



# TOWN OF **Trumbull** HUMAN SERVICES

**Senior Center Serving Adults Age 55+**

**23 Priscilla Place • Trumbull, CT • 06611**

**(203) 452-5199**

**FEBRUARY 2026**

## Blood Drive

*Give from  
the heart.*

**Donate blood and  
help save lives.**



**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](http://redcrossblood.org)  
Or call 1-800-RED CROSS  
(1-800-733-2767).**

**Use Sponsor Code: **trumbullhealth****



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[RedCrossBlood.org](http://RedCrossBlood.org)  
Download the Blood Donor App**

## Golden Wed Game

**Golden Wed Game  
Sponsored by Caring Transitions of Milford  
& Masonicare at Wesley Village  
Thursday, February 12<sup>th</sup> at 1:00 PM**

Join us for the Golden Wed Game, a fun, lighthearted twist on the classic Newlywed Game, the Golden Wed Game celebrates couples who have been married for many wonderful years. How well do you really know your spouse? Do your answers still match after all these years?



Expect laughter, surprises, and plenty of smiles as couples answer questions about married life — past and present. Whether you're participating or cheering from the audience, this is sure to be an entertaining and heartwarming program. **If you are a couple interested in playing or if you would like to be an audience member, please call (203) 452-5199 to register.**

## Paint Your Pet

**Paint Your Pet Party  
Wednesday, February 25<sup>th</sup>  
10:00 AM to 11:30 AM**

Join Annie's Art Party for a fun painting class inspired by a beloved pet or favorite animal. In this fun and relaxing workshop, artist Annie Kearns Fers will guide you step by step in creating a one-of-a-kind keepsake on a 12×12 canvas.



Before the class, simply email a photo of your furry, feathered, or scaly friend (along with their name) to [anniesartparty@gmail.com](mailto:anniesartparty@gmail.com) and your canvas will be pre-sketched and ready when you arrive. Photo must be emailed by 12/18. With Annie's personalized and step-by-step instruction, you'll bring your animal portrait to life. By the end of the session, you'll go home with a beautiful, one-of-a-kind masterpiece. No artistic experience required! **Cost is \$8 for residents and \$12 for non-residents. Spaces are limited and registration is required. To register, please call (203) 452-5199.**

**The Senior Center will be closed on Monday, February 16<sup>th</sup> in observance of Presidents' Day.**



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Trumbull Senior Center

06-5293

# THE CENTER AT PRISCILLA PLACE

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## Staff Directory

### Director of Human Services

Michele Jakab, LCSW  
mjakab@trumbull-ct.gov

(203) 452-5144

### SENIOR CENTER

#### Senior Center Coordinator

Ronnie Mogensen  
rmogensen@trumbull-ct.gov

**(203) 452-5199**

(203) 452-5000 ext. 7772

### Front Desk

Amanda DeBernardo  
adebernardo@trumbull-ct.gov

(203) 452-5199

### Judy Cahill

jcahill@trumbull-ct.gov

### Transportation & Trip Coordinator

Kyle Black  
kblack@trumbull-ct.gov

(203) 452-5137

### SOCIAL SERVICES

#### Social Services Coordinator

Jennifer Gillis B.A.  
jgillis@trumbull-ct.gov

(203) 452-5198

(203) 452-5133

### Social Services Administrative Support

Otilia Quinta  
oquinta@trumbull-ct.gov

(203) 452-5135

### Food Pantry

Karen Seferi  
kseferi@trumbull-ct.gov

(203) 452-5136

### Wellness Nurse

Susan Clay, BSN RN  
sclay@trumbull-ct.gov

(203) 452-5134

### First Selectman

Vicki Tesoro  
Firstselectman@trumbull-ct.gov

(203) 452-5005

### Priscilla Place Café

(203) 452-5199 Ext 3

## Hours of Operation

### SENIOR CENTER HOURS:

Monday—Friday 9:00 AM—3:30 PM

### SOCIAL SERVICES HOURS:

Monday-Friday 9:00 AM—4:00 PM

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

**FOOD PANTRY:** Monday, Tuesday, Thursday  
By appointment only, please call (203) 452-5136.

## Commission on Aging

Ron Foligno: Chair  
Mark Ryan: Vice Chair  
Barbara Crandall: Clerk  
Kathleen Bordelon

Paul McGahey  
Linda Randall  
Eve Rothbard  
Evelyn Wiesner

## Membership

July 1<sup>st</sup> - June 30<sup>th</sup>

You can join at anytime throughout 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 **COMMUNITY TDTV Trumbull**, or on Facebook to **TELEVISION** watch LIVE municipal meetings and events.

