

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611 **(203) 452-5199** **March 2026**

Ask the Experts

Ask the Experts - Fairfield County
Thursday, March 19th - 1:00 PM to 2:30 PM

Join us for a fun and educational event featuring six expert panelists in the field of aging! Experts will share their knowledge through a Jeopardy-style game. Enjoy snacks and drinks and get a chance to win one of six prizes. This event is open to the public. **RSVP by March 16th by calling the Senior Center at (203) 452-5199 or Debby Todd at (475) 375-7237.**



St. Patrick's Day Luncheon

Priscilla Place Café
St. Patrick's Day Luncheon
Tuesday, March 17th
at 12:00 PM
Cost: $5—$7 Donation



Join us for a St. Patrick's Day Celebration! The menu will include Corned Beef and Cabbage. **To make your reservation, please call (203) 452-5199 ext. 3.**

Reservations are required and must be made a week in advance (by 12:00 PM on 3/10/26), walk-ins will not be permitted.

Team Trivia



Thursday, March 26th
at 1:00 PM

Join us for a fun afternoon of trivia! Sign up in teams of four or less to enjoy five rounds of general knowledge trivia that will cover topics like Movies, TV, Music, History, and Food! You can look forward to interesting questions, funny answers, and some tough clues. All questions will be presented on a screen and over the microphone by your host, Dan. There will be fun prizes for the top three teams and for the team with the best name (get creative!).

Interested in participating but don't have a team? Let us know and we can help create one for you with others looking to participate!

To sign up your team, please call (203) 452-5199. Membership and registration are required for each person in order to participate.

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Attorney at Law
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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) 452-5000 ext. 7772
rmogensen@trumbull-ct.gov

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

Judy Cahill
jcahill@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

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 McGeary
Linda Randall
Eve Rothbard
Evelyn Wiesner

Membership July 1st - June 30th

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

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.

Social Media Pages

FOLLOW US ON FACEBOOK:
https://www.facebook.com/TrumbullSeniorCenter/

FOLLOW US ON INSTAGRAM:
@trumbullseniorcenter

March Birthdays

We would like to wish a very happy birthday to:

- Joyce Aquino
- Audrey Bajoros
- Nicholas Bandanza
- Katie Banzhaf
- Maria Barreira
- Laurie Birch
- Frances Bombero
- John Bryk
- Jeanne Buynak
- Patricia Carter
- Joan DeCarlo
- Agnes Esposito
- Tina Evan
- Evelyn Falcon
- Albert Fensky
- Ilene Ferik
- Henry Giannini
- Mary Ann Grygorcewicz
- Diane Hornak
- Jeanne Hough
- Barbara Johnson
- Matoka Kallay
- Joycelyn Koch
- Roger Kreisman
- Nancy Lenoce
- Agnes Manuel
- Cheryl Manzi
- Carol Marinaccio
- Patricia McDonough
- Frank Milone
- Lois Neeley
- Suzanne Neubauer
- Mark Oprendek
- Donna Piccolo
- Stephen Potucek
- Janet Ricci
- Carl Scarpelli
- William Selski
- Bridget Shanahan
- Patrick Shanahan
- Michael Sheehan
- Lillian Tesoriero
- Michael Todd
- Alice Warren
- Lynn Wham

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. **To inquire about openings, 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.

Poetry Roundtable

Poetry Writers Roundtable
Monday, March 9th & 23rd
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.**

Sustainable Trumbull Tips

Contaminated recycling creating a financial burden to taxpayers. This includes items that are not accepted for recycling such as styrofoam, plastic bags, items smaller than 2 inches, loose caps and lids, cords, and batteries, as well as bagged items, and items that are dirty and contain food or organic material.

To reduce recycling contamination, only recycle accepted items, place loose items only in the bin, DO NOT BAG your items or the entire bag will be discarded and deemed contamination, empty and rinse your items, and empty and collapse all cardboard boxes for maximizing space and proper machine sorting.

