



# TOWN OF **Trumbull** HUMAN SERVICES

**Senior Center Serving Adults Age 55+**

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

**(203) 452-5199**

**AUGUST 2025**

## **SENIOR CENTER PROM**

**Trumbull Senior Center Prom**  
**Friday, September 26<sup>th</sup>**  
**1:00 PM to 3:00 PM**

Join us for an afternoon of music, dancing, snacks, and more! Dress for the theme or come just to have fun!

**To sign up, please call (203) 452-5199 or stop by the main office. Membership and registration are required to attend. Cost is \$8 for Residents and \$10 for Non-Residents. Payment must be made within five days of signup.**



## **JOIN US FOR A *Masquerade Ball***

**TRUMBULL SENIOR CENTER  
2025 PROM**

**Friday, September 26, 2025  
1:00 PM to 3:00 PM**

**Trumbull Senior Center  
Smile A While Auditorium**

## **TPAUD**

TPAUD will be at the Senior Center on Tuesday, August 19<sup>th</sup> from 11:30 AM to 1:15 PM for a medication lockbox giveaway and Narcan training.

## **FREE MEDICATION LOCKBOX GIVEAWAY**



**August 19<sup>th</sup>  
11:30-1:15pm  
Trumbull Senior  
Center**

**IN 5 MINUTES,  
YOU CAN LEARN TO SAVE A LIFE!**



*Receive a Free Narcan  
Kit with Completion  
of Training*



**Catalyst CT  
The Hub**



## **UPCOMING PROGRAMS AT A GLANCE**

- **Brain Games**—August 7<sup>th</sup> & 21<sup>st</sup>, *see page 5*
- **Poetry Roundtable**—August 11<sup>th</sup> & 25<sup>th</sup>, *see page 4*
- **Craft with Gianna**—August 11<sup>th</sup>, *see page 5*
- **Aging Safely in Place**—August 14<sup>th</sup>, *see page 5*
- **Trivia**—August 18<sup>th</sup>, *see page 5*
- **Bingo**—August 19<sup>th</sup> & 26<sup>th</sup>, *see page 5*
- **AARP Smart Driver**—August 22<sup>nd</sup>, *see page 5*

**We will be closed on Friday, August 29<sup>th</sup> for a Staff Development Day.**



**Care Connection**  
by Stratford VNA

Home Care Held to a Higher Standard

**Non-Medical Hourly &  
24/7 Home Care**

203-380-5695 • Stratford, CT

[Careconnectionsvla.org](http://Careconnectionsvla.org)

## premier SENIOR LIVING

Waterstone communities offer an exciting lifestyle rich with amenities, concierge services, gourmet dining, compelling programs and engaging social opportunities.

Schedule your visit.  
[WaterstoneNewton.com](http://WaterstoneNewton.com)

Boston | 617.829.9220  
Wellesley | 781.304.8165

Independent Living | Assisted Living

RELAY 711



## Wesley Village

BISHOP WICKE | CROSBY COMMONS | LIFESTYLE TRANSITIONS | WESLEY HEIGHTS

Wesley Village is a not-for-profit, full continuum of care campus designed to accommodate your lifestyle needs as they change.

- Independent & Assisted Living
- Short-Term Rehab
- Memory Support
- Outpatient Therapy & Fitness

SCHEDULE YOUR TOUR TODAY! | 203-225-5000

580 Long Hill Avenue, Shelton, CT 06484 | [www.umh.org](http://www.umh.org)

WILLIAM RAVEIS  
REAL ESTATE • MORTGAGE • INSURANCE



## ELIZABETH CASEY

Your Trusted Resource

REALTOR® ABR, SRES

[elizabeth.casey@raveis.com](mailto:elizabeth.casey@raveis.com) | [elizabethcasey.raveis.com](http://elizabethcasey.raveis.com)



*Call your local Senior Real Estate Specialist today!*

**203-260-7118**

**From market evaluation to unpacking in your new home, we have you covered every step of the way.**

945 White Plains Road, Trumbull, CT 06611

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

[Visit ipicommunities.com](http://ipicommunities.com)



Scan to contact us!