## Social Media Pages

 **FOLLOW US ON FACEBOOK:**

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

 **FOLLOW US ON INSTAGRAM:**

[@trumbullseniorcenter](https://www.instagram.com/trumbullseniorcenter)

## February Birthdays

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

- Pam Ales
- Robert Benick
- Ingrid Bloom
- Mary Jo Bues
- Kathie Cepetelli
- Jane Conroy
- Margaret Cooney
- Sadhana Desai
- Marcia Dostilio
- Marie Folchick
- Marilyn Gang
- Mary Ellen Hagedus
- Charlene Henrietta
- Claudia Holzemer
- Louise Iannarelli
- Dominic Lisi
- Marie Lombardo
- Kathy Lynch
- Laurie Macisco
- Jean Mangasarian
- Jill Nichols
- Annette Puma
- Zofia Ramos
- Andrew Rankin
- Catherine Rotunno
- James Rule
- Patricia Schickler
- Rita Selsky
- Dina Sokol
- Eileen Soltis
- Lynn Stewart
- Heather Sweeney
- Graciano Tierra
- Nilda Toth
- Christine Vezzani
- Stephen Visosky
- Ranea Werthman

## 4 ACTIVITIES, PROGRAMS AND EVENTS

### 8-Week Painting Class

#### 8-Week Painting Workshop Every Friday From 3/6—5/1 10:00 AM to 12:00 PM

Join instructor Jill Harrington-Nichols for this 8-week painting workshop. Students will paint a subject of their choice with individual attention from the instructor. Bring in a photo or sketch for reference. Topics covered include color, color theory, mixing, brush techniques and more. Paint in the medium of your choice (watercolors, oil or acrylic). It is helpful to have basic knowledge of materials but this class is suitable for beginners and more advanced painters. Students are responsible for their own supplies (a list will be provided for new students).

**Cost for Residents: \$20**

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

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

#### Registration for this 8-week workshop opens on Monday, February 9<sup>th</sup>.

Classes are scheduled to begin on March 6<sup>th</sup> and will meet every Friday through May 1<sup>st</sup>. **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.**

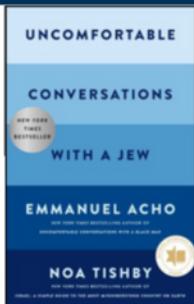
Registration is required. Due to the limited number of spaces available for this workshop, 70% of the seats will be reserved for Trumbull Residents.

### Equity, Diversity, and Inclusion Task Force Book Group

Trumbull Library



**Monday, February 2nd  
6 p.m. to 7 p.m.  
Community Room  
Registration encouraged**



Copies of the book, *Uncomfortable Conversations with a Jew*, are available for check out at the Trumbull Library Circulation Desk. Please call (203) 452-5197 for more information or visit Trumbull Equity, Diversity, and Inclusion Task Force - EDIT on Facebook.

### 2-Week Painting Class

#### 2-Week Acrylic Painting Workshop Wednesday, February 4<sup>th</sup> & 11<sup>th</sup> 10:00 AM to 11:30 AM

Join Art Strokes Instructor, Renu Vora for a fun 2-week acrylic painting workshop. No experience necessary. All supplies will be provided and are built into the cost of the workshop.

**Cost for Residents: \$10**

**Cost for Non-Residents: \$20**

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

### Sign Language Classes

#### \*Sign Language Classes Will Resume in March\*

- **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.

