



**Senior Center Serving Adults Age 55+**

**23 Priscilla Place • Trumbull, CT • 06611**

**(203) 452-5199**

**MAY 2025**

## **MEMBERSHIP RENEWAL**



It's that time of year! Membership renewal is due June 30, 2025. Please stop by the front desk for a new, 2025-2026, membership application. Membership is required to participate in all programs and activities, including our zoom programs. The annual resident fee is \$10 and the annual non-resident fee is \$30. Our membership year runs from July 1<sup>st</sup> through June 30<sup>th</sup>. *Need based scholarships are available for Trumbull residents.*

## **MENTAL HEALTH AWARENESS MONTH**

**Mental Health Awareness Month is an important time to focus on raising awareness, reducing stigma and promoting mental well-being. We hope that you will join us this month for a few programs that help highlight the importance of mental health and provide support to those in need.**

### **MANDALA PAINTING**

#### **Mandala Painting**

**Wednesday, May 14<sup>th</sup> at 11:00 AM**

Join Suzy's Stitch & Brush Boutique for a workshop of gratitude and healing with the use of Mandala Art. A mandala is a symbol of the universe in its ideal form, and its creation signifies the transformation of a universe of suffering into one of joy. It can also be used as an aid to meditation, helping the meditator to envision how to achieve the perfect self. Create your very own Mandala stone and learn how its used to promote emotional wellness. **Registration is required.** To sign up, please call (203) 452-5199.

### **GAMBLING AWARENESS**

#### **Gambling Awareness**

**Monday, May 19<sup>th</sup> at 10:30 AM**

Join TPAUD and the HUB for a community conversation about gambling and making smart choices. Topics that will be covered include: benefits and potential risks, how to gamble responsibly, raise awareness about problem gambling among seniors, resources for more responsible gambling and finding support for yourself, loved ones or friends, if needed. **To sign up, please call (203) 452-5199.**



### **QPR TRAINING**

#### **QPR Training**

**Thursday, May 15<sup>th</sup> at 10:00 AM**

You can save a life from suicide. QPR - Question, Persuade, Refer is an evidence-based suicide prevention program that teaches three steps anyone can take to save a life from suicide. Join TPAUD, Trumbull's Prevention Partnership for this training event. **To sign up, please call (203) 452-5199.**

### **COMMUNITY EVENT**

#### **Ice Cream Social Community Event**

**Monday, May 19<sup>th</sup> from 5:00 to 7:00 PM**

**At Old Mine Park**

Join SLAM, Students Leaving a Mark, for a Mental Health Awareness community event which will be held at Old Mine Park. The event will include an ice cream social with a carnival atmosphere, a live DJ and lots of activities for all ages. The focus will be strengthening and engaging families and community with play. There will be games and family teams designed to enhance cooperation, fun and working together. SLAM is a peer initiated and peer led youth leadership program, they will be working with several community partners to assist with this event.



**We will be closed on Monday, May 26<sup>th</sup> in observance of Memorial Day.**



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Trumbull Senior Center

06-5293

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Firstselectman@trumbull-ct.gov

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**Priscilla Place Café**

Elaine Marcucio  
New England Young at Heart

(203) 452-5199 Ext 3

**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

Paul McGahey  
Linda Randall  
Eve Rothbard  
Evelyn Wiesner

**MEMBERSHIP****JULY 1<sup>ST</sup> - JUNE 30<sup>TH</sup>**

Membership runs from July 1<sup>st</sup>—June 30<sup>th</sup>.

You can join at anytime during the year.

**Resident Annual Fee: \$10**

**Non-Resident Annual Fee: \$30**

**Newsletter Mailed:** \$10 annually

**You may print our membership form out online:**

<https://www.trumbull-ct.gov/Archive.aspx?AMID=50>  
or call the office at (203) 452-5199.

