


***Senior Center Serving Adults Age 55+***

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

## Membership Renewal Reminder




It's that time of year! Membership renewal is due June 30, 2026. Please stop by the front desk for a new, 2026-2027, membership application. Membership is required to participate in all programs and activities, including our zoom programs. The annual resident fee is $10 and the annual non-resident fee is $30. Our membership year runs from July 1st through June 30th. *Need based scholarships are available for Trumbull residents.*

## World Elder Abuse Awareness Day

WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

**JUNE 15, 2026**

Each year, World Elder Abuse Awareness Day shines a light on the often hidden issue of elder abuse, neglect, and exploitation. It's a global call to action to protect the rights, dignity, and well-being of older adults.

Elder abuse affects millions worldwide—and for every case reported, many more remain unseen and unheard.

Raising awareness is key. By educating communities and encouraging proactive steps, we can work together to prevent abuse and ensure safer, more respectful environments for our elders.

EVERYONE can prevent elder abuse. Learn the signs, prevent isolation, listen, and plan.

**To learn how to help or for advice and assistance, please call the Mozaic Center for Elder Abuse Prevention Helpline at (203) 396-1097.**

## Diabetes Self-Management Program

**Diabetes Self-Management 9-Week Program**
**Every Thursday at 1:00 PM**
**Beginning June 11th through August 6th**

Yes—you can thrive with diabetes, and we're here to show you how! Join our FREE Diabetes Self-Management Program, this engaging 9-week program is designed for adults age 60+ living with diabetes or prediabetes—and for those who care for someone with diabetes. Through this evidence-based program, you'll gain simple, realistic tips for healthier eating (no strict diets!), learn how to better manage and stabilize blood sugar, and discover ways to prevent complications while staying active and independent. Caregivers will also receive guidance on how to best support their loved ones. The program will be led by a Medical Doctor with over 40 years of experience, alongside a Registered Dietitian, providing expert, personalized guidance every step of the way.

This program doesn't just teach—it delivers real results. Participants often see a reduction in A1c levels of 0.55%–1%, comparable to some medications—without side effects. You'll build healthier habits that support weight management, improved cholesterol, and better blood pressure control. Research also shows that even one session can help reduce hospitalization rates by up to 34%, while ongoing participation is linked to fewer emergency visits and readmissions. In addition, the Centers for Disease Control and Prevention reports that this program can lead to long-term cost savings ($1,620 savings per year) Beyond physical health, participants experience less stress, greater confidence, and improved ability to manage daily life with diabetes.

You'll enjoy a welcoming, supportive group environment, connect with others on a similar journey, and access helpful community resources along the way. Best of all, the program is completely free, sponsored by Monitor My Health and the South Western CT Area Agency on Aging. Take this step toward a healthier, more confident you—or support someone you love. **Spots are limited—reserve yours today! To register, please call (203) 452-5199.**

**The senior center will be closed on Friday, June 19th in observance of Juneteenth.**

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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 (203) 452-5137**
**Transportation & Trip Coordinator**
Emily Buell (203) 452-5137

**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
Debra Gilbert Taylor
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

## June Birthdays

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

- Rawatie Ali
- Sharon Altieri
- Tom Anrico
- Deborah Barlow
- Florence Behanna
- Gloria Bender
- Constance Block
- Nancy Bonitatibus
- Sandra Breyan
- Jill Campolucci
- Rosemarie Carroll
- Susan Donovan
- Alice Ennis
- Patricia Ganino
- Marianne Garrow
- Virginia Glassman
- Olga Gonzalez
- Chester Grygorcewicz
- Andrea Hodska
- Kathryn Kowland
- Mary Hurley
- Diane Kraemer
- Rona Lira
- Herbert Marsh
- Madelyn Meagher
- Jo-Annette Nielsen
- Marie Palmieri
- Olive Fay Pieragostini
- Linda Randall
- Mukesh Shah
- Muriel Sozanksi
- Kathleen Stoppel
- Barbara Tabak
- Farida Taher
- Diana Taormina
- Sheila Tesei
- Rosemarie Trapasso
- Nancy Wentworth
- Carol Winslow
- Carolyn Wyckoff

## 4-Week Painting Class

**4-Week Painting Workshop**
**Meets Every Friday from**
**May 15th —June 5h**
**10:00 AM to 12:00 PM**

**Registration is closed for this workshop. Jill Nichols will be returning this fall with more classes, information will be printed in our upcoming newsletters.**

## 2026 Park Sticker Update

Park stickers will be mailed again this year, but they will not be in your vehicle tax bill. Please be on the lookout for a mailing from Trumbull Parks and Recreation in early June! The outside of the envelopes will also indicate 'new park stickers enclosed.

