



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

NOVEMBER 2025

PROPOSED 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?

Please see insert for full explanatory text.

TRANSPORTATION FOR VOTING

It's that time of year again and we want to remind you that the Trumbull Senior Center offers transportation to the polls! Transportation will be available on Election Day, Tuesday, November 4th for residents age 55+ who do not drive or have access to a vehicle. Pickups will begin at 10:00 AM. **To schedule your ride, please call (203) 452-5137.**

IMPROV WORKSHOP

Fun, Laughter, Connection through Improvisation (Improv) 6-Week Workshop
Wednesdays at 11:30 AM
Beginning November 5th through December 17th
(No class on 11/26)

Improv is the art of acting in the moment and saying "Yes!" to whatever comes next. No acting or public speaking experience needed just bring yourself and your sense of humor! Join Tori Lawlor, Improv/Acting teacher of over 13 years for a fun new class where students will learn the basics of Improv through interactive activities that sharpen your memory, boost confidence and critical thinking and decrease stress. **To sign up, please call (203) 452-5199.**

THANKSGIVING LUNCHEON

Priscilla Place Café Thanksgiving Luncheon
Thursday, November 20th at 12:00 PM
Cost: \$5-\$7 Donation

Join us for a Thanksgiving Luncheon, a turkey dinner will be served with all of the fixings! Oasis Senior Advisors has sponsored pumpkin pie for dessert.

Reservations are required and must be made a week in advance (by 11/13), walk-ins will not be permitted. To make your reservation, please call (203) 452-5199 ext. 3.

THANK YOU VETERANS

Attention Veterans...The Trumbull Senior Center would like to thank you for your service! Stop by the Senior Center on Friday, November 7th between 10:00 AM—11:00 AM (**reservations are required**) to pick up a sweet treat as a thank you for your service. **Due to limited supply this is open to Veterans only and reservations are required. Reservations will be on a first come, first serve basis. To RSVP, please call the main office at (203) 452-5199.**

HOLIDAY ARTS & CRAFTS FAIR

Trumbull Senior Center
Holiday Arts & Crafts Fair
Friday, December 5th
12:00 PM—2:30 PM

The holidays are coming, shop our Holiday Arts & Crafts Fair for unique gifts! This will be an opportunity for all of our current art students, needlework group, and more to showcase their own personal works of art! This event is open to the public to attend.

If you are a current member of the Senior Center that is participating in our art classes or are a part of our needlework group and you are interested in displaying your work, please call the main office at (203) 452-5199. Spaces are limited and tables must be reserved in advance.

We will be closed on Tuesday, November 11th in observance of Veterans Day and Thursday, November 27th and Friday, November 28th in observance of Thanksgiving.



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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF

Director of Human Services

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SENIOR CENTER

(203) 452-5199

Senior Center Coordinator

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SOCIAL SERVICES

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Susan Clay, BSN RN (203) 452-5134
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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 McGeary

Mark Ryan: Vice Chair

Linda Randall

Barbara Crandall: Clerk

Eve Rothbard

Kathleen Bordelon

Evelyn Wiesner

MEMBERSHIP

JULY^{1ST} - JUNE 30TH

Membership runs from July 1st—June 30th.

You can join at anytime during the year.

Resident Annual Fee: \$10

Non-Resident Annual Fee: \$30

Newsletter Mailed: \$10 annually

You may print our membership form out online:

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

MISSION STATEMENT

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

IMPORTANT PHONE NUMBERS

Elder Justice Hotline: 1-860-808-5555

Agency on Aging: (203) 333-9288

211: Referrals to local resources. Call 211

VFW: Graham Bisset (475) 243-3811

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

TRUMBULL COMMUNITY TELEVISION



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

NOVEMBER BIRTHDAYS

We would like to wish a very happy birthday to:

- Christine Abramson
- Francesca Amore
- Johanna Andrews
- Svetlana Andrievsky
- Nancy Benick
- Lucille Borowy
- Gabriel Butler
- Brian Clampet
- Benedict Danielczuk
- George Danielczuk
- Rose Marie D'Aquila
- Linda Demalt
- Theresa Devone Rivera
- Barbara DiDomenico
- Frank DiMarco
- Edward Donato
- Phyllis Evans
- Elizabeth Falsetti
- Lois Foito
- Richard Hagedus
- June Harris
- June Hlywa
- Debbie Iannuzzi
- Lynn Lamparelli
- Anthony Leventakos
- Emma Leventakos
- Maureen McNamara
- Barbara Mickut
- Roy Molgard
- Julia Panella
- Mary Paulus
- Josephine Pompa
- Marietta Recupido
- Diana Rizzuto
- Eve Rothbard
- Marla Rubin
- Donna Saputo
- Nora Smith
- Catherine Spigener
- Elinor T Therriault
- Nancy Tuttle
- Bernardo Vittori
- Peter Yeh



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).

