



TOWN OF Trumbull HUMAN SERVICES



Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

DECEMBER 2025

COMMUNITY FOCAL POINT



The Trumbull Senior Center was recognized 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. The award was presented at the SWCAA annual meeting on October 16. Pictured are Senior Center Coordinator Ronnie Mogensen, First Selectman Vicki Tesoro, Director of Human Services Michele Jakab, and Social Services Coordinator Jennifer Gillis.



HOLIDAY ARTS & CRAFTS FAIR

TRUMBULL SENIOR CENTER HOLIDAY ARTS & CRAFTS FAIR

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

FRIDAY, DECEMBER 5TH

12:00PM - 2:30PM

HOLIDAY BINGO BONANZA

HOLIDAY BINGO BONANZA



SENIOR/COMMUNITY CENTER

We want to share that the referendum for a new Senior Center did not pass in this election, with a difference of approximately 345 votes. While this is disappointing, we are incredibly proud of the engagement and enthusiasm shown by our senior community. Please stay encouraged—our First Selectman and Town Council leadership have expressed continued support for Trumbull seniors and remain committed to exploring a path forward.

We will keep everyone updated on next steps as we learn more. In the meantime, thank you for your passion, your voice, and your ongoing support of the Trumbull Senior Center.

Thank you, everyone, for your dedication, support, and guidance. We are so grateful to be here and to work alongside each and every one of you. Your commitment to our Senior Center and our community means so much—and we are truly honored to be part of this team.

We will be closed on Thursday, December 25th and Friday, December 26th in observance of Christmas.



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Trumbull Senior Center

06-5293

HUMAN SERVICES STAFF**Director of Human Services**

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SENIOR CENTER**Senior Center Coordinator**

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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 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.

DECEMBER BIRTHDAYS

We would like to wish a very happy birthday to:

- Gitta Salahshourian
- Karen Adams
- Nazareth Aviz
- Margie Ayala
- Joan Bandanza
- Nancy Bremer
- Elizabeth Cahill
- Richard Chandler
- Linda Ciocci
- Barbara Cooper
- Karen Costantini
- Hilda Delgado
- Charles DiDomenico
- Anthony Gonsalves
- Michael Gravitz
- Joseph Grega
- Tim Horton
- Carole Krug
- Nancy Lucas
- Lorraine Lynch
- Barbara Macmath
- Joan Mills
- Patricia Mongillo
- Maria Teresa Monteiro
- Linda Nassrah
- Audrey Paray
- Marisa Petriello
- Mary Rick
- Elizabeth Rimkunas
- Mary Lou Roof
- Jean Schoenleber
- Vibha Shah
- Robert Suggs
- Vivian Tierra
- Eva Uhrich
- Marilyn Vogt
- Norma Wattell



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).

Cost for Residents: \$20

Cost for Non-Residents: \$40

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

Upcoming Workshop

Information (please read all):

Registration for the next 8-week workshop opens on Monday, December 22nd. Classes are scheduled to begin on January 9th and will meet every Friday through March 13th (no classes on 1/30 and 2/6). **To reserve your spot once registration opens, please call the main office at (203) 452-5199.**

Due to the limited number of spaces available for this workshop, 70% of the seats will be reserved for Trumbull Residents. Payment must be received within one week of signing up or your spot will not be guaranteed.

POETRY ROUNDTABLE

Poetry Writers Roundtable Monday, December 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.**

WHISPERS FROM HEAVEN

Whispers from Heaven Monday, December 22nd 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. **Registration opens on 12/1. Priority will be given to those who have not previously attended this event, while past attendees will initially be placed on a waitlist.** Spaces are limited and registration is required to attend. Payment must be paid within two business days. To RSVP, please call (203) 452-5199.

SIGN LANGUAGE CLASSES

- **Continuing Sign Language**
Wednesdays at 10:00 AM
- **Intro to Sign Language**
Wednesdays at 11:00 AM

No experience necessary. **To sign up, please call (203) 452-5199.**

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.**

REMEMBERING ALICE



It is with great sadness that we share the passing of our dear friend, volunteer, member and advocate, Alice Targowski, who left us on November 6th. Alice was a cherished part of our senior center family for many years, dedicating countless hours as a volunteer and bringing joy, warmth, and compassion to everyone she met.

Whether she was greeting newcomers with her bright smile, lending a helping hand in the office or at a program, or simply sharing a heartfelt conversation at lunch, Alice made everyone feel welcome and included. She had a special way of making each person feel seen and valued.

Alice's legacy of friendship, service and love will continue to inspire us every day. We are deeply grateful for the time we shared with her and for the lasting impact she made on our community. She will be missed but certainly not forgotten.

