



# TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

OCTOBER 2025

## PROPOSED SENIOR/COMMUNITY CENTER

Renderings of the proposed new senior/community center. Please stop by the senior center main lobby or Town Hall to see full renderings. See insert for additional information regarding the upcoming referendum on November 4<sup>th</sup>.



MAIN STREET VIEW

QA-M  
architecture

TRUMBULL SENIOR / COMMUNITY CENTER  
595B MAIN STREET | TRUMBULL, CT



ENTRY DRIVE VIEW

QA-M  
architecture

TRUMBULL SENIOR / COMMUNITY CENTER  
595B MAIN STREET | TRUMBULL, CT



VALLEY VIEW

QA-M  
architecture

TRUMBULL SENIOR / COMMUNITY CENTER  
595B MAIN STREET | TRUMBULL, CT

We will be closed on Monday, October 13<sup>th</sup> in observance of Columbus Day.

## SWCAA MEDICARE PRESENTATION

Medicare Updates Presentation  
Monday, October 20<sup>th</sup> at 10:00 AM



Join the Southwestern CT Agency on Aging (SWCAA) as they provide a presentation from their CHOICES Medicare Experts. They will be providing an overview of the Medicare program and any updates Medicare is introducing for 2026. Their CHOICES experts will also cover expected costs, how to choose a plan and more! To register, please call (203) 452-5199.

## HAZARDOUS WASTE COLLECTION DAY

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.**

## TRUMBULL RESTAURANT WEEK



Get ready to savor the flavor during **Trumbull Restaurant Week 2025**, happening **Friday, October 3<sup>rd</sup> through Friday, October 10<sup>th</sup>**! Join us for a delicious celebration of the town's vibrant culinary scene, where local restaurants will be serving up exclusive prix fixe menus, special offers, and mouth-watering creations you won't want to miss. Mark your calendars and bring your appetite—this is the perfect time to explore, indulge, and support the amazing local flavors that make Trumbull a true foodie destination! Visit [www.trumbullrestaurantweek.com](http://www.trumbullrestaurantweek.com) for more information on participating eateries and their delicious deals.



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



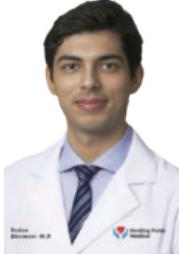
**Law Offices of Denise A. Mortati, LLC**

Denise A. Mortati  
Attorney at Law  
[Denise@DeniseMortati.com](mailto:Denise@DeniseMortati.com)

Specializing in Estate Planning | Probate | Elder Law  
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1-856-267-1649 *Fax Line* | [DeniseMortati.com](http://DeniseMortati.com)

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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.

**OCTOBER BIRTHDAYS**

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

- Gloria Anderson
- Edward Bardinelli
- Chris Barlow
- Gail Bazan
- Ingeborg Benedetto
- Jitendra Bharucha
- Carl Coletta
- William Costello
- Sheila Coughlin
- Priscilla Dempsey
- Jane Deyoe
- Beverly Dugas
- Virginia Flores
- Ernest Foito
- Mary Fricke
- Caroly Gibson
- Debra Gilbert Taylor
- Judith Gilmore
- Jan Girard
- George Gould
- Barbara Gravitz
- Jerry Gregory
- Rose Guglielmo
- Linda Hakala
- Walter Hoyt
- Nancy Jackson
- Linda Jennette
- Theresa Malo
- Harvey Mamrus
- Jeanette Margiotta
- Ann Melli
- Lyndel Miccio
- Barbara Musante
- Bernice Oleyar
- George Papageorge
- Judy Pedro
- Julia Ricca
- Suzette Sicsico
- Francelina Simoes
- Flor Soto
- Robert Stoppel
- Mohammed Taher
- Marie Taiwo
- Paulette Terio
- Kathleen Toombs
- Michael Vartuli
- Janet Wolfinger
- Joanna Yang



## 4 ACTIVITIES, PROGRAMS AND EVENTS

### 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 29<sup>th</sup> at 9:00 AM and the 8-week workshop will begin on October 17<sup>th</sup>. To sign up, please call (203) 452-5199.**

**Cost for Residents: \$20**

**Cost for Non-Residents: \$40**

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

### 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.**

### PAINTING WORKSHOP

#### 3-Week Acrylic Painting Workshop Wednesday, November 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> 10:00 AM—11:30 AM

Join Art Strokes Instructor, Renu Vora for a fun 3-week acrylic 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.

