



## TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

APRIL 2025

### AI SCAMS AND FRAUD PREVENTION

**AI, Scams, and Fraud Prevention  
Lunch & Learn  
Wednesday, April 2<sup>nd</sup>  
11:00 AM—1:00 PM**

Join Sergeant Rob Pysz of Trumbull Police Department and Jennifer Gillis of Trumbull Social Services for an informative presentation on AI, Scams, and Fraud Prevention. Lunch sponsored by Right at Home. **Registration and membership are required, and spaces are limited. Lunch will be served at the conclusion of the presentation. Attendees must be present for the presentation to receive lunch. To reserve your seat, please call (203) 452-5199.**



### TEA PARTY

Join us for a Tea Party

**Friday, May 2nd**

**11:00 am to 12:30 pm  
at the Trumbull Senior Center**

*Hats are encouraged but not required  
(you may win a prize!).*



**Registration opens on Friday, April 4<sup>th</sup> at 11:00 AM. Reservations are required and can be made by calling (203) 452-5199 or in person.** Membership is required at the time of sign up (no exceptions). You may sign up yourself and no more than one other member. There will be assigned seating for this event, requests will be taken but are not guaranteed.

**Cost: \$8 for Residents/\$10 for Non-Residents.**

Tickets will be issued at the time of payment, tickets are non-transferrable and must be brought to the event for entry.

### SPEAK UP, YOUR VOICE MATTERS!

## Speak Up Trumbull Seniors. Your Voice Matters!

The Community Facilities Building Committee recently voted unanimously to approve the conceptual plan for a new senior center at the Grace Church property. We are now one step closer to the Town Council deciding whether to move it forward to a referendum, allowing residents to vote on it.

**Now is the time to speak up!** While we are hearing from those who oppose the center or want changes, it is crucial that your Town Officials hear from you directly. Don't let non-seniors decide what you need in a senior center—make your voice heard!

Senior centers are more than just gathering places—they provide essential services and serve as a lifeline for many. They offer opportunities for seniors to stay active through fitness programs, access nutritious meals, and engage in lifelong learning. By fostering a sense of belonging and community, they help combat isolation and loneliness, ensuring older adults remain connected and supported.

### How You Can Help:

Attend meetings and speak at the public hearing. If you cannot attend in person or are not comfortable speaking publicly, you can submit a letter to be read aloud during the public session. Letters can be emailed to [councilclerk@trumbull-ct.gov](mailto:councilclerk@trumbull-ct.gov). You can also reach out directly to your council members—let us know if you need their contact information!

We will be closed on Friday, April 18<sup>th</sup> in observance of Good Friday.



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ORGANIZATION NEED  
A NEWSLETTER?**



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Trumbull Senior Center

06-5293



## HUMAN SERVICES STAFF

**Director of Human Services**

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

**SENIOR CENTER**

(203) 452-5199

**Senior Center Coordinator**

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

**Front Desk**

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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

## MEMBERSHIP

JULY<sup>1<sup>ST</sup></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.

## APRIL BIRTHDAYS

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

- Katherine Alaimo
- Carol Bajoros
- Susan Baker-Mrotek
- Joseph Cavoto
- Jane Cavoto
- John Christo
- Irene Clampet
- Thomas Coughlin
- Barbara Crandall
- Marion Dale
- Sharon Daniels
- Louis Evan
- Julie Fritzky
- Barbara Gagliardi
- Frank Gagliardi
- Sandy Grant
- Judy Hannon
- Elaine Horelick
- Gwynne Huntington Wales
- Patricia Kopcik
- Sidne Leith
- Cathleen Lindstrom
- Art Lucas
- Kevin Lynch
- Susan Manjoney
- Michael Melli
- Roger Michaels
- Robert Mongillo
- Susan O'Sullivan
- Pat Pagliarulo
- Dennis Rotunno
- Mariette Roy
- Rosemary Seaman
- Margaret Silvestri
- Susan Stasiak
- Elizabeth Thomas
- Deborah Todd
- Andrea Vignali
- Constance Vogt
- Paula Waite
- Richard Zaffuto



## ART CLASSES IN-PERSON

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

Join instructor Jill Nichols for this 8-week painting workshop. Students have the option to paint using watercolors or oil/acrylic. Students are responsible for their own supplies (a list will be provided).

