

Senior Center Serving Adults Age 55+

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

Celebrate National Senior Center Month with Us!

Happier Birthdays Happen Here: Celebration Dance
Tuesday, September 15th
1:00 PM to 3:00 PM
Cost: $3 for Residents and $5 for Non-Residents/Guests

Join us for a special dance as we celebrate National Senior Center Month and the people, connections, and community that make our center special—because happier birthdays happen here. The dance will include a DJ, dancing, drinks, refreshments, and a tarot card reader. Members are welcome to bring one guest to experience everything the Senior Center has to offer! **Registration is required by calling (203) 452-5199. Payment must be received within one week of signup.**



This year's National Senior Center Month theme, "Happier Birthdays Happen Here", celebrates the joy, connection, purpose, and vibrant community that senior centers provide every day. It's a reminder that every birthday is an opportunity to celebrate not just growing older, but living well at every stage of life.

This event will bring together friends and community members for an afternoon of music, dancing, laughter, and celebration. Together, we'll recognize how our senior center helps promote healthy aging, meaningful friendships, lifelong learning, wellness, and independence.

As we celebrate every age and every stage, we'll highlight the many programs, services, and opportunities that enrich lives and support longevity and quality of life. At our senior center, we don't just celebrate age—we celebrate the journey, the connections we build, and the community that makes happier birthdays happen here. Come dance, celebrate, and discover why our senior center is a place where friendships flourish, memories are made, and every stage of life is embraced. Because happier birthdays really do happen here!

Line Dancing - Beginners Welcome

Line Dancing with Tom Mohyde
Every Tuesday at 1:00 PM
(No class on 9/15, join us at our dance!)

During the month of September, our line dancing class will focus on beginners, but everyone is welcome! Join Tom to learn new dances, have fun, exercise, and meet new people.

Dance to the music you grew up with while improving your balance, memory, and fitness. One class provides exercise equivalent to walking about one and a half miles, making line dancing a fun and rewarding way to stay active.

Senior Picnic

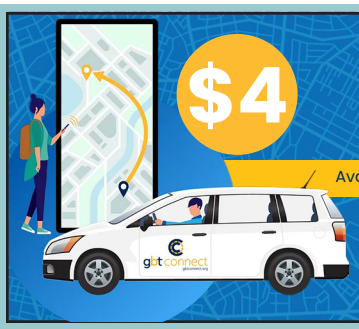
Trumbull Rotary Club's Annual
Gaetano "Guy" DeFeo Senior Picnic
Friday, September 25th
at 12:00 PM

You are invited to a free picnic at the Trumbull Town Green hosted by the Trumbull Rotary Club. It's a great opportunity for fellowship and lunch! **To RSVP, please call (203) 452-5199. To arrange for transportation, please call (203) 452-5137.**

Rotary Club of Trumbull

The Senior Center will be closed on Monday, September 7th in observance of Labor Day.

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Law Offices of Denise A, Mortati, LLC
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Attorney at Law
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Specializing in Estate Planning | Probate | Elder Law
P.O. Box 110294 | 2 Corporate Dr. | Ste. 201 | Trumbull, CT 06611
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Like getting a little help from your friend.
For Seniors By Seniors! Our mature caregivers provide professional, non-medical and heartfelt companionship and assistance with light housekeeping, meal prep, transportation and much more. We brighten and empower the lives of seniors from the comfort of their own homes.
(475) 324-0004
info@shswesternct.com
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

September Birthdays

We would like to wish a very happy birthday to:

- Mary Ann Abercrombie
- Michael Ales
- Elaine Annick
- Sharyn Beardsley
- Renee Bombero
- Annie Chen
- Rose Clark
- Florence Clomiro
- Nancy DeRegt
- Rosemary Dobosz
- Kathleen Ebert
- Arlene Finali
- Mickie Hope
- Agnes Horton
- Fannie Jackson
- Sue Kallay
- Avinash Kaur
- Helen Krehley
- Samuel Lupo
- Joan Munves
- Sandra Naughton
- Joanne O'Rourke
- Kamal Pandya
- Mary Radocchio
- Joao Ribeiro
- Dulcie Rathna Samaranayake
- Mark Schickler
- Annette Schultz
- Cindy Sledz
- Joanne Sloan
- Michele Stampleton
- John Strich
- Silvia Toth
- Angela Vartuli
- Julene VonGlinsky
- Margo Zboray



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.