IN PERSON PROGRAMS AND GAMES

Craft & Round Table
Monday, December 8th
at 10:30 AM

Join Cindy Perham, Reverse Mortgage Specialist (NMLS#110424), as you enjoy creating a beach shell craft for the holidays. Come and create 3-4 shells while we share a lively discussion about the benefits of a Reverse Mortgage and the best way to apply for Senior Tax Relief at the Town Hall to keep your expenses low and your joy high this holiday season. **Spaces are limited and registration is required.** To RSVP, please call (203) 452-5199.

Home Instead Presents: Visited Mom Today**Thursday, December 11th**
at 10:30 AM

Join Home Instead for a live author book talk featuring author John Scully. In Visited Mom Today, John draws from his own experience caring for his mother with Alzheimer's to offer a touching and hopeful prospective on connecting with loved ones affected by dementia. Through heartwarming and humorous conversations and interactions with residents, Scully shows that by stepping into their world and embracing their present reality, we can bring light to the shadows of dementia. **To RSVP, please call (203) 452-5199 by 12/8.**

Cookie Decorating with Bridges**Thursday, December 11th**
at 1:00 PM

Join Chef Wendy of Bridges by EPOCH for a fun and interactive cookie decorating event! Come dressed in your favorite holiday baking attire for your chance to win a prize! **Spaces are limited and registration is required to attend.** To sign up, please call (203) 452-5199.

Senior Medicare Patrol
Monday, December 15th
at 10:30 AM

Join SWCAA for an engaging and informative session that highlights current Medicare fraud trends from the Senior Medicare Patrol program. Learn how to protect yourself and your loved ones from scams, and gain a helpful overview of the wide range of services and resources SWCAA offers to support older adults and their families. **To register, please call (203) 452-5199.**

Hydration with a Splash of Coffee & Tea**Tuesday, December 16th**
at 10:30 AM

Join registered Dietitian Nutritionist Zara Awan to bust common hydration myths, promote science-based hydration habits for older adults and explore the cultural history of coffee and tea in the U.S. Handouts and a recipe will be available for all. **To RSVP, please call (203) 452-5199.**

Brain Games**Thursday, December 18th**
at 9:00 AM (canceled on 12/4)
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.**

Paint Party**Thursday, December 18th**
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! Please wear clothes that you wouldn't mind getting paint on. **Spaces are limited and registration is required.** To RSVP, please call (203) 452-5199.

CAREGIVERS ARE ALWAYS WELCOME!

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

- **By Any Other Name by Jodi Picoult**—Monday, December 1st
- **Tom Lake by Ann Patchett**—Monday, January 6th

Monthly Birthday Party
Tuesday, December 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

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 12/5 & 12/19**

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, December 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**

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**

A mindful class connecting your body, mind and soul through stretching, strengthening, deeper breathing and balance with a focus on getting healthy without getting hurt. Please bring a yoga mat.

Tap with Rose 8-Week Workshop**Tuesdays at 10:00 AM****September 30th—December 2nd****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****(No class on 12/24 & 12/31)**

Let's get moving with a combination of chair stretches, balance work, and dance/aerobic exercises.

Tai Chi with David**Wednesdays at 10:00 AM****(No class on 12/24)**

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, December 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, December 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.

HEALTH TIP FROM WELLNESS NURSE SUSAN

This month's topic is about glaucoma, a disease that develops slowly and can lead to irreversible blindness but can be detected and treated. You might not have any symptoms because it generally happens gradually with no warning signs in the early stages. According to the Centers for Disease Control and Prevention about three million Americans have glaucoma, but only half are aware of it. The disease is one of the world's leading causes of blindness. Consult with an eye doctor (Ophthalmologist) to determine how often you should have a comprehensive eye exam. Have a happy and healthy month! Nurse Susan

TRUMBULL'S PREVENTION PARTNERSHIP

The holidays are a time for joy, connection, and community. This season, spread the cheer with celebrations inclusive to all:

- Focus on connection, not consumption - with games, crafts, or cookie decorating.
- Skip the pressure to indulge in alcoholic drinks - offer festive mocktails and fun, alcohol-free options.
- Create safe spaces for guests to relax, recharge, or step away if needed.
- Lead with empathy - kindness and understanding make the best traditions.

Let's make this holiday season one that lifts everyone up — with laughter, gratitude, and good company. Remember, the best kind of holiday buzz is feeling good together!

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.



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, December 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.**

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, December 9th & 23rd.** 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](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.**

MEDICARE OPEN ENROLLMENT

When it comes to choosing a healthcare plan for yourself or family members 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

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.

FARMERS MARKET VOUCHERS

If you received a Farmer's Market voucher, please do not forget to return your voucher card to the Trumbull Social Services office for safe keeping until next season.

AARP TAX-AIDE FREE INCOME TAX HELP

AARP is offering free Tax Return Preparation by AARP/IRS Certified Tax Volunteers and E-File

WHERE: Trumbull Main Library, 33 Quality Street, Trumbull

HOURS: By Appointment Only From 9:30 AM to 12:30 PM. Each Wednesday from February 4th until April 15th, 2026 and each Friday from February 6th until April 10th, 2026.

