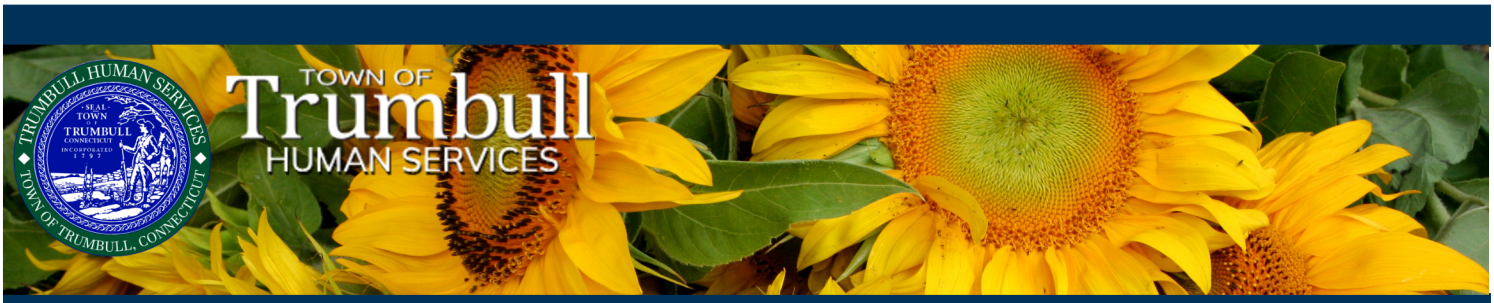


Senior Center Serving Adults Age 55+

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

Commission on Aging

Your Voice Matters: Get to Know the Trumbull Commission on Aging

Did you know that Trumbull has a dedicated team working behind the scenes to champion the needs of our older adults? It is called the **Trumbull Commission on Aging**, and they want to hear from you.

The Commission is an eight-member town board appointed by the First Selectman. By local law, at least four of its members must be age 55 or older, ensuring that real, lived senior experiences guide the town's decisions.

What Does the Commission Do?
The Commission acts as your official voice and advocate in Town Hall. Their core duties include:

- **Studying Local Needs**: They continuously review how Trumbull is doing in relation to housing, economics, employment, health, recreation and other matters.
- **Advising Town Leadership**: They work closely with the Director of the Senior Center and the Parks and Recreation department to advocate for senior programming.
- **Fighting for Funding**: During town budget season, the Commission acts as an advocate before the Board of Finance and Town Council to secure funding for senior services.

Why You Should Attend the Meetings:
Town policies are at their best when residents actively participate. By attending the monthly Commission on Aging meetings, you can:

- Share your first-hand ideas, feedback, and concerns directly with Commission members.
- Learn about upcoming town resources, senior tax relief benefits, and community programs currently in existence or before they launch.
- Help shape the future of things like senior recreation, housing, and transit in Trumbull.

Meetings are free, open to the public, and held on Friday afternoons at 2:00 PM at Trumbull Town Hall. Check the official Town of Trumbull Website for the meeting schedule or see page 4. **Next Meeting:** August 28, 2026.

For more information, please visit: https://www.trumbull-ct.gov/453/Commission-on-Aging

Greatest Rivalry in Sports

Red Sox-Yankees: The Greatest Rivalry in Sports
Monday, August 17th at 10:00 AM

Welcome to the most intense rivalry in American sports - maybe the world. This fun program hosted by award-winning sportswriter, baseball beat writer and book author Marty Gitlin features videos of the biggest moments of the rivalry from well over a century, as well as trivia questions. From the sale of Babe Ruth in 1919 that launched the Yankees dynasty and Curse of the Bambino to Joe DiMaggio vs. Ted Williams to the Brawl of 1967 to Bucky Dent all the way to today! Marty will have his Ultimate New York Yankees Time Machine Book and Ultimate Boston Red Sox Time Machine Book for sale after the event. A Q&A will follow. **To sign up, please call (203) 452-5199.**

Watercolors

Watercolors Painting Class
Friday, August 7th
10:00 AM—11:30 AM
Cost for Residents: $5
Cost for Non-Residents: $7



Join Art Strokes Instructor, Renu Vora for this fun watercolors painting class (sample art shown on right). No experience necessary. All supplies will be provided and are built into the cost of the class. **Spaces are limited. Payment must be received within one week of signup.To sign up, please call (203) 452-5199.**

The Senior Center will be closed on Friday, August 28th for a Professional Development Day.