Mahjong Lessons

Beginner Mahjong 3-Week Workshop
Thursdays at 10:30 AM
September 10th, 17th & 24th
(Full Class - Waitlist is Available)

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.**

Art Workshop

4-Week Art Workshop
Fridays from 10:00 AM to 12:00 PM
September 4th through September 25th
Registration opens on Monday, August 31st at 9:00 AM

Join Instructor and Artist Thomas Doty for this four-week studio-style workshop where students work independently on their own painting projects and at their own skill levels. The instructor will provide individualized guidance, feedback, demonstrations, and encouragement as needed. Students are responsible for their own art supplies (paint, brushes, canvas, etc.). **Cost: $10 for Residents and $20 for Non-Residents. Payment must be received within one week of signup. Limited seats available (70% reserved for residents). To sign up, please call (203) 452-5199.**

Commission on Aging

Commission on Aging Meeting Dates for 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.

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.

American Red Cross Blood Drive



Blood Drive

Trumbull Health Department
Trumbull Senior Center

Held in the Smile-A-While Auditorium
23 Priscilla Place
Trumbull, CT 06611

Friday, September 18, 2026
9:00 a.m. to 2:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: trumbullhealth to schedule an appointment.

Scan to be directed to RapidPass®

The American Red Cross and Hello Kitty are releasing exclusive NEW merch! Come give blood Sept. 1-20 for a supercute Red Cross x Hello Kitty collectible item, while supplies last!

Scan to schedule an appointment.

1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App

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IN PERSON PROGRAMS AND GAMES — CAREGIVERS ARE ALWAYS WELCOME!

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

- **Monday, September 14th**—Long Island by Colm Toibin
- **Monday, October 5th**—The Stolen Queen by Fiona Davis

Think with Your Gut
Wednesday, September 2nd at 10:30 AM

Join Registered Dietitian Nutritionist Zara Awan to learn about fiber and the overall importance of incorporating fiber in your diet. Handouts and recipes available for all. **To sign up, please call (203) 452-5199.**

Caring Through Cancer: How to Support a Loved One Through a Cancer Diagnosis and Treatment Journey
Thursday, September 3rd at 10:30 AM

Join Nurse Susan and In-Home Angels for Snacks and Support! A presentation on supporting someone on their cancer journey. We will share practical tips to help individuals, families, friends, navigate a cancer diagnosis. Through resources and shared experiences, we help families feel informed, supported, and less alone every step of the way. Whether you are facing a diagnosis, supporting a loved one, or seeking connection and/or understanding on this topic, we welcome you to join us. The session will end with a free raffle! **To sign up, please call (203) 452-5199.**

Brain Games
Thursday, September 17th at 9:00 AM

1st & 3rd Thursday of each month.
There is no Brain Games on 9/3.
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, September 10th at 10:30 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 how your family and extended family experience illness. Also, natural remedies you use when you're under the weather. Does a piece of chocolate and some sunshine help you feel better mentally? Come for the fellowship and some great raffle prizes! **To sign up, please call (203) 452-5199**.

Watercolors with Renu
Monday, September 21st 10:00 AM to 11:30 AM

Join Art Strokes Instructor, Renu Vora for this fun watercolors painting class. 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.**

Introduction to AI
Thursday, September 24th at 10:30 AM

Join Perrin Hamilton for a plain-language introduction to Artificial Intelligence—what it is, how it works, and what it means for your everyday life. Perrin owns A Place At Home Fairfield South a provider of non-medical home care services in Fairfield County. Before opening this business he worked for large technology companies that leverage AI in almost every major business function. His experience includes having led a global strategy team at Uber and launching new products at DoorDash. He also holds an MBA from The Wharton School at the University of Pennsylvania. **To sign up, please call (203) 452-5199.**

Bingo

- **Tuesday, September 8th at 1:00 PM**

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

Monthly Birthday Party
Tuesday, September 29th

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 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

***No Pickleball on 9/18**

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

Zumba Gold and Toning with Pauline
Wednesdays at 11:15 AM (No Class on 9/2)

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, September 17th 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
Mondays at 9:00 AM
Returns September 21st!
Full-body exercise that combines cardio, strength training, and rhythm-based movements using lightly weighted drumsticks to perform various exercises.

