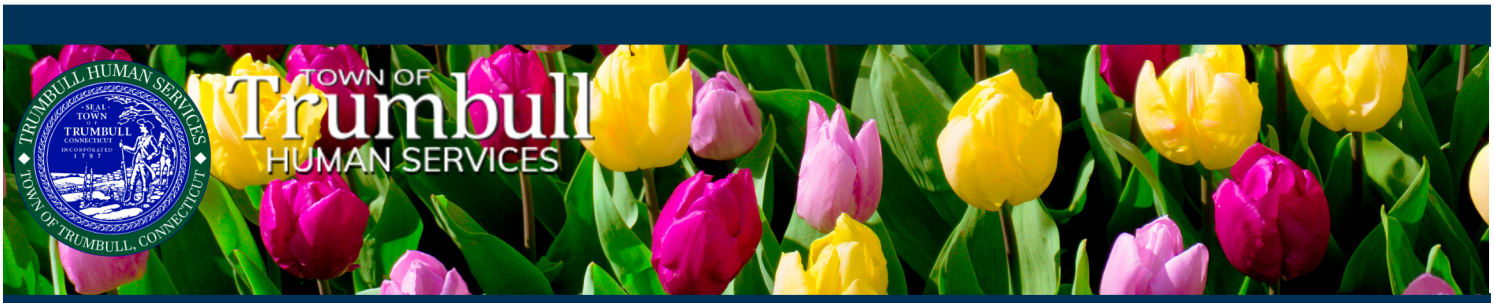


Senior Center Serving Adults Age 55+

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

Spring Brunch

Spring Brunch & Comedy Show
Friday, May 1st
10:45 AM to 1:00 PM
Cost: $10 for Residents
$15 for Non-Residents

Join us for a spring brunch and comedy show! Please be sure to be checked in and in your seats by 11:00 AM for a 30-minute comedy show featuring comedian Linda Belt. Brunch will be served at the conclusion of the show. Brunch will include a carving station, a hot entree station (pasta, potatoes and quiche), a pastry station, a fruit/yogurt station as well as a beverage station.

Reservations are required and can be made by calling (203) 452-5199 or in person at the main office. Payment must be received within one week to hold your seat. Membership is required at the time of sign up (no exceptions). You may sign up yourself and no more than one other member. There will be assigned seating for this event, requests will be taken at time of signup but requests are not guaranteed.

Improv Workshop

Fun, Laughter, Connection through Improvisation (Improv) 6-Week Workshop
Thursdays at 1:00 PM
April 2nd through May 14th (No class on 4/16)

Improv is the art of acting in the moment and saying "Yes!" to whatever comes next. No acting or public speaking experience needed just bring yourself and your sense of humor!

Join Tori Lawlor, Improv/Acting teacher of over 13 years for a fun new class where students will learn the basics of Improv through interactive activities that sharpen your memory, boost confidence and critical thinking and decrease stress. **To sign up, please call (203) 452-5199.**

MakeUp for Mature Women

Timeless Beauty
MakeUp For Mature Women
Thursday, April 23rd
9:30 AM to 12:00 PM
Cost: $5 for Residents/$7 for Non-Residents

Celebrity MakeUp Artist & Educator, Joby Rogers presents the 'TimeLess Beauty, M4MW Forum'. It is the gateway for mature women & women of all ages and experience to engage in a supportive environment and explore ways to enhance their natural beauty. Discover the best makeup techniques for your specific concerns. Explore makeup products and tools that will elevate your routine. Get 'in the know' on the 'must haves' for a versatile & effective makeup kit. Participate in interactive, 'hands-on' demos and leave with the assurance that with a little practice, you can achieve stunning results for all occasions and celebrate your natural, timeless beauty.

