



TOWN OF Trumbull HUMAN SERVICES



Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

JUNE 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 1st through June 30th. *Need based scholarships are available for Trumbull residents.*

SUNDAY CONCERTS

TRUMBULL PARKS & RECREATION
presents
2025 Sunday Concerts
4:00 PM
Town Hall Green & Gazebo
5866 Main Street, Trumbull, CT

June 29	Beggars & Choosers
July 6	Black Ties & Bourbon - Trio
July 13	PLiguri
July 20	ACE & Friends
July 27	The Kenn Morr Band
August 3	Roamer
August 10	Bob Button Band
August 17	West Rock

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Maefair Center for Health & Rehabilitation

OMBUDSMAN PROGRAM

Understanding the Long Term Care Ombudsman Program Monday, June 23rd at 10:00 AM

Cynthia Scott, a Regional Community Ombudsman, will be sharing important information about the Long Term Care Ombudsman Program (LTCOP) and how it helps people in long-term care settings. LTCOP is an advocacy program that supports individuals living in places like nursing homes, assisted living facilities, and residential care homes. The goal is to protect residents' health, safety, rights, and overall well-being. During this presentation, Cynthia Scott will discuss common challenges faced by individuals in long-term care and the importance of advocacy in protecting their rights and well-being. **To RSVP, please call (203) 452-5199.**

ALZHEIMER'S ASSOCIATION PRESENTATION

Alzheimer's: An Overview and Resources You Can Use Thursday, June 26th at 10:30 AM

Did you know that nearly 7 million people in the U.S. have Alzheimer's disease (including over 75,000 in CT)? Join Mary-Kay Harrity, Alzheimer's Advocate, and Christy Kovel, Director of Public Policy, Alzheimer's Association-CT Chapter to learn what Alzheimer's is and why no one should feel isolated or alone in facing a dementia diagnosis for themselves or a loved one. Mary-Kay and Christy will present an overview of Alzheimer's, the 10 warning signs, the stages of the disease, and the latest research on healthy habits to protect our brains. Most importantly, they will cover the Alzheimer's Association's resources, including the 800# Helpline, that are available to inform and support family and friends with a loved one in cognitive decline. **To sign up, please call (203) 452-5199.**

We will be closed on Thursday, June 19th in observance of Juneteenth.



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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF

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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 McGeary

Mark Ryan: Vice Chair

Linda Randall

Barbara Crandall: Clerk

Eve Rothbard

Kathleen Bordelon

Evelyn Wiesner

MEMBERSHIP

JULY^{1ST} - JUNE 30TH

Membership runs from July 1st—June 30th.

You can join at anytime during the year.

Resident Annual Fee: \$10

Non-Resident Annual Fee: \$30

Newsletter Mailed: \$10 annually

You may print our membership form out online:

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

MISSION STATEMENT

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

IMPORTANT PHONE NUMBERS

Elder Justice Hotline: 1-860-808-5555

Agency on Aging: (203) 333-9288

211: Referrals to local resources. Call 211

VFW: Graham Bisset (475) 243-3811

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

TRUMBULL COMMUNITY TELEVISION



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

JUNE BIRTHDAYS

We would like to wish a very happy birthday to:

- Rawatie Ali
- Sharon Altieri
- Gloria Bender
- Nancy Bonitatibus
- Jill Campolucci
- Barbara Carbone
- Rosemarie Carroll
- Susan Donovan
- Alice Ennis
- Patricia Ganino
- Marianne Garrow
- Kathleen Gillis
- Virginia Glassman
- Olga Gonzalez
- Dave Grischuk
- Chet Grygorcewicz
- Belinda Harris-Canty
- Andrea Hodska
- Mary Hurley
- Robert Lilley
- Rona Lira
- Madelyn Meagher
- Gloria Murphy
- Jo-Annette Nielsen
- Marie Palmieri
- Olive Fay Pieragostini
- Linda Randall
- Edward Raynor
- Debbie Riggott
- Edith Salce
- Patricia Scarpelli
- David Schroeder
- Mukesh Shah
- Kathleen Stoppel
- Barbara Tabak
- Farida Taher
- Diana Taormina
- Rosemarie Trapasso
- Phyllis Van Suest
- Jacqueline Wallace
- Nancy Wentworth
- Carol Winslow
- Carolyn Wyckoff
- JoAnn Zimmerman



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). To inquire about openings, 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, June 9th & 23rd
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.**

COMMISSION ON AGING

Commission on Aging
Meeting Dates for 2025

Meetings will be held at 2:00 PM

- 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.

