



TOWN OF **Trumbull** HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

FEBRUARY 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>

VALENTINE'S DAY LUNCHEON

**Priscilla Place Café
Valentine's Day Luncheon
Thursday, February 13th at 12:00 PM**

Join us for a Valentine's Day Luncheon!

Cost: \$5—\$7 Donation

Menu: Shrimp Florentine with Linguine

Reservations are required and must be made one week in advance for holiday celebrations. To make a reservation, please call (203) 452-5199 ext. 3.



HEART HEALTHY DESSERTS

**Heart Healthy Desserts
Thursday, February 13th
at 10:30 AM**

Join ShopRite Dietitian Siddhi Sheth and Senior Center Nurse Susan to learn about following a heart healthy diet with delicious healthy desserts. Event will include a recipe demonstration that you will want to recreate at home! **To RSVP, please call (203) 452-5199.**

UPCOMING PROGRAMS AT A GLANCE

- **AARP Tax-Aide Information**—see page 7
- **Heart Photo Frame Craft**—February 6th, see page 5
- **Bingo**—February 11th & 28th, see page 5
- **Brain Games**—February 6th & 20th, see page 5
- **Managing Back, Neck & Joint Pain**—February 10th, see page 5
- **Trivia w/ Mary**—February 24th, see page 5
- **Movie**—February 24th, see page 5
- **AARP Smart Driver**—February 28th, see page 5

We will be closed on Monday, February 17th in observance of Presidents' Day.



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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF**Director of Human Services**

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(203) 452-5144

SENIOR CENTER**Senior Center Coordinator**

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rmogensen@trumbull-ct.gov

(203) 452-5199

(203) 452-5199

Front Desk

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SOCIAL SERVICES**Social Services Coordinator**

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(203) 452-5133

Social Services Administrative Support

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Food Pantry

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(203) 452-5136

Wellness Nurse

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

(203) 452-5134

First Selectman

Vicki Tesoro
Firstselectman@trumbull-ct.gov

(203) 452-5005

Priscilla Place Café

(203) 452-5199 Ext 3

Elaine Marcucio
New England Young at Heart

FOLLOW US ON FACEBOOK<https://www.facebook.com/TrumbullSeniorCenter/>**HOURS OF OPERATION****SENIOR CENTER HOURS:**

Monday-Friday 9:00 a.m.—3:30 p.m. (203) 452-5199

SOCIAL SERVICES HOURS:

Monday-Friday 9:00 a.m.—4:00 p.m.

Please call (203) 452-5198 for an appointment.

FOOD PANTRY: Monday, Tuesday, Thursday

By appointment only, please call (203) 452-5136.

COMMISSION ON AGING

Ron Foligno: Chair
Mark Ryan: Vice Chair
Barbara Crandall: Clerk
Kathleen Bordelon
Nancy Lucas

Paul McGahey
Linda Randall
Eve Rothbard
Evelyn Wiesner

MEMBERSHIP**JULY 1ST - JUNE 30TH**Membership runs from July 1st—June 30th.

You can join at anytime during the year.

Resident Annual Fee: \$10**Non-Resident Annual Fee: \$30****Newsletter Mailed: \$10 annually****You may print our membership form out online:**<https://www.trumbull-ct.gov/Archive.aspx?AMID=50>
or call the office at (203) 452-5199.**MISSION STATEMENT**

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

IMPORTANT PHONE NUMBERS**Elder Justice Hotline:** 1-860-808-5555**Agency on Aging:** (203) 333-9288**211:** Referrals to local resources. Call 211**VFW:** Graham Bisset (475) 243-3811**The American Legion:** Ernie Foito (203) 913-5689**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.