Cost for Residents: \$20

Cost for Non-Residents: \$40

Payment must be received within two business days. Payments are non-refundable. **To inquire about openings, please call (203) 452-5199.**

PAINTING WORKSHOP

3-Week Acrylic Painting Workshop
Wednesday, November 5th,
12th & 19th
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, November 10th & 24th
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.**

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.**

SACRED HEART HEALTH SERIES

Brainfood to Possibly Boost Brain Power & Memory
Monday, November 3rd

1:00 PM to 1:45 PM

Join Sacred Heart University Health Science students as they share fun and practical tips on foods that may help support brain health, memory, and overall wellness.

Eating Healthy through the Holidays

Monday, November 10th
1:00 PM to 1:45 PM

Learn how to enjoy holiday favorites while still making healthy choices! Sacred Heart University Health Science students will provide strategies for balanced eating throughout the season.

Hydration Matters

Monday, November 17th
1:00 PM to 1:45 PM

Sacred Heart University Health Science students will discuss why staying hydrated is so important and share easy ways to keep your body refreshed and energized every day.

To sign up for any of the above presentations, please call (203) 452-5199.

MAHJONG LESSONS

Beginner Mahjong Lessons
Thursdays at 1:00 PM
November 6th, 13th & 20th

Curious about Mahjong? Join our 3-week workshop for fun and friendly classes designed for those who are new to the game. **Limited seats available. Beginners only. Registration is required by calling (203) 452-5199.**

HOLIDAY BINGO

Holiday Bingo Bonanza
Friday, December 19th
10:00 AM to 12:00 PM
Cost: \$8 for Residents
\$10 for Non-Residents

GET READY FOR FUN, JOIN US FOR OUR
HOLIDAY BINGO BONANZA



DIABETES & PREDIABETES TRIP

Diabetes & Prediabetes Guided Store Tour at ShopRite
(Transportation Provided)
Friday, December 5th
Departure Time: 9:30 AM
Registration Opens on Monday, November 3rd at 9:00 AM

Nurse Susan invites you to join ShopRite Dietitian Siddhi Sheth for a Diabetes & Prediabetes store tour of ShopRite of Shelton. Siddhi will guide you through the departments and showcase the many Diabetes friendly options throughout the store. Come learn meal planning tips, controlling blood sugar through foods, and ask any questions you may have. A Diabetes friendly shopping list, curated by Siddhi for the ShopRite of Shelton, will be provided. The bus will depart from the Senior Center at 9:30 AM. **Seats are limited and registration is required.** To sign up, please call (203) 452-5137.

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ARE ALWAYS WELCOME!

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

- **Counting Miracles by Nicholas Sparks**—Monday, November 3rd
- **By Any Other Name by Jodi Picoult**—Monday, December 1st

A Day in the Life: Senior Living Community Tour

Wednesday, November 5th

Please note that this event is currently full but your name can be added to our waitlist.

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.**

Dizziness and Your Health

Monday, November 10th

At 10:30 AM

Nurse Susan has invited James Laiso, PT, DPT, OCS, for a presentation on dizziness. He will cover common descriptions of dizziness and causes and discuss when it is important to get medical help and the treatment options available to patients. There will be a raffle at the conclusion of the presentation. **To RSVP, please call (203) 452-5199.**

Brain Games

Thursday, November 6th & 20th at 9:00 AM

1st & 3rd Thursday of each month.

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

AARP Smart Driver Course

Thursday, November 13th

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.**

Taking Steps to Make Your Steps Safer

Thursday, November 20th at 10:30

Join Hartford Health Care—St. Vincent's Medical Center for a presentation on ways to take active steps toward reducing the risks of falls. The fear of falling can sometimes limit your mobility and social activities. Learning how to make your environment safer and some simple exercises will empower you towards a more active future. **To RSVP, please call (203) 452-5199.**

Floral Arrangement

Tuesday, November 25th

at 1:00 PM

Cost: \$2 per person

Restorative Blooms, a local non-profit, will be hosting a flower arranging workshop! Join Allie, a Horticulture Therapist, in creating your own flower arrangement to take home or gift to a loved one. Following the program please stay to enjoy a cup of herbal tea and conversation! **Limited Spaces. Registration is required. Please call (203) 452-5199 to RSVP.**

Bingo

• Tuesday, November 18th at 1:00 PM.

