



THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

23 Priscilla Place • (203) 452-5199

FEBRUARY 2019

Director of Human Services

Michele Jakab (203) 452-5144

Administrative Assistant

Ashley Grace (203) 452-5199

Senior Center Receptionist

Jeannie Franco (203) 452-5199

Social Services (203) 452-5198

Jennifer Gillis (203) 452-5133

Ashley Sylvester (203) 452-5135

Food Pantry

Karen Seferi (203) 452-5136

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

Mary Isaac

Jean DaRold

CENTER HOURS

Monday through Friday

9:00 AM—4:00 PM

The Center will be closed on Monday, February 18th,
in observance of President's Day.



Chinese New Year Luncheon

Wednesday, February 13th

11:00 AM

Come celebrate the Chinese New Year and Valentine's Day at the Center!
Enjoy a wonderful performance by the Hoot Owls. Lunch will include
sesame chicken, beef with broccoli, vegetable fried rice and egg rolls.
Sponsored by Bridges by EPOCH. \$8.00 Per Person.
To RSVP, please register and pay at the front office.



Quebec, Canada Tour Presentation

Presented by:
Tours of Distinction

Tuesday,
February 19th
at 1:00 PM

Come along and join us for a
presentation on our tour to
Quebec. Experience true
"French Canada" on our
5 day tour including
Quebec City.

Refreshments will be served

To RSVP, please call
(203) 452-5199



AARP Tax Aide

APPOINTMENTS NECESSARY

For the tax year 2018, AARP Tax Aide
certified volunteers will offer free income
tax preparation at the Trumbull Senior
Center from 9:00 AM until 12:00 PM each
Wednesday from February 6th through
April 10th, 2019.

For appointments at the Senior Center,
call (203) 452-5199.

What To Bring:

- A copy of your 2017 tax return.
- Social Security Statement, SSA 1099.
- All tax forms received for tax year 2017 (W2, 1099, etc.).
- End of year investment statements
- Documentation to support itemized deductions or credits claimed (medical, taxes, contributions, education expenses)

The Trumbull Library is also offering
free income tax preparation on Fridays
from 10:00 AM—1:00 PM.

Call: (203) 452-5197
(Ask for Information Desk)





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Trumbull Senior Center

06-5293

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Caregiver Support Group

Monday, February 4th
Monday, February 25th
2:00 PM

Are you caring for a loved one? Join this group and share your feelings in a safe environment among others who are going through the same experiences. You can learn about resources, caregiving strategies and other valuable tools to provide support. Most importantly, you'll find out that you're not alone. To RSVP, please call Ashley at (203) 452-5135.

Wellness Talk with Michiko

Friday, February 8th
11:00 AM

Michiko Kim, a Rite Aid Wellness Ambassador, will be hosting a Wellness Talk session. The topic is 'Heart Health'. Snacks will be provided. To RSVP, please call (203) 452-5199.

Vic Casaretti as Benedict Arnold

Monday, February 11th
1:00 PM

Vic Casaretti, known for his portrayals of James Monroe, PT Barnum, and David Crockett, brings Benedict Arnold, "Washington's Fighting General," to life as he tells you his side of Benedict Arnold's story and what caused him to betray the Revolutionary cause. To RSVP, please call (203) 452-5199.

Elder Law Discussion

Thursday, February 21st
5:30 PM

Attorney Lyn Eliovson will return and present a round-table discussion about elder law. To RSVP, please call (203) 452-5199.

Alzheimer's Disease Clinical Research Studies

Monday, February 25th
1:00 PM

Everyone Welcome. Great for Caregivers!

Join us for an informative session presented by Peter McAllister, MD, Board-Certified Neurologist and Director of New England Institute of Neurology and Headache. Attendees will learn about Alzheimer's Disease and available trails for those with and without the disease. Participants will gain an understanding of how clinical trials provide promising new strategies for treatment, prevention, diagnosis, and cures. Refreshments will be served by Middlebrook Farms of Trumbull, a Benchmark Community. Sponsored by Caring Hospice Services. To RSVP, please call (203) 452-5199.

Upcoming Events

**Downtown Cabaret Theatre
Presents: The Full Monty**
Thursday, May 16th
Show at 2:00 PM
\$25.00 Per Person

Enjoy watching the Broadway Musical, The Full Monty, at the Downtown Cabaret Theatre in Bridgeport. Transportation will be available. Maximum of 20 riders on the bus. Parking available at the theatre and/or carpool from the Center.