3-WEEK DRAWING WORKSHOP

3-Week Drawing Workshop
Wednesday, June 4th, 11th & 18th
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.

MUSIC GROUP

Music Makers
Monday, June 9th & 23rd
at 1:00 PM

2nd & 4th Monday of each month

Music Makers invites singers and instrumentalists for an hour of melodic fun and sharing, all genres. Whatever you enjoy.

Who's your favorite artist? We love making music and sharing happy memories and trivia.

Dust off your harmonica, tuba, voice, accordion, guitar, kazoo, or any music maker and see where the music takes us. Join us the 2nd and 4th Monday of every month from 1:00 PM to 2:00 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.**

LUNCH AND LEARN

Advance Planning Lunch
and Learn Sponsored by
Abriola Parkview Funeral
Home & Attorney Denise
Mortati

Wednesday, June 25th
at 11:00 AM

Join Abriola Parkview Funeral Home funeral preplanning specialists and Attorney Denise Mortati to learn about the end-of-life planning, elder law issues, and asset protection you need to do now in order to protect your family in the future.

You want to protect your loved ones from pain and doubt during a time of loss, but you may not know where to start. During this informative session, you will have the chance to learn about advance funeral planning options and how these decisions can help your loved ones at a time of loss. You will also learn how to avoid mistakes families sometimes make during times of grief. With the knowledge gained, you can make decisions you feel good about today and bring peace of mind to your family when they need it most.

Advance registration is required to assist us in preparations. Space is limited to the first 25 signups. Please call (203) 452-5199 by 6/23 to make a reservation as there is limited seating.

CRAFT CLASS

Craft with Mary
Monday, June 16th
at 10:00 AM

Join Clinical Liaison, Mary Sourivanh, LPN, from Wilton Meadows Rehabilitation & Care Center for a fun terra cotta pot painting craft.

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



IN PERSON PROGRAMS AND GAMES

CAREGIVERS ARE ALWAYS WELCOME!

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

- **A Calamity of Souls** by David Baldacci—Monday, June 2nd
- **The Heaven & Earth Store** by James McBride—Monday, July 7th

Inflammation-To Inflamm or Not to Inflamm-That is the Question!

Monday, June 2nd at 10:30 AM

Did you know that what you eat can either fuel or fight inflammation in your body? What you eat plays a big role in managing inflammation. Join Registered Dietitian Nutritionist Zara Awan for a thought-provoking discussion on how to eat with inflammation in mind as one of the most powerful ways to support long-term health from the inside out. Handouts and recipes available for all. **To RSVP, please call (203) 452-5199.**

Which Brain Exercises Are Best for Cognitive Health and Memory? Presented by Mozaic Senior Life Thursday, June 5th at 10:00 AM

Certain activities may help boost brain function and connectivity. This in turn may help protect the brain from age-related degeneration. Some activities can engage the brain in new ways, potentially leading to improvements in memory, cognitive function, or creativity. Over this hour we will outline 22 brain exercises that may help boost memory, cognition, and creativity. Participants will also have the opportunity to participate in a few cognitive exercises of their own. **To RSVP, please call (203) 452-5199.**

Bingo

- **Tuesday, June 10th at 1:00 PM**
Sponsored by Almost Family.
- **Friday, June 27th at 12:30 PM**
Sponsored by G-Vaz Care Services LLC.

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

Trivia with Bridges by EPOCH

Thursday, June 12th at 10:30 AM

Join Bridges by EPOCH for a morning of donuts, trivia, and prizes. **To RSVP, please call (203) 452-5199.**

Brain Games

Thursday, June 26th at 9:00 AM

1st & 3rd Thursday of each month. **(Please note date change for June.)** 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.**

Trivia with Mary Monday, June 30th 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.**

Stress and Mindfulness Monday, June 30th at 10:30 AM

Join Melissa Cascio, Physical Therapist and Director of Rehabilitation at PathWell Home Health for a presentation on stress and mindfulness. It will include stress prevention tips, mindfulness, snacks and much more! **To sign up, please call (203) 452-5199.**

Monthly Birthday Party Tuesday, June 24th

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 1st through June 30th.

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, June 26th at 7:00 PM
Third Thursday of each month (except June).
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 *Returns in July!*
July 1st—August 19th

Jazz with Rose 4-Week Workshop
Tuesdays at 11:00 AM *New!*
June 3rd—July 1st (no class on 6/24)

Jazz teaches essential skills like balance and timing while letting you express your feelings through dance. Classes focus on technique but also having fun and exploring new ways to move your body. No experience necessary! Please wear flexible shoes or sneakers.