## Alcohol Ink Painting

**Alcohol Ink Painting Class**
**Monday, June 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.**

## 3-Week Acrylic Painting

**3-Week Acrylic Painting Workshop**
**Meets Monday June 3rd, 10th, & 17th 10:00 AM to 11:30 AM**

Join Art Strokes Instructor, Renu Vora for a fun 3-week acrylic 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.**

## Sunday Concert Series




## Kids Summer Concerts

Trumbull Parks and Recreation 2026 Kids Concerts will return this summer, join us for a fun time with your family and grandchildren!




## Bingo Party

**Bingo Party**
**Wednesday, June 24th**
**at 1:00 PM**




Join Lisa Bisson, Masonicare at Wesley Village, Carrie Frawley, Caring Transitions and Joe Laucella, Carey & Guarrera Realtor for a Bingo Party event! Prizes will include helpful safety items for the home, tools for downsizing and caregiver support and brain games and so much more! **To sign up, please call (203) 452-5199.**

## BrainBoosters

**BrainingUp Presents:**
**BrainBoosters –**
**A Workout for Your Brain**
**8-Week Workshop**
**Mondays at 10:00 AM**
**June 1st through July 27th**

BrainingUp designs training experiences that engage the mind, challenge your focus, and celebrate the power of staying mentally active. We believe that an active mind is cultivated through practice and novelty.

Our 8-week BrainBoosters series delivers high-energy group sessions —not lectures, not passive learning, but genuine cognitive challenges that put your brain to work. Trained facilitators lead every session, making it easy to participate and impossible to be bored. We focus on activities designed to exercise your attention, memory recall, and problem-solving.

Think of BrainBoosters as a gym for your mind—only with laughter instead of treadmills. Each session blends engaging challenges with social connection, designed for adults who want to stay sharp, confident, and connected.

**Spaces are limited. To reserve your seat, 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, June 1st**—Be Ready When the Luck Happens: A Memoir by Ina Garten
- **Monday, July 13th**—Everything Beautiful in It's Time by Jenna Bush Hager
- **Monday, August 3rd**—Queens of Crime by Marie Benedict

### Strum by the Sound Monday, June 15th at 10:30 AM




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

### The Egg and Heart Health Tuesday, June 16th at 10:30 AM

The egg: friend or foe? Join Registered Dietitian Nutritionist Zara Awan to learn about a heart healthy diet that promotes science-based habits for older adults. Handouts and a recipe available for all**. To RSVP, please call (203) 452-5199.**

### Brain Games Thursday, June 18th at 9:00 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.**

### Bingo

- **Tuesday, June 9th at 1:00 PM**
  **Sponsored by Home Instead.**
- **Friday, June 26th at 12:30 PM**

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

### Positive Living with Nurse Susan—A Trip Down Memory Lane Trivia Thursday, June 11th 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, join us for a fun journey through the ages and a wonderful trip down memory lane. We'll peruse a book of trivia from different decades to trigger stories to share. Did you put on your platform shoes and go to the discos in the 70's? **To sign up, please call (203) 452-5199.**

### How to Simplify Your Financial Life for You and Your Heirs Thursday, June 25th at 10:30 AM

Join Stephen Archer, Certified Financial Planner, former Finance Executive for General Electric Capital Corp., and District Coordinator for the AARP Tax Aide Program for a program that will teach you ways to simplify your financial life. Topics will include:

- Advantages and disadvantages of multiple accounts.
- How accounts are titled is important.
- What do you do with all of the paper that you get?
- How you organize yourself can impact your income taxes.
- What happens to your accounts when you pass away?
- Do you have estate documents in place to protect you and your heirs?