### POETRY ROUNDTABLE

#### Poetry Writers Roundtable

Monday, October 27<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.**

### SHREDDING EVENT



**Trumbull Community Women** will hold its next Community Shred-It event on Saturday, October 18<sup>th</sup> at the

Trumbull Nature & Arts Center from 9:00 a.m. until 1:00 p.m. (or until the truck is full). This event is being sponsored by the Town Fair Tire Foundation. Please bring your sensitive documents for secure, on-site shredding. This is a free event but donations are greatly appreciated! Small businesses and out of town guests are also welcome to attend.

### SELF-CARE WORKSHOP

#### Self-Care Workshop: Understanding & Reconnecting with Your Higher Self Thursday, October 9<sup>th</sup> & 23<sup>rd</sup> 10:30 AM to 11:30 AM

Is something missing or more to life than what you have experienced? Are you thriving or just surviving? Are you living in a healthy body, mind, and space? Yes, you really can have, do and be anything you want! To learn more, join Dr. Vivian Hardison, psychologist and self-care expert who will walk you through how to understand and explore ways to improve wellbeing by reconnecting to the good that is in all of us. Dr. Vivian creates a

**safe space** for everyone to be in. **To sign up, please call (203) 452-5199.** Free handouts and healthy treats will be provided.

### 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.**

**\* No sign language classes on 10/15.**

### INTERNET SAFETY

#### Safe Internet Habits for Older Adults Tuesday, October 28<sup>th</sup> at 10:30 AM

Join Bryan Terry for a presentation on how to stay safe online. The internet has become part of our daily lives—whether it's staying in touch with loved ones, paying bills, shopping, or reading the news. But just like locking your front door keeps your home safe, it's important to protect yourself online too. The good news? You don't need to be a tech expert to stay safe. With a few simple habits, you can avoid scams, keep your personal information private, and feel confident using the internet. **To sign up, please call (203) 452-5199.**

## IN PERSON PROGRAMS AND GAMES

## Brain Games

Thursday, October 2<sup>nd</sup> & 16<sup>th</sup>  
at 9:00 AM  
1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month.  
Join Danielle Ramos, of Cambridge and Ludlowe Health & Rehabilitation Centers in Fairfield, to participate in fun, stimulating brain games. **To RSVP, please call (203) 452-5199.**

## Watercolors with Renu

Wednesday, October 8<sup>th</sup>  
10:00 AM—11:30 AM  
**Cost: \$5 for Residents  
\$7 for Non-Residents**

Join Art Strokes Instructor, Renu Vora for a fun watercolors step by step painting class. All supplies will be provided. **Spaces are limited.** To sign up, please call (203) 452-5199.

## Mad Libs Storytelling

Tuesday, October 21<sup>st</sup>  
at 1:00 PM

Join The Key an hour of creativity and nostalgia! We'll explore quirky, inspiring, and vintage pictures, and you'll answer silly, thought provoking questions to create hilarious Mad Lib stories based on the images. Savor apple cider, fresh doughnuts, and festive fall treats while grooving to timeless oldies music. **To sign up, please call (203) 452-5199 by 10/16**

## Step by Step Charcuterie Board Event with Bridges

Wednesday, October 15<sup>th</sup>  
10:30 AM to 12:00 PM

Join Chef Wendy of Bridges by EPOCH for a Step by Step Fall Charcuterie Board Event at the senior center. Each attendee will be guided through putting together their own Fall Charcuterie Board to take home! Charcuterie Boards and food items will be supplied. **Spaces are limited and registration is required to attend.** To sign up, please call (203) 452-5199.

## CAREGIVERS ARE ALWAYS WELCOME!

## Bingo

- Tuesday, October 14<sup>th</sup> at 1:00 PM.
- Friday, October 31<sup>st</sup> at 12:30 PM.