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 *Returns June 25th!*
June 25th—August 13th
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
**There will be no class on 6/5*

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

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, June 6th & 20th at 1:00 PM
First and Third Friday of each month.

A deep relaxation class with Reiki. Please bring a yoga mat and small throw blanket. Optional: small pillow.

Sound Healing with Tina
Friday, June 13th 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.

RENTERS REBATE

Applications for the Renter's Rebate for Elderly/Disabled Renters Program will open on April 1st – 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

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

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.**



SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP)

We are happy to announce that Social Services will once again be coordinating the distribution of vouchers for The Senior Farmers Market Nutrition Program (SFMNP).

Enrollment must be completed annually—this program provides a monetary voucher for qualifying participants to utilize at local participating CT Farmers Markets. This program does have an age (60+) and income criteria that must be met.

Income Limits

Household Size	Monthly Income	Annual Income
1	\$2,413.00	\$28,953.00
2	\$3,261.00	\$39,128.00

For more detailed information, please contact Social Services by calling (203) 452-5198.

REFILL THE PANTRY

Richard Lansing and his team from the area Lutheran churches held their semi-annual Refill the Pantry event at Trumbull Stop and Shop on Holy Saturday, April 19, 2025. The response from the Community was amazing. They donated 4,700 lbs. of food and over \$2,000. We are truly grateful to the Lutheran community for their efforts and the Trumbull Community for their generosity.



TRUMBULL FARMERS' MARKET 2025

Trumbull Parks & Recreation is proud to host the 2025 Trumbull Farmers Market.

The market will be held Thursdays beginning May 22nd through October 16th, rain or shine, at Twin Brooks Park, from 4:00 PM to 7:00 PM.

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, Brock Street, Trumbull!

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 2nd floor inside the Trumbull Mall for a weekly walking group. Please call (203) 452-5134 for more information.

DISCUSSION GROUP

COFFEE TALK

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

Wednesday, June 4th & 18th. 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

June is Pride Month!

LGBTQ+ youth can be at higher risk of substance use and mental health challenges. Having supportive and accepting adults in their lives significantly reduces those risks! Find more LGBTQ+ resources and information - for youth and adults - at www.TPAUD.org/youngadults



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

Walking is an easy fitness strategy that can lift your mood. Walking with others helps you feel connected, which can also make you feel happier. There are multiple studies that show the benefits of walking such as, lowering blood pressure, reduce chronic disease, improve cognition, and burn excess calories. If your body is sore or your arthritis is bothering you, movement can really help. If you want to start walking or be with others to walk, join us at the Trumbull Mall, Mondays at 9:30 AM. Advantages of walking inside the mall are an even walking surface and climate-controlled environment. For more information please call Nurse Susan at (203) 452-5134.

SUPPORT GROUP

GRIEF AND LOSS GROUP

Facilitated by Melissa DiVito, LCSW. Meets the 2nd and 4th Tuesday of each month from 9:00 AM to 10:00 AM at the senior center—**Tuesday, June 10th & 24th.** **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**



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, JUNE 4TH**.

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, JUNE 11TH**.

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, JUNE 18TH**.

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.

BUS TRIPS

NARRAGANSETT BAY-LIGHTHOUSE CRUISE
Wednesday, July 16, 2025

Cost: \$152 (Checks made to Friendship Tours)

Depart Penny Lane Lot: 8:45 AM

Estimated Return: 7:30 PM

90 minute narrated cruise. Brunch at Quonset O' Club.

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 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

LEISURE TRIPS (PAYMENT DUE WITHIN 2 DAYS)

CHESTER MUSEUM—Chester, CT

***Registration opens Thurs., May 22nd at 9:00 AM**
FRIDAY, JUNE 6TH

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 29th at 9:00 AM**
FRIDAY, JUNE 20TH

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.

YALE CENTER FOR BRITISH ART—New Haven, CT

***Registration opens Wed., June 18th at 9:00 AM**
FRIDAY, JULY 11TH

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

Depart Penny Lane Lot: 9:00 AM

Explore the British Art Museum with a one hour guided tour. Lunch at Cracker Barrel.

STAMFORD MUSEUM & NATURE CENTER—

Stamford, CT

***Registration opens Thurs., June 26th at 9:00 AM**
FRIDAY, JULY 18TH

Cost: \$10—CASH ONLY (Doesn't include lunch)

Depart Penny Lane Lot: 9:00 AM

The Stamford Museum & Nature Center is dedicated to the preservation and interpretation of art and popular culture, the natural and agricultural sciences and history. Lunch at Sherwood Diner.