## Primary Care Doctor

**Dr. Rohan Bhojwani**



- Immigration & Regular Physicals
- Chronic Diseases • Allergy
- Weight Loss • Geriatric Care
- Onsite Blood Draw • EKG • Vaccines



**Healing Pulse Medical**

Medicaid and all major commercial insurances accepted

[www.healingpulsemedical.com](http://www.healingpulsemedical.com)

**203-705-1488**

10 Progress Dr. Ste. 2i, Shelton 06484

Scan code to schedule appointment



## IF YOU LIVE ALONE

**MDMedAlert!™  
At HOME and AWAY!**

- ✓ Ambulance ✓ Police ✓ Family
- ✓ GPS & Fall Alert
- “STAY SAFE in the HOME YOU LOVE!”

**CALL NOW!**

STARTING AT  
**\$19.95**  
/mo.



**800.809.3570**

[md-medalert.com](http://md-medalert.com)



**Seniors Helping Seniors®**

...A WAY TO GIVE AND TO RECEIVE®

*Like getting a little help from your friend.*

For Seniors By Seniors! Our mature caregivers provide professional and heartfelt companionship and assistance with light housekeeping, meal prep, transportation and much more. We brighten and empower the lives of seniors from the comfort of their own homes.

**(475) 324-0004**

[info@shswesternct.com](mailto:info@shswesternct.com)

[www.shswesternct.com](http://www.shswesternct.com)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.ipicommunities.com](http://www.ipicommunities.com)

Trumbull Senior Center

06-5293

**HUMAN SERVICES STAFF****Director of Human Services**

Michele Jakab, LCSW  
mjakab@trumbull-ct.gov

(203) 452-5144

**SENIOR CENTER****Senior Center Coordinator**

Ronnie Mogensen  
rmogensen@trumbull-ct.gov

**(203) 452-5199**

(203) 452-5199

**Front Desk**

Amanda DeBernardo  
adebernardo@trumbull-ct.gov

(203) 452-5199

**Transportation & Trip Coordinator**

Kyle Black  
kblack@trumbull-ct.gov

(203) 452-5137

**SOCIAL SERVICES****Social Services Coordinator**

Jennifer Gillis B.A.  
jgillis@trumbull-ct.gov

**(203) 452-5198**

(203) 452-5133

**Social Services Administrative Support**

Judy Cahill  
jcahill@trumbull-ct.gov

(203) 452-5135

**Food Pantry**

Karen Seferi  
kseferi@trumbull-ct.gov

(203) 452-5136

**Wellness Nurse**

Susan Clay, BSN RN  
sclay@trumbull-ct.gov

(203) 452-5134

**First Selectman**

Vicki Tesoro  
Firstselectman@trumbull-ct.gov

(203) 452-5005

**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.

**AUGUST BIRTHDAYS**

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

- John Annick
- Robert Bajoros
- Janis Baldino
- Mary Blake
- Elaine Borno
- Alice Carter
- Rubylyn Charlton
- Sriani Chinniah
- John Cooper
- Phyllis Coppolella
- Leo Czajkowski
- Anthony D'Aquila
- Paula Davidson
- Peg DeSanty
- Robert Dolyak
- Jodi Erdos
- Mina Feola
- Diane Fried
- Mark Gang
- Nancy Gomes
- Clifford Haut
- Bennett Hersch
- Dolores Kopchik
- Edith Kreisman
- Robert Larsen
- Michelle Lyons
- Janet Melfi
- Joyce Michaels
- Elizabeth Mraz
- Michael Oprendek
- Susan Oprendek
- Bharati Pandya
- Margaret Potucek
- Lenore Rapalski
- Diane Rivers
- Carol Rose
- Lynn Roucken
- Alice Santangini
- Rosemary Sierer
- Andrea Simpson
- Gail Usher
- Jane Werthmann
- Sheila Wheeler
- Kelley Wright
- Stanley Wuchek, Sr.