Care Connection
by Stratford VNA
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Careconnectionsvna.org



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Get a Ride and Get Goin'
Affordable local ride sharing
Available in Trumbull and parts of Monroe with stops in Bridgeport and Sacred Heart University
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Find out more at gbtconnect.org

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www.shswesternct.com

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 (203) 452-5199
jcahill@trumbull-ct.gov

TRANSPORTATION (203) 452-5137
Transportation & Trip Coordinator
Emily Buell (203) 452-5137
ebuell@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
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

August Birthdays

We would like to wish a very happy birthday to:

- John Annick
- Janis Baldino
- Mary Blake
- Joseph Butkus
- Alice Carter
- Rubylyn Charlton
- Sriani Chinniah
- John Cooper
- Phyllis Coppolella
- Anthony D'Aquila
- Paula Davidson
- Peg DeSanty
- Robert Dolyak
- Mina Feola
- Diane Fried
- Mark Gang
- Bennett Hersch
- Dolores Kopchik
- Edith Kreisman
- Joyce Michaels
- Susan Oprendek
- Michael Oprendek
- Bharati Panya
- Bessie Papadopoulous
- Diane Rivers
- Myrna Rodriguez
- Carol Rose
- Lynn Roucken
- Alice Santangini
- Michael Sciarra
- Rosemary Sierer
- Andrea Simpson
- Gail Usher
- Jane Werthmann
- Kelley Wright
- Stanley Wuchek Sr.



Poll Workers Needed



Trumbull needs poll workers to help make sure in-person voting is safe and all eligible votes are counted.

Responsibilities include greeting and checking in voters, handing out ballots, guarding the voting machines, and helping voters with visual or mobility issues.

You must be 16 or older to apply. Compensation ranges from $200 to $350 and you must attend a training session prior to the election, which is usually held on the Thursday evening before Election Day. Election Day start time is 5:00 AM; end time is 9:00 PM or later, depending on how long it takes to make sure that all the votes have been correctly counted. You must work the full day. The town provides lunch and dinner for all poll workers. (Primary, August 11, 2026 and November 3, 2026). **If you are interested in working, please contact the Trumbull Registrars' Office at: (203) 452-5058 or (203) 452-5059.**

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.

Smart Driving

AARP Smart Driver Course
Thursday, August 13th
9:00 AM to 1:00 PM

AARP Driver Safety

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.**

Improv Workshop

Fun, Laughter, Connection through Improvisation (Improv) 10-Week Workshop
Thursdays at 1:00 PM
July 23rd through September 24th

Curious about Improv, but not interested in "performing?" This class is designed just for you! There's no stage, no audience, and absolutely no pressure—just a welcoming group enjoying creative and funny Improv exercises–all at your comfort level. These activities gently stretch and tone the brain, help improve memory, and stimulate new brain connections that support creative thinking. Participants often find themselves feeling more relaxed, more adaptable, and better able to approach everyday situations with fresh perspective. Join Tori Lawlor, Improv/Acting teacher of over 13 years and share laughs, mental stimulation, and the simple joy of trying something new, without ever having to "perform"!

Attendance each week is not required, participants can drop in at any point in the workshop! To sign up, please call (203) 452-5199.

Garden to Table

Making the Most of Your Harvest with Chef Raquel
Wednesday, August 26th
at 11:00 AM

BRINGING GOOD FOOD TO ALL
A PINCH OF SALT
CHEF RAQUEL RIVERA

Join Chef Raquel Rivera of A Pinch of Salt for a cooking demonstration and learn how to turn your garden's fresh produce into a hearty, flavorful vegetarian chili. Samples of the finished dish will be provided. **Spaces are limited and pre-registration is required. To sign up, please call (203) 452-5199.**

Ad Spaces Available



Commission on Aging

Commission on Aging Meeting Dates for 2026

- Friday, August 28, 2026
- Friday, September 25, 2026
- Friday, October 23, 2026
- Friday, November 20, 2026
- Friday, December 11, 2026

Meetings will be held at 2:00 PM at Town Hall Chambers.

