



# THE CENTER AT PRISCILLA PLACE



*Senior Center Serving Adults Age 55+*

**23 Priscilla Place • Trumbull, CT 06611**

**(203) 452-5199**

**AUGUST 2019**

## Director of Human Services

Michele Jakab (203) 452-5144  
mjakab@trumbull-ct.gov

## Administrative Assistant

Ashley Grace (203) 452-5199  
agrace@trumbull-ct.gov

## Senior Center Receptionist

Jeannie Franco (203) 452-5199  
jfranco@trumbull-ct.gov

## Social Services (203) 452-5198

Jennifer Gillis (203) 452-5133  
jgillis@trumbull-ct.gov

Ashley Sylvester (203) 452-5135

asylvester@trumbull-ct.gov

## Food Pantry

Karen Seferi (203) 452-5136  
kseferi@trumbull-ct.gov

## Wellness Nurse

Victoria Benoit (203) 452-5134  
vbenoit@trumbull-ct.gov

## First Selectman

Vicki Tesoro (203) 452-5005

## SENIOR CITIZEN COMMISSION

**Chair**-Mary Isaac

**Co-Chair**-Ron Foligno

**Secretary**-Marcy Kelly

**Clerk** - Barbara Crandall

Evelyn Wiesner

Jean DaRold

Michael Ganino

Mark Ryan

## CENTER HOURS

Monday-Friday 9:00 AM—4:00 PM



## SAVE THE DATE

### Annual Senior Picnic

Hosted by the Trumbull Rotary Club

**Thursday, September 12<sup>th</sup> at 12:00 PM**

Seniors are invited to a free picnic under a tent on the town green.  
It's a great opportunity for fellowship and a free lunch!

**Held at Trumbull Town Hall.**

To RSVP, please call (203) 452-5199

*Sign up is required.*



## Have lunch and enjoy the music of DJ Al Song!

He has over 20,000 songs!  
Request Italian, Irish, Polish,  
Spanish, whatever you want,  
he has it!

Al plays the second and fourth  
Wednesday of each month at lunch  
time in the dining room.

- **Wednesday, August 7th**
- **Wednesday, August 21st**

*To make a lunch reservation,  
please call (203) 378-3086  
two days in advance.*

Suggested donation of \$3.25



## Trumbull Senior Center's 2nd Annual Drama Show Friday, August 16th at 11:00 AM



Enjoy a mysterious murder mystery  
show performed by the Drama Club.

**Members: Free**

**Non-members: \$5.00 Per Person**

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

*This show will be in memory of  
Victor Casaretti.*

## Meet with the Social Services Department

Ashley Sylvester, Social Worker, will  
be available to answer your questions  
and provide outreach services at the  
Trumbull Library on Quality Street the  
2nd and 4th Monday of each month  
from 12:00 PM—2:00 PM.

**Ashley Sylvester: (203) 452-5135**



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Trumbull Senior Center

06-5293



## WORKSHOPS, LUNCH AND LEARNS, EVENTS

### Wellness Talk with Michiko

Friday, August 2nd

11:00 AM

Join Michiko, a Rite Aid Wellness Ambassador, for a "Wellness Talk" about vitamins and supplements. For more information and to RSVP, please call (203) 452-5199.

### Lunch and Learn

#### Reverse Mortgages

Tuesday, August 13th

10:30 AM

Join Atlantic Home Loans for an informative presentation about reverse mortgages. Lunch will be provided and a raffle will be drawn! Be sure to sign up. For more information and to RSVP, please call (203) 452-5199.

### Bar Balance Class

Tuesday, August 13th

1:00 PM

Jeff Ciolino of Lifelong Therapeutics will be presenting and leading an interactive Bar Balance class and discussing the benefits of stretching and balance exercises. Light snacks, beverages, and goody bags will be provided by Sunrise of Fairfield. To RSVP, please call (203) 452-5199.

### Sue's Salon

Haircuts, manicures & pedicures. Licensed.

#### Appointments:

(203) 981-7061

#### Price List:

Shampoo/set/blow dry:  
\$15.00

Shampoo/cut: \$18.00

Neck Trim: \$10.00

Color/cut/set: \$50.00 +

Perm/wash/cut/set/blow dry: \$65.00

### Women and the Civil War

Presented by Brien Brown

Wednesday, August 14th

11:00 AM

Join Connecticut Author, Brien Brown, for a discussion about women and the Civil War. Until the last years of the Vietnam War, more Americans died in the Civil War than in all our other wars combined. The ways men were affected are obvious. Much less obvious are the ways it affected a generation of women raised to believe their purpose in life was to be wives and mothers. To RSVP, please call (203) 452-5199.

