two certificates per household will be offered this year. Residents and pickup certificates at the Economic and Community Development Office at Trumbull Town Hall or at the Trumbull Senior Center.

This program is made possible by the generosity of The Mustard Seed Foundation and Trumbull Rotary Club.



## UPCOMING PROGRAMS AT A GLANCE

- **Bingo**—January 14<sup>th</sup> & 24<sup>th</sup>, *see page 5*
- **Brain Games**—January 2<sup>nd</sup> & 16<sup>th</sup>, *see page 5*
- **Getting Your Workout in at Home**—January 13<sup>th</sup>, *see page 5*
- **DementiaWise**—January 23<sup>rd</sup>, *see page 5*
- **Trivia w/ Mary**—January 27<sup>th</sup>, *see page 5*

**We will be closed on Wednesday, January 1<sup>st</sup> in observance of New Year's Day, on Monday, January 20<sup>th</sup> in observance of Martin Luther King Day and Friday, January 31<sup>st</sup> for Staff Development.**



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## INSPIRING MEMORY CARE



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**203-260-7118**

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

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## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

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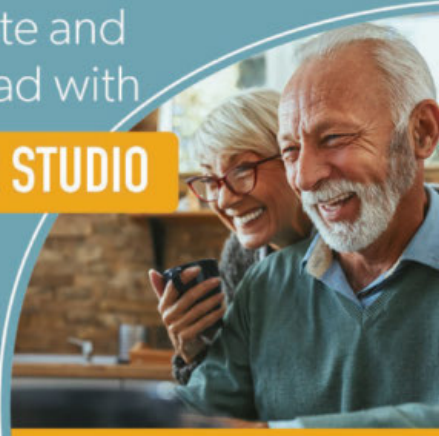
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Trumbull Senior Center

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 Administrative Support**

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

Paul McGreary

Mark Ryan: Vice Chair

Linda Randall

Barbara Crandall: Clerk

Eve Rothbard

Kathleen Bordelon

Evelyn Wiesner

Nancy Lucas

## 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.

## JANUARY BIRTHDAYS

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

- Robert Abercrombie
- Linda Abraham
- Scott Adams
- Thomas Anderson
- Tina Baldrige
- Deborah Bandanza
- Maureen Brooks
- Judith Burr
- Frances Bushinsky
- JoHann Butka
- Timothy Cantafio
- Stanley Chen
- Nancy Cingari
- Robert Cisero Jr.
- Patricia Corda
- George Crandall
- Janet DeMarkey
- Maureen Delveccio
- Roseann Dimarco
- Anna Divito
- Jean Eberts
- Genevieve Everlith
- Tom Farrelly
- Elaine Fattibene
- Susan Fisch
- Emerson Gilmore
- Patricia Hammett
- Daniel Hannon
- Irene Marella
- Basil Maslo
- Amelia McBride
- Carrie McGeough
- George Meagher
- Ethel Miano
- Neil Miller
- Karen Orrico
- Evelyn Paul
- Frank Petrillo
- Joe Puma
- Connie Scalise
- Ann Sweeney
- Rashmi Vaidya
- Evelyn Williams



## ART CLASSES IN-PERSON

**8-Week Painting with Jill**  
 Every Friday From 12/6—1/31  
 (No class on 12/27)  
 10:00 AM to 12:00 PM

Membership and registration are required to participate. **To inquire about openings, please call (203) 452-5199.**

**Cost for Residents: \$20**

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

Students are responsible for their own supplies (list will be provided upon request). Payment must be received within two business days. 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 on Monday, February 3<sup>rd</sup> at 9:00 AM. This workshop is scheduled to begin on Friday, February 21<sup>st</sup>.**

## POETRY ROUNDTABLE

**Poetry Writers Roundtable**  
 Monday, January 13<sup>th</sup> & 27<sup>th</sup>  
 10:00 AM—11:30 AM  
 2<sup>nd</sup> & 4<sup>th</sup> Monday of each month

