



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

SEPTEMBER 2025

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH—CELEBRATE WITH US!

We proudly celebrate National Senior Center Month with the inspiring 2025 theme: *“Powering Possibilities: Flip the Script.”* This theme challenges outdated perceptions of aging and senior centers, shining a light on the vibrant, evolving role these spaces play in later life. Far more than gathering places, senior centers are hubs of creativity, connection, purpose, and resilience. Join us as we honor the individuals who redefine aging every day and explore the powerful possibilities our center helps bring to life!

COMMUNITY FOCAL POINT DESIGNATION

The Trumbull Senior Center is honored to announce its official designation as a Community Focal Point by the Southwestern Connecticut Agency on Aging (SWCAA).



This important recognition celebrates the exceptional programs, services, and support provided by our dedicated staff and volunteers, with the strong backing of the Town of Trumbull.

While our current building continues to serve as a gathering place, it no longer meets the needs of our growing senior population. This recognition highlights the strength of our services and community commitment, even amid the challenges posed by our existing facility.

As defined by the Older Americans Act, a Focal Point is a central, trusted access point for aging and disability services—designed to coordinate and connect older adults with the support they need. It offers seniors and families a reliable place for information, assistance, and community, and stands as a visible symbol of the community’s commitment to its aging population.

The Trumbull Senior Center provides a wide range of services. For more information about the Trumbull Senior Center’s programs and services, please visit: <https://www.trumbull-ct.gov/281/Senior-Center>.

Thank you to the staff, volunteers, community partners, and the Town of Trumbull, whose dedication and support make these vital services possible every day!

PROPOSED NEW SENIOR/COMMUNITY CENTER INFO.

At the July 10, 2025 Town Council Meeting the Council approved in a bipartisan vote a bond authorization in the amount of \$27,115,000 for the proposed new Senior/Community Center.

In accordance with the Town Charter there will be a referendum question on the ballot for the November 4th municipal election, which will allow Trumbull voters to vote yes or no on the proposed question to fund the proposed new Senior/Community Center.

Per the Town Charter the question on the ballot will read as follows:

Shall the proposed bond issue in the amount \$27,115,000, as adopted by the Trumbull Town Council on 7/10/2025 be approved?

There will be a community meeting held mid-September to provide information to the public about this project and the referendum process. The date and location of this meeting will be announced shortly.

ROTARY CLUB SENIOR PICNIC

**Trumbull Rotary Club’s
Annual Senior Picnic
Friday, September 12th at 12:00 PM**



You are invited to a free picnic at the Trumbull Town Green hosted by the Trumbull Rotary Club. It's a great opportunity for fellowship and lunch!

To RSVP, please call (203) 452-5199. To arrange for transportation, please call (203) 452-5137.

We will be closed on Monday, September 1st in observance of Labor Day.



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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF

Director of Human Services

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

SENIOR CENTER

(203) 452-5199

Senior Center Coordinator

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

Front Desk

Amanda DeBernardo (203) 452-5199
adebernardo@trumbull-ct.gov

Transportation & Trip Coordinator

Kyle Black (203) 452-5137
kblack@trumbull-ct.gov

SOCIAL SERVICES

(203) 452-5198

Social Services Coordinator

Jennifer Gillis B.A. (203) 452-5133
jgillis@trumbull-ct.gov

Social Services Administrative Support

Judy Cahill (203) 452-5135
jcahill@trumbull-ct.gov

Food Pantry

Karen Seferi (203) 452-5136
kseferi@trumbull-ct.gov

Wellness Nurse

Susan Clay, BSN RN (203) 452-5134
sclay@trumbull-ct.gov

First Selectman

(203) 452-5005

Vicki Tesoro

Firstselectman@trumbull-ct.gov

Priscilla Place Café

(203) 452-5199 Ext 3

Elaine Marcucio

New England Young at Heart

FOLLOW US ON FACEBOOK

<https://www.facebook.com/TrumbullSeniorCenter/>



HOURS OF OPERATION

SENIOR CENTER HOURS:

Monday-Friday 9:00 a.m.—3:30 p.m. (203) 452-5199

SOCIAL SERVICES HOURS:

Monday-Friday 9:00 a.m.—4:00 p.m.

Please call (203) 452-5198 for an appointment.

FOOD PANTRY: Monday, Tuesday, Thursday

By appointment only, please call (203) 452-5136.