Zumba Gold and Toning with Pauline
Mondays at 11:15 AM
Zumba Gold-Toning is a low impact, providing reduced moves which addresses all the major muscle groups during a fun and easy to follow dance class.

Moderate Yoga with Jeannie
Tuesdays at 9:00 AM
A mindful class connecting your body, mind and soul through stretching, strengthening, deeper breathing and balance with a focus on getting healthy without getting hurt. Please bring a yoga mat.

Tap with Rose 8-Week Workshop
Tuesdays at 10:00 AM ***Returns in October!***

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
No Class on 9/15. Join us for our dance!
Whether you love to dance or want to learn new dances, this is a great way to exercise and socialize!

Stretch & Zumba Gold with Nancy
Wednesdays at 9:00 AM
Jump start your day with a combination of stretching with an exercise ball, aerobic/dance movements, and Zumba Gold to help improve coordination, balance, and overall flexibility - in a fun environment. Senior Center will provide exercise balls for the stretch portion of the class.

Tai Chi with David
Wednesdays at 10:00 AM
Tai Chi's flowing moves, executed slowly and gracefully, improve flexibility, strength, and balance.

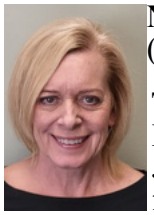
High-Low Aerobics & Balance with Heather
Thursdays at 9:00 AM
Join us for some fun aerobic intervals and easy-to-follow cardio interval combinations set to upbeat music. Please bring your own weights.

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

Yoga Nidra with Deborah Swann
Friday, September 4th & 18th 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, September 11th 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 Nurse Susan at (203) 452-5134 for more information.**

Health Tip From Wellness Nurse Susan

Why does it seem there are more recalls on food than years ago? One reason is better technology for detection. Labs use advanced DNA testing that is faster and more sensitive to spot tiny traces of bacteria or parasites, but recalls aren't always because of organisms. Recalls can be because of foreign objects like broken glass, plastics, and metal found in the products.

According to the American Academy of Microbiology, we may see increases of food recalls from climate changes like higher humidity. Higher humidity helps the growth of bacteria and parasites on produce. 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, September 8th & 22nd**. 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

Let's Shine a Light on Hope - September is Suicide Prevention Month, a time to raise awareness, reduce stigma, and foster connection, compassion, and hope. In recognition of World Suicide Prevention Day, please join us for the "Shining Together for Suicide Prevention" Vigil on Thursday, September 10th at 6:00 pm at the Trumbull Town Hall Gazebo, in remembrance, reflection, and hope for a future where more people feel seen, heard, and supported.
This event honors the lives lost to suicide, supports those who have been impacted, and sends a powerful message that every life matters. Whether you have been personally affected by suicide or simply wish to stand in solidarity with others, all are welcome to attend. Your presence can make a meaningful difference in reminding someone they are not alone.

In September we also celebrate National Recovery Month, a time to recognize that recovery from mental health conditions and substance use disorders is possible. Recovery is a journey of resilience, courage, and hope for those living healthy, fulfilling lives in recovery, supported by family, friends, and community.

This month, let us honor those we have lost, support those who are struggling, and celebrate the strength of those in recovery. By reaching out, listening without judgment, and caring for one another, we help build a community where hope can shine brightly for everyone.

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, SEPTEMBER 2ND.**

TRADER JOES/ALDI: We will be rotating between Aldi and Trader Joe's each month. **This month will be a Trader Joe'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, SEPTEMBER 9TH.**

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, SEPTEMBER 16TH.**

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

Bus Trips

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.

Leisure Trips

MISS DALLAS' SHOP—Milford, CT
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
Friday, September 18, 2026
Cost: $4 (does not include ferry ticket) CASH ONLY
Depart the Penny Lane Lot: 8:45 AM
Ferry Departure Time from Port Jeff: 2:00 PM

KATHARINE HEPBURN MUSEUM—Old Saybrook, CT
Registration opens on Thurs. Sept. 10th at 11:30AM
By phone only, please call (203) 452-5137
Friday, October 23, 2026
Cost: $14 (does not include lunch) CASH ONLY
Depart the Penny Lane Lot: 8:45 AM
Lunch at Little Pub.