**MISSION STATEMENT**

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

**IMPORTANT PHONE NUMBERS**

**Elder Justice Hotline:** 1-860-808-5555

**Agency on Aging:** (203) 333-9288

**211:** Referrals to local resources. Call 211

**VFW:** Graham Bisset (475) 243-3811

**The American Legion:** Ernie Foito (203) 913-5689

**TRUMBULL COMMUNITY TELEVISION**

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

**MAY BIRTHDAYS**

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

- Carol Abrams
- Joan Altieri
- Maureen Anderson
- Ranjit Arora
- Laura Blausek
- Anthony Benefico
- June Bennet
- Mamata Bharucha
- Marshall Breiner
- Louise Broadhurst
- Rachel Brunt
- Therese Carey
- Lillian Cavaliere
- Beverly Charland
- Carol Cummings
- Joan Dahlen
- Anthony Dorta
- Kathy Fensky
- John Fiorini
- Ronald Foligno
- Albert Forno
- Linda Fratino
- Linda Galuardi
- Brian Griffin
- Mary Hammer
- Bunnie Hovan
- Nicholas Iannuzzi
- Ronald Kosarko
- Rosemary Lamie
- Peter Leone
- Jack Lett
- Shari Maline
- Barbara Marrash
- Marilyn Miller
- Anne Moriya
- Mary Ellen Moyher
- Julie Nyitrai
- Linda Ortiz
- Janice Pacanowski
- Eileen Piquette
- Josephine Rivera
- Jane Romano
- JoAnn Romer
- Gerri Rowell
- James Saboe
- Donna Scarpelli
- Jane Schroeder
- Elizabeth Stella
- Susan Tall
- JoAnne Veltri
- Carl Donald Waldo
- Mary Warburton
- Michael Ward

## 4 ACTIVITIES, PROGRAMS AND EVENTS

### ART CLASSES IN-PERSON

#### 8-Week Painting Workshop Every Friday From 5/2—6/20 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 opens on Monday, April 21<sup>st</sup> at 9:00 AM and the 8-week workshop will begin 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.

### COMMISSION ON AGING

#### Commission on Aging Meeting Dates for 2025

**Meetings will be held at 2:00 PM**

- 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.**

### SELF-CARE

#### Self-Care Workshop Part II Thursday, 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? Handouts are provided at each workshop. **Reserve your seat by calling (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.

**Cost for Residents: \$20**

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

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

### 3-WEEK DRAWING WORKSHOP

#### 3-Week Drawing Workshop Wednesday, June 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> 10:00 AM—11:30 AM

Join Art Strokes Instructor, Renu Vora for a fun 3-week drawing workshop. Learn to draw with graphite pencils, including how to hold the pencil, create value scales, different shading techniques, and turn it into a realistic drawing. No experience necessary. All supplies will be provided and are built into the cost of the workshop. **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.



### POETRY ROUNDTABLE

#### Poetry Writers Roundtable Monday, May 12<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.**

### MUSIC DISCUSSION GROUP

#### Music Makers

#### Monday, May 12<sup>th</sup> at 1:00 PM 2<sup>nd</sup> & 4<sup>th</sup> Monday of each month **Now on Mondays!**

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> Monday 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

**\*There will be no classes on 5/7.**

No experience necessary. **To sign up, please call (203) 452-5199.**

## IN PERSON PROGRAMS AND GAMES

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

- **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, May 1<sup>st</sup> & 15<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, May 13<sup>th</sup> at 1:00 PM Sponsored by Sunrise of Fairfield**
- **Friday, May 30<sup>th</sup> at 12:30 PM**

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

**Tea Party****Friday, May 2<sup>nd</sup>****11:00 AM—12:30 PM****Cost: \$8 Residents/\$10 Non-Residents**

Join us for our annual Tea Party! Tickets will be issued at the time of payment. Tickets are non-transferable and must be brought to the event for entry. Hats are encouraged but not required (you may win a prize!). **Reservations and membership are required, to inquire about openings, please call (203) 452-5199.**

**Lucky 7's with Monika****Monday, May 12<sup>th</sup>****at 1:00 PM**

CT Nursing Services invites you to try your luck at this exciting dice game. Every player that rolls a 7 has a chance to win a prize. Warning: This game may be addictive! **To RSVP, please call (203) 452-5199.**

**Strolling Strings**

**Wednesday, May 21<sup>st</sup> at 12:00 PM**  
This special musical event features a mystical trio of young musicians—two violinists and a cellist—who are so excited to serenade you with a beautiful selection of classical and contemporary pieces.