**Registration for the next 8-week workshop opens on Monday, April 21<sup>st</sup> at 9:00 AM, workshop begins on May 2<sup>nd</sup>. To sign up, please call (203) 452-5199.**

**Cost for Residents: \$20**

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

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

## POETRY ROUNDTABLE

**Poetry Writers Roundtable**  
**Monday, April 14<sup>th</sup> & 28<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.**

## SELF CARE

**Self-Care Workshop**  
**Thursday, April 3<sup>rd</sup> & May 8<sup>th</sup>**  
**10:30 AM—11:30 AM**

Join Dr. Vivian Hardison, psychologist and self-care expert who teaches how **Self-care is Healthcare and Total Wellbeing!** Dr. Hardison uses practical holistic approaches to strengthen Primary Healthcare outcomes with initiatives that address the Whole Person. Dr. Hardison demonstrates how Self-care is an act of self-love, is multifaceted, and is personalized to meet individual goals of achieving mental, emotional, physical, social, financial, and spiritual wellbeing. Her mantra is: *"Life really is supposed to feel good!"* How does your life feel? Free handouts are provided at each workshop. **Reserve your seat by calling (203) 452-5199.**



## MAKEUP CLASS

**Makeup for Mature Women**  
**Thursday, April 17<sup>th</sup>**  
**9:30 AM to 12:00 PM**

Join Joby Rogers, a certified professional makeup artist with over 30 years of experience for this 2.5 hour forum. It is the perfect place for mature women & women of all ages & experience to learn how to create a MakeUp style that compliments their personal features & skin tone. We will explore products & tools & 'must haves' for your personal makeup collection. You will participate in 'hands-on' makeup demonstrations & leave knowing that with a little practice you can perfect your personal appearance for all occasions.

## ◇ FREE RAFFLE GIVEAWAY ◇

Participants are encouraged, BUT NOT required, to bring their own personal MakeUp and Brushes for a professional evaluation (if applicable). It is preferable that participants attend the forum 'MakeUp free' BUT NOT required. Please bring pen and paper.

**Cost: \$5 (must be paid within two business days of signup). Spaces are limited and registration is required. To reserve your seat, please call (203) 452-5199.**

## 3-WEEK ART WORKSHOP

**3-Week Acrylic Painting Workshop**  
**Wednesday, April 23<sup>rd</sup>, 30<sup>th</sup> & May 7<sup>th</sup>**  
**10:00 AM—11:30 AM**

Join Art Strokes Instructor, Renu Vora for a fun three-week acrylic painting workshop. **All supplies will be provided and are built into the cost of the workshop.** No experience necessary.

**Registration opens on Monday, March 31<sup>st</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.

## MUSIC DISCUSSION GROUP

**Music Talk**  
**Tuesday, April 8<sup>th</sup> & 22<sup>nd</sup>**  
**at 1:00 PM**

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month**

Do you play an instrument? Would you like to jam with other musicians and share your talent?

Do you enjoy singing? Do you have memories and/or stories to share, or would you like to blend some voices now?

Do you have a favorite artist and/or genre, or maybe you are interested in learning more about an artist or genre?

Let's get together and see where music takes us. Join us the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month at 1:00 PM, music is a world of possibilities! **All are welcome! To RSVP, 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.**

## IN PERSON PROGRAMS AND GAMES

## CAREGIVERS ARE ALWAYS WELCOME!

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

- **Hamnet** by Maggie O'Farrell—Monday, April 7<sup>th</sup>
- **House Across the Lake** by Riley Sager—Monday, May 5<sup>th</sup>
- **A Calamity of Souls** by David Baldacci—Monday, June 2<sup>nd</sup>

**Brain Games****Thursday, April 3<sup>rd</sup> & 17<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.**

**Bingo**

- **Tuesday, April 8<sup>th</sup> at 1:00 PM *NEW TIME!***
- **Friday, April 25<sup>th</sup> at 12:30 PM**  
Sponsored by G-Vaz Care Services LLC  
**To RSVP, please call (203) 452-5199.**