### White House Memories

Tuesday, August 20th

11:00 AM

Join Alan Devalerio, a former White House butler, for an exciting presentation as he gives you inside details about the preparations involved in White House entertaining, and how it has evolved over the years from FDR to the present. Not only will he relate his firsthand experiences with history, but he'll pass on the stories he heard from those who have been taking care of our First Families ever since the Franklin Roosevelt administration. For more information and to RSVP, please call (203) 452-5199.

### Elder Law Discussion

Thursday, August 22nd

5:30 PM

Attorney Lyn Eliovson, from Eliovson & Tenore Law Offices, will present a round table discussion about elder law. For more information and to RSVP, please call (203) 452-5199.

### Upcoming Programs

- **Mlima's Tale at the Westport Country Playhouse**  
*Wednesday, October 16th*  
*Payment due Friday, September 27th*  
**\$32.00—Checks only; written out to Westport Country Playhouse.**

*From the two-time Pulitzer Prize-winning playwright of **Ruined and Sweat**. **Mlima's Tale** is a powerful, theatrical fable about a magnificent and beloved Kenyan elephant named Mlima hunted for his coveted ivory tusks. Playwright Lynn Nottage recently made the list of Time's 100 Most Influential People in 2019.*

*Transportation available.*

*Maximum 20 seats on the bus.*

*To RSVP, please sign up and pay at the front desk.*

### **Summer Concerts at the Town Hall Gazebo** Tuesdays from 7:00 pm to 8:30 pm

Concerts in the Park Presented by the Mallett Trust.

Grab your lawn chair and join us every Tuesday for an outdoor concert.

*Rain date is the Thursday of the same week unless otherwise noted.*

**August 6** - The Bernadettes

**August 13** - I'Liguri

**August 20** - Mia and the Riff

**August 27** - Kathy Thompson Band

**September 3** - The Barons

### **Children's Summer Concerts at Twin Brooks Park** Tuesdays from Noon-1:00 PM

**August 6** - Marcia Louis

**August 20** - Tom Weber

## PROGRAMS

### Knitting & Crochet Group

Every Tuesday

10:00 AM

Please bring your own supplies. Extra yarn is available. Donations welcomed. New members are welcomed and the group is eager to learn new concepts, share skills, and make new friends!

### Daily Lunch Program

Join us for a hot lunch  
Monday-Friday at 11:45 AM.

Reservations required 2 days in advance. Call (203) 378-3086. Suggested donation of \$3.25.

#### Alternative Menu:

Chef Salad: carrots, cherry tomatoes, spring mix, cucumbers, cheese and low sodium turkey breast.

### The Book Club

#### August Book:

"The Summer Wives" by Beatriz Williams  
**Monday,  
August 5th,  
11:00 AM**



#### September Book:

"The Story of Arthur Truluv" by Elizabeth Berg  
**Monday,  
September 9th,  
11:00 AM**



### Computer Tutor: 1:1 Sessions

Every Wed. and Thurs.

10:30 AM—12:00 PM

- How to send emails/photos, use the internet, social media, anything!

You must RSVP. (203) 452-5199. If you have a laptop, please bring it in.

### Slim Approach Group

Every Thursday, 10:00 AM

Weekly weight management support group. *New members are welcome!*

### Lunch and Movie

Friday, August 23rd

11:30 AM—2:00 PM

Sponsored by  
Ludlowe Center for Health and Rehabilitation.

#### Feature Film: Apollo 11

In this documentary, never-before-seen footage will be shown of NASA's first mission to the moon.

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

### Monthly Birthday Party

Friday, August 30th

11:30 AM

Come celebrate our August birthdays! Cake and coffee will be served. This event is sponsored by Maplewood Senior Living. To RSVP, please call (203) 452-5199.

### Bingo & 50/50 RAFFLE

Friday, August 30th

1:00 PM. 10 Games played

To RSVP, call (203) 452-5199. Sponsored by Maplewood Senior Living and Right at Home. \$1.00 for the first two cards. Two cards for \$1.00 special. All cash prizes.

## GAMES

### Billiards: Monday-Friday

Let's get a group going!

### Poker: Mondays and Thursdays

9:00 AM—3:30 PM

Bring your poker face!

### Bocce Ball: Mondays

The Bocce Court is open Monday-Friday from 9am-4pm.