### Poetry Roundtable

#### Poetry Writers Roundtable Monday, February 9<sup>th</sup> & 23<sup>rd</sup> 10:00 AM—11:30 AM 2<sup>nd</sup> & 4<sup>th</sup> Monday of each month

Calling all poets to join published poet, Emerson Gilmore, for a Poetry Writers Roundtable! Share your work, get feedback, and connect with other poets. All levels welcome. Take that old notebook off the closet shelf and engage the art and craft of writing poetry. This group will meet the second and fourth Monday of every month at 10:00 AM. **To sign up, please call (203) 452-5199.**

### A Matter of Balance

#### A Matter of Balance Workshop Thursdays, February 5<sup>th</sup> through April 7<sup>th</sup>, 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 CONCERN 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).*

# ACTIVITIES, PROGRAMS AND EVENTS

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## IN PERSON PROGRAMS AND GAMES

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

- **Monday, February 2<sup>nd</sup>**—Eleanor Oliphant is Completely Fine by Gail Honeyman
- **Monday, March 2<sup>nd</sup>**—To Die For by David Baldacci
- **Monday, April 6<sup>th</sup>**—The Wedding People by Alison Espach

### **Alcohol Ink Painting Class Tuesday, February 3<sup>rd</sup> at 1:00 PM**

Let's create Zen together! Join Bobbi to experience the magic of alcohol ink. Each person will create their own alcohol ink artwork to take home. All supplies included. Spaces are limited and registration is required. **Cost: \$2 per person.** To sign up, please call (203) 452-5199.

### **Brain Games Thursday, February 5<sup>th</sup> & 19<sup>th</sup> at 9:00 AM**

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

### **Backyard Birds of CT Monday, February 9<sup>th</sup> at 10:00 AM**

Join Thomas Kosturko of Compassion Home Care for fun and interactive presentation on Backyard Birds of Connecticut. This program will last approximately 90 minutes. **To RSVP, please call (203) 452-5199.**

### **Bingo**

- **Tuesday, February 10<sup>th</sup> at 1:00 PM.**
- **Friday, February 27<sup>th</sup> at 12:30 PM.**

**Sponsored by Lifeworx.**

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

### **Senior Medicare Patrol Tuesday, February 17<sup>th</sup> 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.**

### **Introduction to the GUIDE Model for Dementia Care Monday, February 23<sup>rd</sup> at 10:30 AM**

Join us for an informative and practical presentation on the new GUIDE Model for Dementia Care (Guiding an Improved Dementia Experience), a nationwide program designed to improve care coordination, caregiver support, and quality of life for individuals living with dementia. This session will be led by Wellness Nurse Susan Clay and Connor May, CEO of Seniors Helping Seniors—Western Connecticut. They will explain what the GUIDE Model is, who qualifies, what services are included, and how families in our community can benefit. This program is ideal for family caregivers, seniors, healthcare professionals, and anyone seeking a better understanding of dementia care resources. **To register, please call (203) 452-5199.**

### **Watercolors Class Friday, February 27<sup>th</sup>**

**10:00 AM to 11:30 AM**

Join Art Strokes Instructor, Renu Vora for a fun watercolors painting class. 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: \$5** **Cost for Non-Residents: \$7** **Payment must be received within two business days. Payments are non-refundable.**

## CAREGIVERS ARE ALWAYS WELCOME!

### **Monthly Birthday Party Tuesday, February 24<sup>th</sup>**

**12:00 PM Lunch/12:30 PM Cake**

**Cost of lunch: \$5—\$7 Donation**

Join us to celebrate this month's birthdays with lunch and cake! The cake is sponsored by Maefair Center for Health and Rehabilitation. **To reserve lunch, call (203) 452-5199 ext. 3.**

### **Computer Lessons w/ Cathy Mondays at 12:30 PM**

Questions about using your phone or laptop? The Computer Tutor is available at the center for individual, one-on-one help. Appointments can help with:

- Too much junk email
- Searching the internet
- Creating and saving files and documents
- Text messaging.

**Appointments required by calling (203) 452-5199.**

**Needlework Group:** Tuesdays & Thursdays at 10:00 AM

**Billiards/Ping Pong:** Call (203) 452-5199 to reserve a table.

**Dominoes:** Tuesdays at 11:00 AM

**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

**\*No pickleball on 2/27**

## 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**

**\*No class on 2/26 & 3/5**

**Community Meditation with Deborah Swann**  
**Thursday, February 19<sup>th</sup> at 7:00 PM**  
**Third Thursday of each month.**  
No experience is necessary.