Topics of discussion include:

- Keeping your makeup/brushes clean and sanitary.
- Using the right tool for the right application.
- Explore application techniques.
- Choosing the right concealer and foundation for your skin tone.
- Interpreting skin tones and color.
- Contouring, highlighting, blushing.
- Eye shadow color rules and application advice.
- Shaping and correcting brows.
- Lip color rules and advice and reshaping.
- Questions and evaluation of your personal makeup collection.

◊ FREE RAFFLE GIVEAWAY ◊

Participants are encouraged, BUT NOT required, to bring their own personal makeup and brushes for a professional evaluation (if applicable). It is preferable that participants attend the forum 'MakeUp free' BUT NOT required. Please bring pen and paper.

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

The senior center will be closed on Friday, April 3rd in observance of Good Friday.

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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
Paul McGeary: Secretary
Barbara Crandall: Clerk
Kathleen Bordelon
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

April Birthdays

We would like to wish a very happy birthday to:

- Carol Adduci
- Katherine Alaimo
- Kim Armstead
- Jean Blaze
- Jane Cavoto
- Irene Clampet
- Thomas Coughlin
- Barbara Crandall
- Sharon Daniels
- Louis Evan
- Joseph Federico
- Janet Ferrera
- Julie Fritzky
- Barbara Gagliardi
- Frank Gagliardi
- Michael Ganino
- Judy Hannon
- Elaine Horelick
- Patricia Kopcik
- Annette Lifrieri
- Cathleen Lindstrom
- Kevin Lynch
- Michael Melli
- Roger Michaels
- Carole Milone
- Robert Mongillo
- Susan O'Sullivan
- Pat Pagliarulo
- Anthony Patti
- Eleanor Ramey
- Patricia Rose
- Dennis Rotunno
- Rosemary Seaman
- Margaret Silvestri
- Shelagh Smith
- Elizabeth Thomas
- Deborah Todd
- Constance Vogt
- Michael Votodian
- Paula Waite



8-Week Painting Class

8-Week Painting Workshop
Meets Every Friday from
March 6th —May 1st
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
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. Payments are non-refundable.

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, April 13th & 27th
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.**

3-Week Watercolors Class

3-Week Watercolors Workshop
Meets Monday April 6th, 13th & 20th
10:00 AM to 11:30 AM

Join Art Strokes Instructor, Renu Vora for a fun 3-week watercolor painting workshop. No experience necessary. All supplies will be provided and are built into the cost of the workshop. **To sign up, please call (203) 452-5199.**

Cost for Residents: $20
Cost for Non-Residents: $30
Payment must be received within one week of signing up. Payments are non-refundable.

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.

GUIDE Presentation

Introduction to the GUIDE Model for Dementia Care
Monday, April 20th
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 caregivers, seniors, healthcare professionals, and anyone seeking a better understanding of dementia care resources. **To register, please call (203) 452-5199.**

Self Defense

Self Defense Seminar
Thursday, April 23rd
at 1:00 PM

This Self Defense Seminar is focused for Seniors who would like to be better prepared and understand the physical and mental tools needed to protect oneself during specific situations.

In this class you will learn:

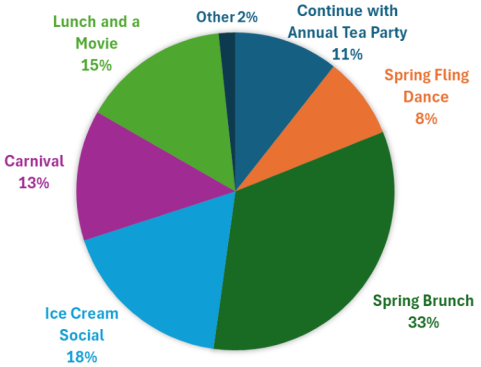
- Situational Awareness
- Fight or Flight
- How to defend in different situations
- How to defend you and your family in certain situations
- Resistance and realistic techniques
- Using "Mental Karate" before anything physical is started
- Using the art of surprise

Master Rob Librandi has taught numerous self-defense classes with over 30 years of Martial Arts Training. He is a 5th Degree Black Belt in Tang Soo Do, also a 2 Time North American Martial Arts Power Breaking Champion and Member of the US Martial Arts Team and Chief Instructor at Trumbull Academy of Karate.