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

### Monthly Birthday Party Tuesday, June 30th

**12:00 PM Lunch/12:30 PM Cake**
**Cost of lunch: $5—$7 Donation**
Join us to celebrate this month's birthdays with lunch and cake! The cake is sponsored by Maefair Center for Health and Rehabilitation. **To reserve lunch, call (203) 452-5199 ext. 3.**

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

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

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

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

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

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

**Dominoes:** Tuesdays at 10:00 AM

**Canasta:** Tuesdays at 12:30 PM

**Scrabble:** Tuesdays at 10:30 AM

**Pinochle:** Wednesdays & Thursdays at 10:00 AM

**Mahjong:** Fridays at 10:00 AM

**Pickleball Open Court:**

- Mondays & Wednesdays: 12:30 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**

**Community Meditation with Deborah Swann**
**Thursday, June 18th at 7:00 PM**
**Third Thursday of each month.**
No experience is necessary.

## EXERCISE CLASSES IN PERSON

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

**Time for Exercise with Nancy** *New!*
**Mondays at 9:00 AM**
**June 1st—September 14th**
Jump start your day with a combination of stretching and exercise to enhance coordination and overall flexibility in a fun environment.

**POUND with Debbie** *Returns in September!*
**Mondays at 9:00 AM**

**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 July!*

**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**
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 8-Week Workshop** *New!*
**Thursdays at 1:00 PM**
**June 11th—July 30th**
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, June 5th 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, June 12th at 1:00 PM**
**Second Friday of each month**
Experience the soothing benefits of sound healing and reiki tailored for seniors in this gentle and rejuvenating class. Please bring a pillow, yoga mat and blanket.

## Wellness Nurse Susan



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

**THE WALKING GROUP:**
Mondays from 9:30 AM—10:30 AM
Join Wellness Nurse Susan every Monday in front of Target on the 2nd floor inside the Trumbull Mall for a weekly walking group. **Please call (203) 452-5134 for more information.**

## Health Tip From Wellness Nurse Susan

There is a lot of information about what not to eat in order to avoid acid reflux. Also, there are foods that help relieve heartburn. For example, bananas are low in acid and can neutralize an irritated stomach. Also helpful are, high-fiber foods, salad greens, dairy, ginger tea, salmon, and root vegetables. AARP recommends other tips to relieve the terrible symptoms and decrease the episodes. A healthy weight and a trim midsection can reduce reflux symptoms. There are ways to position your pillows so acid doesn't rise into the esophagus. You can discuss with your doctor medications over the counter and prescription that relieve acid reflux. 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, June 9th & 23rd**. Grief can feel heavy, isolating, and overwhelming—but you don't have to walk through it alone. Our Grief Support Group offers a safe and caring space to share your story, listen to others, and find comfort in knowing you're not alone. Together, we'll explore ways to navigate loss, honor loved ones and support one another through healing. Whether your loss is recent or years past, you are welcome here. **To join, please call (203) 452-5199.**

## 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.

## Trumbull's Prevention Partnership

**June Spotlight:**
**Men's Mental Health Matters and PRIDE**

June is recognized as Men's Mental Health Month - a time to raise awareness and remind the men in our lives (and ourselves) that mental health is just as important as physical health. While many men have spent a lifetime being told to "tough it out," the reality is that emotional well-being is essential at every age. Men are significantly less likely to seek help for mental health concerns, but seeking help for your mental health isn't a sign of weakness - it will help you stay strong for yourself and your loved ones. If you have questions or concerns about yourself, a friend or a loved one, call or text 988, the National Suicide & Crisis Lifeline for immediate, free, and confidential support for all mental health and substance use concerns, or visit www.tpaud.org/communityresources for additional local, state and national resources.

June is also Pride Month, a time to celebrate love, identity, and the vibrant diversity that strengthens our community. Pride is not only about celebration, but also about connection, understanding, and support. This month is a wonderful opportunity to learn from one another, share kindness, and continue building a welcoming space for all.

## 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.**

## 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:

## RENTERS REBATE

Applications for the Renter's Rebate for Elderly/Disabled Renters Program will open on April 1st – September 30, 2026.

The income criteria for this filing period is based on gross income for 2025.