**Sponsored by TPAUD.**

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

## Medicare Updates

Tuesday, October 14<sup>th</sup>  
at 10:30 AM

Join us for a seminar exploring the key Medicare changes taking effect in 2026. We'll cover important updates to Medicare Advantage and Part D plans in CT. Attendees will also learn about zero cost-sharing for adult vaccines and tighter rules on prior authorizations. Everyone will receive a complimentary copy of Joe Violetta's *Medicare A-Z* book. **To RSVP, please call (203) 452-5199.**

## A Day in the Life: Senior Living Community Tour

Wednesday, November 5<sup>th</sup>

Join us for a fun and informative day as we visit three wonderful communities—River Valley Retirement Community, Maefair Center for Health & Rehabilitation, and Middlebrook Farms at Trumbull. Enjoy delicious food, engaging activities, and the chance to experience firsthand what these welcoming communities have to offer. We'll wrap up the day with a special 15-minute presentation from Senior Oasis Advisors and Synergy HomeCare, sharing valuable insight on choosing the right community and the support available along the way. The bus will depart from the Senior Center at 9:00 AM and will return at 2:30 PM. This special event is brought to you by your friends at Caring Transitions of Milford because every transition deserves care, compassion, and clarity. **Spaces are limited.** To sign up, please call (203) 452-5199.

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

- **First Lie Wins by Ashley Elston**—Monday, October 6<sup>th</sup>
- **Counting Miracles by Nicholas Sparks**—Monday, November 3<sup>rd</sup>

## Monthly Birthday Party

Tuesday, October 28<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

**Pinocle:** 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**

**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, October 16<sup>th</sup> at 7:00 PM**  
**Third Thursday of each month.**  
No experience is necessary.

**EXERCISE CLASSES IN PERSON**

**Please note that an active membership is required to participate in all programs and classes.**  
**All participants must sign in for classes at the kiosk or with the main office. Thank you!**

**POUND with Debbie**  
**Mondays at 9:00 AM (No class on 10/27)**

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**  
**September 23<sup>rd</sup>—November 18<sup>th</sup>**

**Jazz with Rose 4-Week Workshop**  
**Tuesdays at 11:00 AM NEW!**  
**October 7<sup>th</sup>—October 28<sup>th</sup>**

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

**Sit and Fit with Bobbi**  
**Tuesdays at 10:30 AM**

Please bring your own weights.

**Line Dancing with Tom Mohyde**  
**Tuesdays at 1:00 PM**  
Whether you love to dance or want to learn new dances, this is a great way to exercise and socialize!

**Morning Exercise with Nancy**  
**Wednesdays at 9:00 AM**  
Let's get moving with a combination of chair stretches, balance work, and dance/aerobic exercises.

**Tai Chi with David 8-Week Workshop**

**Wednesdays at 10:00 AM**  
**September 17<sup>th</sup>—November 5<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**

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 Debby 4-Week Workshop**  
**Thursdays at 1:00 PM**

**September 18<sup>th</sup>—October 16<sup>th</sup> (No class on 10/2)**  
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, October 3<sup>rd</sup> & 17<sup>th</sup> 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, October 10<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.

### HEALTH TIP FROM WELLNESS NURSE SUSAN

More than one in four people age 65 years and older fall each year. If you decide to get a medical alert device for yourself or a family member there are many companies and systems to choose from. When you call a company don't let them rush you into buying their system by telling you there is a "sale that ends today." Read the cancellation policy because it will tell you if you can return the equipment for a refund. The type of battery and frequency of charging is a factor in the decision. Surprisingly, many companies advertise a certain price but "fall detection" is not figured into the price. Fall detection is usually \$10.00 extra. Some units are for home only and others work when you're on the go! For more information go to The National Council on Aging website. Have a happy and healthy month!

## 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, October 1<sup>st</sup> & 15<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. **To join, please call (203) 452-5199.**

## 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.



## TRUMBULL'S PREVENTION PARTNERSHIP

Visit TPAUD at The Trumbull's Farmer's Market on Thursday, October 2<sup>nd</sup> for fun, free giveaways and safe medication storage lock bags. We will offer on-the-spot Naloxone and Overdose Prevention training to anyone interested; all those trained will receive a free Narcan kit. Also, don't miss spooky snacks with TPAUD at B.I.N.G.O. on October 31<sup>st</sup>!