**Caregiver Burden is Real Wednesday, April 9<sup>th</sup> at 10:00 AM**

Join Mozaic Senior Life for a presentation on recognizing caregiver burnout and how to take care of yourself. **To RSVP, please call (203) 452-5199.**

**Spring Cleaning Thursday, April 10<sup>th</sup> at 10:30 AM**

Spring is a great time to freshen up your space and organize your personal information! Join Joe Violetta of 4CORE and he will share what important documents to keep, shred and how to have all your wishes in place for loved ones! **To RSVP, please call (203) 452-5199.**

**Flower Arrangement Wednesday, April 16<sup>th</sup> at 10:00 AM**

**Cost: \$2 per member**

Restorative Blooms, a local non-profit, will be hosting a flower arranging workshop! Unleash your creativity while surrounded by beautiful fresh flowers! Join Allie, a Horticulture Therapist, in creating your own flower arrangement to take home or gift to a loved one. Following the program please stay to enjoy a cup of herbal tea and conversation! **To RSVP, please call (203) 452-5199.**

**Birth of Rock & Roll: Songs That Defined an Era Monday, April 21<sup>st</sup> at 10:00 AM**

This entertaining and enlightening program will take you back to one of the greatest musical eras in American history. Enjoy video presentations of such artists as Chuck Berry, Elvis Presley, Little Richard, Fats Domino, Buddy Holly, The Coasters, Jerry Lee Lewis, Bo Diddley and the Everly Brothers with author and pop culture historian Marty Gitlin. Marty will discuss the impact these rock and roll pioneers made on society and pop culture. He will also challenge attendees with trivia questions and interact with a Q&A after the event. This one is a lot of fun so please join in! **To RSVP, please call (203) 452-5199.**

**Gardening Fun with Lisa Thursday, April 24<sup>th</sup> at 10:30 AM**

Join Lisa Bisson from Masonicare at Wesley Village for some gardening fun and plant seedlings for summer flowers to take home. **Reservations are required. To RSVP, please call (203) 452-5199.**

**Monthly Birthday Party Tuesday, April 29<sup>th</sup>**

12:00 PM Lunch/12:30 PM Cake  
**Cost of lunch: \$5—\$7 Donation**  
Join us to celebrate this month's birthdays with lunch and cake! **The cake is sponsored by Maefair Center for Health and Rehabilitation. 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.

**Dominoes:** Tuesdays at 11:00 AM

**Cribbage:** Tuesdays at 10:00 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

**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, April 17<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** *NEW!*  
Tuesdays at 10:00 AM  
**8-Week Workshop**  
April 1<sup>st</sup>—May 20<sup>th</sup>

**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**  
April 2<sup>nd</sup>—May 21<sup>st</sup>

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

**8-Week Workshop**  
February 20<sup>th</sup>—April 10<sup>th</sup> *RETURNS IN MAY!*  
Join us for some fun aerobic intervals and easy-to-follow cardio interval combinations set to upbeat music. Please bring your own weights.

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

**Qigong with Julie**  
Thursdays at 1:00 PM  
*\*No class on 4/10*

**Yoga Nidra with Deborah Swann**  
Friday, April 4<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, April 25<sup>th</sup> at 11:00 AM\*  
*\*Please note date and time change this month.*  
**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.

### 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)**

### 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.

Wheel It Forward is a community library that lends out (and accept donations of) durable medical equipment including wheelchairs, walkers, hospital beds, shower chairs and more, at no cost. Their newly opened location is at 955 Connecticut Avenue, Bridgeport, CT 06607.

They are open 10:00 AM – 3:00 PM, Monday-Thursday and by appointment on Fridays.



**For any questions, please call the Wheel It Forward office at (203) 652-8600.**

### FREE COMMUNITY SHREDDING EVENT

Trumbull Community Women will present a Free Community Shredding Event on Saturday, April 5<sup>th</sup> from 9:00 am to 1:00 pm (or until the truck is full) at the Trumbull Nature & Arts Center, located at 7115 Main St, Trumbull, CT. This event is sponsored by the Town Fair Tire Foundation, the philanthropic division of Town Fair Tire.