Cost: $2 per person. Spaces are limited. To sign up, please call (203) 452-5199.

Survey Results

In February, members were asked which spring event they would like to see and here are the results:



You asked and we listened, join us Friday, May 1st for our first Spring Brunch! See page 1 for more details!

IN PERSON PROGRAMS AND GAMES CAREGIVERS ARE ALWAYS WELCOME!

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

- **Monday, April 6th**—The Wedding People by Alison Espach
- **Monday, May 4th**—Swan Song by Elin Hilderbrand

Brain Games
Thursday, April 2nd
at 10:00 AM
1st & 3rd Thursday of each month.
***Please note that Brain Games will only meet once this 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.**

Alcohol Ink Painting Class
Wednesday, April 8th
at 1:15 PM
Cost: $2 per person. Payment is due prior to the day of class.
Let's create Zen together! Join Bobbi to experience the magic of alcohol ink (a highly saturated, fast-drying ink with an alcohol base). Each person will create their own alcohol ink artwork to take home. All supplies included. **Spaces are limited and registration is required. To sign up, please call (203) 452-5199.**

Positive Living with Nurse Susan
Thursday, April 9th
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 we will be discussing what activities you do to make your life richer and more fun. Maybe a particular trip was an adventure and senior friendly! Come and share your ideas and experience with the group. Nurse Susan will help you discover what activities will fit your pace and body. **To sign up, please call (203) 452-5199.**

Bingo

- **Tuesday, April 14th at 1:00 PM**
  Sponsored by Home Instead
- **Friday, April 24th at 12:30 PM**

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

Spring Decor Craft Class
Thursday, April 16th
at 1:00 PM
Join us for a fun spring craft! Participants will design and decoupage their very own wooden cut-out to take home. All materials are provided. **Spaces are limited. To RSVP, please call (203) 452-5199.**

Aquatic Birds of CT
Monday, April 27th
at 10:00 AM
Join Thomas Kosturko of Compassion Home Care for fun and interactive presentation on Aquatic Birds of Connecticut. We will learn fun facts about their migration, eating habits, lifespan and different species. This program will last approximately 90 minutes. **To RSVP, please call (203) 452-5199.**

AARP Smart Driver Course
Thursday, April 30th
9:00 AM—1:00 PM
AARP will present their Smart Driver Safety Course. Cost is $20 for AARP members and $25 for non-members. Checks only, please note you will pay the instructor the day of the class. **To RSVP, please call (203) 452-5199.**



See Page 6 for details about a new pop-up exercise class on Thursday, April 9th at 1:00 PM, Engaging Movement with Theresa Waldron, PhD - Boxing & Balance/Scarf Dancing

Monthly Birthday Party
Tuesday, April 28th
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 5/1

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, April 16th 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
April 7th—May 26th

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, 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 (No Class on 4/9)
Join us for some fun aerobic intervals and easy-to-follow cardio interval combinations set to upbeat music. Please bring your own weights.

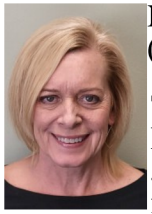
Strength and Toning with Nancy
Thursdays at 10:15 AM
Let's get stronger with a combination of upper and lower body strength exercises and cardio work to help promote overall strength and physical endurance. Please bring your own weights.

Engaging Movement with Theresa Waldron, PhD - Boxing & Balance/Scarf Dancing
Thursday, April 9th at 1:00 PM ***NEW!***
This class includes a full body warm-up that nourishes your joints, focuses on balance boxing moves for upper and lower body and then uses colorful scarves to dance to your favorite tunes! The class wraps up with a short meditation for a complete mind, body, spirit experience. All materials provided.

