



TOWN OF Trumbull HUMAN SERVICES



Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

JANUARY 2026

2026 Town Holiday Schedule

2026 Town of Trumbull Building Closures

Thursday, January 1 st	New Year's Day
Friday, January 2 nd	New Year's Day
Monday, January 19 th	Martin Luther King Day
Monday, February 16 th	President's Day
Friday, April 3 rd	Good Friday
Monday, May 25 th	Memorial Day
Friday, June 19 th	Juneteenth
Friday, July 3 rd (Observed)	Independence Day
Monday, July 6 th	Floating Holiday
Monday, September 7 th	Labor Day
Monday, October 12 th	Columbus Day
Wednesday, November 11 th	Veterans Day
Thursday, November 26 th	Thanksgiving Day
Friday, November 27 th	Day after Thanksgiving
Friday, December 25 th	Christmas Day
Friday, January 1 st	New Year's Day

Happy New Year!

*Happy
New Year*

Wishing everyone a year filled with good health, joy, and new memories. Thank you for bringing warmth, friendship, and community to our center every day. Here's to a wonderful 2026 together!

Coffee with the Chief

Coffee with the Chief
Monday, January 5th at 10:00 AM

Join Trumbull Chief of Police Michael Lombardo for a morning cup of coffee featuring Q&A, great conversation and brief updates on current crime trends, including the latest scams and fraud affecting our community. **To sign up, please call (203) 452-5199.**



Inclement Weather Policy

CLOSURES:

When Trumbull Public Schools are closed:

- All in person activities including lunch will be cancelled.
- Zoom classes continue as scheduled.
- Transportation will operate with a possible delay. Please call Transportation at (203) 452-5137 the morning of to inquire.
- The senior center will remain open as a warming center. Members may stop in, charge their phones, read a book, relax, and stay warm.

When the Town closes:

- The senior center will be closed to the public. Warming center information will be listed on the town website.
- All activities including lunch will be cancelled.
- ZOOM classes continue as scheduled.

NOTIFICATIONS OF DELAYS/CLOSURES:

How to be notified of Closings and Delays:

- Call the senior center, ext. 2, listen for updates
- T.V. channels 12, 8, 6 and 3
- Radio WICC 660 and WEBE 108 on the radio
- Our Facebook Page
- Sign up for our emails on the town website.

NBC CT CLOSING ALERTS:

[https://www.nbcconnecticut.com/
weather/school-closings/](https://www.nbcconnecticut.com/weather/school-closings/)



WSFB CHANNEL 3 CLOSING ALERTS:

<https://www.wfsb.com/weather/closings/>



The Senior Center will be closed on Thursday, January 1st and Friday, January 2nd in observance of New Year's Day and on Monday, January 19th in observance of Martin Luther King Day.



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580 Long Hill Avenue, Shelton, CT 06484 | www.umh.org



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Attorney at Law

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Trumbull Senior Center

06-5293

Staff Directory

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

SENIOR CENTER (203) 452-5199

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

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

Transportation & Trip Coordinator
Kyle Black (203) 452-5137
kblack@trumbull-ct.gov

SOCIAL SERVICES (203) 452-5198

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

Social Services Administrative Support
Otilia Quinta (203) 452-5135
oquinta@trumbull-ct.gov

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

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

First Selectman (203) 452-5005
Vicki Tesoro
Firstselectman@trumbull-ct.gov

Priscilla Place Café (203) 452-5199 Ext 3

Social Media Pages

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.

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

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
TRUMBULL COMMUNITY TELEVISION TCTV Trumbull, or on Facebook to
watch LIVE municipal meetings and events.

January Birthdays

We would like to wish a very happy birthday to:

- | | |
|----------------------|---------------------|
| • Robert Abercrombie | • Roseann Dimarco |
| • Linda Abraham | • Anna DiVito |
| • Scott Adams | • Elaine Fattibene |
| • Christina Baldrige | • Susan Fisch |
| • Deborah Bandanza | • Emerson Gilmore |
| • Beverly Blinn | • John Girard |
| • Maureen Brooks | • Patricia Hammett |
| • Judith Burr | • Daniel Hannon |
| • Stanley Chen | • Christina Le |
| • Nancy Cingari | • Michael Lewis |
| • Robert Cisero Jr. | • Irene Marella |
| • Patricia Corda | • Basil Maslo |
| • George Crandall | • Carrie McGeough |
| • Janet DeMarkey | • George Meagher |
| | • Ethel Miano |
| | • Karen Orrico |
| | • Evelyn Paul |
| | • Joe Puma |
| | • Susana Rosario |
| | • Connie Scalise |
| | • Ann Sweeney |
| | • Hope Tarbox |
| | • Barbara Treadwell |
| | • Donna Wade |
| | • Evelyn Williams |