**Payment due by
Friday, March 10th. Checks
only; written out to the
Trumbull Senior Center.**

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

A Matter of Balance

**Thursdays: February 7th, 14th,
21st, 28th, March 7th, 14th, 28th,
April 4th (Snow Day: April 11th)**

1:00 PM—3:00 PM

A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults. ***Lunch will be provided by Right at Home.*** ***Waitlist available.*** ***Call (203) 452-5199 to be put on the waitlist.***

Trumbull Senior Citizen Commission Meeting Dates for 2019

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

- **Friday, February 22nd**
Held at the Senior Center
- **Friday, March 22nd**
Held at Town Hall
- **Friday, April 26th**
Held at Town Hall
- **Friday, May 24th**
Held at the Senior Center

Sue's Salon

Haircuts,
manicures & pedicures
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**Please call (203) 981-7061 to
make an appointment.**

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

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.

Family Conflict Group

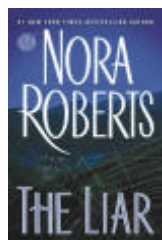
Thursday, February 7th & 21st
2:00 PM

This support group is run by a licensed professional and is for anyone feeling frustrated with their family relationships. For any questions and to sign up, please contact **Chante Moreno** at (203) 452-5155 or cmoreno@trumbull-ct.gov.

The Book Club

February Book:

"The Liar" by
Nora Roberts
Monday,
February 4th,
11:00 AM



March Book:

"Mean Streak" by
Sandra Brown
Monday, March 4th,
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 welcomed!*

Veteran's Group

Friday, February 8th

All Veterans are welcome; any gender, any era, branch of service, or type of discharge. Join Christopher Dean, MSW Student, every 2nd Friday of the month for discussion and support. To RSVP, please call (203) 452-5199

Lunch and Movie

Friday, February 15th

11:30 AM—2:00 PM
Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film:

Me Before You

Two unlikely individuals meet and love takes them to unexpected places. Starring: Emilia Clarke and Sam Claflin. To RSVP, please call (203) 452-5199.



Monthly Birthday Party

Friday, February 22nd
11:30 AM

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

Afternoon Movie

Featured Movie: *Bird Box*

Thursday,
February 28th,
12:30 PM

You are welcomed to bring your lunch.



New Bingo & 50/50 RAFFLE

Friday, February 22nd

1:00 PM. 10 Games played

To RSVP, (203) 452-5199.

Sponsored by SYNERGY Homecare and Right at Home.

\$1.00 for the first two cards. \$1.00 each additional card. All cash prizes.

GAMES

Billiards: Monday-Friday. Call the office to get in touch with other players! Let's get a group going!

Poker: Mondays and Thursdays
9:00 AM—3:30 PM

Come join us for a fun game. Don't forget to bring your poker face!

Bocce Ball: Mondays

Join us outside for a fun game of Bocce Ball. The Bocce Court is open Monday-Friday from 9am-4pm. Starts back up in the Spring

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:

Wednesdays at 12:30 PM
Fridays at 12:00 PM

New players are welcome to join!

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.

Israeli Dance with Leng—11:30 AM

Exercise for your mind, body and soul. No experience necessary.

ART CLASSES

ANNOUNCEMENT

Change to the art classes:

Due to the growing class sizes of all of our art classes, members will now need to sign up for all art classes in advance so we can guarantee a spot for each student and make it possible for the teacher to teach properly. Call for session information.

Mondays:

Drawing with Christine-9:45 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 Oil Painting with Missy-12:30 PM

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

Tuesdays & Thursdays:

Watercolors with Sabine-9:30 AM Water color class taught by Artist Sabine Bonnar. All levels are welcome. A supply list will be provided.

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.





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 to doctors, shopping, and the Senior Center. Service animals and assistive devices 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.

Dinosaur State Park and DeNovellis Family Restaurant

Thursday, February 14th

Come and travel back to the Age of the Dinosaurs! Visit the Dinosaur State Park, the largest Dinosaur fossil museum in North America. After the museum, enjoy a delicious lunch at DeNovellis Family Restaurant. If you are 65 and older, admission to the museum is free. Under 65, admission to the museum is \$6.00 per person. Please pay the day of and show your ID at the museum.

You are responsible for the cost of your lunch. Transportation fee is \$2.00. Please pay the fee at the front office. 20 maximum riders.