COMMISSION ON AGING

Ron Foligno: Chair

Paul McGearry

Mark Ryan: Vice Chair

Linda Randall

Barbara Crandall: Clerk

Eve Rothbard

Kathleen Bordelon

Evelyn Wiesner

MEMBERSHIP

JULY 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.

SEPTEMBER BIRTHDAYS

We would like to wish a very happy birthday to:

- | | |
|-----------------------|---------------------|
| • Talma Abbott | • Samuel Lupo |
| • MaryAnn Abercrombie | • Joan Munves |
| • Michael Ales | • Joanne O'Rourke |
| • Arline Alves | • Kamal Pandya |
| • Elaine Annick | • Michele Pieger |
| • Lori Anrico | • Mary Radochhio |
| • Sharyn Beardsley | • Joao Ribeiro |
| • Al Bodnar | • Joyce Rosinski |
| • Ruth Butkus | • Dulcie Rathna |
| • Donna Chang | • Samaranayake |
| • Annie Chen | • Mark Schickler |
| • Rose Clark | • Cindy Sledz |
| • Florence Clomiro | • Joanne Sloan |
| • Ann Companik | • Kevin Smith |
| • Mary Contino | • Michele Stapleton |
| • Irene Coutinho | • Angela Vartuli |
| • Nancy DeRegt | • Julene VonGlinsky |
| • Rosemary Dobosz | • Vi Watson |
| • Arlene Fanali | |
| • Gail Ginsberg | |
| • Mickie Hope | |
| • Agnes Horton | |
| • Rebecca Huston | |
| • Fannie Jackson | |
| • Sue Kallay | |
| • Avinash Kaur | |
| • Helen Krehley | |



ART CLASSES IN-PERSON

8-Week Painting Workshop
Every Friday From 10/17—12/12
10:00 AM to 12:00 PM

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

Registration opens on Monday, September 29th at 9:00 AM and the 8-week workshop will begin on October 17th. To sign up, please call (203) 452-5199.

Cost for Residents: \$20

Cost for Non-Residents: \$40

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

POLL WORKERS NEEDED

Trumbull needs poll workers to help make sure in-person voting is safe and all eligible votes are counted. Responsibilities include greeting and checking in voters, handing out ballots, guarding the voting machines, and helping voters with visual or mobility issues.



You must be 16 or older to apply. Compensation ranges from \$200 to \$350 and you must attend a training session prior to the election, which is usually held on the Thursday evening before Election Day. Election Day start time is 5:00 AM; end time is 9:00 PM or later, depending on how long it takes to make sure that all the votes have been correctly counted. You must work the full day. The town provides lunch and dinner for all poll workers.

The Trumbull General Election on November 4, 2025. **If you are interested in working, please contact the Trumbull Registrars' Office at: (203) 452-5059 or (203) 452-5058.**

POETRY ROUNDTABLE

Poetry Writers Roundtable
Monday, September 8th & 22nd
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.**

HAZARDOUS WASTE

**Town of Trumbull
Hazardous Waste
Collection Day**
Saturday, October 11, 2025

Time: 9:00 AM to 2:00 PM
Place: 307 Indian Ledge Park
Next to BMX Facility
Serving Trumbull, Monroe & Easton residents (must show CT Driver's License).

For More Information, please contact the Trumbull Highway Department by calling (203) 452-5070.

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.**

SAVE THE DATE



October 3 - 10

www.trumbullrestaurantweek.com

SENIOR CENTER PROM



Friday, September 26th
1:00 PM to 3:00 PM

Join us for an afternoon of music, dancing, snacks, and more! Dress for the masquerade 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.**

WHISPERS FROM HEAVEN

Whispers from Heaven
Wednesday, September 3rd
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.

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ARE ALWAYS WELCOME!

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

- **Demon Copperhead by Barbara Kingslover**—Monday, September 8th
- **First Lie Wins by Ashley Elston**—Monday, October 6th

Combating Social Isolation and Loneliness

Monday, September 8th at 10:00 AM

Join Jennifer Gillis, B.A., Social Service Coordinator as she moderates a discussion with Connor May, CEO and Founder of Seniors Helping Seniors around this very important topic of The U.S. Surgeon General's advisory on "The Healing Effects of Social Connection and Community". Let's combat loneliness together and learn of some important pathways in place to reconnect. **To RSVP, please call (203) 452-5199.**