Our repertoire includes beloved favorites like *Viva La Vida* by Coldplay, *Trio Sonata Op. 8 Andante* by Tartini, *Hornpipe in D* by Handel, *The Moldau* by Bedrich Sontana, *Ave Verum Corpus K.618* by Mozart, and a stunning *Wicked* melody by Stephen Schwartz arranged by Ted Ricketts. As we move throughout the space, you'll experience the music in person, making for a truly personal and heartwarming performance. Come relax, reminisce, and enjoy a delightful musical experience! **To sign up, please call (203) 452-5199.**

**AARP Smart Driver Course****Thursday, May 22<sup>nd</sup> 9:00 AM—1:00 PM**

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

**Mark Albertson Presents: V-E Day****Thursday, May 29<sup>th</sup> at 10:00 AM**

Join Historian Mark Albertson for a discussion on V-E Day, May 7, 1945. The end of World War II in Europe. **To sign up, please call (203) 452-5199. Please let us know if you are a Veteran attending.**

## CAREGIVERS ARE ALWAYS WELCOME!

**Monthly Birthday Party****Tuesday, May 27<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

**\*No pickleball on 5/2 & 5/21**

**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, May 15<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**

Jump start your day with a combination of stretching, dance movements, and Zumba Gold to help improve coordination and overall flexibility.

**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 8-Week Workshop****Tuesdays at 10:00 AM****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**

Whether you love to dance or want to learn new dances, this is a great way to exercise and socialize!

**Morning Exercise with Nancy****Wednesdays at 9:00 AM**

Let's get moving with a combination of chair stretches, balance work, and dance/aerobic exercises.

**Tai Chi with David 8-Week Workshop****Wednesdays at 10:00 AM****April 2<sup>nd</sup>—May 21<sup>st</sup>**

Tai Chi's flowing moves, executed slowly and gracefully, improve flexibility, strength, and balance.

**High-Low Aerobics & Balance w/ Heather****Thursdays at 9:00 AM****Returns May 1<sup>st</sup>!**

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**

Let's get stronger with a combination of upper and lower body strength exercises, cardio work, and Zumba Gold Toning to help promote overall strength and physical endurance. Please bring your own weights.

**Qigong with Julie****Thursdays at 1:00 PM****\*No class on 5/15**

Qigong coordinates gentle movement, relaxed breathing, and meditation with self massage to energize the body. Qigong translates as breath work or energy work.

**Yoga Nidra with Deborah Swann****Friday, May 2<sup>nd</sup> & 16<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, May 9<sup>th</sup> at 11:00 AM****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.

### RENTERS REBATE

Applications for the Renter's Rebate for Elderly/Disabled Renters Program will open on April 1<sup>st</sup> – September 30, 2025.

The income criteria for this filing period is based on gross income for 2024.

Maximum for single household: \$45,200.00

Maximum for married household: \$55,100.00

For more detailed information and to schedule an appointment, please contact Social Services by calling 203-452-5198. E-mail inquiries can also be made to: [socialservices@trumbull-ct.gov](mailto:socialservices@trumbull-ct.gov)

### MEDICARE SAVINGS PROGRAM

The State of Connecticut offers financial assistance to eligible Medicare enrollees through our Medicare Savings Program (MSP).

These programs may help pay Medicare Part B premiums, deductibles, and co-insurance. If you qualify for one of the three Medicare Savings Programs (QMB, SLMB, ALMB) – based on your income, the State Department of Social Services (DSS) will pay your Medicare Part B premiums and may include additional benefits as well.