### Canasta: Tuesdays

12:30 PM

**BRAND NEW!**

### Cribbage: Tuesdays

11:30 AM

Join the game! Looking for new members. **BRAND NEW!**

### Dominoes: Tuesdays

12:00 PM

Join a game of fun!

### Texas Hold'em:

Wednesdays and Fridays

10:00 AM—3:30 PM

### Pinochle:

Wed, Thurs, Fri

12:30 PM

Join a game and/or start your own!

### Mah-Jongg:

Fridays at 12:00 PM

New players are welcome to join!



**TOPS**

Take Off Pounds  
Sensibly

Join our new weight loss support group every Tuesday at 9:00 AM. Annual membership fee is \$34.03.

**For more information, please  
contact Joann at 203-218-9878**



## FITNESS CLASSES

### **Mondays:**

**Stretch/Strengthen with Nancy-9:00 AM** Stretch, balance, aerobic and strength exercises.

**International Folk Dance with Leng -10:00 AM** A wonderful exercise for your mind, body and spirit.

**Beginners Line Dance with Shirley-1:00 PM** Line dance to different types of music.

**Yoga with Jeannie-2:00 PM** Focuses on deep breathing, balance, strength and flexibility.

### **Tuesdays:**

**Fit for Life Exercise with Marylou-9:15 AM** Low-impact aerobic exercise/dance (including a weights segment).

**Ballroom Dance with Mike Stavola-10:30 AM** Ballroom dance lessons with or without a partner.

**Sit and Fit with Becky and Marylou-10:30 AM** A gentle, seated exercise class aimed to reduce stress, gain flexibility and strength.

**Zumba Lessons with Mike Stavola-11:30 AM** Have fun while you dance to energetic music!

**Tai Chi Quan for Better Balance with Alma-1:30 PM** Focuses on improving balance and reducing stress.



### **Wednesdays:**

**Yoga with Jeannie -9:00 AM** This exercise focuses on breathing, stretching, balance and flexibility movements.

**Jazzercise with Marylou-10:10 AM** Combination of low-impact aerobic exercise and dance.

**Tap Dance with Shirley-11:00 AM** Experience required. Please bring your own tap shoes.

**Qigong with Julie & Hedwige-12:30 PM** Focuses on lowering stress, improving immunity and strengthening balance.

### **Thursdays:**

**Balance, Core and Stretch (Pilates)-with Jeannie-9:00 AM** This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

**Strength Training with Nancy-10:15 AM** Build strength and muscle while feeling stronger and more flexible. Please bring your own weights.

**Feldenkrais with Cathy-11:30 AM** Awareness through movement. Learn the importance of proper movement techniques while sitting.

### **Fridays:**

**Dance & Tone with Jeannie-9:00 AM** Dance to international music while toning the entire body.

**Tai Chi with David-10:15 AM** An ancient martial art that helps improve balance and relieve pain.

## ART CLASSES

Art classes are offered in quarterly sessions. We recommend you call right away; classes fill up quickly.

*Our next session will begin the first week in October 2019.*

*Registration will open on September 9th for residents and September 16th for non-residents.*

### **Mondays:**

**Drawing with Christine-10:00 AM**

This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

**Afternoon Painting with Missy-12:30 PM-2:30PM**

Paint in oil or any medium. Learn about composition, color, and value. Bring reference material and supplies. Non-toxic methods will be emphasized.

### **Thursdays:**

**Watercolors with Missy-10:00 AM and 12:30 PM**

**Water color class taught by Artist Missy Savard**  
All levels are welcome.

### **Fridays:**

**Acrylic/Oil Painting with Christine-10:00 AM**

A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcome. Please bring your own supplies and subject matter. A supply list will be provided.

### **Class Changes**

- Beginners Line Dance will continue for the rest of the year!
- Folk Dance on Mondays will officially end on Monday, August 19th.
- Feldenkrais with Cathy will resume Thursday, September 5th.



## The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides are for medical appointments, shopping, and the Senior Center. Service animals and assistive devices are welcome.

Pick up times for the Senior Center bus are from 8:45 am-10:00 am with reservations. Medical ride appointments are on a first come, first serve basis. Monday, Tuesday, and Thursday.