4 ACTIVITIES, PROGRAMS AND EVENTS

8-Week Painting Class

4-Week Painting Workshop
Every Friday From 1/9—1/30
10:00 AM to 12:00 PM

Join instructor Jill Nichols for this 4-week painting workshop. Students have the option to paint using watercolors or oil/acrylic. Students are responsible for their own supplies (a list will be provided).

Cost for Residents: \$10

Cost for Non-Residents: \$20

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

Registration for this 4-week workshop opens on Monday, December 22nd. Classes are scheduled to begin on January 9th and will meet every Friday through January 30th. **To reserve your seat once registration opens, please call the main office at (203) 452-5199.** Payment must be received within one week of signing up or your spot will not be guaranteed.

Registration is required. Due to the limited number of spaces available for this workshop, 70% of the seats will be reserved for Trumbull Residents.

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.

Mahjong Lessons

Beginner Mahjong Lessons
Thursdays at 10:00 AM
January 15th, 22nd & 29th

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.**

Poetry Roundtable

Poetry Writers Roundtable
Monday, January 12th & 26th
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.**

Blood Drive



Blood Drive Sponsored by
The Trumbull Health
Department
Trumbull Senior Center
Friday, February 27, 2026
9:00 AM to 2:00 PM

Smile-A-While Auditorium
23 Priscilla Place, Trumbull, CT

For an appointment, please visit
redcrossblood.org
Or call 1-800-RED CROSS
(1-800-733-2767).

Use Sponsor Code: trumbullhealth



A Matter of Balance

A Matter of Balance Workshop
Thursdays, February 5th
through April 7th, 2026
9:00 AM - 11:00 AM

(No class on 3/12 and 4/2. 4/16 will be reserved as a makeup day)



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- View falls as controllable.
- Set goals for increasing activity.
- Make changes to reduce fall risks at home.
- Exercise to increase strength and balance.

WHO SHOULD ATTEND?

- Anyone concerned about falls.
- Anyone interested in improving balance, flexibility and strength.
- Anyone who has fallen in the past.
- Anyone who has restricted activities because of falling concerns.

Classes offered on-site at the senior center. Program is FREE* to all participants. Co-sponsored by the Trumbull Senior Center.

Spaces are limited and registration is required. To sign up, please call (203) 452-5199.

**Matter of Balance is provided through a grant from the Southwest Area Agency on Aging.*

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

IN PERSON PROGRAMS AND GAMES

CAREGIVERS ARE ALWAYS WELCOME!

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

- **Monday, January 6th**—Tom Lake by Ann Patchett
- **Monday, February 2nd**—Eleanor Oliphant is Completely Fine by Gail Honeyman

Fraud Prevention Made Easy!

Monday, January 12th at 10:30 AM

Join Sikorsky Credit Union for an informative Fraud Prevention Presentation. Scams are getting sneakier every day but with the right knowledge, you can stay one step ahead. We'll share examples of common fraud tactics that target seniors—from fake phone calls to online scams. You'll also get practical, easy-to-follow tips to protect your personal and financial information. Bring your fraud questions—and we'll bring the donuts! **To RSVP, please call (203) 452-5199.**

Bingo

- **Tuesday, January 13th at 1:00 PM.**
- **Friday, January 30th at 12:30 PM.**

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

Strum by the Sound Thursday, January 8th at 10:00 AM

Join Strum by the Sound, a nonprofit organization that delivers the gift of music to those who need it most, for a fun hour of music. Through donated instruments, music lessons, and compassionate outreach, Strum by the Sound connects and uplifts people of all ages. The visit will include instruments such as ukuleles, shakers, and voice for a fun hands-on jam. **Spaces are limited. To sign up, please call (203) 452-5199.**