Calling all poets to join published poet, Emerson Gilmore, for a Poetry Writers Roundtable! Share your work, get feedback, and connect with other poets. All levels welcome. Take that old notebook off the closet shelf and engage the art and craft of writing poetry. This group will meet the second and fourth Monday of every month at 10:00 AM. **To sign up, please call (203) 452-5199.**

## 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.**

## RIDE SHARE PROGRAM

**Get a Ride and Get Goin'**  
 Affordable ride sharing in Trumbull, CT



- All Trumbull residents are eligible.
- Rides must be within the town of Trumbull. \$4 per ride (each way).
- 7 days a week, 6:00 AM—8:00 PM
- Wheelchair accessible vehicles available by request.

## MATTER OF BALANCE WORKSHOP



**A MATTER OF  
 BALANCE**  
 MANAGING CONCERNS ABOUT FALLS

**This program emphasizes practical strategies to manage falls.**

**YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

**WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

**A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

## 3-WEEK ART WORKSHOP

**Watercolors Workshop**  
 Wednesday, February 12<sup>th</sup>,  
 19<sup>th</sup> & 26<sup>th</sup>  
 10:00 AM—11:30 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, membership is required.

**Registration opens on Wednesday, January 15<sup>th</sup> at 9:00 AM. 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.**

**Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.**



Classes offered on-site  
 Program is **FREE\*** to all participants

**Thursdays, February 6<sup>th</sup>  
 through April 3<sup>rd</sup>, 2025  
 1:00pm-3:00pm**

Register Now! Space is limited.  
*(Please note there will be no class on 3/13. 4/10 will be reserved as a makeup day)*

**Co-sponsored by the Trumbull Senior Center**

**For more information/  
 registration please call (203) 452-5199**

*\*Matter of Balance is provided through a grant from the Southwest Area Agency on Aging*

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ARE ALWAYS WELCOME!

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

- **Still Life with Bread Crumbs** by Anna Quindlen—Monday, January 6<sup>th</sup>
- **West with Giraffes** by Lynda Rutledge—Monday, February 3<sup>rd</sup>
- **Lessons in Chemistry** by Bonnie Garmus—Monday, March 3<sup>rd</sup>

**Brain Games**

**Thursday, January 2<sup>nd</sup> & 16<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.**

**Getting Your Workout in at Home**

**Monday, January 13<sup>th</sup> at 10:30 AM**

Join Bob Moore, PT Vice-President of Business Development at Collins Medical in Fairfield for a presentation that will share the most important strategies for creating your own “work-out program” at Home. This will be an interactive presentation so please bring your best questions. **To sign up, please call (203) 452-5199.**

**Bingo**

- **Tuesday, January 14<sup>th</sup> at 11:00 AM**
- **Friday, January 24<sup>th</sup> at 12:30 PM**

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

**Movie: Julie & Julia Monday, January 13<sup>th</sup> at 1:00 PM**

Frustrated with a soul-killing job, New Yorker Julie Powell embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child herself conquered French cuisine with passion, fearlessness, and plenty of butter. Starring: Meryl Streep, Amy Adams, and Stanley Tucci. **To RSVP, please call (203) 452-5199.**



**DementiaWise Thursday, January 23<sup>rd</sup> at 10:00 AM**

Wellness Nurse Susan has invited Neil Anand, owner of Com-ForCare 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. **To sign up, please call (203) 452-5199.**

**Trivia with Mary Monday, January 27<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.**

**Computer Lessons w/ Cathy Mondays at 12:30 PM**

Questions about using your phone or laptop? The Computer Tutor is available at the center for individual, one-on-one help. Appointments can help with:



- Too much junk email
- Searching the internet
- Creating and saving files and documents
- Text messaging.