Mahjong Lessons

Beginner Mahjong
3-Week Workshop
Thursdays at 10:30 AM
September 10th, 17th & 24th

Curious about Mahjong? Join our 3-week workshop for fun and friendly classes designed for those who are new to the game. This is a great opportunity to learn the basics of the game and build your confidence as you play. Space is limited, membership and pre-registration are required to attend. Beginners only. **Registration is required by calling (203) 452-5199.**



IN PERSON PROGRAMS AND GAMES CAREGIVERS ARE ALWAYS WELCOME!

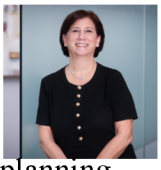
Book Club—1st Monday of every month at 11:00 AM

- **Monday, August 3rd**—Queens of Crime by Marie Benedict
- **Monday, September 14th**—Long Island by Colm Toibin
- **Monday, October 5th**—The Stolen Queen by Fiona Davis

Mental Health Matters at Every Age
Monday, August 3rd
at 10:30 AM

Join M.J.A. Behavioral Health and Wellness and Nurse Susan for Mental Health Matters at Every Age, an engaging and informative presentation focused on reducing the stigma surrounding mental health and promoting emotional wellness in older adulthood. We'll discuss common challenges such as stress, grief, anxiety, depression, loneliness, and life transitions, while sharing practical strategies for maintaining mental well-being and supporting others. Participants will learn how to recognize when someone may need help, explore healthy coping skills, and discover that seeking support is a sign of strength. This presentation aims to foster connection, resilience, and the understanding that mental health is an essential part of healthy aging. **To sign up, please call (203) 452-5199.**

Critical Role of Elder Law Attorney
Monday, August 10th
at 10:30 AM



An elder law attorney can provide crucial support for a loved one by addressing legal, financial, and healthcare needs. Please join estate planning and elder law attorney Denise Mortati of Cohen and Wolf, P.C. for a presentation on how an elder law attorney can assist you with navigating the issues involved, and steps to be taken regarding their care. **To RSVP, please call (203) 452-5199.**

Brain Games
Thursday, August 6th & 20th
at 9:00 AM

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

Positive Living with Nurse Susan
Thursday, August 13th
at 10:30 AM *NEW TIME!*

2nd Thursday of every month
Join Nurse Susan every month for coffee, a free raffle and discussion on a variety of topics. This month's topic affects all of us. We will talk about data from Connecticut's Healthy Aging Data Report. There are many interesting statistics about people over the age of 60 in Connecticut. Be informed about how things are changing for Seniors in our community. **To sign up, please call (203) 452-5199.**

Bingo

- **Tuesday, August 18th at 1:00 PM**
  Sponsored by Regional Hospice

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

CaptionCall
Monday, August 24th
at 10:30 AM

Join our event to learn about true no-cost telephone captioning. CaptionCall does not charge for the captioning service, phone or mobile app, delivery, or any form of customer support. If you have hearing loss and need captioned telephone service to use the phone effectively, you are eligible for this no-cost federally funded service. **To sign up, please call (203) 452-5199.**

Monthly Birthday Party
Tuesday, August 25th

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 10:15 AM ***NEW TIME!***

Zumba Gold and Toning with Pauline
Wednesdays at 11:15 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, August 20th at 7:00 PM
Third Thursday of each month.
No experience is necessary.

EXERCISE CLASSES IN PERSON

All participants must sign in for classes at the kiosk or with the main office. Thank you!