SENIOR CENTER TRIP POLICY REMINDERS

FOR A FULL COPY OF THE TRIP POLICY, PLEASE SEE KYLE

- **Phone reservations will be held for 2 business days only. To make a reservation you must call the Transportation line at (203) 452-5137.** You must be a member to make a phone reservation and can only hold a spot for you and one additional member. If the registrant does not show up within 2 business days to pay the trip fee, the reservation will automatically be dropped.
- Due to high demand, 70% of the seats will be held for Trumbull residents.

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, June 2 nd	Tuesday, June 3 rd	Thursday, June 5 th
Kielbasa Pierogi	Manicotti with Marinara Sauce	Chicken Sandwich
Monday, June 9 th	Tuesday, June 10 th	Thursday, June 12 th
Chef Salad	Roast Beef	Father's Day Celebration! Pulled Pork Sliders
Monday, June 16 th	Tuesday, June 17 th	Thursday, June 19 th
Chicken Cacciatore	Seafood Salad Croissant	The senior center is closed in observance of Juneteenth.
Monday, June 23 rd	Tuesday, June 24 th	Thursday, June 26 th
Baked Stuffed Zucchini	Breakfast for Lunch! Spinach/Mushroom Frittata, Pancakes and Home Fries	Cookout! Burger, Hot Dog or Veggie Burger
Monday, June 30 th		
Shepherd's Pie		NEW ENGLAND Young at Heart ™ <i>Live Well, Laugh Often, Love Much</i>

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Yoga 10:30 Inflammation 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p>	<p>3</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Cribbage 10:30 Scrabble 10:30 Sit and Fit 11:00 Jazz 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p>	<p>4</p> <p>9:00 Morning Exercise 9:00 Coffee Talk 10:00 Pinochle 10:00 Cont. Sign Language 10:00 Drawing Workshop 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court</p>	<p>5</p> <p>9:00 Chair Yoga 10:00 Pinochle 10:00 Needlework Group 10:00 Brain Exercises 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Qigong</p>	<p>6</p> <p>8:30 Beginner Pickleball 9:00 Stop & Shop 9:00 Chester Museum Trip 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Yoga Nidra</p>
<p>9</p> <p>9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 Poetry 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Music Makers</p>	<p>10</p> <p>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 Jazz 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Bingo</p>	<p>11</p> <p>9:00 Morning Exercise 10:00 Pinochle 10:00 Cont. Sign Language 10:00 Drawing Workshop 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court</p>	<p>12</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Trivia w/ Bridges 10:30 Sit and Fit 12:00 Lunch 1:00 Qigong</p>	<p>13</p> <p>8:30 Beginner Pickleball 9:00 Shoprite 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Sound Healing</p>
<p>16</p> <p>9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 Craft w/ Mary 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p>	<p>17</p> <p>9:00 Moderate Yoga 10:00 Needlework Group 10:00 Cribbage 10:30 Scrabble 10:30 Sit and Fit 11:00 Jazz 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing</p>	<p>18</p> <p>9:00 Morning Exercise 9:00 Coffee Talk 10:00 Pinochle 10:00 Cont. Sign Language 10:00 Drawing Workshop 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court</p>	<p>19</p> <p>The Senior Center will be closed in observance of Juneteenth.</p>	<p>20</p> <p>8:30 Beginner Pickleball 9:00 Stop & Shop 9:00 Florence Griswold Trip 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong 1:00 Yoga Nidra</p>
<p>23</p> <p>9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:00 Poetry 10:00 Ombudsman Program 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Music Makers</p>	<p>24</p> <p>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 Birthday Party 12:30 Canasta 1:00 Line Dancing</p>	<p>25</p> <p>9:00 Morning Exercise 10:00 Pinochle 10:00 Tai Chi 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Advanced Planning 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court</p>	<p>26</p> <p>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 Alzheimer's Overview 10:30 Sit and Fit 12:00 Lunch 1:00 Qigong 7:00 Community Meditation</p>	<p>27</p> <p>8:30 Beginner Pickleball 9:00 Shoprite 10:00 Intermediate Pickleball 10:30 Mahjong 12:30 Bingo</p>
<p>30</p> <p>9:00 Stretch w/ Nancy 9:30 Walking Group at Mall 10:30 Yoga 10:30 Trivia w/ Mary 10:30 Stress & Mindfulness 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court</p>	<h1>JUNE 2025</h1> <p>*All virtual programs are written in GREEN text.</p>			