



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

JULY 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.*

SUMMER CONCERT SERIES

SUMMER 2025 CONCERTS TRUMBULL, CT



Free Entry • Outdoor Lawn Seating • Rain or Shine

	TUES 10AM	KIDS CONCERTS June 17 - August 19 10:00 AM - 11:00 AM Parks & Recreation Lawn 5892 Main Street, Trumbull, CT	
	TUES 7PM	SUMMER CONCERT SERIES June 17 - August 19 7:00 PM - 8:30 PM Town Hall Green & Gazebo 5866 Main Street, Trumbull, CT	
	THURS 4PM	MARKET MUSIC May 22 - Oct 16 4:00 PM - 7:00 PM Trumbull Farmers' Market Twin Brooks Park, Brock Street	
	SUN 4PM	SUNDAY CONCERTS June 29 - August 17 4:00 PM - 5:30 PM Town Hall Green & Gazebo 5866 Main Street, Trumbull, CT	
	For more details and updates about these events, please visit our website or follow us on social media. TRUMBULL PARKS & RECREATION		

THE FUTURE IS NOW

The Future is Now: Harnessing Technology to Transform Aging and Elder Care Thursday, July 17th at 10:30 AM

Presented by: Asha Scher, Gerontechnology Strategist & Mary Sourivanh, Clinical Nurse Liaison & Geriatric Care Specialist.

Overview: As global populations age, the intersection of healthcare, innovation, and personalized elder care is more important than ever. This seminar brings together two distinct, yet synergistic perspectives. One rooted in data and technology, the other grounded in hands-on clinical experience to explore how technology is redefining what it means to age with dignity, safety, and autonomy.

Seminar Objectives:

- To analyze current and emerging technologies impacting elder care.
- To bridge the gap between high-level strategy and day-to-day care delivery.
- To showcase real-world application and case studies.
- To spark dialogue between decision-makers, clinicians, and innovators.

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

MAD LIBS STORYTELLING

Mad Libs Storytelling Thursday, July 17th at 1:00 PM

Join The Key for an afternoon of creativity and nostalgia! We'll look at quirky, inspiring, or vintage pictures, and you'll answer silly, thought-provoking questions to craft hilarious Mad Lib stories based on the images. Enjoy a scoop of your favorite ice cream flavors while grooving to timeless oldies music. It's a delightful blend of storytelling, laughter, and sweet treats! To sign up, please call (203) 452-5199 by 7/15.

We will be closed on Friday, July 4th in observance of Independence Day.



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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 30THMembership 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.

JULY BIRTHDAYS

We would like to wish a very happy birthday to:

- Lorraine Altieri
- Donna Bailey
- Patricia Borghesan
- Jane Bromley
- Janet Butchko
- Constance Cleary
- Mary Grace Corica
- Patsy Decarlo
- Sunder Desai
- Chithra Dhandayvtham
- Susan Drzal
- Janice Dulberg
- Mary Fiorini
- Barbara Foligno
- Virginia Gagliardo
- Anita Gorton
- Roberta Grega
- Carolyn Grosso
- Hedwig Gulden
- June Hoyt
- Kathy Kochiss Mongillo
- Dolores Kosarko
- Mary Ann Luczaj
- Rita McDougald-Campbell
- Katherine McMullen
- Esther Miller
- Aurora Montini
- Allison Morello
- Pat Notarnicola Jr.
- Frank Nyitrai
- Elsa (Nurys) O'Neill
- Barbara Porter
- Carolyn Ramirez
- Joyce Rehling
- Maria Ribeiro
- Thomas Rosinski
- Edward Rusnak
- Rosalie Schwarz
- Debbie Selski
- Nora Shea
- Barbara Skibiski
- Dennis Soltis
- Ellen Stevens
- Marie Strolin
- Sonya Suarez-Hammond
- Alice Targoswki
- Sue Unger
- Elaine Van Allen
- Ana Velazquez
- Eloise Wallace
- Susan Wolk-Smith
- Tyrone Zandy
- Joanne Zboray

