



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

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 McGearry

Mark Ryan: Vice Chair

Linda Randall

Barbara Crandall: Clerk

Eve Rothbard

Kathleen Bordelon

Evelyn Wiesner

Nancy Lucas

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



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 CONCERNS 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

CAREGIVERS ARE ALWAYS WELCOME!

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.**

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

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 1st through June 30th.

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*

***Please note that in March this class will be changing to in person only on Thursdays at 1:00 PM and will no longer be available on Zoom.**

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, February 20th 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 7th—February 25th

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

Line Dancing with Tom Mohyde
Tuesdays at 1:00 PM

Morning Exercise with Nancy
Wednesdays at 9:00 AM

Tai Chi with David **NEW!**
Wednesdays at 10:00 AM
8 Week Workshop
January 8th—February 26th
Next 8 week workshop will begin in April

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 **RETURNS ON 2/20!**
8 Week Workshop
February 20th—April 10th

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
Thursdays at 1:00 PM
6 Week Workshop
January 9th—February 13th

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

Qigong with Julie **BEGINS IN MARCH!**
Thursdays at 1:00 PM

Yoga Nidra with Deborah Swann
Friday, February 7th & 21st 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, February 14th 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

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:

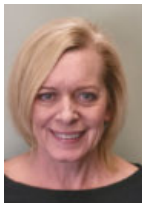
- Photo ID or other type of identification
- Social Security Card and Statement (SSA 1099)
- A copy of your 2023 tax return and/or prior year AARP Envelope
- All tax forms received for tax year 2024 (W-2, 1095, 1099)
- End of year Investment statements (INT, DIV, Stocks, Bonds)
- List of Itemized Deductions (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 3 rd	Tuesday, February 4 th	Thursday, February 6 th
Chicken Pot Pie	Chicken Parmesan	Meatloaf with Mashed Potatoes
Monday, February 10 th	Tuesday, February 11 th	Thursday, February 13 th
Swedish Meatballs Over Noodles	Pork Loin with Roasted Sweet Potatoes	Valentine's Day Celebration Shrimp Florentine
Monday, February 17 th	Tuesday, February 18 th	Thursday, February 20 th
The senior center is closed in observance of Presidents' Day.	BBQ Chicken with Collard Greens	Meat Lasagna
Monday, February 24 th	Tuesday, February 25 th	Thursday, February 27 th
Grilled Chicken over Caesar Salad	Baked Sole with Rice Pilaf	Cookout Burger, Hot Dog or Veggie Burger
		

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUARY 2025 *All virtual programs are written in GREEN text.				
				
3 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	4 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	5 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	6 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	7 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Yoga Nidra
10 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	11 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	12 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	13 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	14 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
24 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	25 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	26 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	27 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	28 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