## 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, October 14<sup>th</sup> & 28<sup>th</sup>**. Grief can feel heavy, isolating, and overwhelming—but you don't have to walk through it alone. Our Grief Support Group offers a safe and caring space to share your story, listen to others, and find comfort in knowing you're not alone. Together, we'll explore ways to navigate loss, honor loved ones and support one another through healing. Whether your loss is recent or years past, you are welcome here. **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.

## 2025–2026 Connecticut Energy Assistance Program (CEAP)

The Connecticut Energy Assistance Program (CEAP) is an annual benefit, that you must apply each year in order to receive assistance.

### Benefit amounts:

\$295.00—\$645.00 for the 2025–2026 season, based on household size, income, and heating source. Payments are made directly to your fuel vendor or utility company.

In-person applications are currently being scheduled with Trumbull Social Services. Please contact our office to schedule and receive more details. **Please call 203-452-5198 or email us at: [Socialservices@trumbull-ct.gov](mailto:socialservices@trumbull-ct.gov)**

Online applications may also be submitted through the CEAP online portal with DSS.

**Deadline: Last day to apply for benefits is May 29, 2026.**

## 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.

**Please call the Wheel It Forward office at (203) 652-8600 with any questions.**

## SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP)

We have a few Senior Farmer Market Vouchers still available –September 30<sup>th</sup> is the last day for distribution of new vouchers. **For more detailed information, please contact Social Services by calling (203) 452-5198.**

November 30<sup>th</sup> is the last day for voucher holders to spend benefits. Don't forget to return your voucher card to Social Services for safe keeping until next season. Hope to see you at the Market!



## THANK YOU TO THE TRUMBULL COMMUNITY—SCHOOL SUPPLY DRIVE

The Trumbull Human Services Department would like to extend a huge thank you to the Trumbull community for coming together, collecting supplies, and getting our students ready for the upcoming school year! A special thank you to Maefair Center for Health & Rehabilitation, Trumbull Parks & Recreation, Trumbull Farmers Market, and Trumbull CT Democrats for their contributions and to Bridges by EPOCH at Trumbull for sponsoring a beautiful wine basket to raffle off to those who donated directly to the senior center. Congratulations to our winner Francesca!



## 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.

**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, OCTOBER 1<sup>ST</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, OCTOBER 22<sup>ND</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, OCTOBER 15<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.

**BUS TRIPS**

**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**

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!

**LEISURE TRIPS (PAYMENT DUE WITHIN 2 DAYS)**

**GHOST TOUR**—Guilford, CT

**\*Registration opens Thurs., Sept. 4<sup>th</sup> 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.

**YALE SCHWARZMAN CENTER**—New Haven, CT

**\*Registration opens Thurs., Sept. 11<sup>th</sup> at 9:00 AM**

**Wednesday, October 8, 2025**

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

Depart Penny Lane Lot: 10:00 AM

Explore the center and the many exhibits including the Celestial Garden. Food options available onsite.

**PARKVILLE MARKET**—Hartford, CT

**\*Registration opens Thurs., Sept. 18<sup>th</sup> 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!

**CT MUSEUM OF CULTURE AND HISTORY**—

Hartford, CT

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

**Friday, November 7, 2025**

**Cost: \$14 (does not include breakfast)—**

**CASH ONLY**

Depart Penny Lane Lot: 9:30 AM

Come visit the CT Museum, one of the oldest historical societies in the US. Breakfast at Market Restaurant in Hartford.

**CLINTON OUTLETS**—Clinton, CT

**\*Registration opens Thurs., Oct. 23<sup>rd</sup> at 9:00 AM**

**Friday, November 21, 2025**

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

Depart Penny Lane Lot: 9:15 AM

Lunch at Lenny and Joe's.

**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.
- Due to high demand, 70% of the seats will be held for Trumbull residents.

**Priscilla Place Café Lunch Hours:**

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

Please check in for lunch by 12:30.