The gross income guideline for a single person: \$ 2,752.00—\$ 3,209.00

The gross income guideline for a married couple: \$3,719.00—\$4,336.00

For more detailed information or to have a benefit screening done to determine eligibility, please contact 203-452-5198 or email [socialservices@trumbull-ct.gov](mailto:socialservices@trumbull-ct.gov).

### EMERGENCY ASSISTANCE

Trumbull offers Hardship and Emergency Assistance to Trumbull Residents. Please call Social Services (203) 452-5198. This can be applied towards rent, medical, utilities, or other needs.

### MEDICAL EQUIPMENT

For medical equipment needs and donations, please contact Wheel It Forward. They are located at 955 Connecticut Avenue, Bridgeport, CT 06607. For any questions, please call the Wheel It Forward office at (203) 652-8600.



### 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.

### TRUMBULL FARMERS' MARKET 2025

Trumbull Parks & Recreation is proud to host the 2025 Trumbull Farmers Market. All participating CT Grown farms and small business vendors can now be found on our website: <https://www.trumbull-ct.gov/.../Trumbull-Farmers-Market-2025>

The market will be held Thursdays beginning May 22nd through October 16th, rain or shine, at Twin Brooks Park.

Parking stickers will not be enforced during the market hours.

This weekly community event features a wide range of locally grown produce, meat, herbs, flowers, eggs and so much more!

Start your weekend early on Thursday evenings with us at Twin Brooks Park.

TRUMBULL  
FARMERS' MARKET  
» OPENING DAY MAY 22, 2025 «  
THURSDAYS 4:00-7:00PM  
Shop, Stroll, Dine  
TWIN BROOKS PARK  
BROCK STREET, TRUMBULL, CT

VISIT US ONLINE FOR MORE DETAILS AND UPDATES:  
[WWW.TRUMBULL-CT.GOV/TRUMBULLFARMERSMARKET](http://WWW.TRUMBULL-CT.GOV/TRUMBULLFARMERSMARKET)

## 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.

## DISCUSSION GROUP

### COFFEE AND LEARN

Facilitated by the Trumbull Human Services Staff. Meets the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month from 9:00 AM to 10:00 AM at the senior center—

**Wednesday, May 7<sup>th</sup> & 21<sup>st</sup>.** Join us for an open-discussion group that will touch base on a variety of topics and provide an opportunity for discussion and reflection. To join, please call (203) 452-5199.

## TRUMBULL'S PREVENTION PARTNERSHIP

### May is Mental Health Month:

Join TPAUD at the senior center this month for our QPR and Gambling education sessions! Please see cover page for more details or call (203) 452-5199.



Have you heard about **988**? Anyone facing a mental health struggle, emotional distress, or alcohol or drug concerns can call or text **988** to connect with a trained counselor. Help is available!

## 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.



## HEALTH TIP FROM WELLNESS NURSE SUSAN

Awareness and early detection is important when you have a health problem. For example, male breast cancer is rare and there aren't suggested screenings for men. So, men need to be aware of signs and symptoms of breast cancer. Such as, one sided swelling, nipple discharge, redness, flaking, pitting and other changes in the breast. Risk factors are anything that increases estrogen in the body, for instance, hormone therapy for prostate cancer, liver disease, and obesity. Male breast cancer is likely to be successfully treated if it is discovered early. Have a healthy and happy month! Nurse Susan

## SUPPORT GROUP

### GRIEF AND LOSS GROUP

Facilitated by Melissa DiVito, LCSW. Meets the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month from 9:00 AM to 10:00 AM at the senior center—**Tuesday, May 13<sup>th</sup> & 27<sup>th</sup>.** To join, please call (203) 452-5199.

## TRANSPORTATION

(203) 452-5137



The Trumbull Senior Center provides transportation to residents, age 60 and over and/or age 55-59 and disabled. Buses are fitted with UV light/air filtration systems. For more information

or to view our transportation guidelines please visit: [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, MAY 7<sup>TH</sup>**.

### ALDI SHOPPING TRIP

The second Wednesday of every month we offer rides to Aldi in Monroe. Estimated pick up time is between 9:00—9:45 AM. Shop for an hour, then return home. The Aldi shopping date is **WEDNESDAY, MAY 28<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, MAY 21<sup>ST</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.