Our secure, on-site shredding event will take place rain or shine, and is open to all area residents and businesses. Shredding is free but donations are greatly appreciated. The proceeds go back to the community in the form of grants, scholarships, community events, financial assistance, etc. If you have more than 10 small file boxes (10"Hx12"Wx15"D), please contact us for instructions. E-mail: [trumbullcommunitywomen@gmail.com](mailto:trumbullcommunitywomen@gmail.com). Paper can be brought in bags or boxes, which will be returned to attendees. Please-no binder clips or hanging files.

### 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.

### AARP TAX-AIDE

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:** From 9:30 AM to 12:30 PM. Each Wednesday from February 5<sup>th</sup> until April 9<sup>th</sup>, 2025 and each Friday from February 7<sup>th</sup> until April 11<sup>th</sup>, 2025.

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

### WHAT TO BRING:

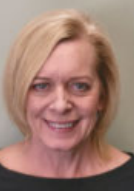
- Photo ID or other type of identification
- Social Security Card and Statement (SSA 1099)
- A copy of your 2023 tax return and/or prior year AARP Envelope
- All tax forms received for tax year 2024 (W-2, 1095, 1099)
- End of year Investment statements (INT, DIV, Stocks, Bonds)
- List of Itemized Deductions (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.**

### ELDERLY/DISABLED PROPERTY TAX RELIEF PROGRAM

Filing period begins February 1<sup>st</sup> and ends May 15<sup>th</sup>, 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.**

## WELLNESS NURSE SUSAN



**NURSE APPOINTMENTS:** Please call (203) 452-5134 to schedule an appointment.

**THE WALKING GROUP:**

**Mondays from 9:30 AM—10:30 AM**

Join Wellness Nurse Susan every Monday in front of Target on the 2<sup>nd</sup> floor inside the Trumbull Mall for a weekly walking group. Please call (203) 452-5134 for more information.

## HEALTH TIP FROM WELLNESS NURSE SUSAN

Major depressive disorder (MDD) is known as clinical or severe depression. Some symptoms can be weight gain or loss, trouble sleeping or sleeping too much. It can be treated with psychotherapy (talk therapy) or medication (antidepressants). There are many medication options and more than one may be needed. Transcranial Magnetic Stimulation (TMS) can be used for patients who have not done well with medication. It's non-invasive and non-systemic. TMS was developed in 1985 and is FDA approved. Most insurance companies will cover this. For more information, please call (203) 452-5134. Have a safe and healthy month! Nurse Susan

## SUPPORT GROUPS

**COFFEE AND LEARN WITH DR. MORRIS**

Meets the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month at 9:00 AM at the senior center—**Wednesday, April 2<sup>nd</sup> & 16<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, April 8<sup>th</sup> & 22<sup>nd</sup>**. To join, contact Dr. Cornelia Morris at [cmorris@trumbull-ct.gov](mailto:cmorris@trumbull-ct.gov) and/or call (203) 452-5158.

## 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.



## TRUMBULL'S PREVENTION PARTNERSHIP

**"Prevention works, and coalitions make it happen!"**

TPAUD offers virtual Open Office Hours on the first Wednesday of every month from 12:00-1:00PM. If you'd like to join us on April 2<sup>nd</sup>, please email Melissa McGarry at [mmcgarry@trumbull-ct.org](mailto:mmcgarry@trumbull-ct.org) for the Zoom link.

This month TPAUD is joining forces with our community partners to offer two exciting events:

- **Free Narcan training:** In honor of National Public Health Week, the Trumbull Health Department will offer free Narcan training during "Save a Life Day" on Wednesday, April 9<sup>th</sup>. Those age 18+ will receive a free Narcan kit (while supplies last). For more information, contact the Health Department at 203-452-1030 ext. 0.
- **Preparing students' mental health for college and life after high school:** My Friend Abby and TPAUD will present Dr. James Geisler, Sacred Heart University's Executive Director of Student Mental Health, to provide insights into how adults can support their students' mental wellbeing as they transition to life after high school – Monday, April 7<sup>th</sup>, 7:00 PM at Trumbull High School.