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

Monthly Birthday Party

Tuesday, November 25th

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

**There will be no pickleball on 11/26*

EXERCISE CLASSES ON ZOOM

Membership is required to participate. To register, please call the main office at (203) 452-5199. Zoom links will be sent via email upon registration. Zoom links will remain the same for the entire membership year.

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, November 20th 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

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

Zumba Gold-Toning is a low impact, providing reduced moves which addresses all the major muscle groups during a fun and easy to follow dance class.

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 30th—December 2nd

Jazz with Rose 4-Week Workshop
Tuesdays at 11:00 AM
October 7th—November 4th

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

This class focuses on keeping seniors active in both mind and body with safe full body exercises done in a chair. Each session is filled with positivity, fun and a touch of humor. 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 ***NOW A WEEKLY CLASS!***
Wednesdays at 10:00 AM
(No class on 11/26)

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.

Yoga Nidra with Deborah Swann
Friday, November 7th & 21st 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, November 14th 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.

TRUMBULL'S PREVENTION PARTNERSHIP

Veterans can face unique challenges around substance misuse and mental health. Here are resources to specifically help and support our veterans:

Veterans Crisis Line: A 24/7 confidential hotline where veterans can call (988, press 1), text (838255), or chat online with trained responders.

VA Mental Health Services: Access to counseling, medication management, and other treatment options through VA health centers nationwide.

Make the Connection: An online resource center with information, support, and stories from veterans who have overcome mental health challenges.

Wounded Warrior Project: A non-profit organization that provides mental health support, education, and advocacy for veterans.

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, November 19th. Please note there will be no meeting on 11/5. 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.



HEALTH TIP FROM WELLNESS NURSE SUSAN

Hearing impairment sometimes causes people with hearing loss to isolate at home rather than go to a social event. They might be embarrassed to ask others to repeat themselves or speak louder. People don't realize they also need to speak slowly. The brain needs to work harder to process sounds and this can lead to cognitive overload. The increased demand may take resources away from brain functions such as memory and attention. All this can cause mental exhaustion and emotional stress for the hearing-impaired person and the family. Hearing aids can help to reduce cognitive load and improve communication with others. There are also other treatments to explore. Have a happy and healthy month.

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, November 25th.** 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**



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**

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 by calling (203) 652-8600. They are located at 955 Connecticut Avenue, Bridgeport, CT 06607.

DONATION THANK YOU



Joe Langer and friends hosted a friendly pickleball tournament in Tashua where all

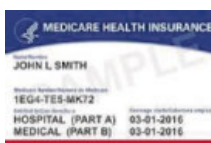
participants were asked to bring an item to donate to the food pantry. What a fantastic turnout! Thank you for your contributions! Are you a sports enthusiast looking to host a food drive? Please contact Karen by calling (203) 452-5136.

MEDICARE OPEN ENROLLMENT

When it comes to choosing a healthcare plan for yourself or family members the information can be overwhelming, and your options can potentially change from year-to-year. Certified CHOICES Counselors with the Southwestern CT Agency on Aging are here to provide you with unbiased assistance in navigating your options. This year, during the Medicare Open Enrollment period from **October 15 to December 7**. Counselors are available in your communities by appointment.

Open to anyone who is a Medicare beneficiary or will be a beneficiary in 2026 and who would like the opportunity to learn more about their Medicare options and changes for 2026 from Certified CHOICES.

For questions, please contact Katie Wheeler at 203-814-3639 or kwheeler@swcaa.org



For more information on Medicare plans for 2026 please visit:

www.medicare.gov.

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.**



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

SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP)

This is a friendly reminder that November 30th is the last day for voucher holders to spend their benefits. Also, please don't forget to return your voucher card to the Trumbull Social Services office for safe keeping until next season.



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, NOVEMBER 5TH**.

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, NOVEMBER 12TH**.

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, NOVEMBER 19TH**.

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

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)

CT MUSEUM OF CULTURE AND HISTORY—
Hartford, CT

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. 23rd 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.

SHORE LINE TROLLEY MUSEUM—

East Haven, CT

***Registration opens Thurs., Nov. 13th at 9:00 AM**

Friday, December 12, 2025

Cost: \$14 (does not include lunch)—CASH ONLY

Depart Penny Lane Lot: 10:15 AM

Come celebrate the holidays on a trolley ride. You may even see Santa! Lunch at Eli's in Branford.