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

- Pam Ales
- Ingrid Bloom
- Irene Castaldo
- Marie Chiappetta
- Margaret Cooney
- Virginia Day
- Sadhana Desai
- Marie Folchick
- Marilyn Gang
- Mary Ellen Hagedus
- JoAnn “Ruth” Haut
- Brian Holmes
- Claudia Holzemer
- Julie Howes
- Louise Iannarelli
- Russell Jagoe
- Mary Louise Jagoe
- Krystyna Kokoszko
- Marie Lombardo
- Kathy Lynch
- Laurie Macisco
- Jill Nichols
- Thomasina Petrahai
- Mary Jo Pranger
- Annette Puma
- Zofia Ramos
- Andrew Rankin
- Esther Riccio
- A. Joseph Romano
- Catherine Rotunno
- Jim Rule
- Lucille Sastram
- Patricia Schickler
- Rita Selsky
- John Sklanka
- Eileen Soltis
- Lynn Stewart
- Heather Sweeney
- Magdalene Toothill
- Christine Vezzani
- Stephen Visosky
- Mark Vollenweider
- Ranea Werthman



4 ACTIVITIES, PROGRAMS AND EVENTS

ART CLASSES IN-PERSON

8-Week Painting with Jill
Every Friday From 2/21—4/11
10:00 AM to 12:00 PM

Registration opens on Monday, February 3rd at 9:00 AM. To sign up, please call (203) 452-5199.

Membership and registration are required to participate.

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.

POETRY ROUNDTABLE

Poetry Writers Roundtable

Monday, February 10th & 24th
10:00 AM—11:30 AM
2nd & 4th 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

Sign Language Classes Return in March!

- **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

Commission on Aging

Meeting Dates for 2025

Meetings will be held at 2:00 PM

- January 24, 2025
- February 28, 2025
- March 28, 2025*
- April 25, 2025
- May 23, 2025
- June 27, 2025
- July—No Meeting
- August 22, 2025
- September 26, 2025*
- October 24, 2025
- November 21, 2025
- December 12, 2025

***Meeting will be held at the Trumbull Senior Center, all others will be held at Town Hall Chambers.**

MATTER OF BALANCE



A MATTER OF BALANCE

MANAGING CONCERN ABOUT FALLS

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 at the Trumbull Senior Center

Program is **FREE*** to all participants

**Thursdays, February 6th through April 3rd, 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

To inquire about openings, please call (203) 452-5199

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

3-WEEK ART WORKSHOP

Watercolors Workshop
Wednesday, February 12th,
19th & 26th
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. **To inquire about openings, 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.



Photo above is from a previous watercolors workshop with Renu.

BLOOD DRIVE

American Red Cross

Give blood. Help save lives.



**Blood Drive Sponsored by
The Trumbull Health Department**

**Trumbull Senior Center
Friday, March 7, 2025
9:00 AM to 3:00 PM**

Held in the Smile-A-While Auditorium
23 Priscilla Place, Trumbull, CT 06611

For an appointment, please visit
redcrossblood.org
Or call 1-800-RED CROSS
(1-800-733-2767).

Use Sponsor Code: **trumbullhealth**



IN PERSON PROGRAMS AND GAMES

Book Club—1st Monday of every month at 11:00 AM

- West with Giraffes by Lynda Rutledge—Monday, February 3rd
- Lessons in Chemistry by Bonnie Garmus—Monday, March 3rd

Brain Games**Thursday, February 6th & 20th at 9:00 AM**

1st & 3rd 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.**

Heart Photo Frame Craft
Thursday, February 6th at 10:00 AM

Join Gisselle of G-Vaz Care Services LLC to decorate wooden heart shaped picture frames for Valentine's Day! This heart shaped frame can be displayed on a dresser, mantle or wherever you choose. All supplies will be provided. Registration is required. **To RSVP, please call (203) 452-5199.**

Managing Back, Neck, and Joint Pain: Practical Strategies for Relief
Monday, February 10th at 10:30 AM

Nurse Susan has invited Dr. Abraham from New England Advanced Spine and Pain for an informative session on effective ways to manage and alleviate back, neck, and joint pain. In this talk, we'll cover a variety of practical strategies, including understanding the causes, effective exercises and stretches, pain relief techniques, and when to seek professional help. This session is designed to empower you with practical tools to manage pain and improve your quality of life. We look forward to seeing you there! **To RSVP, please call (203) 452-5199.**

Bingo

- **Tuesday, February 11th at 11:00 AM**
- **Friday, February 28th at 12:30 PM**

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

Trivia with Mary**Monday, February 24th 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.**

Movie: Runaway Bride
Monday, February 24th at 1:00 PM

Having already left three grooms at the altar, Maggie Carpenter is branded "the runaway bride" by jaded city journalist Ike Graham. But, after his facts are called into question, Ike races to Maggie's hometown to save his reputation and report on her upcoming fourth trip down the aisle-during which he's convinced she'll run again. Though he's there on a muckraking mission, Ike can't help but fall for this breathtaking heartbreaker. Starring: Julia Roberts and Richard Gere. **To RSVP, please call (203) 452-5199.**

AARP Smart Driver Course**Friday, February 28th 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.**

CAREGIVERS ARE ALWAYS WELCOME!