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

Bus Schedule:

- Bus will leave the Center by 9:00 AM
- Museum from 10:30 AM—12:00 PM
- DeNovellis Family Restaurant from 12:30 PM—2:00 PM
- Bus will return to the Center by 3:30 PM

The Shuttle Loop:

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, February 7th**

Wadsworth Atheneum Museum of Art Thursday, February 21st

Take a trip to Hartford and visit the Wadsworth Atheneum Museum of Art. The museum is the oldest continuously-operated public art museum in the United States and was founded in 1842. It holds a gallery of over 50,000 works of art that span 5,000 years. Enjoy lunch at the museum's bistro. Admission to the museum is \$10.00; cash only. Transportation fee is \$2.00. Please pay both fees at the front desk when you register. You are responsible for the cost of your lunch. 20 maximum riders.

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

Bus Schedule:

- Bus will leave the Center by 9:30 AM
- The Wadsworth Atheneum Museum from 11:00 AM—12:30 PM
- Lunch at the Bistro from 1:00 PM—2:00 PM
- Bus will return to the Center by 3:00 PM

Rides to Stop and Shop Schedule

- Stern Village: Wednesdays (pick up 9:00 AM-9:15 AM)
- 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.



Our Fabulous Bus Drivers:

Jeanne Horvath
Vincent Pavone
Bill Schiappa
Andy Mastrone

NEWS FROM THE OUTREACH DEPARTMENT

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**
Michele Jakab at (203) 452-5144

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 but all riders must fill out a registration form. **Donations are gratefully accepted.**

Energy Assistance:

Winter Heating/Energy

Assistance Program beginning in October.

The Connecticut Energy

Assistance Program (CEAP) can assist households with their primary heating source (oil, gas, electric) costs during the winter months. If the household's primary heating costs are included in rent, you may also apply for assistance. **THIS PROGRAM IS INCOME AND ASSET BASED.** Please call Social Services directly at 203-452-5198 for program guidelines, required documentation and to schedule an appointment.

Home bound visits are available upon request

ALL INQUIRIES ARE STRICTLY

CONFIDENTIAL

Caregiver Resources:

There are over 55 million people around the country who are family caregivers caring for a loved one with a physical, cognitive or emotional disability. Although family caregiving can be a rewarding experience, it can also be physically and emotionally demanding particularly for older caregivers. The following programs are to assist family caregivers by providing some assistance in the form of services for either the caregiver or the care recipient to alleviate some of the demands of the family caregiver.

RESPITE SERVICES

Respite care provides a break, or a time of caregiver relief, from the constant physical and emotional stress of caring for a person with a chronic illness. The task of caring for a person with a chronic illness can be overwhelming. Family caregivers often develop stress-related illnesses such as heart disease, hypertension, or ulcers. An occasional break allows an exhausted caregiver to regroup, both physically and emotionally, and to find the strength to carry on. The following programs have been designed to assist caregivers by providing some services and support to caregivers that provide them with a break (respite) from their caregiving role.

CT Alzheimer's Respite Care Program

Provides up to \$7,500 in services to caregivers caring for a loved one with Alzheimer's Disease or Dementia. This program can pay for in-home help, adult day care, meals on wheels, in-patient respite to allow the caregiver to take a needed vacation and other services.

National Family Caregiver Program

Provides up to \$3,500 to caregivers caring for a loved one over the age of 60. This program also can pay for in-home help such as a home health aide, companion and homemakers as well as adult day care, in-patient respite, emergency response systems and home-delivered meals

This information can be found at www.swcaa.org

**To inquire, please contact our Social Services
Department at (203) 452-5198**



Mental Health Resource in Trumbull **Mary J. Sherlach Counseling Center**

121 Old Mine Road, Trumbull, CT 06611 **Phone:** (203) 452-5193

The Mary J. Sherlach Counseling Center is a department of the Town of Trumbull dedicated to enhancing the quality of life in Trumbull by providing family counseling for Trumbull residents and their families. Counseling services can be arranged simply by calling the Counseling Center for an appointment.

121 Old Mine Road
Trumbull, CT 06611

The Wellness Corner with Nurse Tori

February is Heart Health month. Heart Disease is the leading cause of death in adults over the age of 44 and according to the CDC, this is a “because the conditions that lead to heart disease are happening at younger ages.” Conditions such as high blood pressure, diabetes, and obesity are close to epidemic proportions. What can you do to prevent heart related problems?

- See your doctor annually.
- Know about your personal health and heart health.
- Get moving!

Heart disease does not just happen overnight, its years of little abuses which accumulate into bigger problems. Good new though.... It's not too late!

Go for a walk, see a nutritionist, get moving and fit. You would be amazed with how knowledge and exercise can help reduce the prevalence of disease including lower your risk for heart disease.

The Center at Priscilla Place **Inclement Weather Policy**

If Trumbull Public Schools are **closed** due to bad weather, all activities/classes/ transportation/lunches are cancelled; however the center will remain open as a warming center on occasion.