## 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**

### **ESSEX STEAM TRAIN AND RIVERBOAT**

**Thursday, September 4, 2025**

**Cost \$159 (Checks made to Friendship Tours)**

Depart Penny Lane Lot: 10:00 AM

Estimated Return: 4:30 PM

*Menu Choice: Braised Pork Loin, Chicken Francaise or Eggplant Rollatini*

### **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**

## LEISURE TRIPS (PAYMENT DUE WITHIN 2 DAYS)

### THE STOWE CENTER—Hartford, CT

**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

**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.

### FAIRFIELD THEATRE COMPANY—Fairfield, CT

**\*Registration opens Fri., May 2<sup>nd</sup> at 9:00 AM**

**WEDNESDAY, MAY 14<sup>TH</sup>**

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

Depart Penny Lane Lot: 10:45 AM

David Friedman's The Thought of Exchange Workshop explores a revolutionary new method that teaches us to move through any resistance that comes up to staying with the new thought. Lunch at Archie Moore's.

### CHESTER MUSEUM—Chester, CT

**\*Registration opens Thurs., May 22<sup>nd</sup> at 9:00 AM**

**FRIDAY, JUNE 6<sup>TH</sup>**

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

**Donations to the museum are welcome.**

Depart Penny Lane Lot: 9:00 AM

The Chester Museum promotes an interest in a small town that has survived and thrived by adapting to cultural, economic and demographic changes since its settlement. Lunch at Pattaconk 1850 Bar & Grille.

### FLORENCE GRISWOLD MUSEUM—Old Lyme, CT

**\*Registration opens Thurs., May 29<sup>th</sup> at 9:00 AM**

**FRIDAY, JUNE 20<sup>TH</sup>**

**Cost: \$25—CASH ONLY  
(Doesn't include breakfast)**

Depart Penny Lane Lot: 9:00 AM

The Flo Gris Museum was at the center of the Old Lyme Art Colony, a main nexus of American Impressionism. Breakfast at the Sky Diner in Branford.

**Priscilla Place Café Lunch Hours:**

Mondays, Tuesdays, and Thursdays from 12:00 PM—1:00 PM.

Please check in for lunch by 12:30.

**Suggested donation of \$5.00-\$7.00****\*As long as participant fills out registration forms\***All lunch specials are served with: **Soup or Salad & Dessert**Other Menu Selections: **Sandwich**—Only available when ordering 24 hours in advance and it must be specified in your reservation that you are ordering a sandwich.

Sandwiches are NOT available on special event days.

**Reservation Line: (203) 452-5199 ext. 3****Reservations must be made 24 hours in advance (by 12:00 PM the day prior or if ordering for Monday lunch, please call by 12:00 PM the Friday before). For holiday lunches and parties, reservations must be made a week in advance.**

\*Financial assistance is available. See the front office to apply. All inquiries are kept confidential.

**FOOD ALLERGY WARNING:** Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals.

	<b>Thursday, May 1<sup>st</sup></b>	
	Vegetable Lasagna	
<b>Monday, May 5<sup>th</sup></b>	<b>Tuesday, May 6<sup>th</sup></b>	<b>Thursday, May 8<sup>th</sup></b>
Taco Salad	Chicken Parmesan with Linguine	<b>Mother's Day Celebration!</b> Vegetable Quiche
<b>Monday, May 12<sup>th</sup></b>	<b>Tuesday, May 13<sup>th</sup></b>	<b>Thursday, May 15<sup>th</sup></b>
Swedish Meatballs over Noodles	Shrimp Florentine with Linguine	Grilled Chicken over Caesar Salad
<b>Monday, May 19<sup>th</sup></b>	<b>Tuesday, May 20<sup>th</sup></b>	<b>Thursday, May 22<sup>nd</sup></b>
Roast Beef with Mashed Potatoes	BBQ Chicken with Collard Greens	<b>Memorial Day Celebration!</b> Cookout: Hamburger, Hot Dog, or Veggie Burger
<b>Monday, May 26<sup>th</sup></b>	<b>Tuesday, May 27<sup>th</sup></b>	<b>Thursday, May 29<sup>th</sup></b>
<b>The senior center is closed in observance of Memorial Day.</b>	Meat Lasagna	Meatloaf with Mashed Potatoes