**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

**Cribbage:** Tuesdays at 11:00 AM

**Canasta:** Tuesdays at 12:30 PM

**Scrabble:** Tuesdays at 10:30 AM

**Pinochle:** Wednesdays & Thursdays at 10:00 AM

**Mahjong:** Fridays at 10:30 AM

**Pickleball Open Court:**

- Mondays & Wednesdays: 12:30—3:00 PM
- Fridays: Beginners 8:30—10:00 AM/Intermediate 10:00 AM—12:30 PM



## EXERCISE CLASSES ON ZOOM

**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  
**\*No class on 1/16**

**Community Meditation with Deborah Swann**  
Thursday, January 16<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**  
**January 7<sup>th</sup>—February 25<sup>th</sup>**

**Sit and Fit with Bobbi**  
Tuesdays at 10:30 AM  
**\*No class on 1/14**  
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** **NEW!**  
Wednesdays at 10:00 AM  
**8 Week Workshop**  
**January 8<sup>th</sup>—February 26<sup>th</sup>**

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

**High-Low Aerobics & Balance w/ Heather**  
Thursdays at 9:00 AM  
**8 Week Workshop**  
**November 14<sup>th</sup>—January 16<sup>th</sup>**

Join us for some fun aerobic intervals and easy-to-follow cardio interval combinations set to upbeat music. Please bring your own weights.

**Intro to Line Dancing** **NEW!**  
Thursdays at 1:00 PM  
**6 Week Workshop**  
**January 9<sup>th</sup>—February 13<sup>th</sup>**

Whether you love to dance, want to learn new dances or want a great way to exercise, this is the class for you.

**Yoga Nidra with Deborah Swann**  
Friday, January 3<sup>rd</sup> & 17<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, January 10<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.

## TRUMBULL FOOD PANTRY DONATIONS

# TRUMBULL FOOD PANTRY

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



Facebook page

Please "like" our page!



Amazon Wish List

Please shop our page with shipping direct to the Food Pantry



Shopping List

These are items most in need right now.

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

## ENERGY ASSISTANCE

The Connecticut Energy Assistance Program ( CEAP ) helps Connecticut residents afford to heat their homes. Applications for CEAP are currently being scheduled by Social Services. Basic benefits toward your heating bill will range depending on your income level, household size, and whether there is a vulnerable member in the household. Benefits are usually paid directly to your utility company or fuel supplier. Households that heat with deliverable fuels like oil or propane may be eligible for additional deliveries.

**Please contact Social Services to learn more about the program and its requirements and to schedule an appointment. Call 203-452-5198 or email us at: [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.

## 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.



## SOCIAL SECURITY UPDATE

In our ongoing commitment to serve the public more efficiently, we are expanding appointment-based services at our local Social Security offices. By scheduling appointments, we will aim to reduce wait times, streamline service delivery, and improve the overall customer experience. Nearly 400 field offices have already moved to appointment-based service this year. These offices have seen significant improvements in wait times due to more efficient and helpful visitor experiences and increases in the number of customers able to complete their business online.

We are implementing appointment-based services nationwide in two phases. The first phase is a transition period now through January 5, 2025. The purpose of this transition period is to educate our customers about needing to schedule an appointment for SSA services. As a reminder, many of our services can be provided via phone with an appointment and do not require a customer to walk into an office for service.

Effective January 6, 2025, we will require customers to schedule an appointment for service in our field offices, including requests for Social Security cards. We encourage customers to become accustomed to our:

- online services, where many transactions can be completed conveniently and securely
- automated services available on our National 800# at 1-800-772-1213.

Customers who are not able to handle their business online or with the automated options, may call their local Social Security office or our National 800# to schedule an appointment.

We want to make clear that we will not turn people away for service who are unable to make an appointment or do not want to make an appointment. For example, members of vulnerable populations, military personnel, people with terminal illnesses, and individuals with other situations requiring immediate or specialized attention may still walk in for service at our field offices. Some of our offices also have minimal to no wait times, and they will still serve customers who walk in.