Monthly Birthday Party

Tuesday, February 25th
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 Bridges by EPOCH.** To reserve lunch, call (203) 452-5199 ext. 3.

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

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

Food Pantry Hours: Monday, Tuesday, and Thursday 9:30 AM—4:00 PM. Appointments are required. Please call ahead for donation drop off. To schedule an appointment or drop off, please call Karen Seferi, Food Pantry Coordinator at 203-452-5136.

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.

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

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.**

ELDERLY/DISABLED PROPERTY TAX RELIEF PROGRAM

Filing period begins February 1st and ends May 15th, 2025. To receive a benefit from the town, the maximum income guideline is \$70,000 for single/married couple. To receive an additional benefit from the state, income guidelines are a maximum gross income of \$45,200 for a single person and \$55,100 for a married couple. Please contact the Tax Assessor's office at 203-452-5018 for general information or Social Services at (203) 452-5133 to schedule an appointment at the senior center or for a home visit.

AARP TAX-AIDE

FREE INCOME TAX HELP

AARP is offering free Tax Return Preparation by AARP/IRS Certified Tax Volunteers and E-File

WHERE:

Trumbull Main Library
33 Quality Street, Trumbull, CT

HOURS:

By Appointment Only From 9:30 AM to 12:30 PM. Each Wednesday from February 5th until April 9th, 2025 and each Friday from February 7th until April 11th, 2025.

APPOINTMENTS:

Please call the Trumbull Library at (203) 452-5197 to schedule your appointment.

WHAT TO BRING:

- Photo ID or other type of identification
- Social Security Card and Statement (SSA 1099)
- A copy of your 2023 tax return and/or prior year AARP Envelope
- All tax forms received for tax year 2024 (W-2, 1095, 1099)
- End of year Investment statements (INT, DIV, Stocks, Bonds)
- List of Itemized Deductions (Medical, Donations, Taxes)
- Any other tax documents you might have
- IRS PIN if issued, Cancelled Check for Direct Deposit

You must make an appointment by calling the Trumbull Library at (203) 452-5197. (No tax sessions if the Trumbull Schools are closed due to weather.)



Website for the public:
www.aarp.org/taxaide

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

Is shoveling snow a dangerous chore? Think twice before shoveling your walkway or driveway this winter. There is a good excuse not to go out there! Intense exertion, too quickly, out in the cold can cause our arteries to constrict which can increase blood pressure. While straining to lift heavy snow you might hold your breath which also really increases heart rate and blood pressure. All this can trigger a heart-related event such as a heart attack or cardiac arrest.

If you have a history of heart problems or are not in good physical condition please try to hire someone to do the shoveling or research ways to make it easier. Have a safe 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 1st and 3rd Wednesday of each month at 9:00 AM at the senior center. —**Wednesday, February 5th & 19th**. Join Dr. Morris for this open-discussion group that will touch base on all different life topics and provide an opportunity for discussion and reflection. To join, contact Dr. Cornelia Morris at cmorris@trumbull-ct.gov and/or call (203) 452-5158.

GRIEF AND LOSS GROUP

Facilitated by Dr. Cornelia Morris, PhD, LADC Meets the 2nd and 4th Tuesday of each month at 9:00 AM at the senior center—**Tuesday, February 11th & 25th**. To join, contact Dr. Cornelia Morris at 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 based on availability.

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, FEBRUARY 5TH**.

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, FEBRUARY 12TH**.

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, FEBRUARY 19TH**.

GROCERY SHOPPING

Every Friday we offer grocery shopping trips for residents. On the 1st and 3rd (and 5th) Friday of the month, we go to Stop and Shop in Trumbull and on the 2nd and 4th 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)**FASCIA CHOCOLATE EXPERIENCE**

Waterbury, CT

***Registration opens on January 24th at 9:00 AM**
FRIDAY, FEBRUARY 21st

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 30th at 9:00 AM**
WEDNESDAY, FEBRUARY 26th

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.