## 4 ACTIVITIES, PROGRAMS AND EVENTS

### 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.

*Classes will return in October.  
Information coming soon in the  
September newsletter.*

### POETRY ROUNDTABLE

**Poetry Writers Roundtable  
Monday, August 11<sup>th</sup> & 25<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.**

### 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.**

### MUSIC GROUP

**Music Makers  
\*This group will return in the fall  
2nd & 4th Monday of each month  
at 1:00 PM**

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

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!**

### SAVE THE DATE



**October 3 - 10**

[www.trumbullrestaurantweek.com](http://www.trumbullrestaurantweek.com)

### PARKS AND RECREATION EVENTS

## SUMMER 2025 CONCERTS TRUMBULL, CT

Free Entry + Outdoor Lawn Seating + Rain or Shine

	<b>TUES 10AM</b>	<b>KIDS CONCERTS</b> June 17 - August 19 10:00 AM - 11:00 AM Parks & Recreation Lawn 5892 Main Street, Trumbull, CT
	<b>TUES 7PM</b>	<b>SUMMER CONCERT SERIES</b> June 17 - August 19 7:00 PM - 8:30 PM Town Hall Green & Gazebo 5866 Main Street, Trumbull, CT
	<b>THURS 4PM</b>	<b>MARKET MUSIC</b> May 22 - Oct 16 4:00 PM - 7:00 PM Trumbull Farmers' Market Twin Brooks Park, Brock Street
	<b>SUN 4PM</b>	<b>SUNDAY CONCERTS</b> 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



[WWW.TRUMBULL-CT.GOV/ARTSFESTIVAL](http://WWW.TRUMBULL-CT.GOV/ARTSFESTIVAL)

**SAVE THE DATE AND JOIN US FOR A  
DAY FULL OF TALENTED ARTISTS,  
CREATIVE CRAFTERS, ENTERTAINING  
MUSICIANS, DELICIOUS FOOD AND  
SO MUCH MORE!**

**TRUMBULL TOWN HALL GREEN  
5866 MAIN STREET, TRUMBULL CT**

## IN PERSON PROGRAMS AND GAMES

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

- After Annie by Anna Quindlen—Monday, August 4<sup>th</sup>
- Demon Copperhead by Barbara Kingslover—Monday, September 8<sup>th</sup>

**Brain Games****Thursday, August 7<sup>th</sup> & 21<sup>st</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.

**Craft with Gianna****Monday, August 11<sup>th</sup> at 10:30 AM**

Join us for a fun painting class. Each person will complete a small canvas painting using paint, brushes, and Q-Tips. Spaces are limited. To sign up, please call (203) 452-5199.

**Aging Safely in Place****Thursday, August 14<sup>th</sup> at 10:00 AM**

Join Sheraton Caregivers for a presentation on how to age safely and comfortably in your own home. Learn practical tips, safety strategies, and available resources to help you or your loved ones maintain independence. This program offers valuable guidance for confident aging in place. To RSVP, please call (203) 452-5199.

**Trivia****Monday, August 18<sup>th</sup> at 9:00 AM**

Come have fun answering trivia questions designed for seniors. All questions have multiple choice answers, so guessing is encouraged. To RSVP, please call (203) 452-5199.

**Bingo**

- **Tuesday, August 19<sup>th</sup> at 1:00 PM**  
**Sponsored by TPAUD.**
- **Tuesday, August 26<sup>th</sup> at 1:00 PM. Sponsored by Elder Care Homecare.**

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

**AARP Smart Driver Course****Friday, August 15<sup>th</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.

**Whispers from Heaven****Wednesday, September 3<sup>rd</sup>****10:00 AM to 11:45 AM****Cost: \$5 for Residents****\$7 for Non-Residents**

This class/event helps you to experience the energy and messages that come through in a psychic mediumship reading. A reading allows the medium, Patricia Spina Griffin, to connect to loved ones in spirit to bring closure, peace, and validation. This is not a taught class but an opportunity to be read in a smaller setting. Patricia will read as she is guided to give messages. These messages help to bring validation that your loved ones are always watching over us and still with us although not in physical form.

**Please note that a reading is not guaranteed to everyone in attendance.** Spaces are limited and registration is required to attend. Payment must be paid within two business days. To RSVP, please call (203) 452-5199.

## CAREGIVERS ARE ALWAYS WELCOME!

**Monthly Birthday Party****Tuesday, August 26<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 10:00 AM

**Pickleball Open Court:**

- Mondays & Wednesdays: 12:30—3:00 PM
- Fridays: Beginners 8:30—10:00 AM & Intermediate 10:00 AM—12:30 PM

**EXERCISE CLASSES ON ZOOM**

**Membership is required to participate in all of our Zoom programs. To register, please call the main office at (203) 452-5199. Zoom information will be sent via email upon registration. Zoom information will remain the same for the entire membership year which runs from July 1<sup>st</sup> through June 30<sup>th</sup>.**

**Yoga with Jeannie**  
**Mondays at 10:30 AM**

**Zumba Gold and Toning with Pauline**  
**Wednesdays at 11:00 AM (No class on 8/6)**

**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, August 21<sup>st</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!**

**POUND with Debbie**  
**Mondays at 9:00 AM *Begins August 11<sup>th</sup>!***

Full-body exercise that combines cardio, strength training, and rhythm-based movements using lightly weighted drumsticks to perform various exercises.