### **Clinton Crossing Premium Outlets** **Thursday, August 15th**

Do you love to shop? The Clinton Crossing Premium Outlets is the place to be for shoppers. Stores include Vera Bradley, Nike, Nine West and more. Enjoy lunch at the various gourmet food trucks and don't forget ice cream at Ben & Jerry's and/or Carvel. **Transportation fee is \$2.00.** Please pay at the front desk. You are responsible for the cost of your lunch and shopping. 14 maximum riders. To RSVP, please call (203) 452-5199.

#### **Bus Schedule:**

- Bus will leave the Center by 9:45 AM
- Clinton Crossing Outlets 10:30 AM-1:00 PM
- Bus will return to the Center by 2:00 PM

### **Grocery Shopping Schedule**

- Stern Village: Wednesdays (pick up 9:00 AM-9:15 AM) ***Every other Wednesday, the bus will go to ShopRite.***
- Trumbull Residents: Tuesdays (pick up 9:15 AM-9:45 AM) Shopping is from 10:00 AM -11:00 AM. You will be picked up between 9:00 AM-9:45 AM.

### **SeaQuest in Trumbull** **Thursday, August 29th**

Join us for an exciting trip to the brand new SeaQuest at the Westfield Trumbull Shopping Mall! Discover, explore, and interact with all the engaging animals that are home at SeaQuest including a giant octopus, a sloth, stingrays and many more. These animals are from 5 continents of the planet. Enjoy lunch at the various restaurants and/or food court in the mall. **Transportation fee is \$2.00. Admission to SeaQuest is \$8.95 per person.** Please pay the admission fee at your time of arrival to SeaQuest. Please pay the transportation fee at the front office. You are responsible for the cost of your lunch.

14 maximum riders.

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

#### **Bus Schedule:**

- Bus will leave the Center by 10:00 AM
- SeaQuest from 10:30 AM—12:00 PM
- Lunch and shopping from 12:15 PM—2:00 PM
- Bus will return to the Center by 2:30 PM



#### **Our Awesome Bus Drivers:**

Jeanne Horvath  
Bill Schiappa  
Andy Mastrone

### **Need a Ride to the Doctor?**

We offer rides to and from medical appointments on Mondays, Tuesdays, and Thursdays. We travel to Trumbull, Bridgeport, Stratford, Shelton, and Monroe. All riders must be independent; caregivers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle. Senior Center membership is not required; however, all riders must fill out a registration form. **Donations are gratefully accepted.**

### **The Shuttle Loop/Trumbull Mall/PriceRite:**

**Estimated pick up time between 9:00 AM-10:00 AM**

Stores within the "Loop" include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

- **Thursday, August 8th (Trumbull Mall/PriceRite)**
- **Thursday, August 22nd (The Loop)**

## NEWS FROM THE OUTREACH DEPARTMENT



### *Town of Trumbull Senior Citizen Discount Program*

In collaboration with the First Selectman's Office, the Director of Senior Services, the Economic & Community Development Director and the Senior Citizen Commission, the Town of Trumbull is pleased to introduce the Senior Discount Program for Trumbull Residents 65+. The program's purpose is to increase patronage at local establishments by offering an incentive for senior residents to shop and eat locally.

**For the Senior Citizen Discount Program's directory, please visit the Town of Trumbull's website at: [www.trumbull-ct.gov](http://www.trumbull-ct.gov)**

### **Renters Rebate Program**

Senior and Totally Disabled Renters Rebate Program applications are being accepted by Trumbull Social Services between April 1st-October 1st, 2019. The state's income limits for renters are \$36,000 (single) and \$43, 900 (married). In addition to your 2018 income information and 2018 Social Security 1099 you will need to provide rent and utility payment information for 2018. Call 203-452-5198 for details or to make an appointment.

New applicants are welcome.



### *Lions Low Vision Centers*

**Lions Low Vision Center at  
Jewish Senior Services**  
4200 Park Avenue  
Bridgeport, CT 06604  
(203) 365-8454

**To set up an appointment, please call the  
toll free number (866) 319-9733.**

### **The Wellness Corner with Nurse Tori**

As summer begins to come to a close and the days are viable shorter the gardens will be producing like crazy! Head out to the farmers markets and grab some of the plentiful organic produce. Nothing taste better and is better for you then something grown locally.

Yum, I can taste it now... fresh tomatoes with mozzarella and basil.

The **Walking Group** meets on Thursday's at 1 PM in the mall in front of Target on the second floor. The mall is climate controlled and walking is a healthy thing to do to beat the summer heat.

As always, no appointment needed, but appointments may be made (203) 452-5134 or  
[VBenoit@Trumbull-ct.gov](mailto:VBenoit@Trumbull-ct.gov)

### **Hardship and Emergency Assistance**

The Town of Trumbull offers Hardship and Emergency Assistance to Trumbull Residents in need.