**Suggested donation of \$5.00-\$7.00****\*As long as participant fills out registration forms\***All lunch specials are served with: Soup **or** Salad & Dessert

Other Menu Selections: Sandwich—Only available when ordering 24 hours in advance and it must be specified in your reservation that you are ordering a sandwich.

Sandwiches are NOT available on special event days.

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

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

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

**Thursday, October 2<sup>nd</sup>**

Vegetable Lasagna

**Monday, October 6<sup>th</sup>****Tuesday, October 7<sup>th</sup>****Thursday, October 9<sup>th</sup>**

Shrimp Scampi

Stuffed Peppers

Chicken Parmesan with Linguini

**Monday, October 13<sup>th</sup>****Tuesday, October 14<sup>th</sup>****Thursday, October 16<sup>th</sup>**

The Senior Center will be closed in observance of Columbus Day.

Lasagna

Chicken Francese

**Monday, October 20<sup>th</sup>****Tuesday, October 21<sup>st</sup>****Thursday, October 23<sup>rd</sup>**

Roasted Boneless Chicken Thigh with Sweet Potatoes

Eye of Round with Mashed Potatoes

Cookout:  
Hamburger or Veggie Burger**Monday, October 27<sup>th</sup>****Tuesday, October 28<sup>th</sup>****Thursday, October 30<sup>th</sup>**

Meatballs and Stuffed Shells

Grilled Chicken over Caesar Salad

Halloween Breakfast:  
Spinach/Tomato Frittata, Pancakes, and Homefries**ADT-Monitored Home Security**

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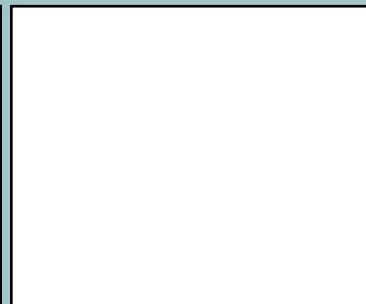
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Trumbull Senior Center