ART CLASSES IN-PERSON

**4-Week Summer
Painting Workshop**
Every Friday From 7/11—8/1
10:00 AM to 12:00 PM

Join instructor Jill Nichols for this 4-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 sign up, please call (203) 452-5199.**

Cost for Residents: \$10

Cost for Non-Residents: \$20

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

3-WEEK DRAWING WORKSHOP

3-Week Watercolor Workshop
Wednesday, July 16th, 23rd
& August 6th
10:00 AM—11:30 AM

Join Art Strokes Instructor, Renu Vora for a fun 3-week watercolor painting workshop. 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.

CRAFT CLASS

Craft with Mary
Thursday, July 10th
at 10:00 AM

Join Clinical Liaison, Mary Sourivanh, LPN, from Wilton Meadows Rehabilitation & Care Center for a fun sunflower bandana wreath craft. **Limited spaces available. To RSVP, please call (203) 452-5199.**



POETRY ROUNDTABLE

Poetry Writers Roundtable
Monday, July 14th & 28th
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.**

MUSIC GROUP

Music Makers
2nd & 4th Monday of each month
at 1:00 PM

***This group will be taking a break for the summer, stay tuned for updated information!**

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, music is a world of possibilities! **All are welcome!**

CANDLE MAKING

Candle Making
Wednesday, July 30th
12:30 PM—2:30 PM
Cost: \$5 per person

Join Creative Girl Studios for an afternoon of soy candle making! All materials will be provided. **Spaces are limited and registration is required. To reserve your seat, 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.**

FINANCIAL PLANNING

**My Spouse Passed Away—
Now What?**
Monday, July 7th
10:30 AM—12:00 PM

Join Stephen Archer, Certified Financial Planner, for an informative presentation and learn what a surviving spouse should be aware of to move forward with their financial life. For surviving spouses and family members helping them cope.

- Collecting Life Insurance Benefits.
- Transition financial accounts to your name.
- Understand the Probate Process and Purpose.
- Revisit all Beneficiary Arrangements and Other Estate Planning Documents.
- Review retitling assets such as a home, second home or a vehicle.
- Notify Social Security and determine if Spousal benefits should be claimed.
- Notify Pension and Annuity Companies and what changes will occur.
- Credit Card Issues, Credit Reports.
- Notify Car Insurance, Homeowner Insurance, Medical Insurance providers.
- Income Tax Filing and what changes to expect.
- Paying monthly expenses and review recurring payments.

To RSVP, please call the main office at (203) 452-5199.

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ARE ALWAYS WELCOME!

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

- **The Heaven & Earth Store** by **James McBride**—Monday, July 7th
- **After Annie** by **Anna Quindlen**—Monday, August 4th

Brain Games
Thursday, July 3rd & 17th at 9:00 AM

1st & 3rd Thursday of each month. Join Danielle Ramos, of Cambridge and Ludlowe Health & Rehabilitation Centers in Fairfield, to participate in fun, stimulating brain games. **To RSVP, please call (203) 452-5199.**

Bingo

- **Tuesday, July 8th at 1:00 PM. Sponsored by Maefair Center for Health and Rehabilitation**
To RSVP, please call (203) 452-5199.

Trivia
Monday, July 14th at 9:00 AM

Come have fun answering trivia questions designed for seniors playing as a team of up to four. All questions have multiple choice answers, so guessing is encouraged. **To RSVP, please call (203) 452-5199.**

Managing Back, Neck, and Joint Pain

Monday, July 14th at 10:30 AM

Nurse Susan has invited back Dr. Abraham from New England Advanced Spine and Pain after an enthusiastic response from his prior speech. He gave an informative presentation on effective ways to manage and alleviate back, neck, and joint pain and will continue this conversation in this session. **To RSVP, please call (203) 452-5199.**