For additional substance use prevention and mental health promotion information and resources, visit us at [www.TPAUD.org](http://www.TPAUD.org) and follow us on Facebook.



## 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:**  
[www.trumbull-ct.gov/289/Transportation-Services](http://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, APRIL 2<sup>ND</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, APRIL 9<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, APRIL 16<sup>TH</sup>**.

GROCERY SHOPPING

Every Friday we offer grocery shopping trips for residents. On the 1<sup>st</sup> and 3<sup>rd</sup> (and 5<sup>th</sup>) Friday of the month, we go to Stop and Shop in Trumbull and on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month we go to ShopRite in Shelton. The estimated pick up time at your home is between 9:00 AM—9:45 AM. Shop for an hour and then return home.

## LEISURE TRIPS (PAYMENT DUE WITHIN 2 DAYS)

WADSWORTH MUSEUM—Hartford, CT  
**FRIDAY, APRIL 4<sup>TH</sup>**

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

Depart Penny Lane Lot: 9:00 AM

The Wadsworth is noted for its collections of European Baroque art, ancient Egyptian and Classical bronzers, French, and American Impressionist paintings, and more. Lunch will be at BMuse located in the museum.

CAROUSEL MUSEUM—Bristol, CT

**\*Registration opens Thurs., March 27<sup>th</sup> at 9:00 AM**  
**FRIDAY, APRIL 11<sup>TH</sup>**

**Cost: \$32—CASH ONLY (Includes lunch)**

Depart Penny Lane Lot: 9:15 AM

Prepare to Embark on a unique journey into the thrilling history of carousels. Uncover the surprising complexity of this seemingly simple ride which transcends from amusement parks to fine art. Sandwich options are: Gluten Free Lettuce Wrap or Mini Salad, Turkey, Chicken Cutlet, Italian, Chicken Salad or Ham.

## LEISURE TRIPS CONTINUED

THE STOWE CENTER—Hartford, CT

**\*Registration opens Thurs., April 3<sup>rd</sup> at 9:00 AM**  
**FRIDAY, May 9<sup>TH</sup>**

**Cost: \$19—CASH ONLY**

**(Doesn't include breakfast)**

Depart Penny Lane Lot: 9:00 AM

The Stowe Center's mission is to encourage social justice and literary activism by exploring the legacy of Harriet Beecher Stowe and all who advocate hope and freedom then and now. Breakfast will be at the Athenian Diner in Milford, CT.

STRATFORD POINT LIGHTHOUSE—Stratford, CT

**\*Registration opens Thurs., April 17<sup>th</sup> at 9:00 AM**  
**FRIDAY, May 16<sup>TH</sup>**

**Cost: \$14—CASH ONLY**

**(Doesn't include breakfast)**

Depart Penny Lane Lot: 9:30 AM

Stratford's longest serving lighthouse keeper invites you to join him on a tour. There will be a slideshow presentation and tour of the lighthouse. The lighthouse has many stairs, plan accordingly for your comfort and safety. Breakfast will be at the Stratford Skillet.

## BUS TRIPS

CAROLE'S KINGS

**Tuesday, August 19, 2025—Plantsville, CT**

**Cost: \$134 (Checks made to Friendship Tours)**

Depart Penny Lane Lot: 10:15 AM

Estimated Return: 4:30 PM

Carole King, an iconic signer-songwriter gets a brand new sounds in Carole's Kings, the world's first all male Carole King tribute. **Menu Choice of: Chicken Parmesan or Maple Glazed Salmon**

UPCOMING TRIPS WITH COLLETTE TOURS:

- **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**

**Have a trip suggestion?  
Let us know!**

**Please call us at (203) 452-5137 to make a trip request or to schedule a time to come in and register for bus trips with Friendship Tours and Collette Tours. Thank you!**