Here is a quick overview of what is accepted in your curbside collection bin by material:

PLASTIC: Bottles with or without caps, jugs, and containers such as produce clamshells. Not all plastic is accepted. Do not follow the number in the triangle recycling symbol as this only indicates the plastic composition.

METAL: Food and beverage containers and cans, aluminum foil and foil products.

GLASS: Non-redeemable glass bottles and jars with caps, corks, and lids removed. Don't forget that glass can also be dropped off at the Transfer Station for a cost savings to taxpayers.

PAPER: Flattened, dry, and clean cardboard, beverage cartons with caps on, newspaper, magazines, and food box packages.

The town website has a flyer for reference that can be downloaded and printed. https://www.trumbull-ct.gov/DocumentCenter/View/1017/Trumbull-Recycling-Flyer-PDF

IF IN DOUBT, THROW IT OUT. Recycling is required by law in Connecticut so let's all do our part to recycle right.

Community Tour

A Day in the Life: Senior Living Community Tour
Wednesday, March 11th
8:45 AM to 2:30 PM

Join us for a fun and informative day as we visit three wonderful Shelton communities…Brightview, Benchmark at Split Rock, and Masonicare at Crosby Commons. Enjoy delicious food, engaging activities, and the chance to experience firsthand what these welcoming communities have to offer. We'll wrap up the day with a special 15-minute presentation from Senior Oasis Advisors, sharing valuable insight on choosing the right community and the support available along the way.

This special event is brought to you by your friends at Caring Transitions of Milford—because every transition deserves care, compassion, and clarity.

To sign up, please call (203) 452-5199. If you participated in our fall tour, we kindly ask that you allow others the opportunity to join us this time so more seniors can benefit from the experience. Thank you for understanding.

Attendees are asked to please arrive and check in at the senior center at 8:45 AM. The bus will depart from the senior center at 9:00 AM and will return at approximately 2:30 PM.

Sign Language Classes

- **Continuing Sign Language**
  Wednesdays at 10:00 AM
- **Intro to Sign Language**
  Wednesdays at 11:00 AM
  (No experience necessary.)

***Please note that there will be no classes on 3/18.**

To sign up, please call (203) 452-5199.

IN PERSON PROGRAMS AND GAMES CAREGIVERS ARE ALWAYS WELCOME!

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

- **Monday, March 2nd**—To Die For by David Baldacci
- **Monday, April 6th** —The Wedding People by Alison Espach

Demystifying Carbohydrates: A Guide to Healthy Carbohydrate Sources
Tuesday, March 3rd
at 10:30 AM
Join Registered Dietitian Nutritionist Zara Awan to understand more about carbohydrates and how they affect your body. Carbohydrates are an essential fuel source for our muscles, central nervous system and brain. All complex brain functioning requires fuel, and that fuel is carbohydrates! Handouts and a recipe available for all. **To RSVP, please call (203) 452-5199.**

Beginner Mahjong Lessons
Thursdays at 10:00 AM
March 5th, 12th & 19th
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.**

Coffee Painting with Renu
Monday, March 9th
10:00 AM to 11:30 AM
Join Art Strokes Instructor, Renu Vora for a fun painting with coffee class. Coffee painting is an art from where we use real coffee to create paintings. The shades of brown range from light to dark and the aroma of coffee lingers on your painting. No experience necessary. All supplies will be provided. **Cost: $5 for residents and $7 for non-residents. Spaces are limited. To sign up, please call (203) 452-5199.**

Bingo

- **Tuesday, March 10th at 1:00 PM.**
- **Friday, March 27th at 12:30 PM.**

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

Positive Living with Nurse Susan
Thursday, March 12th
at 9:00 AM
2nd Thursday of every month
Join Nurse Susan every month for coffee and discussion on a variety of topics. This month Nurse Susan will be discussing how to get the most out of a visit to your doctor and MyChart. We will also discuss what motivates you to stay healthy. Come for the fellowship and raffle prizes! **To sign up, please call (203) 452-5199.**