### EXERCISE CLASSES IN PERSON

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

**POUND with Debbie**  
**Mondays at 9:00 AM**

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 8<sup>th</sup>—February 24<sup>th</sup>**

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

**\*No class on 3/3**

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, dance/aerobic exercises, and Zumba Gold.

**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 Toning with Nancy**  
**Thursdays at 10:15 AM**

Let's get stronger with a combination of upper and lower body strength exercises and cardio work to help promote overall strength and physical endurance. Please bring your own weights.

**Yoga Nidra with Deborah Swann**  
**Friday, February 6<sup>th</sup> & 20<sup>th</sup> at 1:00 PM**  
**First and Third Friday of each month.**

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

**Sound Healing with Tina**  
**Friday, February 13<sup>th</sup> at 1:00 PM**  
**Second Friday of each month**

Experience the soothing benefits of sound healing and reiki tailored for seniors in this gentle and rejuvenating class. Please bring a pillow, yoga mat and blanket.

## Wellness Nurse Susan



**NURSE APPOINTMENTS:** Please call (203) 452-5134 to schedule an appointment.

### THE WALKING GROUP:

Mondays from 9:30 AM—10:30 AM

Join Wellness Nurse Susan every Monday in front of Target on the 2<sup>nd</sup> floor inside the Trumbull Mall for a weekly walking group. Please call (203) 452-5134 for more information.

## Support Group

### GRIEF AND LOSS GROUP:

Facilitated by Melissa DiVito, LCSW. Meets the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month from 9:00 AM to 10:00 AM at the Senior Center—**Tuesday, February 10<sup>th</sup> & 24<sup>th</sup>**. Grief can feel heavy, isolating, and overwhelming—but you don't have to walk through it alone. Our Grief Support Group offers a safe and caring space to share your story, listen to others, and find comfort in knowing you're not alone. Together, we'll explore ways to navigate loss, honor loved ones and support one another through healing. Whether your loss is recent or years past, you are welcome here. **To join, please call (203) 452-5199.**

## Trumbull's Prevention Partnership

February is Heart Health Awareness Month! Drinking alcohol and smoking can contribute to heart disease and cardiovascular problems. Now is a great time to think about your own habits, and how lifestyle changes – like cutting back on alcohol or quitting smoking – lead to a healthier life.

Help is available! For more information on reducing alcohol use, visit <https://ctstronger.org/>. For help quitting smoking, call the CT Quitline at 1-800-QUIT-NOW (1-800-784-8669) or visit [www.CommitToQuitCT.com](http://www.CommitToQuitCT.com) for free, available resources for CT residents.

## 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

There is a primary care physician shortage in the United States which is only projected to increase. Less physicians are choosing to enter primary care while some are retiring earlier than they had planned because of burnout, largely due to administrative burdens. PCPs now spend twice as much on paperwork than with patients. Physicians spend hundreds of hours on documentation for insurance companies and Medicare in order to be reimbursed. Primary care is one of the lowest paid specialties.

When you're wondering why your primary care physician can't see you until next month for a sore throat, maybe the doctor is busy filling out forms.



**In December Nurse Susan and members visited ShopRite Dietitian Siddhi Sheth for a Diabetes & Prediabetes store tour of ShopRite of Shelton.**

## Transportation

203-452-5137

The Trumbull Senior Center provides transportation to residents, age 60 and over and/or age 55-59 and disabled. Buses are fitted with UV light/air filtration systems.



**For more information or to view our transportation guidelines please visit: [www.trumbull-ct.gov/289/Transportation-Services](http://www.trumbull-ct.gov/289/Transportation-Services)**

**MEDICAL APPOINTMENTS:** Medical appointment rides are available on Mondays, Tuesdays, and Thursdays from 9:00 AM to 1:00 PM. We require a minimum of 48 hours notice to see if we can accommodate the appointment into our schedule, rides can be booked days or months in advance. We travel to Trumbull, Bridgeport, Stratford, parts of Shelton, and Rt. 111 in Monroe up to the CVS.