**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.

|  | Tuesday, April 1 <sup>st</sup>                     | Thursday, April 3 <sup>rd</sup>   |
|--|--|---|
|  | Manicotti and Meatballs                            | Grilled Chicken Sandwich  |
| Monday, April 7 <sup>th</sup>                              | Tuesday, April 8 <sup>th</sup>                     | Thursday, April 10 <sup>th</sup>  |
| Meat Chili and Baked Potato                                | Roast Beef and Mashed Potatoes                     | Cavatelli with Sausage  |
| Monday, April 14 <sup>th</sup>                             | Tuesday, April 15 <sup>th</sup>                    | Thursday, April 17 <sup>th</sup>  |
| Breakfast for Lunch!<br>Pancakes, Frittata, and Home Fries | Fish Sandwich                                      | Roasted Pork Shoulder   |
| Monday, April 21 <sup>st</sup>                             | Tuesday, April 22 <sup>nd</sup>                    | Thursday, April 24 <sup>th</sup>  |
| Taco Salad   | BBQ Chicken Boneless Thighs with<br>Collard Greens | Cookout!<br>Hamburger, Hot Dog or Veggie<br>Burger                                    |
| Monday, April 28 <sup>th</sup>                             | Tuesday, April 29 <sup>th</sup>                    |  |
| Chicken Burrito Bake                                       | Baked Sole with Rice Pilaf                         |   |