## 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

**Rubbing alcohol 101:** If you are a fan of Old Westerns, you've probably seen the doctor pour whiskey on a wound (40% alcohol) as an antiseptic and give a swig to the patient for pain! Luckily, science has advanced since then but they were on the right track. Rubbing alcohol (70%) is an antiseptic for the skin and surface disinfectant. It can kill bacteria, viruses, and fungi. Use it to clean items like scissors, thermometers, and even to make your own hand sanitizer. When using rubbing alcohol to clean your skin before an injection, for example, keep in mind that it is more effective when it's fully dried. That's because it has absorbed all the moisture that germs need to live. So remember you can use rubbing alcohol for many things medical and non-medical. But please, don't take any swigs! Have a wonderful and healthy month! Nurse Susan

## MENTAL HEALTH

**The Mary J. Sherlach Counseling Center**

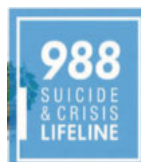
Provides a therapeutic clinical setting for individual, family and group therapy, and crisis intervention. Services are available for Trumbull residents, Town employees, and students who attend Trumbull schools. (203) 452-5193

**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. **Please note that due to the holiday, this month will meet the 3<sup>rd</sup> and 5<sup>th</sup> Wednesday of the month—Wednesday, January 15<sup>th</sup> & 29<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, January 14<sup>th</sup> & 28<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.

## TRANSPORTATION

(203) 452-5137

The Trumbull Senior Center provides transportation to residents, age 60 and over and/or age 55-59 and disabled. Buses are fitted with UV light/air filtration systems. **For more information or to view our transportation guidelines please visit: <https://www.trumbull-ct.gov/289/Transportation-Services>**



**MEDICAL APPOINTMENTS:** Medical appointment rides are available on **Mondays, Tuesdays, and Thursdays from 9:00 AM to 1:00 PM.** We require a minimum of 48 hours notice to see if we can accommodate the appointment into our schedule, rides can be booked days or months in advance. We travel to Trumbull, Bridgeport, Stratford, parts of Shelton, and Rt. 111 in Monroe up to the CVS.

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

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

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

*See page 9 for shopping and trip information!*



## SHOPPING TRIPS

SHOPPING LOOP

The first 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. Stores include Big Y, Best Buy, Kohl's, Target, and Five Below. Our loop day is **WEDNESDAY, JANUARY 8<sup>TH</sup>**.

ALDI SHOPPING TRIP

The second Wednesday of every month we offer rides to Aldi in Monroe. Estimated pick up time is between 9:00—9:45 AM. Shop for an hour, then return home. The Aldi shopping date is **WEDNESDAY, JANUARY 15<sup>TH</sup>**.

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, JANUARY 22<sup>ND</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. **\*Please note that due to the 1/31 closure that shopping will be on 1/29 for that week.**

## LEISURE TRIPS (PAYMENT DUE WITHIN 2 DAYS)

FAIRFIELD MUSEUM & HISTORY CENTER

—Fairfield, CT

**WEDNESDAY, JANUARY 15<sup>th</sup>**

**Cost: \$7—CASH ONLY (Doesn't include breakfast)**

Depart Penny Lane Lot: 9:30 AM

Enjoy a talk about Bridgeport's triumphant summer of 1915 and how the city became a powerful arsenal for the allied war effort at home and abroad. Breakfast will be at the Circle Diner.

MOCA WESTPORT—Westport, CT

**\*Registration opens on December 27<sup>th</sup> at 9:00 AM**  
**FRIDAY, JANUARY 24<sup>th</sup>**

**Cost: \$14—CASH ONLY (Doesn't include breakfast)**

Depart Penny Lane Lot: 9:00 AM

Visit the exhibition called ON FIRE: Energy, Climate, and Infrastructure from the Westport Public Art Collections. There will also be a feature from the annual high school show called Humans and Nature: A Changing Relationship which complements the ON FIRE exhibit. Breakfast will be at the Southport Diner.