06-5293

| Monday                                                                                                                                                                                                                        | Tuesday                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                | Friday                                                                                                                                                                                            |                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                  | <p><b>OCTOBER 2025</b></p> <p><b>*All virtual programs are written in GREEN text.</b></p>                                                                                                                                                                       | <p>1<br/>9:00 Coffee Talk<br/>9:00 Morning Exercise<br/>9:00 Shopping Loop<br/>10:00 Tai Chi<br/>10:00 Pinochle<br/>10:00 Cont. Sign Language<br/>11:00 Intro to Sign Language<br/><b>11:00 Zumba Gold/Tone</b><br/>12:30 Pickleball Open Court</p>     | <p>2<br/><b>9:00 Chair Yoga</b><br/>9:00 Brain Games<br/>9:00 High-Low Aerobics<br/>10:00 Pinochle<br/>10:00 Needlework Group<br/>10:15 Strength<br/><b>10:30 Sit and Fit</b><br/>12:00 Lunch</p> | <p>3<br/>8:30 Beginner Pickleball<br/>9:00 Stop &amp; Shop<br/>9:30 Ghost Tour Trip<br/>10:00 Intermediate Pickleball<br/>10:00 Mahjong<br/>1:00 Yoga Nidra</p>      |
| <p>9:00 Pound<br/>9:30 Walking Group at Mall<br/>10:00 Combating Social Iso.<br/><b>10:30 Yoga</b><br/>11:00 Book Club<br/>11:15 Zumba Gold/Tone<br/>12:00 Lunch<br/>12:30 Computer Tutor<br/>12:30 Pickleball Open Court</p> | <p>6<br/>9:00 Moderate Yoga<br/>10:00 Needlework Group<br/>10:00 Cribbage<br/>10:00 Tap<br/>10:30 Scrabble<br/>10:30 Sit and Fit<br/>11:00 Dominoes<br/>11:00 Jazz<br/>12:00 Lunch<br/>12:30 Canasta<br/>1:00 Line Dancing</p>                                                                   | <p>7<br/>9:00 Morning Exercise<br/>10:00 Tai Chi<br/>10:00 Pinochle<br/>10:00 Watercolors<br/>10:00 Cont. Sign Language<br/>11:00 Intro to Sign Language<br/>11:00 Yale Arzman Center Trip<br/><b>11:00 Zumba Gold/Tone</b><br/>12:30 Pickleball Open Court</p> | <p>8<br/><b>9:00 Chair Yoga</b><br/>9:00 High-Low Aerobics<br/>10:00 Pinochle<br/>10:00 Needlework Group<br/>10:15 Strength<br/>10:30 Self-Care Workshop<br/><b>10:30 Sit and Fit</b><br/>12:00 Lunch<br/>1:00 Qigong</p>                               | <p>9<br/>8:30 Beginner Pickleball<br/>9:00 Shoprite<br/>9:30 Parkville Market Trip<br/>10:00 Intermediate Pickleball<br/>10:00 Mahjong<br/>1:00 Sound Healing</p>                                 | <p>10<br/>8:30 Beginner Pickleball<br/>9:00 Shoprite<br/>9:30 Parkville Market Trip<br/>10:00 Intermediate Pickleball<br/>10:00 Mahjong<br/>1:00 Sound Healing</p>   |
| <p>The Senior Center will be closed in observance of Columbus Day.</p>                                                                                                                                                        | <p>13<br/>9:00 Moderate Yoga<br/>9:00 Grief Support<br/>10:00 Needlework Group<br/>10:00 Cribbage<br/>10:00 Tap<br/>10:30 Scrabble<br/>10:30 Sit and Fit<br/>10:30 Medicare Updates<br/>11:00 Dominoes<br/>11:00 Jazz<br/>12:00 Lunch<br/>12:30 Canasta<br/>1:00 Line Dancing<br/>1:00 Bingo</p> | <p>14<br/>9:00 Coffee Talk<br/>9:00 Morning Exercise<br/>9:00 Walmart Shopping Trip<br/>10:00 Tai Chi<br/>10:00 Pinochle<br/>10:30 Charcuterie Boards<br/><b>11:00 Zumba Gold/Tone</b><br/>12:30 Pickleball Open Court</p>                                      | <p>15<br/><b>9:00 Chair Yoga</b><br/>9:00 Brain Games<br/>9:00 High-Low Aerobics<br/>10:00 Pinochle<br/>10:00 Needlework Group<br/>10:15 Strength<br/><b>10:30 Sit and Fit</b><br/>12:00 Lunch<br/>1:00 Qigong<br/><b>7:00 Community Meditation</b></p> | <p>16<br/>8:30 Beginner Pickleball<br/>9:00 Stop &amp; Shop<br/>10:00 Painting with Jill<br/>10:00 Intermediate Pickleball<br/>10:00 Mahjong<br/>1:00 Yoga Nidra</p>                              | <p>17<br/>8:30 Beginner Pickleball<br/>9:00 Stop &amp; Shop<br/>10:00 Painting with Jill<br/>10:00 Intermediate Pickleball<br/>10:00 Mahjong<br/>1:00 Yoga Nidra</p> |
| <p>9:00 Pound<br/>9:30 Walking Group at Mall<br/>10:00 Medicare Presentation<br/><b>10:30 Yoga</b><br/>11:15 Zumba Gold/Tone<br/>12:00 Lunch<br/>12:30 Computer Tutor<br/>12:30 Pickleball Open Court</p>                     | <p>20<br/>9:00 Moderate Yoga<br/>10:00 Needlework Group<br/>10:00 Cribbage<br/>10:00 Tap<br/>10:30 Scrabble<br/>10:30 Sit and Fit<br/>10:30 Internet Safety<br/>11:00 Dominoes<br/>11:00 Jazz<br/>12:00 Lunch<br/>12:30 Canasta<br/>1:00 Line Dancing<br/>1:00 Mad Libs</p>                      | <p>21<br/>9:00 Morning Exercise<br/>9:00 Aldi Shopping Trip<br/>10:00 Tai Chi<br/>10:00 Pinochle<br/>10:00 Cont. Sign Language<br/>11:00 Intro to Sign Language<br/><b>11:00 Zumba Gold/Tone</b><br/>12:30 Pickleball Open Court</p>                            | <p>22<br/><b>9:00 Chair Yoga</b><br/>9:00 High-Low Aerobics<br/>10:00 Pinochle<br/>10:00 Needlework Group<br/>10:15 Strength<br/>10:30 Self-Care Workshop<br/><b>10:30 Sit and Fit</b><br/>12:00 Lunch</p>                                              | <p>23<br/>8:30 Beginner Pickleball<br/>9:00 Shoprite<br/>10:00 Painting with Jill<br/>10:00 Intermediate Pickleball<br/>10:00 Mahjong</p>                                                         | <p>24<br/>8:30 Beginner Pickleball<br/>9:00 Shoprite<br/>10:00 Painting with Jill<br/>10:00 Intermediate Pickleball<br/>10:00 Mahjong</p>                            |
| <p>9:30 Walking Group at Mall<br/>10:00 Poetry<br/><b>10:30 Yoga</b><br/>11:15 Zumba Gold/Tone<br/>12:00 Lunch<br/>12:30 Computer Tutor<br/>12:30 Pickleball Open Court</p>                                                   | <p>27<br/>9:00 Moderate Yoga<br/>9:00 Grief Support<br/>10:00 Needlework Group<br/>10:00 Cribbage<br/>10:00 Tap<br/>10:30 Scrabble<br/>10:30 Sit and Fit<br/>11:00 Dominoes<br/>11:00 Jazz<br/>12:00 Lunch<br/>12:30 Canasta<br/>12:30 Birthday Party<br/>1:00 Line Dancing</p>                  | <p>28<br/>9:00 Morning Exercise<br/>10:00 Tai Chi<br/>10:00 Pinochle<br/>10:00 Cont. Sign Language<br/>11:00 Intro to Sign Language<br/><b>11:00 Zumba Gold/Tone</b><br/>12:30 Pickleball Open Court</p>                                                        | <p>29<br/><b>9:00 Chair Yoga</b><br/>9:00 High-Low Aerobics<br/>10:00 Pinochle<br/>10:00 Needlework Group<br/>10:15 Strength<br/><b>10:30 Sit and Fit</b><br/>12:00 Lunch</p>                                                                           | <p>30<br/>8:30 Beginner Pickleball<br/>9:00 Stop &amp; Shop<br/>10:00 Painting with Jill<br/>10:00 Intermediate Pickleball<br/>10:00 Mahjong<br/>12:30 Bingo</p>                                  | <p>31<br/>8:30 Beginner Pickleball<br/>9:00 Stop &amp; Shop<br/>10:00 Painting with Jill<br/>10:00 Intermediate Pickleball<br/>10:00 Mahjong<br/>12:30 Bingo</p>     |