Please call Social Services to inquire about program criteria and eligibility.

### **Applications are available online at:**

<http://www.trumbull-ct.gov/content/10623/10655/11041/default.aspx>  
or call **Jennifer Gillis (203) 452-5133,**  
**Ashley Sylvester (203) 452-5135**



## RIDES FOR VETERANS SHUTTLE TO THE VA IN WEST HAVEN

### RIDES AVAILABLE TO THE VA HOSPITAL IN WEST HAVEN

Trumbull and Fairfield Human Services are partnering with the Greater Bridgeport Transit to provide monthly rides to Veterans to the West Haven VA Hospital.

**This service is provided on the last Friday of the month.**

#### Pick Up Times

Bigelow Center in Fairfield: 8:30 AM  
The Center at Priscilla Place: 9:00 AM  
Return bus from the VA Hospital: 2:00 PM

Registration is required a week in advance at either senior center. All riders must be independent; care givers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Service animals and assistive devices welcome.



Please contact the  
Trumbull  
Transportation Department  
at the Senior Center  
(203) 452-5137



Find out what benefits might be available to you!

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Did you know that there are over 2,500 federal, state, and private benefit programs available? Start finding benefits with our BenefitsCheckUp® questionnaire or browse our Resource Library to learn more about programs and eligibility. Visit the web address below or call the Trumbull Social Services Department for help. 203-452-5198.

[www.benefitscheckup.org](http://www.benefitscheckup.org)



## WISH LIST

### REUSABLE SHOPPING BAGS FOR OUR FOOD PANTRY CLIENTS.

### *Your Donation Matters*

**Would you like to leave a donation in memory of someone or help fund a particular class or program?** Donations are used to support Senior Center programs that enrich the lives of seniors at the center and in the community. All contributions are gratefully accepted.

**Please make the check payable to: The Trumbull Senior Center**

If you would like to specify what your donation is for, please do so here or on the memo of your check: Your donation will **(please check one):**

- ☐ Help pay for an extra exercise class this year and arts & crafts class
- ☐ General donation
- ☐ Sponsor cookies and coffee for an event
- ☐ Other: \_\_\_\_\_



Monday	Tuesday	Wednesday	Thursday	Friday
	<h1>August 2019</h1>		9:00 Balance & Core 1 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 10:30 Computer Tutor 12:30 Pinochle 12:30 Water Colors <b>1:00 Walking Group</b>	9:00 Dance & Tone 2 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:00 Wellness Talk</b> 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game
			9:00 Stretch 5 10:00 Drawing 10:00 Folk Dance 10:00 Poker <b>11:00 Book Club</b> 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	9:00 TOPS 6 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan
			9:00 Yoga 7 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance <b>11:30 Lunch/Music DJ AL</b> 12:30 Pinochle 12:30 Qigong	9:00 Balance & Core 8 <b>9:00 Trumbull Mall</b> 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 10:30 Computer Tutor 12:30 Pinochle 12:30 Water Colors <b>1:00 Walking Group</b>
			9:00 Stretch 12 10:00 Drawing 10:00 Folk Dance 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	9:00 Dance & Tone 9 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game
			9:00 TOPS 13 9:15 Fit for Life 10:00 Knit/Crochet <b>10:30 Reverse Mortgages</b> 10:30 Ballroom Dance/Sit & Fit 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta <b>1:00 Bar Balance Class</b> 1:30 Tai Chi Quan	9:00 Yoga 14 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance <b>11:00 Author Talk</b> 12:30 Pinochle 12:30 Qigong
			9:00 Balance & Core 15 <b>9:30 Clinton Outlets Trip</b> 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 10:30 Computer Tutor 12:30 Pinochle 12:30 Water Colors <b>1:00 Walking Group</b> <b>5:00 Drama Club Play</b>	9:00 Dance & Tone 16 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:00 Drama Club Play</b> 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 19 10:00 Drawing 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	9:00 TOPS 20 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance/Sit & Fit <b>11:00 White House Memories</b> 11:30 Zumba Lessons 11:30 Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	9:00 Yoga 21 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance <b>11:30 Lunch/Music DJ AL</b> 12:30 Pinochle 12:30 Qigong	9:00 Balance & Core 22 <b>9:00 The Loop</b> 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 10:30 Computer Tutor 12:30 Pinochle 12:30 Water Colors <b>1:00 Walking Group</b> <b>5:30 Elder Law Discussion</b>	9:00 Dance & Tone 23 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Lunch and Movie</b> 12:00 Mahjong 12:00 Pinochle 1-4 Billiards Game
9:00 Stretch 26 10:00 Drawing 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	9:00 TOPS 27 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance/Sit & Fit 11:30 Zumba Lessons 11:30 Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	9:00 Yoga 28 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong	9:00 Balance & Core 29 <b>10:00 SeaQuest Trip</b> 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 10:30 Computer Tutor 12:30 Pinochle 12:30 Water Colors <b>1:00 Walking Group</b>	9:00 Dance & Tone 30 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Monthly Birthday</b> 12:00 Mahjong 12:00 Pinochle <b>1:00 Bingo</b> 1-4 Billiards Game