## LEISURE TRIPS CONTINUED

FASCIA CHOCOLATE EXPERIENCE—

Waterbury, CT

**\*Registration opens on January 24<sup>th</sup> at 9:00 AM**  
**FRIDAY, FEBRUARY 21<sup>st</sup>**

**Cost: \$14—CASH ONLY (Doesn't include lunch)**

Depart Penny Lane Lot: 9:15 AM

Indulge in the rich, handcrafted delights of the Fascia's Chocolate Experience—where passion meets perfection in every bite! Lunch at Maggie McFly's.

MARITIME CENTER—Norwalk, CT

**\*Registration opens on January 30<sup>th</sup> at 9:00 AM**  
**WEDNESDAY, FEBRUARY 26<sup>th</sup>**

**Cost: \$24—CASH ONLY (Doesn't include lunch)**

Depart Penny Lane Lot: 9:30 AM

Join us at the Maritime Center for an unforgettable experience where history and adventure come together to create a perfect day with sea creatures galore. Lunch at the Silver Star Diner.

## BUS TRIPS

**SWING INTO SPRING WITH THE KING**

**Wednesday, April 16, 2025—Bolton, CT**

**Cost: \$133 (Checks made to Friendship Tours)**

Depart Penny Lane Lot: 9:45 AM

Estimated Return: 5:00 PM

Richie Santa performs as an Elvis tribute artist with a show that will not disappoint! From the time he was eight years old he honed his skill to move & sing as ELVIS. With the power of Richie's voice, the transformation was complete. There will never be another Elvis. Yet as long as fans support the music, Richie will continue to perform his show as a tribute to the greatest entertainer of all time - ELVIS. **Menu Choice of: Chicken Florentine, OR Stuffed Sole w/ Crabmeat Stuffing**

**UPCOMING TRIPS WITH COLLETTE TOURS:**

- **Cultural Treasures of Japan: March 30<sup>th</sup>-April 12<sup>th</sup>, 2025**
- **Alaska Discovery Land & Cruise: June 11<sup>th</sup>—June 22<sup>nd</sup>, 2025**
- **Spain's Classics: October 17<sup>th</sup>—October 28<sup>th</sup>, 2025**
- **Exploring the Alpine Countries: April 23<sup>rd</sup>—May 4<sup>th</sup>, 2026**

**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, January 2<sup>nd</sup></b>
		<b>There will be no lunch served on this day.</b>
<b>Monday, January 6<sup>th</sup></b>	<b>Tuesday, January 7<sup>th</sup></b>	<b>Thursday, January 9<sup>th</sup></b>
Lasagna	Roasted Chicken Thighs	Meatloaf
<b>Monday, January 13<sup>th</sup></b>	<b>Tuesday, January 14<sup>th</sup></b>	<b>Thursday, January 16<sup>th</sup></b>
Stuffed Shells with Meatballs	Ham	Baked Potato with Chili
<b>Monday, January 20<sup>th</sup></b>	<b>Tuesday, January 21<sup>st</sup></b>	<b>Thursday, January 23<sup>rd</sup></b>
<b>The senior center is closed in observance of Martin Luther King Day.</b>	Shepherd's Pie	Grilled Chicken Caesar Salad
<b>Monday, January 27<sup>th</sup></b>	<b>Tuesday, January 28<sup>th</sup></b>	<b>Thursday, January 30<sup>th</sup></b>
Chicken Francese	Sausage w/ Peppers and Onions	Cookout! Hamburger, Hot Dog or Veggie Burger