Paint Party
Monday, July 21st at 10:00 AM

Join us for a morning of creative expression. Join Monika from CT Nursing Services for a guided painting session. No experience needed! **Spaces are limited and registration is required. To RSVP, please call (203) 452-5199.**

Painting Craft with Gianna
Thursday, July 24th at 10:00 AM

Join Gianna for a fun painting class. Each person will be painting/decorating coasters. **Spaces are limited. To sign up, please call (203) 452-5199.**

Trivia with Mary
Monday, July 28th 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.**

Headache Management
Thursday, July 31st at 10:30 AM

Nurse Susan has invited James Laiso for a presentation on headache management. He is a physical therapist and outpatient site supervisor in Monroe, CT for Hartford Health Care Rehabilitation Network. He's an orthopedic clinical specialist and has experience treating patients with headaches. Mr. Laiso will be discussing different types of headaches and diving deeper into neck-related headaches. He will teach self-management techniques and explain how physical therapy management can help. **To RSVP, please call (203) 452-5199.**

Monthly Birthday Party
Tuesday, July 29th

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 (No class on 7/30)

Chair Yoga with Jeannie
Thursdays at 9:00 AM

Sit and Fit with Bobbi
Thursdays at 10:30 AM (No class on 7/10)

Community Meditation with Deborah Swann
Thursday, July 17th 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
July 1st—August 19th

Jazz with Rose 4-Week Workshop
Tuesdays at 11:00 AM
June 3rd—July 1st

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 (No class on 7/8)
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
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

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.

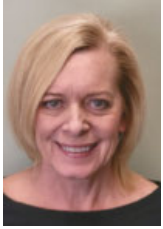
Yoga Nidra with Deborah Swann
Friday, July 18th at 1:00 PM
First and Third Friday of each month.

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

Sound Healing with Tina
Friday, July 11th 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.

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, July 2nd & 16th. 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

Where do young people get alcohol and drugs?

Most often, from the homes of family and friends. You can help keep kids safe by securing all alcohol, medications, marijuana/THC, and nicotine products. For tips and tools, including free lock boxes, please visit:

www.tpaud.org/safehomes



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

Health Trend of Modern Times—There is a new concept called Health Gamification. It's about using technology and game-like elements for medication adherence, exercise tracking, and healthy eating, to name a few. Patients are motivated to make healthy choices to earn points, badges, levels, leaderboards, and sometimes money! (There are a few weight loss sites with competition for prize money.) Using gamification can track progress and saves data with the patient participating in their own care. We have already been using mobile apps and wearable technology like watches that track steps, but this might add a new level of engagement in personal health. Try it, it might be fun! Have a happy and healthy month. Nurse Susan

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, July 8th & 22nd.** **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!

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

The Trumbull Senior Center/Social Services Department is no longer accepting donations of medical equipment. For medical equipment needs and donations, please contact Wheel It Forward located in Bridgeport, CT.



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

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!

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.

TRUMBULL FARMERS' MARKET

TWIN BROOKS PARK
MAY-SEPT. 4-7PM, OCT. 4-6PM

2025 COMMUNITY GUESTS

MAY 22	TRUMBULL NATURE & ARTS CENTER
MAY 29	TRUMBULL HEALTH DEPARTMENT
JUNE 5	TRUMBULL FIRE DEPT. *
JUNE 12	SUSTAINABLE TRUMBULL
JUNE 26	TPAUD
JULY 3	TRUMBULL ROTARY
JULY 10	TRUMBULL LIBRARY
JULY 17	TRUMBULL POLICE DEPT.
JULY 24	TRUMBULL PARK RANGERS
JULY 31	TRUMBULL FIRE DEPT. *
AUGUST 14	SUSTAINABLE TRUMBULL
AUGUST 21	TRUMBULL ANIMAL GROUP
AUGUST 28	CONSERVATION COMMISSION
SEPTEMBER 4	TRUMBULL SOCIAL SERVICES
SEPTEMBER 18	TRUMBULL LIBRARY
SEPTEMBER 25	TRUMBULL NATURE & ARTS CENTER
OCTOBER 2	TPAUD
OCTOBER 9	TRUMBULL FIRE DEPT. *
OCTOBER 16	TRUMBULL EMS

THANK YOU FOR JOINING US!