Maximum for single household: $46,300.00

Maximum for married household: $56,500.00

**For more detailed information and to schedule an appointment, please contact Social Services by calling 203-452-5198. E-mail inquiries can also be made to: socialservices@trumbull-ct.gov**

## SENIOR FARMER'S MARKET NUTRITION PROGRAM

Vouchers will be available again this season for those that meet the qualifying guidelines . The application period will begin on May 1st until September 30th and funding will become active as of June 1st and can be used until November 30th.

This season's program benefit is $40.00, which can be used for purchasing fresh fruits and vegetables, eggs and honey from local CT grown farm vendors participating in the program.

**Please contact Social Services @ 203-452-5198 or email at socialservices@trumbull-ct.gov for more information and to apply for benefits.**

## TRUMBULL FARMERS' MARKET

Opening Day of the 2026 Trumbull Farmers' Market is Thursday, June 4th. The market is located at the beautiful Twin Brooks Park facing a paved walking path with a variety of vendors from farms to hot food items.




## MEMORY CAFE - SOCIAL GATHERING



Memory Café

A MONTHLY SOCIAL GATHERING

First Wednesday of Every Month | 2 PM – 4 PM

**Dates: June 3 | July 1 | August 5**

Sitting Duck Tavern | 4244 Madison Ave | Trumbull

We invite you to our Memory Café on the first Wednesday of every month. This event provides a supportive environment for anybody navigating dementia.

Each session features unique programming, including live musical entertainment and cognitive stimulation activities. Light refreshments will be served.

We look forward to welcoming you!

Register at:

**BridgesAtTrumbull.com**

Co-sponsors:

Bridges BY EPOCH MEMORY CARE ASSISTED LIVING AT TRUMBULL | National Health Care Associates Inc. | Constellation

*Bridges® by EPOCH is New England's largest stand-alone memory care assisted living provider.* RELAY 711

## 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 an hour and then return home. Stores include Big Y, Best Buy, Kohl's, Target, and Five Below. Our loop day is **WEDNESDAY, June 3rd.**

**TRADER JOES/ALDI:** We will be rotating between Aldi and Trader Joe's each month. **This month will be a Aldi's trip.** Estimated pick up time is between 9:00-9:45AM. Shop for an hour, then return home. The Aldi's shopping date is **WEDNESDAY, June 10th.**

**WALMART SHOPPING TRIP:** The third Wednesday of every month we offer rides to Walmart in Shelton. Estimated pick up time is between 9:00—9:45 AM. Shop for an hour then return home. The Walmart shopping date is **WEDNESDAY, June 24th.**

**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 the shopping trip scheduled on Friday, June 19th has been rescheduled to Wednesday, June 17th.**

## Leisure Trips

**CLOCK MUSEUM**----Bristol, CT
**Registration opens on Friday, May 22st at 9:00AM**
**Friday, June 5, 2026**
**Cost: $14 (does not include food) CASH ONLY**
**Depart the Penny Lane Lot: 9:00AM**
Join us for a self-guided tour of the museum. Lunch will be at the Parkside Cafe.

**LITCHFIELD ANTIQUING**----Litchfield, CT
**Registration opens on Friday, May 29th at 9:00AM**
**Friday, June 12, 2026**
**Cost: $4 (does not include food) CASH ONLY**
**Depart the Penny Lane Lot: 9:00AM *Time Change**
Lunch At The Corner.

**THIMBLE ISLANDS**----Branford, CT
**Registration opens on Thursday, June 4th at 9:00AM**
**Friday, July 17, 2026**
**Cost: $21 (does not include food) CASH ONLY**
**Depart the Penny Lane Lot: 9:00AM**
Lunch at Dockside Seafood & Grille.

## Senior Center Trip Policy Reminders

- **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.

## Bus Trips

**TRIBUTE TO GREASE—PLAINVILLE, CT**
**Wednesday, August 19, 2026**
**Cost: $137 (Checks made to Friendship Tours)**
**Checks and waivers due July 10th.**
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! FAMILY STYLE MENU: Garden Salad, Pasta, Chicken Parmesan & Baked Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert, Beverage.