Brain Games

Thursday, January 15th 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.**

Roundtable with Attorney Tenore

Wednesday, January 21st at 9:30 AM

Attorney Christine Tenore of the firm Eliovson and Tenore will present an open round-table discussion regarding Estate Planning. Attorney Tenore will review the many documents needed for Life Planning—not only Estate Planning. It is essential for anyone to ensure that their medical wishes as well as their financial goals are met as they age in place. We will also discuss Wills and Trusts and their place in planning. Attendees are invited to bring their questions for a mutually beneficial discussion. **To RSVP, please call (203) 452-5199.**

Monthly Birthday Party Tuesday, January 27th

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.**

Watercolors Painting Class Monday, January 26th

10:00 AM - 11:30 AM

**Cost: \$5 for Residents
\$7 for Non-Residents**

Join Art Strokes Instructor, Renu Vora for a fun watercolor painting workshop. No experience necessary. All supplies will be provided and are built into the cost of the workshop. **Spaces are limited. To sign up, please call (203) 452-5199.**

Monthly Birthday Party Tuesday, January 27th

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

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

6 HEALTH AND WELLNESS

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, January 15th 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
January 8th—February 24th

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
Wednesdays at 10:00 AM

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, January 16th at 1:00 PM

First and Third Friday of each month.

***There will be no class on 1/2 due to the holiday.**

A deep relaxation class with Reiki. Please bring a yoga mat and small throw blanket. Optional: small pillow.

Sound Healing with Tina
Friday, January 9th 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.

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, January 13th & 27th**. 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.**

Trumbull's Prevention Partnership

Fresh Start for a Bright New Year! The New Year is the perfect time to embrace simple habits to boost joy and mental wellness. Start small: take a walk, try a new activity at the center, or reach out to a friend you haven't spoken to in a while. Keeping the mind active is important, too: read a new book, work on a puzzle, or learn a new skill. Remember, beginnings aren't about resolving to be perfect, they're about giving ourselves grace and finding opportunities to welcome the future with optimism that good things are ahead!

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

What can we do each day to make it a healthy one? A morning walk will get you out in the sunshine. Walk your dog or motivate a friend to walk with you and it might become a habit that you don't want to miss. Exercising or walking with a group helps you to be accountable and social. Social isolation in older people can increase the risk of dementia and depression. Have a breakfast that includes protein. Protein is important to prevent age-related muscle loss. Afternoon exercise with cardio and weights a couple times a week can be anti-aging and actually feel good! For lunch and dinner go heavy on the vegetables and have a few pieces of fruit during the day. Roasted vegetables with a little olive oil are delicious. A UK study found going to bed between 10:00 and 11:00 PM may reduce heart disease risk and deep sleep helps clear out the brain. Have a happy and healthy month!



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!

8 SOCIAL AND HUMAN SERVICES

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.**

THANK YOU TRUMBULL

Heartfelt thanks to the Trumbull Community for their generosity this Holiday Season. Families, neighbors, and individuals stocked our pantry with groceries and turkeys. The Church faithful, school children, scouts, public servants, civic and business groups filled our freezers and trimmings bags to the brim. Our Amazon wishlist link brought us donations almost every day of November. Our own Elaine Marcucio of New England Young at Heart (our lunch caterer) even donated premade frozen dinners for those eating home alone. What a great town to live in!!!



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.

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.

Please note that there will be no tax sessions held if the Trumbull Schools are closed due to weather and on Good Friday, April 3rd.

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, JANUARY 7TH**.

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, JANUARY 21ST**.

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, JANUARY 28TH**.

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.

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.



Leisure Trips

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.

FAIRFIELD THEATRE COMPANY—

Fairfield, CT

***Registration opens Thurs., Dec. 23rd at 9:00 AM**

Wednesday, January 14, 2026

Cost: \$24 (does not include lunch)—CASH ONLY

Depart Penny Lane Lot: 10:45 AM

Robert Anthony Jones "Just Call me Raj - The Ego Has Landed." Cabaret performance. Lunch at Sally's Pizza Bar.

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.

DISCOVERY MUSEUM—Bridgeport, CT

***Registration opens Thurs., Jan. 22nd at 9:00 AM**

Friday, February 6, 2026

Cost: \$20.50 (does not include brunch)—

CASH ONLY

Depart Penny Lane Lot: 10:00 AM

Enjoy a 45 minute planetarium show and a walk around the museum. Brunch at JP's Diner located on the SHU campus.