*LONG HILL, NICHOLS OR TRUMBULL CENTER

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, JULY 2ND**.

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, JULY 9TH**.

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, JULY 16TH**.

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. **Please note that the shopping trip scheduled on Friday, August 1st has been rescheduled to Wednesday, July 30th.**

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
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

FIREPLACE FEAST AT THE SALEM CROSS INN

Wednesday, November 19, 2025
COST \$169 (Checks made to Friendship Tours)
 Depart Penny Lane Lot: 8:15AM
 Estimated Return: 6:00PM
Menu Choice: Prime Rib Luncheon/Alternate entrée Vegetarian Pasta Primavera

BUS TRIPS CONTINUED

KENNY AND DOLLY

Wednesday, December 10, 2025
Cost \$129 (Checks made to Friendship Tours)
 Depart Penny Lane Lot: 10:30AM
 Estimated Return: 4:30PM
 This incredible show is based on Once Upon a Christmas Album - which was certified platinum twice.

Upcoming Collette Tours

Exploring the Alpine Countries:
April 23—May 4, 2026

LEISURE TRIPS (PAYMENT DUE WITHIN 2 DAYS)

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.

THIMBLE ISLANDS—Branford, CT

***Registration opens Thurs., July 3rd at 9:00 AM**
FRIDAY, AUGUST 1ST
Cost: \$21—CASH ONLY (Doesn't include lunch)
 Depart Penny Lane Lot: 9:00 AM
 Lunch at Dockside Seafood and Grill.

CAPTAINS COVE—Bridgeport, CT

***Registration opens Thurs., July 10th at 9:00 AM**
FRIDAY, AUGUST 8TH
Cost: \$4 (Doesn't include lunch)
 Depart Penny Lane Lot: 10:00 AM

Have a trip suggestion? Let us know!

Please call us at (203) 452-5137 to make a trip suggestion 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, July 1 st	Thursday, July 3 rd
	Chef Salad	Fish Sandwich with Sweet Potato Wedges
Monday, July 7 th	Tuesday, July 8 th	Thursday, July 10 th
Stuffed Shells with Meatballs	Tuscan Chicken with Rice	Vegetable Quiche
Monday, July 14 th	Tuesday, July 15 th	Thursday, July 17 th
Roast Beef and Mashed Potatoes	Grilled Chicken over Caesar Salad	Taco Salad
Monday, July 21 st	Tuesday, July 22 nd	Thursday, July 24 th
Sausage and Peppers with Rice	Pork Loin with Sweet Potato	Chicken Sandwich with Mixed Vegetables
Monday, July 28 th	Tuesday, July 29 th	Thursday, July 31 st
Turkey Club Sandwich	Shrimp Florentine	Cookout: Hamburger, Hot Dog or Veggie Burger