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Trumbull Senior Center

06-5293



| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
|   | 1  | 2   | 3  | 4  |
|   | 9:00 Moderate Yoga<br>10:00 Needlework Group<br>10:00 Tap<br>10:00 Cribbage<br>10:30 Scrabble<br>10:30 Sit and Fit<br>11:00 Dominoes<br>12:00 Lunch<br>12:30 Canasta<br>1:00 Line Dancing  | 9:00 Morning Exercise<br>9:00 Coffee & Learn<br>9:00 The Loop Shopping<br>10:00 Pinochle<br>10:00 Tai Chi<br>10:00 Cont. Sign Language<br>11:00 Intro to Sign Language<br>11:00 AI, Scams & Fraud<br><b>11:00 Zumba Gold/Tone</b><br>12:30 Pickleball Open Court      | <b>9:00 Chair Yoga</b><br>9:00 High-Low Aerobics<br>9:00 Brain Games<br>10:00 Pinochle<br>10:00 Needlework Group<br>10:15 Strength<br><b>10:30 Sit and Fit</b><br>10:30 Self-Care Workshop<br>12:00 Lunch<br>1:00 Qigong<br>1:00 Matter of Balance | 8:30 Beginner Pickleball<br>9:00 Wadsworth Trip<br>9:00 Stop & Shop<br>10:00 Painting w/ Jill<br>10:00 Intermediate Pickleball<br>10:30 Mahjong<br>1:00 Yoga Nidra |
| 7   | 8  | 9   | 10   | 11   |
| 9:00 Stretch w/ Nancy<br>9:30 Walking Group at Mall<br><b>10:30 Yoga</b><br>11:00 Book Club<br>11:15 Zumba Gold/Tone<br>12:00 Lunch<br>12:30 Computer Tutor<br>12:30 Pickleball Open Court            | 9:00 Moderate Yoga<br>9:00 Grief Support<br>10:00 Tap<br>10:00 Needlework Group<br>10:00 Cribbage<br>10:30 Scrabble<br>10:30 Sit and Fit<br>11:00 Dominoes<br>12:00 Lunch<br>12:30 Canasta<br>1:00 Line Dancing<br>1:00 Music Talk<br>1:00 Bingo | 9:00 Morning Exercise<br>9:00 Aldi Shopping Trip<br>10:00 Caregiver Burden<br>10:00 Pinochle<br>10:00 Tai Chi<br>10:00 Cont. Sign Language<br>11:00 Intro to Sign Language<br><b>11:00 Zumba Gold/Tone</b><br>12:30 Pickleball Open Court                             | <b>9:00 Chair Yoga</b><br>9:00 High-Low Aerobics<br>10:00 Pinochle<br>10:00 Needlework Group<br>10:15 Strength<br>10:30 Spring Cleaning<br><b>10:30 Sit and Fit</b><br>12:00 Lunch<br>1:00 Matter of Balance                                       | 8:30 Beginner Pickleball<br>9:00 Shoprite<br>9:15 Carousel Museum Trip<br>10:00 Painting w/ Jill<br>10:00 Intermediate Pickleball<br>10:30 Mahjong                 |
| 14  | 15   | 16  | 17   | 18   |
| 9:00 Stretch w/ Nancy<br>9:30 Walking Group at Mall<br>10:00 Poetry<br><b>10:30 Yoga</b><br>11:15 Zumba Gold/Tone<br>12:00 Lunch<br>12:30 Computer Tutor<br>12:30 Pickleball Open Court               | 9:00 Moderate Yoga<br>10:00 Needlework Group<br>10:00 Tap<br>10:00 Cribbage<br>10:30 Scrabble<br>10:30 Sit and Fit<br>11:00 Dominoes<br>12:00 Lunch<br>12:30 Canasta<br>1:00 Line Dancing  | 9:00 Morning Exercise<br>9:00 Coffee & Learn<br>9:00 Walmart Shopping Trip<br>10:00 Pinochle<br>10:00 Tai Chi<br>10:00 Flower Arrangement<br>10:00 Cont. Sign Language<br>11:00 Intro to Sign Language<br><b>11:00 Zumba Gold/Tone</b><br>12:30 Pickleball Open Court | <b>9:00 Chair Yoga</b><br>9:00 Brain Games<br>9:30 MakeUp Class<br>10:00 Pinochle<br>10:00 Needlework Group<br>10:15 Strength<br><b>10:30 Sit and Fit</b><br>12:00 Lunch<br>1:00 Qigong<br><b>7:00 Comm. Meditation</b>                            | The Senior Center will be closed in observance of Good Friday.   |
| 21  | 22   | 23  | 24   | 25   |
| 9:00 Stretch w/ Nancy<br>9:30 Walking Group at Mall<br>10:00 Birth of Rock & Roll<br><b>10:30 Yoga</b><br>11:15 Zumba Gold/Tone<br>12:00 Lunch<br>12:30 Computer Tutor<br>12:30 Pickleball Open Court | 9:00 Moderate Yoga<br>9:00 Grief Support<br>10:00 Needlework Group<br>10:00 Tap<br>10:00 Cribbage<br>10:30 Scrabble<br>10:30 Sit and Fit<br>11:00 Dominoes<br>12:00 Lunch<br>12:30 Canasta<br>1:00 Line Dancing<br>1:00 Music Talk               | 9:00 Morning Exercise<br>10:00 Pinochle<br>10:00 Tai Chi<br>10:00 Cont. Sign Language<br>10:00 Acrylic Workshop<br>11:00 Intro to Sign Language<br><b>11:00 Zumba Gold/Tone</b><br>12:30 Pickleball Open Court  | <b>9:00 Chair Yoga</b><br>10:00 Pinochle<br>10:00 Needlework Group<br>10:15 Strength<br><b>10:30 Sit and Fit</b><br>10:30 Gardening Fun w/ Lisa<br>12:00 Lunch<br>1:00 Qigong  | 8:30 Beginner Pickleball<br>9:00 Shoprite<br>10:00 Intermediate Pickleball<br>10:30 Mahjong<br>11:00 Sound Healing<br>12:30 Bingo                                  |
| 28  | 29   | 30  | <div>APRIL 2025</div> <div>*All virtual programs are written in GREEN text.</div>  |  |
| 9:00 Stretch w/ Nancy<br>9:30 Walking Group at Mall<br>10:00 Poetry<br><b>10:30 Yoga</b><br>11:15 Zumba Gold/Tone<br>12:00 Lunch<br>12:30 Computer Tutor<br>12:30 Pickleball Open Court               | 9:00 Moderate Yoga<br>10:00 Needlework Group<br>10:00 Tap<br>10:00 Cribbage<br>10:30 Scrabble<br>10:30 Sit and Fit<br>11:00 Dominoes<br>12:00 Lunch<br>12:30 Canasta<br>12:30 Birthday Party<br>1:00 Line Dancing                                | 9:00 Morning Exercise<br>10:00 Pinochle<br>10:00 Tai Chi<br>10:00 Cont. Sign Language<br>10:00 Acrylic Workshop<br>11:00 Intro to Sign Language<br><b>11:00 Zumba Gold/Tone</b><br>12:30 Pickleball Open Court  |  |  |