## **EXPLANATORY TEXT CONCERNING PROPOSED SENIOR/COMMUNITY CENTER**

### **Question:**

"Shall the \$27,115,000 appropriation and bond authorization for the planning, design and construction of a new Senior/Community Center be approved?"

### **Explanatory Text:**

The Town Council has approved a bonding authorization for \$27,115,000 for the construction of a new approximately 27,500 square foot Senior/Community Center building at 5958 Main Street.

### **Cost:**

- Total estimated cost: \$27,115,000
- The tax impact of the proposed bond authorization would be an average of \$30 per \$100,000 of resident's assessed home value (not market value) per year for the life of the bond.

### **New Building:**

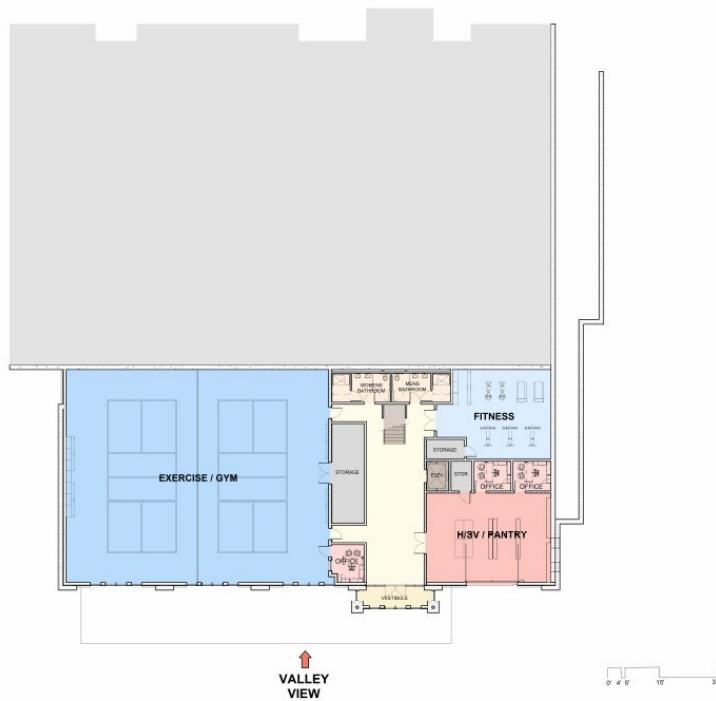
- A modern approximately 27,500 square feet building is designed to better meet the current and future needs of Trumbull residents by supporting a wide range of programs for seniors and the broader community.