If the Trumbull Public Schools are **delayed**, the Center at Priscilla Place **morning** activities are delayed. Be sure to check all closings and delays for the delayed opening time.

Trumbull Senior Center Closings and Delays are publicized on T.V. channels 12, 8, 6 and 3; on WICC 660 and WEBE 108 on the radio; and on the and Town of Trumbull website. For a text alert on our delayed or closing status sign up at:

NBC: <https://www.nbcconnecticut.com/news/local/Sign-Up-For-Winter-Weather-Closing-Alerts-106521708.html>

OR

WSFB CHANNEL 3:

<https://my.textcaster.com/asa/Default.aspx?ID=c1616077-39d9-4682-b0ca-63a1ee174441>

If travel becomes hazardous due to bad weather, staff may decide to cancel activities for the remainder of the day. If this occurs, all bus passengers will be driven home. No passenger will be left stranded. Members and instructors are encouraged to check for cancellations or delays during inclement weather.

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>February 2019</h1>				9:00 Dance & Tone 1 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 4 9:45 Drawing 10:00 Folk Dance + Poker 10:30 Bridge 11:00 The Book Club 11:30 Beginners Tap 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga 2:00 Caregiver Support	9:15 Fit for Life 5 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 12:00 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 6 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	9:00 Balance & Core 7 9:00 The Loop 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 1:00 Walking Group 1:00 Matter of Balance	9:00 Dance & Tone 8 9:00 Veterans Support 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:00 Wellness Talk 11:30 Israeli Dance 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 11 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 11:30 Beginners Tap 12:30 Oil Painting Missy 1:00 Benedict Arnold 1:00 Line Dancing 2:00 Yoga	9:15 Fit for Life 12 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 12:00 Dominoes 1:30 Tai Chi Quan	10:00 Poker 13 10:30 Computer Tutor 11:00 Valentine's Day Luncheon 12:30 Mahjong & Pinochle All exercises classes are cancelled.	9:00 Balance & Core 14 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 1:00 Walking Group 1:00 Matter of Balance	9:00 Dance & Tone 15 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch & Movie 11:30 Israeli Dance 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game
The Center will be closed in observance of President's Day. 18	9:15 Fit for Life 19 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 12:00 Dominoes 1:00 Tours of Distinction 1:30 Tai Chi Quan	9:00 Yoga 20 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	9:00 Balance & Core 21 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 1:00 Walking Group 1:00 Matter of Balance 5:30 Elder Law Discussion	9:00 Dance & Tone 22 10:00 Oil Painting 10:00 Poker 10:00 Commission Meet 10:15 Tai Chi 11:30 Israeli Dance 11:30 Monthly Birthday 12:00 Mahjong/Pinochle 1:00 New Bingo
9:00 Stretch 25 9:45 Drawing 10:00 Folk Dance + Poker 11:30 Beginners Tap 1:00 Line Dancing 12:30 Oil Painting Missy 1:00 Alzheimer's Disease 2:00 Yoga 2:00 Caregiver Support	9:15 Fit for Life 26 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 12:00 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 27 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	9:00 Balance & Core 28 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Afternoon Movie 1:00 Walking Group 1:00 Matter of Balance	Featured Trips Dinosaur State Park and Wadsworth Atheneum Museum of Art See page 6

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Genesis



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REHABILITATION CENTER

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MORE COMMUNITY NEWS



Sunday Cabarets

- February 24th, 2019, 1:30 PM:
Songs from the Heart

To purchase tickets: contact Emily Areson
at 203-452-5065

Smile A While

Currently, holding auditions for vocals.
If interested, please contact Joy Koch at
(203) 556-4246



All Members: Be Sure to Sign in at the Check In Station!

The Senior Center will now be using check in stations for our members to sign in whenever they come to the Senior Center. We will no longer use paper sign in sheets. We are asking everyone who comes in for the day to sign in. Even if you are just having coffee or playing a card game. Signing in ensures your program has a room to use and enough space. Without signing in, we won't know a room is in use and we could possibly give it to another program. Don't worry! Our members have shown that anyone can sign in on the computer. You just need to enter your phone number and touch what program you will attend. Stop by the desk and we will be glad to help.

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Ewa Grzymala
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littleangelshomecare48@yahoo.com

Middlebrook Farms at Trumbull

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Trumbull Senior Center

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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.