Yoga Nidra with Deborah Swann
Friday, April 17th 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, April 10th 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.**

Thank you TAG



Thank you to the Trumbull Health Department and their TAG (Teen Advisory Group) volunteers for decorating our lunchroom for the month of February/Valentine's Day!

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, April 14th & 28th**. 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. Please call (203) 452-5193 for more information.

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

The sense of smell and taste might dull as we age or it can be a symptom of a medical problem. For example, dry-mouth from medications can cause food to taste bland or metallic. See your physician or a specialist in ears, nose, and throat (ENT) if there is a change in how your favorite foods taste and smell. There are ways to make food more appealing and healthy. A nutritionist can help and some grocery stores offer free services from a nutritionist. We need to enjoy food, which can be a pleasure! Have a happy and healthy month! Nurse Susan

Trumbull's Prevention Partnership

April 8th is Save A Life Day!
Learn how to identify an opioid overdose and save a life. Attendees will receive a free Naloxone kit. Drop in from 9:00 AM to 4:00 PM at the Trumbull Health Department at 355 White Plains Rd. You could save a life!

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.

STERLING ROAD—SANTA'S RUNWAY

The organizers of Santa's Runway on Sterling Road in Trumbull, Zoli Szabo and Joe McDonald presented the Human Services Department with a $4,017 donation. This donation will directly support the Trumbull Food Pantry and Trumbull Social Services Department.

We thank them and the community for the continued support and generosity! We can't wait to see Sterling Road shine again next holiday season!



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.

FOOD PANTRY NEEDS

Help keep the food pantry stocked and ready to serve our community. No time to get to the store but would like to donate? Visit our Amazon Wish List by scanning this QR Code:

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.**

FREE LEGAL ADVICE CLINIC

CT BAR ASSOCIATION VIRTUAL FREE LEGAL ADVICE CLINIC

Tuesday, April 21, 2026 -- 10:00 a.m. - 6:00 p.m.
Wednesday, April 22, 2026 -- 10:00 a.m. - 6:00 p.m.

Receive free legal advice during a 30-minute meeting on Zoom about one of the civil law topics below:

- Personal Bankruptcy
- Family Law
- Fraudulent Business or Debt Collection
- Immigration Law
- Landlord/Tenant
- Pardons
- Unemployment or employee rights
- Other civil legal issue

Pre-registration is required. Sign up at ctbar.org/FreeLegalAdviceClinic by **April 3, 2026**

Please note: No exceptions can be made to the pre-registration deadline.
Pre-registration is required so that we can find and match you with an attorney with knowledge and experience related to your legal issue.

Volunteer lawyers will provide brief legal advice on the date of the clinic. They will *not* continue to represent you, file documents in court, or go to court with you.

Before the clinic, you will receive a call from one of our volunteers to learn more about your legal question. It is important you speak to the volunteer so that we can match you with an attorney.

We will do our best to schedule meetings for everyone that registers and accommodate schedule requests. We cannot guarantee that a volunteer attorney will be available or that your meeting will be at the time you prefer.

If you have any questions about the clinic or need help with how to use Zoom, email us at FreeLegalAdviceClinic@ctbar.org or call (877) 410-7221 (when leaving a message please refer to "Free Legal Advice Clinic")

Connecticut Bar Association

Statewide Legal Services of CT

Shopping Trips

SHOPPING LOOP: The first Wednesday of every month **(please note the date has been modified for this 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, APRIL 8TH.**

ALDI SHOPPING TRIP: Estimated pick up time is between 9:00-9:45AM. Shop for an hour, then return home. The Aldi shopping date is **WEDNESDAY, APRIL 15TH.**

OCEAN STATE JOB LOT: Estimated pick up time is between 9:00-9:45AM. Shop for an hour, then return home. The Ocean State Job Lot trip is **WEDNESDAY, APRIL 22ND.**

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, APRIL 29TH.**

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. **Please note that since we are closed on 4/3, we will use 4/1 as a replacement.**

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

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.