**HUDSON RIVER CRUISE—KINGSTON, NY**
**Saturday, September 20, 2026**
**Cost: $175 (Checks made to Friendship Tours)**
**Checks and waivers due by August 17th.**
Depart the Penny Lane Lot: 10:00AM
Estimated Return: 6:30PM
Enjoy a bountiful brunch at The Cornell Restaurant on the Kingston waterfront. Located in the heart of downtown Kingston on the historic Rondout, The Cornell offers a dining experience that honors the rich maritime heritage of the Hudson River Valley.
Sample Menu: Eggs Benedict, Omelet Station, French Toast, Home Fries, Muffins, Fried Chicken, Paella, Carving Station, Vegetables, Fresh Fruit and more.

**A TRIBUTE TO THE PLATTERS—PLAINVILLE, CT**
**Wednesday, December 9, 2026**
**Cost: $137 (Checks made to Friendship Tours)**
**Checks and waivers due by November 2nd.**
Depart the Penny Lane Lot: 10:45AM
Estimated Return: 4:15PM
A Tribute to The Platters honors one of the greatest vocal groups of all time. FAMILY STYLE MENU: Garden Salad, Pasta, Roast Turkey & Baked Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert & Coffee.



## 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, June 1st | Tuesday, June 2nd | Thursday, June 4th |
|---|---|---|
| Shrimp Florentine | Chef Salad | Fish Sandwich |
| **Monday, June 8th** | **Tuesday, June 9th** | **Thursday, June 11th** |
| Stuffed Shells and Meatballs | Tuscan Chicken with Rice | Vegetable Quiche |
| **Monday, June 15th** | **Tuesday, June 16th** | **Thursday, June 18th** |
| Roast Beef with Mashed Potatoes | Grilled Chicken Caesar Salad | Taco Salad |
| **Monday, June 22nd** | **Tuesday, June 23rd** | **Thursday, June 25th** |
| Sausage and Peppers with Rice | Pork Loin with Sweet Potato | Chicken Sandwich |
| **Monday, June 29th** | **Tuesday, June 30th** | NEW ENGLAND Young at Heart™ Live Well, Laugh Often, Love Much |
| Turkey Club | Cookout! Hamburger or Veggie Burger | |