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday					
			<p><b>9:00 Chair Yoga</b> 9:00 High-Low Aerobics 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:15 Strength <b>10:30 Sit and Fit</b> 12:00 Lunch 1:00 Qigong</p>	<p>1</p> <p><b>9:00 Stop &amp; Shop</b> 10:00 Painting w/ Jill 10:30 Mahjong 11:00 Tea Party 1:00 Yoga Nidra</p> <p>2</p>					
		<p><b>MAY 2025</b></p> <p>*All virtual programs are written in GREEN text.</p>							
9:00 Stretch w/ Nancy 9:30 Walking Group at Mall <b>10:30 Yoga</b> 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	5	9:00 Moderate Yoga 10:00 Tap 10:00 Needlework Group 10:00 Cribbage 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	6	9:00 Morning Exercise 9:00 Coffee & Learn 9:00 Shopping Loop 10:00 Acrylic Workshop 10:00 Pinochle 10:00 Tai Chi <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court	7	<p><b>9:00 Chair Yoga</b> 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength <b>10:30 Self-Care Workshop</b> <b>10:30 Sit and Fit</b> 12:00 Lunch 1:00 Qigong</p>	8	8:30 Beginner Pickleball 9:00 Shoprite 9:00 Stowe Center Trip 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Sound Healing	9
9:00 Stretch w/ Nancy 9:30 Walking Group at Mall <b>10:30 Yoga</b> 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Lucky 7's 1:00 Music Makers	12	9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Tap 10:00 Cribbage 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Bingo	13	9:00 Morning Exercise 10:00 Pinochle 10:00 Tai Chi 10:00 Cont. Sign Language 10:45 Fairfield Theatre Comp. 11:00 Intro to Sign Language 11:00 Mandala Painting <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court	14	<p><b>9:00 Chair Yoga</b> 9:00 High-Low Aerobics 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:00 QPR Training 10:15 Strength <b>10:30 Sit and Fit</b> 12:00 Lunch <b>7:00 Comm. Meditation</b></p>	15	8:30 Beginner Pickleball 9:00 Stop & Shop 9:30 Strat. Lighthouse Trip 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Yoga Nidra	16
9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Gambling Awareness <b>10:30 Yoga</b> 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	19	9:00 Moderate Yoga 10:00 Needlework Group 10:00 Tap 10:00 Cribbage 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	20	9:00 Morning Exercise 9:00 Coffee & Learn 9:00 Walmart 10:00 Pinochle 10:00 Tai Chi 10:00 Cont. Sign Language 11:00 Intro to Sign Language <b>11:00 Zumba Gold/Tone</b> 12:00 Strolling Strings	21	<p><b>9:00 Chair Yoga</b> 9:00 High-Low Aerobics 9:00 AARP Safe Driving 10:00 Pinochle 10:00 Needlework Group 10:15 Strength <b>10:30 Sit and Fit</b> 12:00 Lunch 1:00 Qigong</p>	22	8:30 Beginner Pickleball 9:00 Shoprite 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong	23
<p><b>★★★</b></p> <p><b>MEMORIAL DAY</b> Honoring all who served.</p> <p>The Senior Center will be closed in observance of Memorial Day.</p>	26	9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Cribbage 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 12:30 Birthday Party 1:00 Line Dancing	27	9:00 Morning Exercise 9:00 Aldi Shopping Trip 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language <b>11:00 Zumba Gold/Tone</b> 12:30 Pickleball Open Court	28	<p><b>9:00 Chair Yoga</b> 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:00 Mark Albertson 10:15 Strength <b>10:30 Sit and Fit</b> 12:00 Lunch 1:00 Qigong</p>	29	8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 12:30 Bingo	30