Brain Games
Thursday, March 12th
at 10:00 AM
1st & 3rd Thursday of each month.
***Please note the day and time change, this change applies to March only.**
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
Monday, March 23rd
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! Spaces are limited and registration is required. **To RSVP, please call (203) 452-5199.**

CT Photography Presentation with Michael Tomshefsky
Tuesday, March 24th
at 10:30 AM
Join Michael Tomashefsky, an award-winning photographer based in Westport, for a presentation of his best Connecticut photography, featuring seasonal landscapes and architecture. These will be accompanied by anecdotes and historical perspectives. **To sign up, please call (203) 452-5199.**

Monthly Birthday Party
Tuesday, March 31st
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

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 3/5)

Community Meditation with Deborah Swann
Thursday, March 19th 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 ***Returns in April!***
April 7th—May 26th

Jazz with Rose 5-Week Workshop ***New!***
Tuesdays at 11:00 AM
March 3rd— March 31st
Jazz teaches essential skills like balance and timing while letting you express your feelings through dance. Classes focus on technique but also having fun and exploring new ways to move your body. No experience necessary! Please wear flexible shoes or sneakers.

Sit and Fit with Bobbi
Tuesdays at 10:30 AM (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.

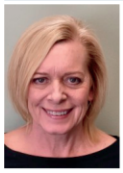
High-Low Aerobics & Balance with Heather
Thursdays at 9:00 AM
Join us for some fun aerobic intervals and easy-to-follow cardio interval combinations set to upbeat music. Please bring your own weights.

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, March 6th & 20th 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, March 13th 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

Early recognition and treatment of Atrial Fibrillation ("AFib") can help reduce adverse outcomes. AFib is a condition where the heart beats irregularly, often too fast. Symptoms may include palpitations, fatigue, dizziness, feeling lightheaded with exertion, difficulty breathing, and chest pain. Risk factors include obesity, smoking, alcohol consumption, and diabetes. However, people can have AFib without experiencing any symptoms. If you have any of these symptoms and risk factors you should see your doctor and be honest about it. Have a happy and healthy month! Nurse Susan

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, March 10th & 24th**. 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.**

Mental Health

THE MARY J. SHERLACH COUNSELING CENTER



Provides a therapeutic clinical setting for individual, family and group therapy, and crisis intervention. Services are available for Trumbull residents, Town employees, and students who attend Trumbull schools. (203) 452-5193.

UNITED WAY
Call 211 for resources and assistance. 24 hours a day. https://uwc.211ct.org/categorysearch/mental-health/

988 SUICIDE AND CRISIS LIFELINE
Calling 988 will direct the caller to representatives specifically trained in the management of suicide risk and other mental health crises.

Trumbull's Prevention Partnership

Will UCONN win another championship? For many of us, March Madness is an exciting time to cheer on our favorite team. For some, sports betting can get out of control - causing problems with relationships, finances, and mental or physical health.

March is Problem Gambling Awareness Month, a great opportunity to talk openly with friends and family members about gambling risks and strategies to enjoy a safer gambling experience. Set a gambling budget and stick to it, take frequent breaks, and treat gambling as entertainment, not a source of income.

If you are concerned about your own gambling or that of a friend or loved one, CT's Problem Gambling Services offers a free, confidential helpline 24-hours a day, 7 days a week at 1-888-789-7777. For additional resources visit Responsible Play the CT Way at https://responsibleplayct.org .

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.

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).