**SENIOR CENTER:** Rides are available Monday through Friday to the senior center. Please call for more information and times. We require a minimum of 48 hours notice for all rides.

**VETERANS:** Ask us about rides to the VA in West Haven.

**Need a ride somewhere else?** We provide rides to the bank, hairdresser, barbershop, or legal appointments based on availability.

*See page 9 for shopping and trip information!*

## 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.

### WELCOME OTILIA

We are excited to extend an official warm welcome to our newest staff member, Otilia Quinta, who joined our Social Services Department in December of 2025. Otilia's experience and professionalism make her a great addition to our team.

Otilia's family is from Portugal, and she speaks Portuguese and Spanish, which will be a wonderful asset to our community. Outside of work, Otilia is a proud mother to an amazing adult son and daughter and enjoys spending quality time with her husband. In her free time, you'll often find her out and about enjoying a great latte or exploring new restaurants.

Please join us in welcoming Otilia—we're thrilled to have her on board!



### 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.**

### THANK YOU

"Because you cared, you shared. You took the time, just to make things fine. Though I cannot see your face, I thank you for all the grace. So dim was the light, then you made things seem so bright. I am your neighbor; I am your friend. Thanks to you, for all you do."

On behalf of the entire Human Services staff we extend our heartfelt thanks to all who made our 2025 Holiday program a huge success, assisting 61 Families/160 children.

#### Community Sponsors:

- Long Hill Fire Department
- Nichols Fire Department
- Trumbull Rotary
- Trumbull Community Woman
- Trumbull Democratic Party
- Baker Pediatrics
- William Raveis Real Estate
- Vaughn Family Dentistry
- Trumbull Home Depot
- Michael Murray & the Holiday Angels

Also, thank you to the multiple individuals who donated to the Senior Center Giving Tree.



### ELDERLY/DISABLED TAX RELIEF PROGRAM (HOMEOWNERS)

Filing period – February 1 – May 15, 2026

Maximum Income limit for State benefit is \$46,300.00 (single) and \$56,500.00 (married).

Maximum Income limit for Town benefit \$70,000.00 (single/married).

**You may contact the Tax Assessor's office directly at (203) 452-5016 for qualification questions and filing.**

### 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 4<sup>th</sup> until April 15<sup>th</sup>, 2026 and each Friday from February 6<sup>th</sup> until April 10<sup>th</sup>, 2026.

**APPOINTMENTS:** Beginning January 12<sup>th</sup> 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 3<sup>rd</sup>.

## 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, FEBRUARY 4<sup>TH</sup>**.

**ALDI SHOPPING TRIP:** Estimated pick up time is between 9:00—9:45 AM. Shop for an hour, then return home. The Aldi shopping date is **WEDNESDAY, FEBRUARY 11<sup>TH</sup>**.

**WALMART SHOPPING TRIP:** The third Wednesday of every month we offer rides to Walmart in Shelton. Estimated pick up time is between 9:00—9:45 AM. Shop for an hour then return home. The Walmart shopping date is **WEDNESDAY, FEBRUARY 25<sup>TH</sup>**.

**GROCERY SHOPPING:** Every Friday we offer grocery shopping trips for residents. On the 1<sup>st</sup> and 3<sup>rd</sup> (and 5<sup>th</sup>) Friday of the month, we go to Stop and Shop in Trumbull and on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month we go to ShopRite in Shelton. The estimated pick up time at your home is between 9:00 AM—9:45 AM. Shop for an hour and then return home.

## Bus Trips

### THE ORCHID SHOW - NY BOTANICAL GARDEN

**Tuesday, April 14, 2026**

**Cost \$133 (Checks made to Friendship Tours)**

Depart the Penny Lane Lot 9:00AM

Estimated Return 6:00PM

Explore the orchid show at the New York Botanical Garden and also have time on Arthur Avenue to shop the Italian markets.

### THE NEW YORK BEE GEES - PLAINVILLE, CT

**Thursday, May 14, 2026**

**Cost \$137 (Checks made to Friendship Tours)**

Depart the Penny Lane Lot 10:30AM

Estimated Return 4:45PM

The New York Bee Gees will feature all of the classic 70s disco hits from Stayin Alive to Night Fever while embracing their early works as well.