Plant Power: Transform Your Health with Whole Food Plant-Based Diet

Monday, September 29th at 10:30 AM

Join Registered Dietitian Zara Awan for an eye-opening session on reclaiming your health through the power of plants and whole foods. We will explore how avoiding processed foods and embracing a whole food, plant-based diet can transform your energy, support disease prevention, and promote long-term wellness. With practical tips, science-backed insights, and diet advice, this talk will empower you to make nourishing choices that fuel your body and mind. Get ready to discover the true potential of "Plant Power" and how simple, wholesome ingredients can lead to vibrant living. Handouts and recipes available to all. **To RSVP, please call (203) 452-5199.**

Trivia

Monday, September 8th at 9:00 AM

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

Bingo

- **Tuesday, September 9th at 1:00 PM. Sponsored by Caring Transitions.**

- **Friday, September 19th at 12:30 PM. Sponsored by A&B Homecare Solutions.**
- To RSVP, please call (203) 452-5199.**

Brain Games

Thursday, September 18th at 9:00 AM

***No Brain Games on 9/4 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.**

Emergency Preparedness Thursday, September 18th at 10:00 AM

Join Denise A. Mortati, estate planning and elder law attorney for a discussion on emergency preparedness. She will discuss the items that are important to preserve, how to safeguard this information, and what you should take in the event that you have to leave your home in a hurry! **To RSVP, please call (203) 452-5199.**

Paint Party

Thursday, September 25th 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.**

Monthly Birthday Party Tuesday, September 30th

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

***No experience necessary! The Needlework Group is always looking for new participants.**

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

***No Pickleball on 9/26**

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 **(No class on 9/11)**

Community Meditation with Deborah Swann
Thursday, September 18th 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 **NEW!**
(No class on 9/8)

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

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 **NEW!**
September 23rd—November 18th

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 **(No class on 9/9)**
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 **NEW!**
September 17th—November 5th
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
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 4-Week Workshop
Thursdays at 1:00 PM **NEW!**
September 18th—October 9th
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, September 5th & 19th 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, September 12th 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, September 3rd & 17th. 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

In honor of National Recovery Month, in September TPAUD will host a Recovery Roundtable, to celebrate recovery, encourage connections between those living in recovery, and discuss ways Trumbull can support individuals and families in their recovery journey. Stay tuned for more information!



On September 7th, TPAUD will join My Friend Abby to host Trumbull's 5th Annual 'Shining Together' Vigil in honor of Suicide Prevention Day at 6 PM at the Town Hall gazebo. This event will honor those affected by suicide and raise awareness for suicide prevention. If you or someone you know is thinking about suicide, you are not alone. Call or text 988 anytime to talk with someone who cares. Help is available 24/7. For more mental health resources please visit <https://www.tpaud.org/communityresources>.

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

Shingles is a disease that can cause a very painful and extreme skin rash. Long-term nerve pain and eye damage are complications of shingles. About one in three people will get shingles, and your risk increases with age. Anyone who has had chicken pox can get shingles. You can't get shingles from someone who has shingles, but, if you haven't had chickenpox or the chickenpox vaccine, you can get chickenpox from someone who has shingles! The good news is there is a fairly new vaccine, Shingrix, that provides strong protection. If you got a different shingles vaccine in the past, you still need Shingrix. Please talk to your doctor about getting the vaccine. 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, September 9th & 23rd.** **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.



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 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, SEPTEMBER 3RD**.

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, SEPTEMBER 10TH**.

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, SEPTEMBER 17TH**.

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

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

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)

PORT JEFF

Friday, September 12, 2025

Cost: \$4—CASH ONLY

Cost does not include ferry ticket.

Depart Penny Lane Lot: 8:45 AM

Return Ferry Departure: 2:15 PM

AFRICAN AMERICAN HISTORY MUSEUM—
Stratford, CT

***Registration opens Thurs., Aug. 21st 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

GHOST TOUR—Guilford, CT

***Registration opens Thurs., Sept. 4th at 9:00 AM**

Friday, October 3, 2025

Cost: \$24 (does not include breakfast)—

CASH ONLY

Depart Penny Lane Lot: 9:30 AM

Join Chrystyne McGrath on a haunted tour of Guilford, CT. Chrystyne is a nationally known trace medium. Breakfast at Guilford Food Center.

PARKVILLE MARKET—Hartford, CT

***Registration opens Thurs., Sept. 18th at 9:00 AM**

Friday, October 10, 2025

Cost: \$4 (does not include lunch)—CASH ONLY

Depart Penny Lane Lot: 9:30 AM

A guided tour of the market which includes 22 restaurants and 3 bars. After the tour, the eating can begin!