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Trumbull Senior Center

06-5293



Monday	Tuesday	Wednesday	Thursday	Friday
<div>JANUARY</div> <div>2025</div> <div>*All virtual programs are written in GREEN text.</div>		<div>1</div> <div>The Senior Center is closed in observance of New Year's Day.</div>	<div>2</div> <div>9:00 Chair Yoga</div> <div>9:00 Brain Games</div> <div>9:00 High-Low Aerobics</div> <div>10:00 Pinochle</div> <div>10:00 Needlework Group</div> <div>10:15 Strength</div> <div>10:30 Sit and Fit</div>	<div>3</div> <div>8:30 Beginner Pickleball</div> <div>9:00 Stop &amp; Shop</div> <div>10:00 Painting w/ Jill</div> <div>10:00 Intermediate Pickleball</div> <div>10:30 Mahjong</div> <div>1:00 Yoga Nidra</div>
<div>6</div> <div>9:00 Stretch w/ Nancy</div> <div>9:30 Walking Group at Mall</div> <div>10:30 Rummikub</div> <div>10:30 Yoga</div> <div>11:00 Book Club</div> <div>11:15 Zumba Gold/Tone</div> <div>12:00 Lunch</div> <div>12:30 Computer Tutor</div> <div>12:30 Pickleball Open Court</div>	<div>7</div> <div>9:00 Moderate Yoga</div> <div>10:00 Needlework Group</div> <div>10:00 Tap with Rose</div> <div>10:30 Scrabble</div> <div>10:30 Sit and Fit</div> <div>11:00 Dominoes</div> <div>11:00 Cribbage</div> <div>12:00 Lunch</div> <div>12:30 Canasta</div> <div>1:00 Line Dancing</div>	<div>8</div> <div>9:00 Morning Exercise</div> <div>9:00 The Loop Shopping Trip</div> <div>10:00 Tai Chi</div> <div>10:00 Pinochle</div> <div>10:00 Cont. Sign Language</div> <div>11:00 Intro to Sign Language</div> <div>11:00 Zumba Gold/Tone</div> <div>12:30 Pickleball Open Court</div> <div>1:00 Qigong</div>	<div>9</div> <div>9:00 Chair Yoga</div> <div>9:00 High-Low Aerobics</div> <div>10:00 Pinochle</div> <div>10:00 Needlework Group</div> <div>10:15 Strength</div> <div>10:30 Sit and Fit</div> <div>12:00 Lunch</div> <div>1:00 Intro to Line Dancing</div>	<div>10</div> <div>8:30 Beginner Pickleball</div> <div>9:00 Shoprite</div> <div>10:00 Painting w/ Jill</div> <div>10:00 Intermediate Pickleball</div> <div>10:30 Mahjong</div> <div>1:00 Sound Healing</div>
<div>13</div> <div>9:00 Stretch w/ Nancy</div> <div>9:30 Walking Group at Mall</div> <div>10:00 Poetry</div> <div>10:30 Rummikub</div> <div>10:30 Getting Your Workout</div> <div>10:30 Yoga</div> <div>11:15 Zumba Gold/Tone</div> <div>12:00 Lunch</div> <div>12:30 Computer Tutor</div> <div>12:30 Pickleball Open Court</div> <div>1:00 Movie</div>	<div>14</div> <div>9:00 Moderate Yoga</div> <div>9:00 Grief Support</div> <div>10:00 Needlework Group</div> <div>10:00 Tap with Rose</div> <div>10:30 Scrabble</div> <div>11:00 Bingo</div> <div>11:00 Dominoes</div> <div>11:00 Cribbage</div> <div>12:00 Lunch</div> <div>12:30 Canasta</div> <div>1:00 Line Dancing</div>	<div>15</div> <div>9:00 Morning Exercise</div> <div>9:00 Aldi Shopping Trip</div> <div>9:00 Coffee &amp; Learn</div> <div>9:30 Fairfield Museum Trip</div> <div>10:00 Tai Chi</div> <div>10:00 Pinochle</div> <div>10:00 Cont. Sign Language</div> <div>11:00 Intro to Sign Language</div> <div>11:00 Zumba