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.


Monday, November 3 rd	Tuesday, November 4 th	Thursday, November 6 th
Sausage and Peppers with Rice	Vegetable Quiche with Roasted Red Potatoes	Chicken Burrito
Monday, November 10 th	Tuesday, November 11 th	Thursday, November 13 th
Lasagna	The Senior Center will be closed in observance of Veterans Day.	Meatloaf with Roasted Red Potatoes
Monday, November 17 th	Tuesday, November 18 th	Thursday, November 20 th
Stuffed Shells with Meatballs	Chicken Sandwich with Mixed Vegetables	Thanksgiving Celebration! Reservations required by 11/13 Turkey, Stuffing, Sweet Potatoes
Monday, November 24 rd	Tuesday, November 25 th	Thursday, November 27 th
Chicken Parmesan with Linguini	Ham with Roasted Red Potatoes	The Senior Center will be closed in observance of Thanksgiving.
		

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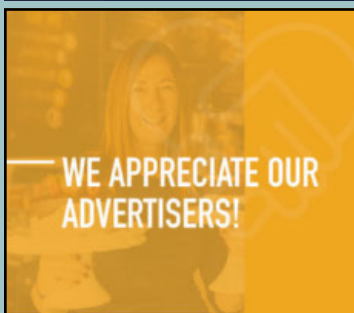
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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:00 Pound 9:30 Walking Group at Mall 10:30 Yoga 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Brainfood</p>	<p>4</p> <p>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</p>	<p>5</p> <p>9:00 Morning Exercise 9:00 Senior Living Tour 9:00 Shopping Loop 10:00 Tai Chi 10:00 Pinochle 10:00 Acrylic Workshop 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 11:30 Improv Workshop 12:30 Pickleball Open Court</p>	<p>6</p> <p>9:00 Chair Yoga 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Mahjong Lessons</p>	<p>7</p> <p>8:30 Beginner Pickleball 9:00 Stop & Shop 9:30 CT Museum Trip 10:00 Painting with Jill 10:00 Intermediate Pickleball 10:00 Mahjong 1:00 Yoga Nidra</p>
<p>10</p> <p>9:00 Pound 9:30 Walking Group at Mall 10:00 Poetry 10:30 Dizziness 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Court 1:00 Eating Healthy</p>	<p>11</p> <p>The Senior Center will be closed in observance of Veterans Day.</p>	<p>12</p> <p>9:00 Morning Exercise 9:00 Aldi Trip 10:00 Tai Chi 10:00 Pinochle 10:00 Acrylic Workshop 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 11:30 Improv Workshop 12:30 Pickleball Open Court</p>	<p>13</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 AARP Smart Driver 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Mahjong Lessons</p>	<p>14</p> <p>8:30 Beginner Pickleball 9:00 Shoprite 10:00 Painting with Jill 10:00 Intermediate Pickleball 10:00 Mahjong 1:00 Sound Healing</p>
<p>17</p> <p>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 1:00 Hydration Matters</p>	<p>18</p> <p>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</p>	<p>19</p> <p>9:00 Coffee Talk 9:00 Morning Exercise 9:00 Walmart Trip 10:00 Tai Chi 10:00 Pinochle 10:00 Acrylic Workshop 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone 11:30 Improv Workshop 12:30 Pickleball Open Court</p>	<p>20</p> <p>9:00 Chair Yoga 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework Group 10:15 Strength 10:30 Taking Steps 10:30 Sit and Fit 12:00 Lunch 1:00 Mahjong Lessons 7:00 Community Meditation</p>	<p>21</p> <p>8:30 Beginner Pickleball 9:00 Stop & Shop 9:00 Clinton Outlets Trip 10:00 Painting with Jill 10:00 Intermediate Pickleball 10:00 Mahjong 1:00 Yoga Nidra</p>
<p>24</p> <p>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</p>	<p>25</p> <p>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 Birthday Party 12:30 Canasta 1:00 Line Dancing 1:00 Floral Arrangements</p>	<p>26</p> <p>9:00 Morning Exercise 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone</p>	<p>27</p> <p>The Senior Center will be closed in observance of Thanksgiving.</p>	<p>28</p> <p>The Senior Center will be closed in observance of Thanksgiving.</p>

NOVEMBER 2025

*All virtual programs are written in GREEN text.



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.