LEISURE TRIPS CONTINUED**KINSHIP GLASSWORKS**—Milford, CT

***Registration opens on February 7th at 9:00 AM**

FRIDAY, March 7th

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

Depart Penny Lane Lot: 9:15 AM

Learn about the art of glassblowing. Everyone attending will have the chance to win a piece of glass to take home. Breakfast at Pop's.

INSTITUTE FOR AMERICAN INDIAN

STUDIES—Washington, CT

***Registration opens on February 28th at 9:00 AM**

FRIDAY, March 21st

Cost: \$16—CASH ONLY (Doesn't include breakfast)

Depart Penny Lane Lot: 9:00 AM

The Institute for American Indian Studies preserves and educates through discovery and creativity the diverse traditions, vitality and knowledge of Native America Cultures. Breakfast at Blue Colony Diner in Newtown.

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 30th-April 12th, 2025**
- **Alaska Discovery Land & Cruise: June 11th—June 22nd, 2025**
- **Spain's Classics: October 17th—October 28th, 2025**
- **Exploring the Alpine Countries: April 23rd—May 4th, 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.

Monday, February 3rd**Tuesday, February 4th****Thursday, February 6th**

Chicken Pot Pie

Chicken Parmesan

Meatloaf with Mashed Potatoes

Monday, February 10th**Tuesday, February 11th****Thursday, February 13th**

Swedish Meatballs Over Noodles

Pork Loin with Roasted Sweet Potatoes

Valentine's Day Celebration
Shrimp Florentine**Monday, February 17th****Tuesday, February 18th****Thursday, February 20th****The senior center is closed in observance of Presidents' Day.**

BBQ Chicken with Collard Greens

Meat Lasagna

Monday, February 24th**Tuesday, February 25th****Thursday, February 27th**

Grilled Chicken over Caesar Salad

Baked Sole with Rice Pilaf

Cookout Burger, Hot Dog or Veggie Burger

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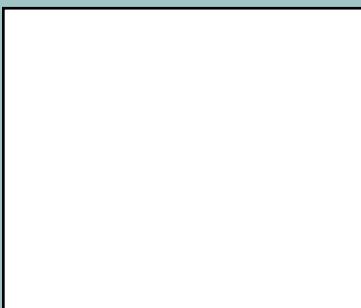
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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUARY 2025				
*All virtual programs are written in GREEN text.				
				
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	3 9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap with Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Cribbage 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	4 9:00 Morning Exercise 9:00 Coffee & Learn 9:00 The Loop Shopping Trip 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	5 9:00 Chair Yoga 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:00 Heart Frame Craft 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Matter of Balance 1:00 Intro to Line Dancing	6 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Yoga Nidra
9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 Poetry 10:30 Rummikub 10:30 Managing Pain 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	10 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap with Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Bingo 11:00 Dominoes 11:00 Cribbage 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	11 9:00 Morning Exercise 9:00 Aldi Shopping Trip 10:00 Tai Chi 10:00 Pinochle 10:00 Watercolors 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	12 9:00 Chair Yoga 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Heart Healthy Desserts 10:30 Sit and Fit 12:00 Lunch 1:00 Matter of Balance 1:00 Intro to Line Dancing	13 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Sound Healing
17 The Senior Center is closed in observance of Presidents' Day.	18 9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap with Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Cribbage 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	19 9:00 Morning Exercise 9:00 Coffee & Learn 9:00 Walmart Shopping Trip 10:00 Tai Chi 10:00 Pinochle 10:00 Watercolors 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	20 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 1:00 Matter of Balance 7:00 Comm. Meditation	21 8:30 Beginner Pickleball 9:00 Stop & Shop 9:15 Fascia Chocolate Trip 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Yoga Nidra
9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 Poetry 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	24 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap with Rose 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Cribbage 12:00 Lunch 12:30 Canasta 12:30 Birthday Party 1:00 Line Dancing	25 9:00 Morning Exercise 9:30 Maritime Center Trip 10:00 Tai Chi 10:00 Pinochle 10:00 Watercolors 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court 1:00 Qigong	26 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Matter of Balance	27 8:30 Beginner Pickleball 9:00 Shoprite 9:00 AARP Safe Driver 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 12:30 Bingo