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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday	
<div>JULY</div> <div>2025</div> <div>*All virtual programs are written in GREEN text.</div>	1 <div>9:00 Moderate Yoga</div> <div>10:00 Needlework Group</div> <div>10:00 Cribbage</div> <div>10:00 Tap</div> <div>10:30 Scrabble</div> <div>10:30 Sit and Fit</div> <div>11:00 Jazz</div> <div>11:00 Dominoes</div> <div>12:00 Lunch</div> <div>12:30 Canasta</div> <div>1:00 Line Dancing</div>	2 <div>9:00 Morning Exercise</div> <div>9:00 The Loop</div> <div>9:00 Coffee Talk</div> <div>10:00 Tai Chi</div> <div>10:00 Pinochle</div> <div>10:00 Cont. Sign Language</div> <div>11:00 Intro to Sign Language</div> <div>11:00 Zumba Gold/Tone</div> <div>12:30 Pickleball Open Court</div>	3 <div>9:00 Chair Yoga</div> <div>9:00 High-Low Aerobics</div> <div>9:00 Brain Games</div> <div>10:00 Pinochle</div> <div>10:00 Needlework Group</div> <div>10:15 Strength</div> <div>10:30 Sit and Fit</div> <div>12:00 Lunch</div> <div>1:00 Qigong</div>	4 <div>The Senior Center will be closed in observance of Independence Day.</div>	
	7 <div>9:00 Stretch w/ Nancy</div> <div>9:30 Walking Group at Mall</div> <div>10:30 Yoga</div> <div>10:30 My Spouse...</div> <div>11:15 Zumba Gold/Tone</div> <div>12:00 Lunch</div> <div>12:30 Computer Tutor</div> <div>12:30 Pickleball Open Court</div>	8 <div>9:00 Moderate Yoga</div> <div>9:00 Grief Support</div> <div>10:00 Needlework Group</div> <div>10:00 Cribbage</div> <div>10:00 Tap</div> <div>10:30 Scrabble</div> <div>11:00 Dominoes</div> <div>12:00 Lunch</div> <div>12:30 Canasta</div> <div>1:00 Line Dancing</div> <div>1:00 Bingo</div>	9 <div>9:00 Morning Exercise</div> <div>9:00 Aldi Shopping Trip</div> <div>10:00 Tai Chi</div> <div>10:00 Pinochle</div> <div>10:00 Cont. Sign Language</div> <div>11:00 Intro to Sign Language</div> <div>11:00 Zumba Gold/Tone</div> <div>12:30 Pickleball Open Court</div>	10 <div>9:00 Chair Yoga</div> <div>9:00 High-Low Aerobics</div> <div>10:00 Pinochle</div> <div>10:00 Needlework Group</div> <div>10:00 Craft w/ Mary</div> <div>10:15 Strength</div> <div>12:00 Lunch</div> <div>1:00 Qigong</div>	11 <div>8:30 Beginner Pickleball</div> <div>9:00 Shoprite</div> <div>9:00 Yale Center Trip</div> <div>10:00 Painting w/ Jill</div> <div>10:00 Intermediate Pickleball</div> <div>10:30 Mahjong</div> <div>1:00 Sound Healing</div>
	14 <div>9:00 Stretch w/ Nancy</div> <div>9:00 Trivia</div> <div>9:30 Walking Group at Mall</div> <div>10:00 Poetry</div> <div>10:30 Managing Pain</div> <div>10:30 Yoga</div> <div>11:15 Zumba Gold/Tone</div> <div>12:00 Lunch</div> <div>12:30 Computer Tutor</div> <div>12:30 Pickleball Open Court</div>	15 <div>9:00 Moderate Yoga</div> <div>10:00 Needlework Group</div> <div>10:00 Cribbage</div> <div>10:00 Tap</div> <div>10:30 Scrabble</div> <div>10:30 Sit and Fit</div> <div>11:00 Dominoes</div> <div>12:00 Lunch</div> <div>12:30 Canasta</div> <div>1:00 Line Dancing</div>	16 <div>9:00 Morning Exercise</div> <div>9:00 Walmart Shopping Trip</div> <div>9:00 Coffee Talk</div> <div>10:00 Tai Chi</div> <div>10:00 Pinochle</div> <div>10:00 Watercolors