APPOINTMENTS: Beginning January 12th please call the Trumbull Library at (203) 452-5197 to schedule your appointment.

WHAT TO BRING:

- Photo ID or other type of identification
- Social Security Card and Statement (SSA 1099)
- A copy of your 2024 tax return and/or prior year AARP Envelope
- All tax forms received for tax year 2025 (W-2, 1095, 1099)
- End of year Investment statements (INT, DIV, Stocks, Bonds)
- List of Itemized Deductions (Medical, Donations, Taxes)
- Any other tax documents you might have
- IRS PIN if issued, Cancelled Check for Direct Deposit

You must make an appointment by calling the Trumbull Library at (203) 452-5197. (No tax sessions if the Trumbull Schools are closed due to weather and Good Friday, April 3rd).

Website for the public:
www.aarp.org/taxaide

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, DECEMBER 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, DECEMBER 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, DECEMBER 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.

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!

**BUS TRIPS****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)**SHORE LINE TROLLEY MUSEUM—**

East Haven, CT

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.

WESTPORT COUNTRY PLAYHOUSE—

Westport, CT

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

Friday, January 9, 2026

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

Depart Penny Lane Lot: 9:45 AM

Enjoy a behind the scenes tour of the playhouse. Lunch at the Southport Diner.

AFRICAN AMERICAN HISTORY MUSEUM—

Stratford, CT

***Registration opens Tues., Dec. 30th at 9:00 AM**

Friday, January 16, 2026

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

Depart Penny Lane Lot: 10:15 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 the Blackbirds Nest.

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, December 1 st	Tuesday, December 2 nd	Thursday, December 4 th	
Stuffed Shells and Meatballs	Tuscan Chicken	Grilled Chicken Caesar Salad	
Monday, December 8 th	Tuesday, December 9 th	Thursday, December 11 th	
Pork Loin	Eye of Round	Chef Salad	
Monday, December 15 th	Tuesday, December 16 th	Thursday, December 18 th	
Burgers with Potato Salad and Beans	Chicken Francese	Christmas Party! Reservations required by 12/11. Baked Stuff Shrimp	
Monday, December 22 nd	Tuesday, December 23 rd	Thursday, December 25 th	
Roasted Chicken Thigh	Taco Salad Palte	The senior center will be closed in observance of Christmas.	
Monday, December 29 th	Tuesday, December 30 th	 <p>NEW ENGLAND Young at Heart™ Live Well, Laugh Often, Love Much</p>	
Eggplant Parmesan with Pasta	New Year's Eve Brunch! Spinach/Tomato Frittata, Pancakes, Bacon/Sausage and Home Fries		

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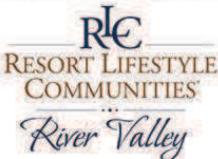


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Trumbull Senior Center

06-5293

Monday	Tuesday	Wednesday	Thursday	Friday
1 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	2 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	3 9:00 Coffee Talk 9:00 Morning Exercise 9:00 Loop 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 11:30 Improv Workshop 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 9:00 Stop & Shop 10:00 Painting with Jill 10:00 Mahjong 12:00 Arts & Crafts Fair 1:00 Yoga Nidra
8 9:00 Pound 9:30 Walking Group at Mall 10:00 Poetry 10:30 Craft & Round Table 10:30 Yoga 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 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	10 9:00 Morning Exercise 9:00 Aldi 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 11:30 Improv Workshop 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 10:30 Home Instead Presents 10:30 Sit and Fit 12:00 Lunch 1:00 Cookie Decorating	12 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Painting with Jill 10:00 Intermediate Pickleball 10:00 Mahjong 10:15 Trolley Museum 1:00 Sound Healing
15 9:00 Pound 9:30 Walking Group at Mall 10:30 Senior Medicare Patrol 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 Hydration 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 11:30 Improv Workshop 12:30 Pickleball Open Court	18 9:00 Chair Yoga 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Paint Party 10:00 Needlework Group 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 7:00 Community Meditation	19 9:00 Stop & Shop 10:00 Holiday Bingo 10:00 Mahjong 1:00 Yoga Nidra
22 9:00 Pound 9:30 Walking Group at Mall 10:00 Poetry 10:00 Whispers from Heaven 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 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	24 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone	25 The Senior Center will be closed in observance of Christmas.	26 The Senior Center will be closed in observance of Christmas.
29 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	30 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 Birthday Party 12:30 Canasta 1:00 Line Dancing	31 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Language 11:00 Intro to Sign Language 11:00 Zumba Gold/Tone	<h1>DECEMBER 2025</h1> <p>*All virtual programs are written in GREEN text.</p>	