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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 1<br>9:00 Time for Exercise<br>9:30 Walking at Mall<br>10:00 BrainBoosters<br>10:30 Yoga<br>11:00 Book Club<br>11:15 Zumba Gold/Tone<br>12:00 Lunch<br>12:30 Computer Tutor<br>12:30 Pickleball Open Ct. | 2<br>9:00 Moderate Yoga<br>10:00 Needlework<br>10:00 Dominoes<br>10:30 Scrabble<br>10:30 Sit and Fit<br>12:00 Lunch<br>12:30 Canasta<br>1:00 Line Dancing | 3<br>9:00 Morning Exercise<br>9:00 Shopping Loop Trip<br>10:00 Tai Chi<br>10:00 Pinochle<br>10:00 Cont. Sign Lang.<br>10:00 Watercolors<br>11:00 Intro Sign Lang.<br>11:00 Zumba Gold/Tone<br>12:30 Pickleball Open Ct. | 4<br>9:00 Chair Yoga<br>9:00 High-Low Aerobics<br>10:00 Pinochle<br>10:00 Needlework<br>10:15 Strength<br>10:30 Sit and Fit<br>12:00 Lunch | 5<br>8:30 Beginner Pickleball<br>9:00 Stop & Shop<br>9:00 Clock Museum<br>10:00 Inter. Pickleball<br>10:00 Painting w/ Jill<br>10:00 Mahjong<br>1:00 Yoga Nidra |
| 8<br>9:00 Time for Exercise<br>9:30 Walking at Mall<br>10:00 BrainBoosters<br>10:30 Yoga<br>11:15 Zumba Gold/Tone<br>12:00 Lunch<br>12:30 Computer Tutor<br>12:30 Pickleball Open Ct.<br>1:15 Alcohol Ink | 9<br>9:00 Moderate Yoga<br>9:00 Grief Support<br>10:00 Needlework<br>10:00 Dominoes<br>10:30 Scrabble<br>10:30 Sit and Fit<br>12:00 Lunch<br>12:30 Canasta<br>1:00 Line Dancing<br>1:00 Bingo | 10<br>9:00 Morning Exercise<br>9:00 Aldi's<br>10:00 Tai Chi<br>10:00 Pinochle<br>10:00 Cont. Sign Lang.<br>10:00 Watercolors<br>11:00 Intro Sign Lang.<br>11:00 Zumba Gold/Tone<br>12:30 Pickleball Open Ct. | 11<br>9:00 Chair Yoga<br>9:00 High-Low Aerobics<br>9:00 Positive Living<br>10:00 Pinochle<br>10:00 Needlework<br>10:15 Strength<br>10:30 Sit and Fit<br>12:00 Lunch<br>1:00 Engaging Move.<br>1:00 Diabetes Manage. | 12<br>8:30 Beginner Pickleball<br>9:00 Shoprite<br>9:00 Litchfield Trip<br>10:00 Inter. Pickleball<br>10:00 Mahjong<br>1:00 Sound Healing |
| 15<br>9:00 Time for Exercise<br>9:30 Walking at Mall<br>10:00 BrainBoosters<br>10:30 Yoga<br>10:30 Strum by the Sound<br>11:15 Zumba Gold/Tone<br>12:00 Lunch<br>12:30 Computer Tutor<br>12:30 Pickleball Open Ct | 16<br>9:00 Moderate Yoga<br>10:00 Needlework<br>10:00 Dominoes<br>10:30 Scrabble<br>10:30 Sit and Fit<br>10:30 The Egg & Heart<br>12:00 Lunch<br>12:30 Canasta<br>1:00 Line Dancing | 17<br>9:00 Morning Exercise<br>9:00 Stop and Shop<br>10:00 Tai Chi<br>10:00 Pinochle<br>10:00 Cont. Sign Lang.<br>10:00 Watercolors<br>11:00 Intro Sign Lang.<br>11:00 Zumba Gold/Tone<br>12:30 Pickleball Open Ct. | 18<br>9:00 Chair Yoga<br>9:00 High-Low Aerobics<br>9:00 Brain Games<br>10:00 Pinochle<br>10:00 Needlework<br>10:15 Strength<br>10:30 Sit and Fit<br>12:00 Lunch<br>1:00 Engaging Move.<br>1:00 Diabetes Manage.<br>7:00 Community Med. | 19<br>The Senior Center will be closed in observance of Juneteenth |
| 22<br>9:00 Time for Exercise<br>9:30 Walking at Mall<br>10:00 BrainBoosters<br>10:30 Yoga<br>11:15 Zumba Gold/Tone<br>12:00 Lunch<br>12:30 Computer Tutor<br>12:30 Pickleball Open Ct. | 23<br>9:00 Moderate Yoga<br>9:00 Grief Support<br>10:00 Needlework<br>10:00 Dominoes<br>10:30 Scrabble<br>10:30 Sit and Fit<br>12:00 Lunch<br>12:30 Canasta<br>1:00 Line Dancing | 24<br>9:00 Morning Exercise<br>9:00 Walmart Shopping<br>10:00 Tai Chi<br>10:00 Pinochle<br>10:00 Cont. Sign Lang.<br>11:00 Intro Sign Lang.<br>11:00 Zumba Gold/Tone<br>12:30 Pickleball Open Ct.<br>1:00 Bingo Party | 25<br>9:00 Chair Yoga<br>9:00 High-Low Aerobics<br>10:00 Pinochle<br>10:00 Needlework<br>10:15 Strength<br>10:30 Simplify Finances<br>10:30 Sit and Fit<br>12:00 Lunch<br>1:00 Engaging Move.<br>1:00 Diabetes Manage. | 26<br>8:30 Beginner Pickleball<br>9:00 Shoprite<br>10:00 Inter. Pickleball<br>10:00 Mahjong<br>12:30 Bingo |
| 29<br>9:00 Time for Exercise<br>9:30 Walking at Mall<br>10:00 BrainBoosters<br>10:30 Yoga<br>11:15 Zumba Gold/Tone<br>12:00 Lunch<br>12:30 Computer Tutor<br>12:30 Pickleball Open Ct. | 30<br>9:00 Moderate Yoga<br>10:00 Needlework<br>10:00 Dominoes<br>10:30 Scrabble<br>10:30 Sit and Fit<br>12:00 Lunch<br>12:30 Birthday Party<br>12:30 Canasta<br>1:00 Line Dancing | | | |

# JUNE 2026

*All virtual programs are written in GREEN text.