Gold/Tone</div> <div>12:30 Pickleball Open Court</div> <div>1:00 Qigong</div>	<div>16</div> <div>9:00 Chair Yoga</div> <div>9:00 Brain Games</div> <div>9:00 High-Low Aerobics</div> <div>10:00 Pinochle</div> <div>10:00 Needlework Group</div> <div>10:15 Strength</div> <div>12:00 Lunch</div> <div>1:00 Intro to Line Dancing</div> <div>7:00 Comm. Meditation</div>	<div>17</div> <div>8:30 Beginner Pickleball</div> <div>9:00 Stop &amp; Shop</div> <div>10:00 Painting w/ Jill</div> <div>10:00 Intermediate Pickleball</div> <div>10:30 Mahjong</div> <div>1:00 Yoga Nidra</div>
<div>20</div> <div>The Senior Center is closed in observance of Martin Luther King Day.</div>	<div>21</div> <div>9:00 Moderate Yoga</div> <div>10:00 Needlework Group</div> <div>10:00 Tap with Rose</div> <div>10:30 Scrabble</div> <div>10:30 Sit and Fit</div> <div>11:00 Dominoes</div> <div>11:00 Cribbage</div> <div>12:00 Lunch</div> <div>12:30 Canasta</div> <div>1:00 Line Dancing</div>	<div>22</div> <div>9:00 Morning Exercise</div> <div>9:00 Walmart Shopping Trip</div> <div>10:00 Tai Chi</div> <div>10:00 Pinochle</div> <div>10:00 Cont. Sign Language</div> <div>11:00 Intro to Sign Language</div> <div>11:00 Zumba Gold/Tone</div> <div>12:30 Pickleball Open Court</div> <div>1:00 Qigong</div>	<div>23</div> <div>9:00 Chair Yoga</div> <div>10:00 Pinochle</div> <div>10:00 Needlework Group</div> <div>10:15 Strength</div> <div>10:30 DementiaWise</div> <div>10:30 Sit and Fit</div> <div>12:00 Lunch</div> <div>1:00 Intro to Line Dancing</div>	<div>24</div> <div>8:30 Beginner Pickleball</div> <div>9:00 MOCA Trip</div> <div>9:00 Shoprite</div> <div>10:00 Painting w/ Jill</div> <div>10:00 Intermediate Pickleball</div> <div>10:30 Mahjong</div> <div>12:30 Bingo</div>
<div>27</div> <div>9:00 Stretch w/ Nancy</div> <div>9:30 Walking Group at Mall</div> <div>10:00 Poetry</div> <div>10:30 Rummikub</div> <div>10:30 Trivia w/ Mary</div> <div>10:30 Yoga</div> <div>11:15 Zumba Gold/Tone</div> <div>12:00 Lunch</div> <div>12:30 Computer Tutor</div> <div>12:30 Pickleball Open Court</div>	<div>28</div> <div>9:00 Moderate Yoga</div> <div>9:00 Grief Support</div> <div>10:00 Needlework Group</div> <div>10:00 Tap with Rose</div> <div>10:30 Scrabble</div> <div>10:30 Sit and Fit</div> <div>11:00 Dominoes</div> <div>11:00 Cribbage</div> <div>12:00 Lunch</div> <div>12:30 Canasta</div> <div>12:30 Birthday Party</div> <div>1:00 Line Dancing</div>	<div>29</div> <div>9:00 Morning Exercise</div> <div>9:00 Coffee &amp; Learn</div> <div>9:00 Stop &amp; Shop</div> <div>10:00 Tai Chi</div> <div>10:00 Pinochle</div> <div>10:00 Cont. Sign Language</div> <div>11:00 Intro to Sign Language</div> <div>11:00 Zumba Gold/Tone</div> <div>12:30 Pickleball Open Court</div> <div>1:00 Qigong</div>	<div>30</div> <div>9:00 Chair Yoga</div> <div>10:00 Pinochle</div> <div>10:00 Needlework Group</div> <div>10:15 Strength</div> <div>10:30 Sit and Fit</div> <div>12:00 Lunch</div> <div>1:00 Intro to Line Dancing</div>	<div>31</div> <div>The Senior Center is closed for Staff Development and Building Maintenance.</div>