FAIRFIELD THEATRE COMPANY—

Fairfield, CT

***Registration opens Thurs., Jan. 29th at 9:00 AM**

Wednesday, February 18, 2026

Cost: \$24 (does not include lunch)—CASH ONLY

Depart Penny Lane Lot: 10:45 AM

Enjoy the music and stories of James Canning featuring virtuoso musician Lizzie Lademan. Lunch at Sally's Pizza Bar.

Bus Trips

Upcoming Collette Tours

Exploring the Alpine Countries: April 23–May 4, 2026

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.
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.

NEW ENGLAND Young at Heart™ <i>Live Well, Laugh Often, Love Much</i>		Thursday, January 1 st
		The Senior Center is closed.
Monday, January 5 th	Tuesday, January 6 th	Thursday, January 8 th
Stuffed Shells and Meatballs	Pork Loin	Stuffed Peppers
Monday, January 12 th	Tuesday, January 13 th	Thursday, January 15 th
Roasted Boneless Chicken	Eye of Round	Sausage and Peppers with Rice
Monday, January 19 th	Tuesday, January 20 th	Thursday, January 22 nd
The Senior Center is closed.	Baked Potato with Chili	Grilled Chicken Caesar Salad
Monday, January 26 th	Tuesday, January 27 th	Thursday, January 29 th
BBQ Boneless Chicken	Shrimp Stir Fry	Hamburger, Veggie Burger or Hot Dog

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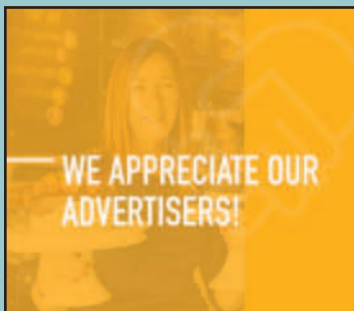
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Trumbull Senior Center

06-5293

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>JANUARY</h1> <h1>2026</h1> <p>*All virtual programs are written in GREEN text.</p>			<p>1</p> <p>The Senior Center will be closed in observance of New Year's Day.</p> <p>Happy New Year!</p>	<p>2</p> <p>The Senior Center will be closed in observance of New Year's Day.</p>
<p>5</p> <p>9:00 Pound 10:00 Coffee w/ the Chief 10:30 Yoga 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.</p>	<p>6</p> <p>9:00 Moderate Yoga 10:00 Needlework 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>7</p> <p>9:00 Morning Exercise 9:00 The Shopping Loop 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.</p>	<p>8</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Strum by the Sound 10:00 Needlework 10:15 Strength 10:30 Sit and Fit 12:00 Lunch</p>	<p>9</p> <p>8:30 Beginner Pickleball 9:00 Shoprite 9:45 West. Playhouse 10:00 Painting with Jill 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Sound Healing</p>
<p>12</p> <p>9:00 Pound 10:00 Poetry 10:30 Fraud Prevention 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.</p>	<p>13</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework 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>14</p> <p>9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:00 Fair. Theatre Co. 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.</p>	<p>15</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Brain Games 10:00 Pinochle 10:00 Needlework 10:00 Mahjong Lessons 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 7:00 Community Med.</p>	<p>16</p> <p>8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Painting with Jill 10:00 Inter. Pickleball 10:00 Mahjong 10:15 African Am. Muse. 1:00 Yoga Nidra</p>
<p>19</p> <p>The Senior Center will be closed in observance of Martin Luther King Day.</p>	<p>20</p> <p>9:00 Moderate Yoga 10:00 Needlework 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>21</p> <p>9:00 Morning Exercise 9:00 Aldi Shopping 9:30 Attorney Roundtable 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.</p>	<p>22</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:00 Mahjong Lessons 10:15 Strength 10:30 Sit and Fit 12:00 Lunch</p>	<p>23</p> <p>8:30 Beginner Pickleball 9:00 Shoprite 10:00 Painting with Jill 10:00 Inter. Pickleball 10:00 Mahjong</p>
<p>26</p> <p>9:00 Pound 10:00 Poetry 10:00 Watercolors 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.</p>	<p>27</p> <p>9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework 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</p>	<p>28</p> <p>9:00 Morning Exercise 9:00 Walmart Shopping 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.</p>	<p>29</p> <p>9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:00 Mahjong Lessons 10:15 Strength 10:30 Sit and Fit 12:00 Lunch</p>	<p>30</p> <p>8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Inter. Pickleball 10:00 Mahjong 10:00 Painting with Jill 12:30 Bingo</p>