Trip Registration Update

Based on survey results, effective September 1, 2026: All trip registrations will be BY PHONE ONLY at designated registration time, please read below for more information. For full policy, please see Emily.

- **Membership is required to participate in Senior Center Sponsored Trips.**
- **Reservations are accepted by phone only. To reserve a seat, call the Transportation Line at (203) 452-5137 and leave a timestamped voicemail.** Calls will not be answered during registration. Calls made to any other phone number, in-person reservations, and email submissions will not be accepted.
- Calls must be placed at or after the designated registration time. Any voicemail received before the official registration time will be voided. For example, if registration opens at 9:00 AM, a voicemail left at 8:58 AM will not be counted (no exceptions).
- You must be a current member to make a reservation. Each member may reserve a seat for themselves and one additional member only.
- Payment is due within one week of making your reservation. If payment is not received within that time, your reservation will be forfeited, and your seat will be offered to the next person on the waitlist.
- Due to high demand, 70% of available seats are reserved for Trumbull residents.
- A waitlist will be maintained for every trip.
- Only cash payments are accepted.

Please note: The Senior Center reserves the right to cancel or modify a trip due to weather, insufficient registration, or circumstances beyond its control.

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.

	Tuesday, September 1st	Thursday, September 3rd
	Beef Stroganoff	Shrimp Florentine
Monday, September 7th	**Tuesday, September 8th**	**Thursday, September 10th**
The Senior Center will be closed.	Pasta with Meatballs	Chicken Salad
Monday, September 14th	**Tuesday, September 15th**	**Thursday, September 17th**
Baked Cod	Meat Loaf	Beef Lasagna
Monday, September 21st	**Tuesday, September 22nd**	**Thursday, September 24th**
Lemon Herb Chicken	Beef Tips	Sausage and Peppers
Monday, September 28th	**Tuesday, September 29th**	NEW ENGLAND Young at Heart™ Live Well, Laugh Often, Love Much
Turkey Melt	Cookout: Hamburger or Veggie Burger	





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 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	2 9:00 Stretch & Zumba 9:00 Shopping Loop 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 10:30 Think w/ Your Gut 11:00 Intro Sign Lang. 10:30 Think w/ Your Gut 12:30 Pickleball Open Ct.	3 9:00 Chair Yoga (Zoom) 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Caring-Cancer 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Improv	4 8:30 Beginner Pickleball 9:00 Stop & Shop 10:00 Inter. Pickleball 10:00 Mahjong 10:00 Art Workshop 1:00 Yoga Nidra
7 The Senior Center will be closed in observance of Labor Day.	8 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 1:00 Bingo	9 9:00 Stretch & Zumba 9:00 Trader Joes Shop 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.	10 9:00 Chair Yoga (Zoom) 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Positive Living 10:30 Mahjong Lessons 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Improv	11 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Miss Dallas Shop 10:00 Inter. Pickleball 10:00 Mahjong 10:00 Art Workshop 1:00 Sound Healing
14 9:00 Time for Exercise 9:30 Walking at Mall 10:15 Yoga (Zoom) 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct	15 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 Dance	16 9:00 Stretch & Zumba 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.	17 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 Mahjong Lessons 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Improv 7:00 Community Med. (Zoom)	18 8:45 Port Jeff Trip 9:00 Blood Drive 9:00 Stop and Shop 10:00 Mahjong 10:00 Art Workshop 1:00 Yoga Nidra
21 9:00 POUND 9:30 Walking at Mall 10:00 Watercolors 10:15 Yoga (Zoom) 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	22 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	23 9:00 Stretch & Zumba 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.	24 9:00 Chair Yoga (Zoom) 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Intro to AI 10:30 Mahjong Lessons 10:30 Sit & Fit (Zoom) 12:00 Lunch 1:00 Improv	25 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Inter. Pickleball 10:00 Mahjong 10:00 Art Workshop 12:00 Rotarty Club Picnic at Town Hall
28 9:00 POUND 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.	29 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 Birthday Party 12:30 Canasta 1:00 Line Dancing	30 9:00 Stretch & Zumba 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.	SEPTEMBER 2026 *All virtual programs are written in GREEN text.	