SENIOR CENTER TRIP POLICY REMINDERS

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

- To make a reservation you must call the Transportation line at (203) 452-5137 and leave a voicemail. All calls will be timestamped.
- Reservations are taken on a first come, first serve basis.
- You must be a member to make a 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.
- Departure will take place at the Penny Lane Lot. Please arrive 15 minutes before departure time.

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, September 1 st	Tuesday, September 2 nd	Thursday, September 4 th
The Senior Center will be closed in observance of Labor Day.	Chef Salad	Fish Sandwich with Sweet Potato Wedges
Monday, September 8 th	Tuesday, September 9 th	Thursday, September 11 th
Stuffed Shells and Meatballs	Tuscan Chicken with Rice	Vegetable Quiche
Monday, September 15 th	Tuesday, September 16 th	Thursday, September 18 th
Roast Beef with Mashed Potatoes	Grilled Chicken over Caesar Salad	Taco Salad
Monday, September 22 nd	Tuesday, September 23 rd	Thursday, September 25 th
Sausage and Peppers with Rice	Chicken Sandwich	Cookout: Hamburger, Hot Dog or Veggie Burger
Monday, September 29 th	Tuesday, September 30 th	
Turkey Club Sandwich	Shrimp Florentine	

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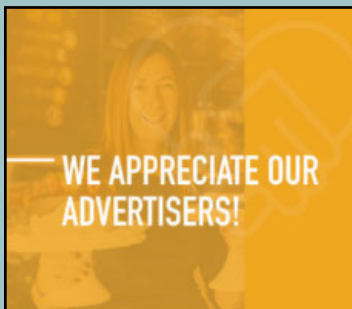
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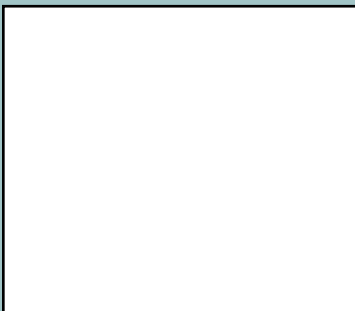
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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
1 The Senior Center will be closed in observance of Labor Day.	2 9:00 Moderate Yoga 10:00 Needlework Group 10:00 Cribbage 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	3 9:00 Coffee Talk 9:00 Morning Exercise 9:00 The Loop Shopping 10:00 Whispers from Heaven 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court	4 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch	5 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Intermediate Pickleball 10:00 Mahjong 1:00 Yoga Nidra
8 9:00 Trivia 9:30 Walking Group at Mall 10:00 Poetry 10:00 Combating Social Iso. 10:30 Yoga 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	9 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework Group 10:00 Cribbage 10:30 Scrabble 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Bingo 1:00 Line Dancing	10 9:00 Morning Exercise 9:00 Aldi Shopping Trip 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court	11 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 12:00 Lunch	12 8:30 Beginner Pickleball 8:45 Port Jeff 9:00 Shoprite 10:00 Intermediate Pickleball 10:00 Mahjong 12:00 Senior Picnic 1:00 Sound Healing
15 9:00 Pound 9:30 Walking Group at Mall 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	16 9:00 Moderate Yoga 10:00 Needlework Group 10:00 Cribbage 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	17 9:00 Coffee Talk 9:00 Morning Exercise 9:00 Walmart Shopping Trip 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court	18 9:00 Chair Yoga 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Emergency Prep. 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Qigong 7:00 Community Meditation	19 8:30 Beginner Pickleball 9:00 Stop & Shop 9:30 African Amer. Museum 10:00 Intermediate Pickleball 10:00 Mahjong 12:30 Bingo 1:00 Yoga Nidra
22 9:00 Pound 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	23 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	24 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 12:30 Pickleball Open Court	25 9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Brain Games 10:00 Pinochle 10:00 Needlework Group 10:00 Paint Party 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Qigong	26 9:00 Shoprite 10:00 Mahjong 1:00 Senior Prom
29 9:00 Pound 9:30 Walking Group at Mall 10:30 Yoga 10:30 Plant Power 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court	30 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 12:30 Birthday Party 1:00 Line Dancing	<div>SEPTEMBER 2025</div> <div>*All virtual programs are written in GREEN text.</div>		