Workshop</div> <div>10:00 Cont. Sign Language</div> <div>11:00 Intro to Sign Language</div> <div>11:00 Zumba Gold/Tone</div> <div>12:30 Pickleball Open Court</div>	17 <div>9:00 Chair Yoga</div> <div>9:00 High-Low Aerobics</div> <div>9:00 Brain Games</div> <div>10:00 Pinochle</div> <div>10:00 Needlework Group</div> <div>10:15 Strength</div> <div>10:30 Future is Now</div> <div>10:30 Sit and Fit</div> <div>12:00 Lunch</div> <div>1:00 Qigong</div> <div>1:00 Mad Libs Storytelling</div> <div>7:00 Community Meditation</div>	18 <div>8:30 Beginner Pickleball</div> <div>9:00 Stop & Shop</div> <div>9:00 Stamford Museum Trip</div> <div>10:00 Painting w/ Jill</div> <div>10:00 Intermediate Pickleball</div> <div>10:30 Mahjong</div> <div>1:00 Yoga Nidra</div>
	21 <div>9:00 Stretch w/ Nancy</div> <div>9:30 Walking Group at Mall</div> <div>10:00 Paint Party</div> <div>10:30 Yoga</div> <div>11:15 Zumba Gold/Tone</div> <div>12:00 Lunch</div> <div>12:30 Computer Tutor</div> <div>12:30 Pickleball Open Court</div>	22 <div>9:00 Moderate Yoga</div> <div>9:00 Grief Support</div> <div>10:00 Needlework Group</div> <div>10:00 Cribbage</div> <div>10:00 Tap</div> <div>10:30 Scrabble</div> <div>10:30 Sit and Fit</div> <div>11:00 Dominoes</div> <div>12:00 Lunch</div> <div>12:30 Canasta</div> <div>1:00 Line Dancing</div>	23 <div>9:00 Morning Exercise</div> <div>10:00 Pinochle</div> <div>10:00 Tai Chi</div> <div>10:00 Watercolors Workshop</div> <div>10:00 Cont. Sign Language</div> <div>11:00 Intro to Sign Language</div> <div>11:00 Zumba Gold/Tone</div> <div>12:30 Pickleball Open Court</div>	24 <div>9:00 Chair Yoga</div> <div>9:00 High-Low Aerobics</div> <div>10:00 Pinochle</div> <div>10:00 Needlework Group</div> <div>10:00 Painting Craft</div> <div>10:15 Strength</div> <div>10:30 Sit and Fit</div> <div>12:00 Lunch</div> <div>1:00 Qigong</div>	25 <div>8:30 Beginner Pickleball</div> <div>9:00 Shoprite</div> <div>10:00 Painting w/ Jill</div> <div>10:00 Intermediate Pickleball</div> <div>10:30 Mahjong</div>
	28 <div>9:00 Stretch w/ Nancy</div> <div>9:30 Walking Group at Mall</div> <div>10:00 Poetry</div> <div>10:30 Yoga</div> <div>10:30 Trivia w/ Mary</div> <div>10:30 Stress & Mindfulness</div> <div>11:15 Zumba Gold/Tone</div> <div>12:00 Lunch</div> <div>12:30 Computer Tutor</div> <div>12:30 Pickleball Open Court</div>	29 <div>9:00 Moderate Yoga</div> <div>10:00 Needlework Group</div> <div>10:00 Cribbage</div> <div>10:00 Tap</div> <div>10:30 Scrabble</div> <div>10:30 Sit and Fit</div> <div>11:00 Dominoes</div> <div>12:00 Lunch</div> <div>12:30 Canasta</div> <div>12:30 Birthday Party</div> <div>1:00 Line Dancing</div>	30 <div>9:00 Morning Exercise</div> <div>9:00 Stop & Shop</div> <div>10:00 Pinochle</div> <div>10:00 Tai Chi</div> <div>10:00 Cont. Sign Language</div> <div>11:00 Intro to Sign Language</div> <div>12:30 Candle Making</div> <div>12:30 Pickleball Open Court</div>	31 <div>9:00 Chair Yoga</div> <div>9:00 High-Low Aerobics</div> <div>10:00 Pinochle</div> <div>10:00 Needlework Group</div> <div>10:15 Strength</div> <div>10:30 Headache Management</div> <div>10:30 Sit and Fit</div> <div>12:00 Lunch</div> <div>1:00 Qigong</div>	