Time for Exercise with Nancy
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 ***New!***
Tuesdays at 10:00 AM
July 7th—August 25th

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 8/13)
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
Thursdays at 1:00 PM
June 11th—August 6th
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, August 21st at 1:00 PM
(No class on 8/7)
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, August 14th 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

The 2025 Connecticut Healthy Aging Data Report might interest those 60+ in our community. They are 25% of the state population and growing. The report has statistics on the population 65+ and disparities between men and woman's health. For example, women are six times more likely than men to have osteoporosis. Men have higher rates of heart disease, atrial fibrillation, and congestive heart failure. You can see this report at healthyagingdatareports.org. 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, August 11th & 25th**. 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

TPAUD, Trumbull's Prevention Partnership is a community coalition dedicated to promoting the health, safety, and well-being of Trumbull residents. While much of our work focuses on supporting youth and families, the insight and experience of older adults are essential in helping us build a stronger, healthier community for all generations.

We invite you to share your perspective through a brief community survey about factors that help keep our community safe, connected, and resilient. Your feedback will help identify community strengths and needs, guide local prevention efforts, and shape programs that support all Trumbull residents.

The survey is anonymous and takes approximately 5 minutes to complete. We encourage you to participate and make your voice heard by scanning the QR code below. Your experiences and observations can make a meaningful difference!

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.

BACK TO SCHOOL TIME

Before you know it, school buses will be filled with kids again! Help us get them ready for a great start to the new year. Social services is seeking donations of school items and gift cards to fill backpacks for our friends and neighbors.

Needed School Supplies: notebooks, filler paper (wide & college ruled), pencils, pens, highlighters, crayons, glue sticks, folders, pencil cases, and lunch boxes.

Gift Card Donations are Welcome: Target, Walmart, Staples & Dollar Tree $25.00/$50.00.

Tax FREE shopping week is: August 16th through August 22nd.

Clothing and footwear items under $100.00 per item are tax exempt as well.*

For more information, please contact Social Services at (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 FARMERS' MARKET VOUCHERS

Vouchers are available again this season for those that meet the qualifying guidelines based on monthly income.

Single: $2,461.00
Married: $3,337.00

The application period is May 1st through 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.



SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

The Senior Community Service Employment Program (SCSEP) helps low-income adults aged 55 and older get back into the workforce.

Participants get temporary work assignments where they learn new skills and gain work experience. These jobs usually offer 20 hours per week at minimum wage. The program also provides extra training and support to help older adults find long-term employment after completing the program.

To join the program, you must:

- Be unemployed
- Be 55 years or older
- Live in Connecticut
- Have a family income no higher than 125% of the federal poverty level

For more information please visit: The WorkPlace Inc. www.workplace.org/maturityworks

Providers in your area:
1000 Lafayette Blvd, 5th Fl,
Bridgeport, CT 06604
Corrine Harris, 203-930-1637
Email: charris@workplace.org

458 Grand Ave, Rm 110,
New Haven, CT 06513
Corrine Harris, 203-930-1637
Email: charris@workplace.org

Associates for Training and Development
Whitneyville Cultural Commons
1253 Whitney Ave
Hamden, CT 06517
Rick Bugbee
Phone: 1-800-439-3307
Email: rbugbee@a4td.org

Please stop by Social Services to pickup flyers with additional information.

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, AUGUST 5TH.**

TRADER JOES/ALDI: We will be rotating between Aldi and Trader Joe's each month. **This month will be an Aldi's trip.** Estimated pick up time is between 9:00-9:45AM. Shop for an hour, then return home. The Aldi shopping date is **WEDNESDAY, AUGUST 12TH.**

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, AUGUST 19TH.**

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, August 28th has been rescheduled to Wednesday, August 26th.**

Leisure Trips



CAPTAINS COVE—Bridgeport, CT
Wednesday, August 26, 2026
Cost: $4 (Doesn't include lunch) CASH ONLY
Depart Penny Lane Lot: 11:15 AM

MISS DALLAS' SHOP—Milford, CT
Registration opens Thurs., August 6th at 11:30 AM
(In person registration, see next column for more info.)
Friday, September 11, 2026
Cost: $4 (does not include food) CASH ONLY
Depart the Penny Lane Lot: 10:00 AM
Lunch at Pop's Diner.