**Zumba Gold and Toning with Pauline**  
**Mondays at 11:15 AM (No class on 8/4)**

**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 1<sup>st</sup>—August 19<sup>th</sup>**

**Jazz with Rose 4-Week Workshop**  
**Tuesdays at 11:00 AM *Returns in October!***

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**  
***Returns in September!***

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 25<sup>th</sup>—August 13<sup>th</sup>**

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

**High-Low Aerobics & Balance with Heather**  
**Thursdays at 9:00 AM (No class on 8/14)**

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**  
**(Heather is subbing for the month of August)**  
**Thursdays at 10:15 AM (No class on 8/14)**

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 4-Week Workshop**  
**Thursdays at 1:00 PM *Returns in September!***  
**September 18<sup>th</sup>—October 9<sup>th</sup>**

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, August 15<sup>th</sup> at 1:00 PM (No class on 8/1)**  
**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, August 8<sup>th</sup> 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 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 TALK

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, August 6<sup>th</sup> & 20<sup>th</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. **On August 6<sup>th</sup>, we will have a guest facilitator, Stephen Archer, Certified Financial Planner.** To join, please call (203) 452-5199.

## TRUMBULL'S PREVENTION PARTNERSHIP

TPAUD, Trumbull's Prevention Partnership will be at the Senior Center on Tuesday, August 19<sup>th</sup> from 11:30 AM to 1:15 PM for a medication lockbox giveaway and Narcan training. Please see newsletter cover for more information.



## 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

It seems the mineral Magnesium is getting a lot of attention lately for its ability to help with high blood pressure, depression, insomnia, and diabetes, just to name a few. But, there is limited evidence that EXTRA magnesium can be helpful for those health problems. Like most minerals and vitamins, we can get them in a healthy diet unless certain diseases or medications make it difficult to get the right amount. Studies do suggest magnesium deficiency is common among adults over the age of 70. Your doctor can determine if you need to take a Magnesium supplement. Usually our bodies do a good job of regulating levels of magnesium. If you take a magnesium supplement and your body doesn't need it, it will eliminate it. Have a happy and healthy 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, August 12<sup>th</sup> & 26<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!*

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

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.**



## OPERATION FUEL ANNOUNCEMENT

Operation Fuel will now be known as Generation Power CT. Generation Power CT is all about making sure everyone in Connecticut—now and in the future—has access to affordable heat, power, and water.



Please visit [gpct.org/rebrand](http://gpct.org/rebrand) to learn more.

## SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP)

### **VOUCHERS ARE STILL AVAILABLE!**

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 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.

Start your weekend early on Thursday evenings with us at Twin Brooks Park, Brock Street, Trumbull!

## 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, AUGUST 6<sup>TH</sup>.**

**ALDI SHOPPING TRIP:** Estimated pick up time is between 9:00—9:45 AM. Shop for an hour, then return home. The Aldi shopping date is **WEDNESDAY, AUGUST 13<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, AUGUST 20<sup>TH</sup>.**

**GROCERY SHOPPING:** Every Friday we offer grocery shopping trips for residents. On the 1<sup>st</sup> and 3<sup>rd</sup> (and 5<sup>th</sup>) Friday of the month, we go to Stop and Shop in Trumbull and on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month we go to ShopRite in Shelton. The estimated pick up time at your home is between 9:00 AM—9:45 AM. Shop for an hour and then return home. **Please note that the Friday, August 1<sup>st</sup> trip has been changed to Wednesday, July 30<sup>th</sup> and the Friday, August 29<sup>th</sup> trip has been changed to Wednesday, August 27<sup>th</sup>.**