The current Senior Center building is over 100 years old and at the end of its useful life. Discussions regarding a new Senior Center and Community Center have been taking place for over a decade. The proposed project offers a modern, flexible layout for multipurpose use and a safe, energy-efficient design. Improvements will include more space for programs and activities, ample parking and better accessibility, expanded space for social services, dedicated areas for the lunch program and upgraded wellness and fitness spaces. All elements are focused on enriching the lives of older adults through health, wellness, independence, and community connection while additionally offering much needed meeting rooms and gathering spaces to Trumbull residents of all age groups for programs related to arts, education, recreation, culture and civic activities.

More information about the project, as well as conceptual renderings known as Option 7 dated as of June 25, 2025, can be found on the town website.

On Tuesday, November 4, 2025, the Town of Trumbull will hold a referendum concerning the question set forth above. Pursuant to the Town Council's authorization of July 10, 2025, this explanatory text describes the proposed appropriation and bond authorization of a new Senior/Community Center. The referendum question will appear on all ballots, including absentee and early voting, as well as Election Day.

Please see the cover of the October Newsletter for additional renderings of the proposed new Senior/Community Center.

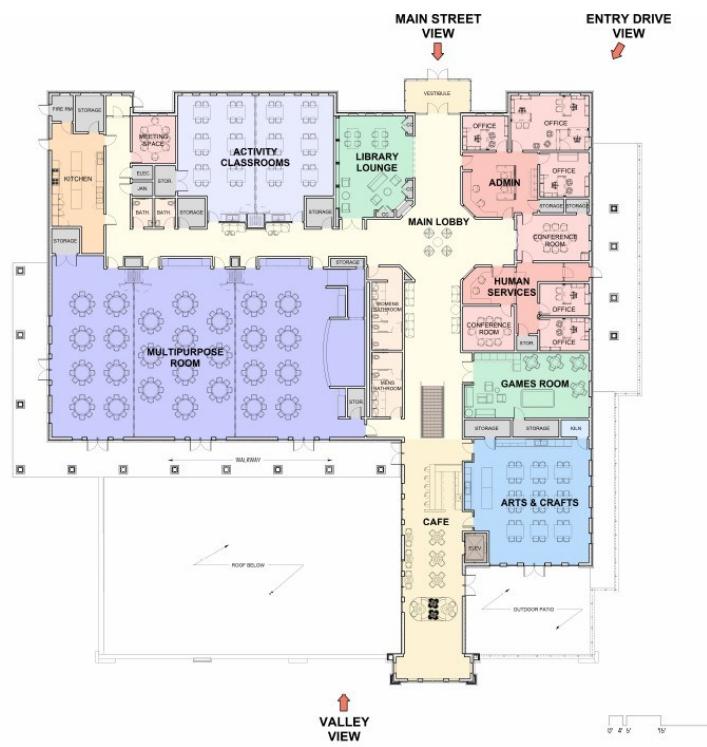


LOWER LEVEL FLOOR PLAN

**QA+M**  
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## TRUMBULL SENIOR / COMMUNITY CENTER

5958 MAIN STREET | TRUMBULL, CT



UPPER LEVEL FLOOR PLAN

**QA+M**  
architecture

## TRUMBULL SENIOR / COMMUNITY CENTER

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