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



- ♦ **Sleigh Ride At Adams Farm**—Thurs, Mar.7th (Getaway Tours) \$119pp
- ♦ **AAC Women's Basketball Semi-Finals at Mohegan Sun**—Sun, Mar.10th (Getaway Tours) \$99pp
- ♦ **"Rhythm of the Dance" at Westchester Broadway Theatre**—Tues, Mar.12th (Getaway Tours) \$107pp
- ♦ **"Menopause The Musical" at Westchester Broadway Theatre**—Thurs, Mar.14th (Tours of Distinction) \$115pp
- ♦ **Gaelic meets Garlic at the Grand Oak Villa**—Tues, Mar.19th (Friendship Tours) \$91pp
- ♦ **Mohegan Sun Casino trip**—Tues, Mar.26th (Getaway Tours) \$33pp
- ♦ **Broadway your choice "Kiss Me Kate" or "The Cher Show"** - Wed, Apr.3rd (Getaway Tours) \$249pp
- ♦ **Culinary Institute of America**—Tues, Apr.9th (Getaway Tours) \$130pp
- ♦ **Chocolates, Wines and Good Times**—Thurs, Apr.11th (Tours of Distinction) \$134pp
- ♦ **"Newsies" Westchester Broadway Theatre**—Thurs, Apr.25th (Getaway Tours) \$105pp
- ♦ **"Mama Mia" at the Warner Theatre**—Sun, May 5th (Getaway Tours) \$105pp
- ♦ **Bronx Zoo**—Tues, May 14th (Tours of Distinction) \$97pp
- ♦ **"Dean Martin Tribute" at the Brownstone**—Mon, May 20th (Getaway Tours) \$115pp
- ♦ **"Clothes Encounters" at Newport Playhouse**—Thurs, May 23rd (Getaway Tours) \$114pp
- ♦ **Luncheon Show at Saint Clements Castle**—Wed, June 19th (Friendship Tours) \$89pp
- ♦ **"On Your Feet" at the Westchester Broadway Theatre**—Wed, June 19th (Tours of Distinction) \$106pp
- ♦ **Boston POPS at Tanglewood Music of John Williams**—Sun, July 7th 2019 (Getaway Tours) \$145pp
- ♦ **Mangia, Mangia Boston's Little Italy**—Thurs, Aug.8th (Tours of Distinction) \$122pp
- ♦ **Together Again a Tribute Show with Kenny and Dolly**—Mon, Aug.12th (Friendship Tours) \$99pp
- ♦ **"Mambo Italiano" at the Westchester Broadway Theatre**—Thurs, Aug. 29th (Getaway Tours) \$105pp
- ♦ **"The Big E" CT Day**—Wed, Sept.18th (Getaway Tours) \$53pp
- ♦ **One World Observatory and 9/11 Memorial Museum** —Wed, Oct.2nd (Tours of Distinction) \$110pp
- ♦ **"An American in Paris" at the Westchester Broadway Theatre**—Thurs, Nov.14th (Getaway Tours) \$105pp
- ♦ **"It Happened One Christmas Eve" at the Westchester Broadway Theatre**—Thurs, Dec.19th (Getaway Tours) \$105pp

OVERNIGHT TRIPS

- ♦ **Daffy Daffodils**—Apr. 26th—28th (3 days) - (Getaway Tours) \$591pp Db/ \$736pp Sgl/ \$571pp Trpl
- ♦ **Lancaster, PA with "Jesus" at Sight & Sound**—May 1st—3rd (3 days) - (Getaway Tours) \$505 Db/ \$621pp Sgl/ \$485pp Trpl
- ♦ **Classic Cape May**—May 22nd—24th (3 days) - (Tours of Distinction) \$569pp Db/ \$715pp Sgl/ \$519pp Trpl
- ♦ **Niagara Falls**—July 16th—19th (4 days) - (Getaway Tours) \$630pp Db/ \$849pp Sgl/ \$570pp Trpl
- ♦ **The Real Quebecois (Quebec)** - July 22nd—26th (5 days) - (Tours of Distinction) \$1079pp Db/ \$1509pp Sgl/ \$969pp Trpl
- ♦ **Saratoga & Lake George**—July 24th—25th (2 days) - (Tours of Distinction) \$380pp Db/ \$470pp Sgl/ \$350pp Trpl
- ♦ **Alaska Fresh & Wild Land and Sea Tour**—Aug.11th—23rd (13 days) - (Tours of Distinction) Staterooms—(IS) \$5,389pp (OB) \$5,929pp (BB) \$6,519
- ♦ **Canyon Country featuring Arizona & Utah**—Oct.11th—18th (8 days) - (Collette Tours) \$3,249pp Db/\$4,149pp Sgl/ \$3,199pp Trpl (Prices change after April 11, 2019).

Stay Tuned for More Trips to Come! (Membership/Residency not required)