## BUS TRIPS

## CAROLE'S KING'S (Trip is full)

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

## ESSEX STEAM TRAIN AND RIVERBOAT (Trip is full)

Thursday, September 4, 2025  
Cost \$159 (Checks made to Friendship Tours)  
Depart Penny Lane Lot: 10:00 AM  
Estimated Return: 4:30 PM

## 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 \$134 (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)

## THIMBLE ISLANDS—Branford, CT

**FRIDAY, AUGUST 1<sup>ST</sup>**  
**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

**FRIDAY, AUGUST 8<sup>TH</sup>**  
**Cost: \$4 (Doesn't include lunch)**  
Depart Penny Lane Lot: 10:00 AM

## PORT JEFF

**\*Registration opens Thurs., August 14<sup>th</sup> at 9:00 AM**  
Friday, September 12, 2025  
**Cost: \$4—CASH ONLY**  
**Cost does not include ferry ticket.**  
Depart Penny Lane Lot: 8:45 AM

## AFRICAN AMERICAN HISTORY MUSEUM—

Stratford, CT  
**\*Registration opens Thurs., August 21<sup>st</sup> at 9:00 AM**  
Friday, September 19, 2025  
**Cost: \$14 (does not include lunch)—CASH ONLY**  
Depart Penny Lane Lot: 9:30 AM  
The exhibit is a collection of artifacts which reflect decades of turbulent times for African Americans in the US during the period of slavery and the Civil Rights Movement. Lunch at Blackbirds Nest

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.

Monday, August 4 <sup>th</sup>	Tuesday, August 5 <sup>th</sup>	Thursday, August 7 <sup>th</sup>
Grilled Chicken Caesar Salad	Roast Beef with Mashed Potatoes	Meat Lasagna
Monday, August 11 <sup>th</sup>	Tuesday, August 12 <sup>th</sup>	Thursday, August 14 <sup>th</sup>
Sausage Cavatelli	Shrimp with Brown Rice	Turkey Club with Macaroni Salad
Monday, August 18 <sup>th</sup>	Tuesday, August 19 <sup>th</sup>	Thursday, August 21 <sup>st</sup>
Baked Stuffed Zucchini	BBQ Chicken with Collard Greens	Cookout: Hamburger, Hot Dog or Veggie Burger with Potato Salad
Monday, August 25 <sup>st</sup>	Tuesday, August 26 <sup>th</sup>	Thursday, August 28 <sup>th</sup>
Meatloaf with Mashed Potatoes	Seafood Salad with Sweet Potato Fries	Stuffed Peppers
	<b>NEW ENGLAND</b> <b>Young at Heart™</b> <i>Live Well, Laugh Often, Love Much</i>	

**ADT-Monitored Home Security**

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502



**ARE YOU REACHING  
THE MEMBERS IN YOUR  
COMMUNITY?**

To advertise here  
visit [ipcommunities.com/adcreator](http://ipcommunities.com/adcreator)

## Little Angels Home Care LLC



Providing: Non Medical, Elderly Care, Hourly, Companion, Live-in Caregivers, Weekends We Are Taking: Private Pay, Long-Term Life Insurance  
Reg. # HCA0000732  
745 Osborn Rd., Naugatuck CT 06760  
203-278-1436  
[www.littleangelshomecare.com](http://www.littleangelshomecare.com)  
E: [littleangelshomecare48@yahoo.com](mailto:littleangelshomecare48@yahoo.com)

**ELLMAK LLC.**  
EXCEPTIONAL COMPANION CARE IN THE COMFORT OF YOUR HOME  
COMPANION CARE • ASSISTANCE • LIGHT HOUSEKEEPING • LAUNDRY • GROCERY SHOPPING • ESCORTING TO APPTS & MORE.  
Shelton 203-538-5643 • 203-538-5614  
[ellmakhomecare@gmail.com](mailto:ellmakhomecare@gmail.com)  
[www.ellmakepas.org](http://www.ellmakepas.org)



## ABRIOLA PARKVIEW

FUNERAL HOME

James Abriola  
Director

203-373-1013

419 White Plains Road, Trumbull  
[www.abriola.com](http://www.abriola.com)

## CENTURY 21.

ALLPOINTS REALTY

Lisa Valenti, SRES

REALTOR®  
C 203.257.2127  
O 203.378.0210  
[ltv22realtor@gmail.com](mailto:ltv22realtor@gmail.com)  
LICENSED IN CT