PORT JEFF FERRY—Port Jeff, NY
Registration opens Thurs., August 13th at 11:30 AM
(In person registration, see next column for more info.)
Friday, September 18, 2026
Cost: $4 (does not include ferry ticket) CASH ONLY
Depart the Penny Lane Lot: 8:45 AM
FERRY DEPARTURE TIME: 2:00 PM

Bus Trips

TRIBUTE TO GREASE—PLAINVILLE, CT
Wednesday, August 19, 2026
***Registration for this trip is currently closed.**
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
Sunday, 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: 10:45 AM
Estimated Return: 4:15 PM
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.

Trip Registration Update

Effective July 1, 2026: All trip registrations will be IN PERSON ONLY at designated registration time.

- Membership is required at time of signup.
- You may register yourself and one other member.
- Payment must be made at the time of signup to hold your seat.
- If you are unable to be here at the time of registration, someone else may register for you.
- Phone registrations will no longer be accepted. Requests for reasonable accommodations will be handled on an individual basis. Please see Transportation for a full copy of our Trip Policy and for information regarding accommodation requests for registration.
- 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, August 3rd	Tuesday, August 4th	Thursday, August 6th
BBQ Roasted Chicken	Meat Loaf with Mashed Potatoes	Tuna Salad with Vegetable Soup
Monday, August 10th	**Tuesday, August 11th**	**Thursday, August 13th**
Summer Harvest Primavera	Stuffed Peppers	Grilled Chicken Caesar Salad
Monday, August 17th	**Tuesday, August 18th**	**Thursday, August 20th**
Turkey Vegetable Bake	Eye of Round	Pizza Day!
Monday, August 24th	**Tuesday, August 25th**	**Thursday, August 27th**
Shrimp Florentine	Cookout! Hamburger or Veggie Burger	Turkey Club and Cabbage Soup
Monday, August 31st		
Sausage and Peppers		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Time for Exercise 9:30 Walking at Mall 10:15 Yoga (Zoom) 10:30 Mental Health 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct	4 9:00 Moderate Yoga 10:00 Needlework 10:00 Dominoes 10:00 Tap 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	5 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. 11:15 Zumba (Zoom) 12:30 Pickleball Open Ct.	6 9:00 Chair Yoga (Zoom) 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Diabetes Manage. 1:00 Improv 1:00 Engaging Move.	7 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Inter. Pickleball 10:00 Mahjong 10:00 Watercolors Class
10 9:00 Time for Exercise 9:30 Walking at Mall 10:15 Yoga (Zoom) 10:30 Elder Law Atty. 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct	11 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework 10:00 Dominoes 10:00 Tap 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	12 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. 11:15 Zumba (Zoom) 12:30 Pickleball Open Ct.	13 9:00 Chair Yoga (Zoom) 9:00 AARP Safe Driver 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit & Fit (Zoom) 10:30 Positive Living 12:00 Lunch 1:00 Improv	14 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Sound Healing
17 9:00 Time for Exercise 9:30 Walking at Mall 10:00 Red Sox-Yankees 10:15 Yoga (Zoom) 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct	18 9:00 Moderate Yoga 10:00 Needlework 10:00 Tap 10:00 Dominoes 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Bingo	19 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. 11:15 Zumba (Zoom) 12:30 Pickleball Open Ct.	20 9:00 Chair Yoga (Zoom) 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Improv 7:00 Community Med. (Zoom)	21 8:30 Beginner Pickleball 9:00 Stop and Shop 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Yoga Nidra
24 9:00 Time for Exercise 9:30 Walking at Mall 10:15 Yoga (Zoom) 10:30 CaptionCall 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	25 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework 10:00 Dominoes 10:00 Tap 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:30 Birthday Party 12:30 Canasta 1:00 Line Dancing	26 9:00 Morning Exercise 9:00 Shoprite 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:00 Making the Most 11:15 Zumba (Zoom) 12:30 Pickleball Open Ct.	27 9:00 Chair Yoga (Zoom) 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Improv	28 The Senior Center will be closed for a Staff Development Day.
31 9:00 Time for Exercise 9:30 Walking at Mall 10:15 Yoga (Zoom) 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.				

August 2026

*All virtual programs are written in GREEN text.