**Have a trip suggestion? Let us know!**

**Please call (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

### DISCOVERY MUSEUM—Bridgeport, CT

**\*Registration opens Thurs., Jan. 22<sup>nd</sup> at 9:00 AM**

**Friday, February 6, 2026**

**Cost: \$24.50 (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 JPs Diner located on the SHU campus.

### FAIRFIELD THEATRE COMPANY—

Fairfield, CT

**\*Registration opens Thurs., Jan. 29<sup>th</sup> at 9:00 AM**

**Wednesday, February 18, 2026**

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

**Depart Penny Lane Lot: 11:00 AM**

Enjoy the music and stories of James Canning featuring virtuoso musician Lizzie Lademan. Lunch at Archie Moore's.

### LOCKWOOD MATTHEWS MANSION—

Norwalk, CT

**\*Registration opens Thurs., Feb. 19<sup>th</sup> at 9:00 AM**

**Friday, March 6, 2026**

**Cost: \$12 (does not include lunch)—CASH ONLY**

**Depart Penny Lane Lot: 10:00 AM**

Enjoy a 45 minute tour of the mansion with a private docent. Lunch at O'Neill's in Sono.

### ART PARTY STUDIO—Naugatuck, CT

**\*Registration opens Thurs., Feb. 26<sup>th</sup> at 9:00 AM**

**Friday, March 13, 2026**

**Cost: \$22 (does not include lunch)—CASH ONLY**

**Depart Penny Lane Lot: 9:15 AM**

Guided two hour canvas paint project. Lunch at The Hub.

### FAIRFIELD THEATRE COMPANY— Fairfield, CT

**\*Registration opens Thurs., March. 5<sup>th</sup> at 9:00 AM**

**Wednesday, March 25, 2026**

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

**Depart Penny Lane Lot: 11:00 AM**

Goodwives and the Gallows. Tales from the CT Witchcraft Panics - Play. Lunch at Sally's.

## Senior Center Trip Policy Reminders

For a full copy of the trip policy, please see Kyle

- To make a reservation you must call the Transportation line at (203) 452-5137 and leave a voicemail. All calls will be timestamped.
- Reservations are taken on a first come, first serve basis.
- Due to high demand, 70% of the seats will be held for Trumbull residents.

**Priscilla Place Café Lunch Hours:**

Mondays, Tuesdays, and Thursdays from 12:00 PM—1:00 PM.  
 Please check in for lunch by 12:30. Suggested donation of \$5.00-\$7.00  
 \*As long as participant fills out registration forms\*

All lunch specials are served with: Soup or Salad & Dessert  
 Other Menu Selections: Sandwich—Only available when ordering 24 hours in advance.  
 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, February 2 <sup>nd</sup>	Tuesday, February 3 <sup>rd</sup>	Thursday, February 5 <sup>th</sup>
Meatloaf with Mashed Potatoes	Stuffed Peppers	Seafood Salad with Sweet Potato Fries
Monday, February 9 <sup>th</sup>	Tuesday, February 10 <sup>th</sup>	Thursday, February 12 <sup>th</sup>
Roasted Boneless Chicken Thighs	Eye of Round with Mashed Red Potatoes	Cavatelli with Sausage and Broccoli
Monday, February 16 <sup>th</sup>	Tuesday, February 17 <sup>th</sup>	Thursday, February 19 <sup>th</sup>
<b>The Senior Center is closed.</b>	Chicken Marsala with Mashed Red Potatoes	Sausage and Peppers with Rice
Monday, February 23 <sup>rd</sup>	Tuesday, February 24 <sup>th</sup>	Thursday, February 26 <sup>th</sup>
Tuscan Chicken with Rice	Stuffed Shells with Meatballs	Hamburger, Veggie Burger or Hot Dog
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Trumbull Senior Center

06-5293

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# FEBRUARY 2026

\*All virtual programs are written in **GREEN** text.