B6735AMS

## ANTIGNANI LAW OFFICES STEVEN C. ANTIGNANI

Accidents • Criminal Defense  
Real Estate • Divorce • Immigration  
DWI • Probate • Evictions

**203-452-5519**

Free Initial Phone Consultation  
[santignani@gmail.com](mailto:santignani@gmail.com)

4 Research Drive, Suite 402, Shelton, CT 06484



**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME**  
**Ileana Vasquez**

**ivasquez@4ipi.com**

**(800) 888-4574 x3105**



## Always Caring OF CONNECTICUT

THE BEST CARE IS ALWAYS GIVEN TO YOUR LOVED ONE

Non-medical Homecare  
Providing Hourly/Live-In/24 hour Care  
Registered • Insured • Bonded • HA#0001470  
29 East Main Street Westport, CT 06880  
203.557.4355 • [www.alwayscaringct.com](http://www.alwayscaringct.com)  
Proudly Serving Fairfield and New Haven Counties

## Eliovson & Tenore

*. Law Offices*

**Linda L. Eliovson, Esq.**  
**Christine M. Tenore, Esq.**

117 Tunis Hill Road  
Fairfield, CT 06825  
tel 203-336-2566  
fax 203-336-2563  
[www.ConnecticutElderLaw.com](http://www.ConnecticutElderLaw.com)  
[lle@ConnecticutElderLaw.com](mailto:lle@ConnecticutElderLaw.com)  
[cmt@ConnecticutElderLaw.com](mailto:cmt@ConnecticutElderLaw.com)

ELDER LAW • WILLS, TRUSTS & ESTATES  
PROBATE & CONSERVATORSHIPS

*Members, National Academy  
of Elder Law Attorneys*

## UNIQUE *Beauty Salon*

FULL SERVICE SALON  
SPECIALIZING IN  
BRAZILIAN BLOWOUTS  
*By appointment only*  
389 Bridgeport Ave.  
Shelton, CT 06484  
**203-520-6282**

**10% SENIOR  
DISCOUNT**



**SUPPORT THE  
ADVERTISERS  
that Support our  
Community!**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30 Beginner Pickleball 9:00 Thimble Islands Trip 10:00 Painting w/ Jill 10:00 Intermediate Pickleball 10:30 Mahjong
AUGUST 2025				
*All virtual programs are written in GREEN text.				
9:30 Walking Group at Mall <b>10:30 Yoga</b> 11:00 Book Club 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	4 9:00 Moderate Yoga 10:00 Needlework Group 10:00 Cribbage 10:00 Tap 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	5 9:00 Coffee Talk 9:00 The Shopping Loop 10:00 Watercolors Workshop 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 12:30 Pickleball Open Court	6 <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	7 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Captain's Cove Trip 10:00 Intermediate Pickleball 10:00 Mahjong 1:00 Sound Healing
9:00 Pound 9:30 Walking Group at Mall 10:00 Poetry 10:30 Craft w/ Gianna <b>10:30 Yoga</b> 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	11 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Cribbage 10:00 Tap 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	12 9:00 Aldi Shopping Trip 10:00 Tai Chi 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	13 <b>9:00 Chair Yoga</b> 10:00 Aging Safely in Place 10:00 Pinochle 10:00 Needlework Group <b>10:30 Sit and Fit</b> 12:00 Lunch	14 8:30 Beginner Pickleball 9:00 Stop & Shop 9:00 AARP Smart Driver 10:00 Intermediate Pickleball 10:00 Mahjong 1:00 Yoga Nidra
9:00 Trivia 9:00 Pound 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	18 9:00 Moderate Yoga 10:00 Needlework Group 10:00 Cribbage 10:00 Tap 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Bingo	19 9:00 Coffee Talk 9:00 Walmart 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	20 <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 <b>7:00 Community Meditation</b>	21 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Intermediate Pickleball 10:00 Mahjong
9:00 Pound 9:30 Walking Group at Mall 10:00 Poetry <b>10:30 Yoga</b> 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	25 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 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 1:00 Bingo	26 9:00 Stop & Shop 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 12:30 Pickleball Open Court	27 <b>9:00 Chair Yoga</b> 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength <b>10:30 Sit and Fit</b> 12:00 Lunch	28 The Senior Center will be closed for a Professional Development Day.