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## Fairchild-Nichols Memorial Library 90th Anniversary Celebration! 1929 - 2019



**Saturday, September 14th  
from 2:00 PM-5:00 PM**

Join us as we celebrate the 90th anniversary of the Fairchild-Nichols Memorial Library, in the heart of Nichols. The library opened its doors in 1929 and continues to serve the community today. We will celebrate with music, refreshments, displays and pictures of the history of the library and it's place in our community. No registration required...Please join us!

### Trumbull Senior Citizen Commission Meeting Dates for 2019

**Meetings are held at 10:00 AM and are open to the public.**

- **Friday, August 23rd**  
Held at Town Hall
- **Friday, September 27th**  
Held at the Senior Center
- **Friday, October 25th**  
Held at Town Hall
- **Friday, November 22nd**  
Held at Town Hall



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## DAY AND OVERNIGHT TRIPS: *Stop by the Center for detailed flyers*



To view our trip flyers & pricing, go to the Senior Center page on the  
Town of Trumbull website at [www.trumbull-ct.gov](http://www.trumbull-ct.gov).



E-mail Jeannie Franco with any questions [jfranco@trumbull-ct.gov](mailto:jfranco@trumbull-ct.gov) or call (203) 452-5199.



- ♦ **Together Again a Tribute Show with Kenny and Dolly**—Mon, Aug. 12th (Friendship Tours) \$99pp
- ♦ **Block Island**—Thurs, Aug. 15th (Getaway Tours) \$139pp
- ♦ **Providence, RI-Italian Style**—Tues, Sept. 10th (Tours of Distinction) \$134pp
- ♦ **Frankie Pizarro**—Wed, Sept. 18th (Friendship Tours) \$90pp
- ♦ **“The Big E” CT Day**—Wed, Sept. 18th (Getaway Tours) \$55pp
- ♦ **One World Observatory and 9/11 Memorial Museum** —Wed, Oct. 2nd (Tours of Distinction) \$110pp
- ♦ **Naugatuck Valley Railroad (Thomaston, CT)**—Tues, Oct. 15th (Getaway Tours) \$109pp
- ♦ **Oktoberfest at Kruckers**—Wed, Oct. 23rd (Friendship Tours) \$98pp
- ♦ **“An American in Paris” at the Westchester Broadway Theatre**—Thurs, Nov. 14th (Getaway Tours \$105pp
- ♦ **Mystic Boat Parade**—Sat, Nov. 30th (Tours of Distinction) \$84pp
- ♦ **Radio City Christmas Spectacular**—Fri, Nov. 22nd (Getaway Tours) \$TBA
- ♦ **Holiday Winter Wishes at the Aqua Turf Feat. The Cartells**—Tues, Dec. 10th (Getaway Tours) \$82pp
- ♦ **“The Glenn Miller Orchestra at the Aqua Turf”**—Thurs, Dec. 12th (Friendship Tours) \$100pp
- ♦ **“It Happened One Christmas Eve” at the Westchester Broadway Theatre**—Thurs, Dec. 19th (Getaway Tours) \$105pp

### **2020 OVERNIGHT TRIPS**

- ♦ **Queen Esther at the Sight and Sound Theater**—June 9th-11th (3 days)-(Tours of Distinction)

### **2020 Trip Suggestions**

Where would you like to take a trip for the year 2020?

- 1)
- 2)
- 3)
- 4)
- 5)

Drop off at the front desk, call or e-mail Jeannie Franco, Trip Coordinator, at  
[jfranco@trumbull-ct.gov](mailto:jfranco@trumbull-ct.gov) and/or at (203) 452-5199.

**(Membership/Residency is not required.)**