KEELER TAVERN----Ridgefield, CT
***Registration opens on Thursday, April 16th at 9:00AM**
Friday, May 8, 2026
Cost: $16 (does not include lunch)—CASH ONLY
Depart the Penny Lane Lot: 9:15AM
One hour tour of the museum showcasing the history of the house. Lunch in downtown Ridgefield.

TRIP TO BETHEL, CT
***Registration opens on Thursday, April 30th at 9:00AM**
Friday, May 22, 2026
Cost: $4 (does not include food)—CASH ONLY
Depart the Penny Lane Lot: 10:15AM
Explore the quaint town of Bethel. A list of shops and restaurants will be provided and everyone is free to explore on their own and will meet back up at a designated time to depart.

Senior Center Trip Policy Reminders

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

- **Membership is required to participate in Senior Center Sponsored Trips.**
- **Phone reservations can be made by calling (203) 452-5137 and will be timestamped. Reservations will be taken in order of time called.** You must be a member to make a phone reservation and can only hold a spot for you and one additional member.
- **If the registrant does not show up within 2 business days to pay the trip fee, the reservation will automatically be dropped.**
- Any reservations made prior to 9AM will not be eligible.
- Due to high demand, 70% of the seats will be held for Trumbull residents.
- There is a waitlist for every trip.
- Only cash is accepted.

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.

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		Thursday, April 2nd
		Grilled Chicken Sanwich
Monday, April 6th	**Tuesday, April 7th**	**Thursday, April 9th**
Meat Chili with Baked Potato	Roasted Chicken with Rice	Chicken Salad Plate
Monday, April 13th	**Tuesday, April 14th**	**Thursday, April 16th**
Manicotti with Meatballs	Tuscan Chicken with Rice	Fish Sandwich with Sweet Potato Wedges
Monday, April 20th	**Tuesday, April 21st**	**Thursday, April 23rd**
Crab Cakes with Rice	BBQ Chicken with Collard Greens	Taco Salad Plate
Monday, April 27th	**Tuesday, April 28th**	**Thursday, April 30th**
Spinach/Mushroom Frittata, Pancakes	Cookout: Hamburger or Veggie Burger	Chef Salad





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APRIL 2026

*All virtual programs are written in GREEN text.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Morning Exercise 9:00 Stop & Shop 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.	2 9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Brain Games 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Improv	3 The Senior Center will be closed in observance of Good Friday.
6 9:00 Pound 10:00 Watercolors 10:30 Yoga 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	7 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	8 9:00 Morning Exercise 9:00 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. 1:00 Alcohol Ink Painting	9 9:00 Chair Yoga 9:00 Matter of Balance 9:00 Positive Living 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Engaging Move. 1:00 Improv	10 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Painting with Jill 10:00 Inter. Pickleball 10:00 Mahjong 10:00 Bruce Museum 1:00 Sound Healing
13 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	14 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	15 9:00 Morning Exercise 9:00 Aldi 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.	16 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Spring Craft 7:00 Community Med.	17 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Painting with Jill 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Yoga Nidra
20 9:00 Pound 10:00 Watercolors 10:30 GUIDE Present. 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	21 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	22 9:00 Morning Exercise 9:00 Ocean State Job Lot 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.	23 9:00 Chair Yoga 9:00 High-Low Aerobics 9:30 MakeUp Class 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Improv 1:00 Self Defense	24 8:30 Beginner Pickleball 9:00 Shoprite 9:30 Mattatuck Trip 10:00 Painting with Jill 10:00 Inter. Pickleball 10:00 Mahjong 12:30 Bingo
27 9:00 Pound 10:00 Poetry 10:00 Aquatic Birds 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	28 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	29 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.	30 9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 AARP Safe Drivers 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Improv	