<p>9:00 Pound  <b>10:30 Yoga</b>  11:00 Book Club  11:15 Zumba Gold/Tone  12:00 Lunch  12:30 Computer Tutor  12:30 Pickleball Open Ct.</p>	<p>2</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  1:00 Alcohol Ink Painting</p>	<p>3</p> <p>9:00 Morning Exercise  9:00 Shopping Loop  10:00 Tai Chi  10:00 Acrylic Workshop  10:00 Pinochle  <b>11:00 Zumba Gold/Tone</b>  12:30 Pickleball Open Ct.</p>	<p>4</p> <p>9:00 <b>Chair Yoga</b>  9:00 High-Low Aerobics  9:00 Brain Games  9:00 Matter of Balance  10:00 Pinochle  10:00 Needlework  10:15 Strength  <b>10:30 Sit and Fit</b>  12:00 Lunch</p>	<p>5</p> <p>8:30 Beginner Pickleball  9:00 Stop &amp; Shop  10:00 Inter. Pickleball  10:00 Mahjong  10:00 Discovery Muse.  1:00 Yoga Nidra</p>
<p>9:00 Pound  10:00 Poetry  10:00 Backyard Birds  <b>10:30 Yoga</b>  11:15 Zumba Gold/Tone  12:00 Lunch  12:30 Computer Tutor  12:30 Pickleball Open Ct.</p>	<p>9</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>10</p> <p>9:00 Morning Exercise  9:00 Aldi Shopping Trip  10:00 Tai Chi  10:00 Acrylic Workshop  10:00 Pinochle  <b>11:00 Zumba Gold/Tone</b>  12:30 Pickleball Open Ct.</p>	<p>11</p> <p>9:00 <b>Chair Yoga</b>  9:00 High-Low Aerobics  9:00 Matter of Balance  10:00 Pinochle  10:00 Needlework  10:15 Strength  <b>10:30 Sit and Fit</b>  12:00 Lunch  1:00 Golden Wed Game</p>	<p>12</p> <p>8:30 Beginner Pickleball  9:00 Shoprite  10:00 Inter. Pickleball  10:00 Mahjong  1:00 Sound Healing</p>
<p>16</p> <p>The Senior Center will be closed in observance of Martin Luther King Day.</p>	<p>17</p> <p>9:00 Moderate Yoga  10:00 Needlework  10:00 Tap  10:30 Medicare Patrol  10:30 Scrabble  10:30 Sit and Fit  11:00 Dominoes  12:00 Lunch  12:30 Canasta  1:00 Line Dancing</p>	<p>18</p> <p>9:00 Morning Exercise  10:00 Tai Chi  10:00 Pinochle  <b>11:00 Zumba Gold/Tone</b>  11:00 Fairfield Theatre  12:30 Pickleball Open Ct.</p>	<p>19</p> <p>9:00 <b>Chair Yoga</b>  9:00 High-Low Aerobics  9:00 Brain Games  9:00 Matter of Balance  10:00 Pinochle  10:00 Needlework  10:15 Strength  <b>10:30 Sit and Fit</b>  12:00 Lunch  7:00 Community Med.</p>	<p>20</p> <p>8:30 Beginner Pickleball  9:00 Stop &amp; Shop  10:00 Inter. Pickleball  10:00 Mahjong  1:00 Yoga Nidra</p>
<p>23</p> <p>9:00 Pound  10:00 Poetry  <b>10:30 Yoga</b>  10:30 GUIDE Program  11:15 Zumba Gold/Tone  12:00 Lunch  12:30 Computer Tutor  12:30 Pickleball Open Ct.</p>	<p>24</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>25</p> <p>9:00 Morning Exercise  9:00 Walmart Shopping  10:00 Tai Chi  10:00 Pinochle  10:00 Paint Your Pet  <b>11:00 Zumba Gold/Tone</b>  12:30 Pickleball Open Ct.</p>	<p>26</p> <p>9:00 <b>Chair Yoga</b>  9:00 High-Low Aerobics  9:00 Matter of Balance  10:00 Pinochle  10:00 Needlework  10:15 Strength  12:00 Lunch</p>	<p>27</p> <p>9:00 Blood Drive  9:00 Shoprite  10:00 Mahjong  10:00 Watercolors  12:30 Bingo</p>