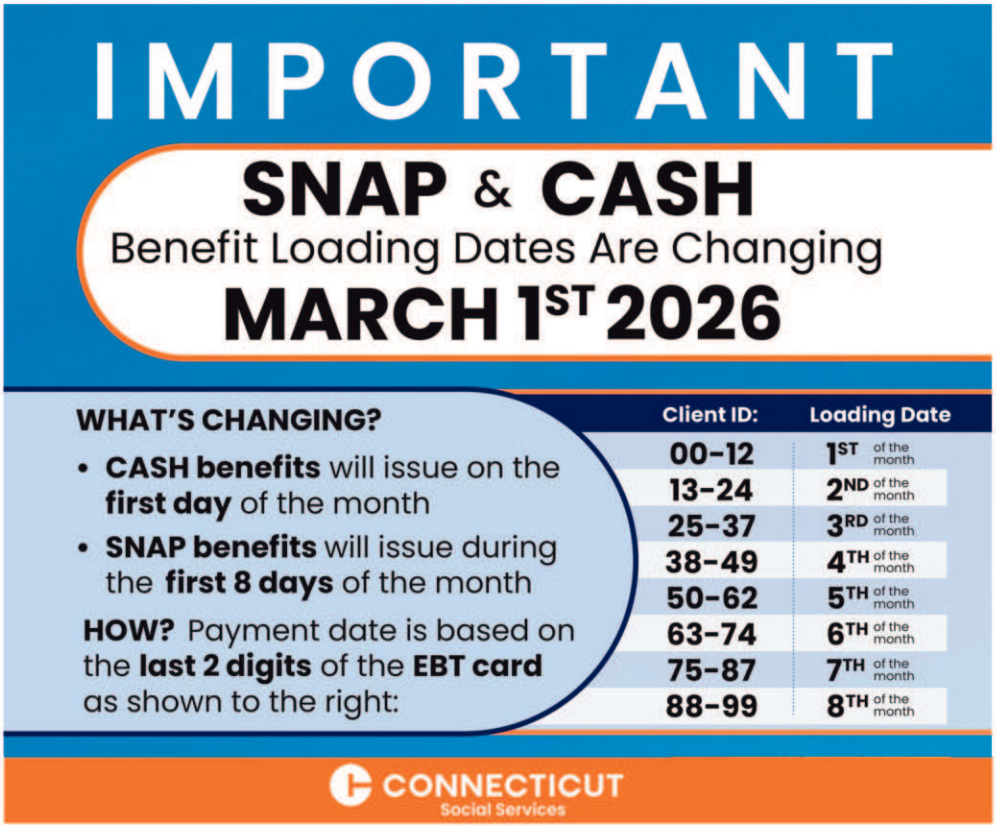
Maximum Income limit for Town benefit $70,000.00 (single/married).

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.

SNAP BENEFIT UPDATE



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.

The last day for oil customers with remaining benefits to request a delivery is Wednesday April 1st, 2026.

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.**

AARP TAX-AIDE

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: 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.

AARP FOUNDATION

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, MARCH 4TH**.

TRADER JOES SHOPPING TRIP: Estimated pick up time is between 9:00—9:45 AM. Shop for an hour, then return home. The Trader Joes shopping date is **WEDNESDAY, MARCH 11TH.**

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, MARCH 18TH.**

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

Bus Trips

THE ORCHID SHOW—
NY BOTANICAL GARDEN
Tuesday, April 14, 2026
Cost $133 (Checks made to Friendship Tours)
Depart the Penny Lane Lot: 9:00 AM
Estimated Return: 6:00 PM
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: 10:30 AM
Estimated Return: 4:45 PM
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.

TRIBUTE TO GREASE—PLAINVILLE, CT
Wednesday, August 19, 2026
Cost $137 (Checks made to Friendship Tours)
Depart the Penny Lane Lot:10:30 AM
Estimated Return: 4:30 PM
Part tribute band, part musical theatre, all the fun of the 1978 classic movie!

Leisure Trips

LOCKWOOD MATTHEWS MANSION—
Norwalk, CT
***Registration opens Thursday, February 19th 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 Thursday, February 26th 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 Thursday, March. 5th 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 Sophie's.

THE BRUCE— Greenwich, CT
***Registration opens on Thursday, March 19th at 9:00 AM**
Friday, April 10, 2026
Cost: $23 (does not include lunch)—CASH ONLY
Depart the Penny Lane Lot: 10:00 AM
One hour tour of the museum that begins at 11:30 AM. Lunch at the Bruce Café.

THE MATTATUCK—Waterbury, CT
***Registration opens on Thursday, April 2nd at 9:00 AM**
Friday, April 24, 2026
Cost: $18 (does not include lunch)—CASH ONLY
Depart the Penny Lane Lot: 9:30 AM
Self guided tour of the museum. Lunch at Sweet Bella Café located in the museum.

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, March 2nd	Tuesday, March 3rd	Thursday, March 5th
Stuffed Shells and Meatballs	Meatloaf and Mashed Potatoes	Eggplant Parmesan with Pasta
Monday, March 9th	**Tuesday, March 10th**	**Thursday, March 12th**
Roast Beef and Mashed Potatoes	BBQ Chicken with Rice	Cavatelli with Broccoli and Sausage
Monday, March 16th	**Tuesday, March 17th**	**Thursday, March 19th**
The Senior Center will be closed.	Corned Beef and Cabbage **Reservations required by 3/10.**	Sausage and Peppers with Rice
Monday, March 23rd	**Tuesday, March 24th**	**Thursday, March 26th**
Pork Loin with Green Beans	Seafood Salad with Sweet Potato Fries	Meat Lasagna
Monday, March 30th	**Tuesday, March 31st**	NEW ENGLAND Young at Heart™ Live Well, Laugh Often, Love Much
Stuffed Peppers with Mashed Potatoes	Cookout: Hamburger or Veggie Burger	





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March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Pound 10:30 Yoga 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	**3** 9:00 Moderate Yoga 10:00 Needlework 10:30 Scrabble 10:30 Demystifying Carbs 11:00 Dominoes 11:00 Jazz 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	**4** 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.	**5** 9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Matter of Balance 10:00 Pinochle 10:00 Needlework 10:00 Mahjong Lessons 10:15 Strength 12:00 Lunch	**6** 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Lockwood Trip 10:00 Painting with Jill 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Yoga Nidra
9 9:00 Pound 10:00 Poetry 10:00 Coffee Painting 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	**10** 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework 10:30 Scrabble 10:30 Sit and Fit 11:00 Jazz 11:00 Dominoes 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Bingo	**11** 8:45 Comm. Tour Trip 9:00 Morning Exercise 9:00 Trader Joes 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.	**12** 9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Positive Living 10:00 Brain Games 10:00 Pinochle 10:00 Needlework 10:00 Mahjong Lessons 10:15 Strength 10:30 Sit and Fit 12:00 Lunch	**13** 8:30 Beginner Pickleball 9:00 Shoprite 9:15 Art Party Trip 10:00 Painting with Jill 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Sound Healing
16 9:00 Pound 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct	**17** 9:00 Moderate Yoga 10:00 Needlework 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Jazz 12:00 Lunch 12:30 Canasta 1:00 Line Dancing HAPPY ST. PATRICK'S DAY	**18** 9:00 Morning Exercise 9:00 Walmart Shopping 10:00 Tai Chi 10:00 Pinochle 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.	**19** 9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Matter of Balance 10:00 Pinochle 10:00 Needlework 10:00 Mahjong Lessons 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Ask the Experts 7:00 Community Med.	**20** 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Painting with Jill 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Yoga Nidra
23 9:00 Pound 10:00 Poetry 10:00 Paint Party 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	**24** 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework 10:30 Scrabble 10:30 Sit and Fit 10:30 CT Photography 11:00 Dominoes 11:00 Jazz 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	**25** 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:00 Fairfield Theatre 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.	**26** 9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Matter of Balance 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Team Trivia	**27** 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Painting with Jill 10:00 Inter. Pickleball 10:00 Mahjong 12:30 Bingo
30 9:00 Pound 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	**31** 9:00 Moderate Yoga 10:00 Needlework 10:30 Scrabble 10:30 Sit and Fit 11:00 Dominoes 11:00 Jazz 12:00 Lunch 12:30 Birthday Party 12:30 Canasta 1:00 Line Dancing			

*All virtual programs are written in GREEN text.