



# THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+



23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

JULY 2019

**Director of Human Services**  
Michele Jakab (203) 452-5144  
mjakab@trumbull-ct.gov

**Administrative Assistant**  
Ashley Grace (203) 452-5199  
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**Senior Center Receptionist**  
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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

*The Center will be closed on Thursday, July 4th and Friday, July 5th in observance of Independence Day.*

**Membership  
Renewal Time!**  
*SEE PAGE 8*  
due June 30th.  
\$5 Trumbull Resident  
\$20 Non-Resident  
*Membership forms are available on Page 8 or stop by and pick up one at the front desk.*

**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, July 10th
- Wednesday, July 24th

*To make a lunch reservation,  
please call (203) 378-3086  
two days in advance.*  
Suggested donation of \$3.25



**The Annual Reading of the Declaration of Independence**

10:00 AM—July 4th  
Trumbull Town Hall Steps

Join your fellow citizens on the steps of Town Hall for a reading of our nation's founding document.

Sponsored by the Trumbull Arts Commission.

**Trumbull Senior Center's  
2nd Annual Drama Show**  
**Date Changes:**

*Thursday, August 15th at 5:00 PM  
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.***



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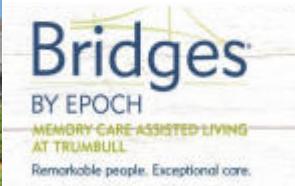
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CONTACT

Contact Renee Barstow to place an ad today!  
[rbarstow@lpiseniors.com](mailto:rbarstow@lpiseniors.com) or (800) 950-9952 x6457

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[WWW.RAHFFC.COM](http://WWW.RAHFFC.COM)



Trumbull Senior Center

06-5293

## WORKSHOPS, LUNCH AND LEARNS, EVENTS

### Caregiver Support Group

Monday, July 1st & July 15th

2:00 PM

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. To RSVP, please call Ashley at (203) 452-5135.

### Wellness Talk with Michiko

Friday, July 12th

11:00 AM

Join Michiko, a Rite Aid Wellness Ambassador, for a "Wellness Talk" about sun and skin care for the hot summer months. To RSVP, please call (203) 452-5199.

### Veterans Benefits Screening

Tuesday, July 16th

12:30 PM

Ramon Agusto, from Connecticut Department of Veterans Affairs, returns to screen Veterans and their surviving spouses for all Veteran's benefits. Bring your discharge papers. Membership is not required. To RSVP, please call (203) 452-5199.

### Author Talk with

Brien Brown

Wednesday,

July 17th

11:00 AM

Join Connecticut Author, Brien Brown, for a discussion on his new book "The Fourth Son." The Fourth Son is a work of historical fiction following the young son of a French noble family from France into colonial America. To RSVP, please call (203) 452-5199.



### Yachting Presentation

Tuesday, July 23rd

10:30 AM

Join Jay Kiley, Owner of SYNERGY Home Care, for an informative talk about his many years of experience racing super yachts from all over the world! A light lunch will be served. For more information and to RSVP, please call (203) 452-5199.

### Beltone Presents

Wednesday, July 24th

1:00 PM

Beltone New England will present an informative presentation about hearing loss and resources such as hearing aid devices, apps, and accessories to help you accommodate your unique lifestyle. A free cleaning and hearing session will also be offered. Stay for ice cream! For more information and to RSVP, please (203) 452-5199.

### AARP Safe Drivers Course

Friday, July 26th

9:00 AM—1:00 PM

AARP will present their Safe Drivers Course. \$15.00 for AARP members and \$20.00 non-members. Checks only; you will pay the instructor the day of the class. To RSVP, please call (203) 452-5199.



### Upcoming Events

- **Author Talk with Brien Brown**

*Women affected by the Civil War*

Wednesday, August 14th,

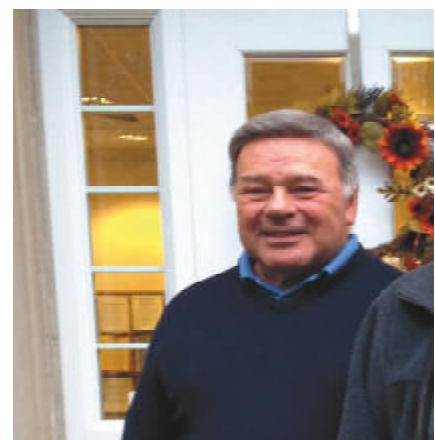
11:00 AM

- **White House Memories**

*Presentation from a former Whitehouse Butler.*

Tuesday, August 20th,

11:00 AM



**Farewell Vince!**

**We wish you all the best in your new job.**

Our wonderful bus driver, Vincent Pavone, will be missed by all our members, transportation riders, and staff. Vincent was employed with the Center for the past 2 years.

We appreciate all the hard work and time Vincent provided at the Center.

Vince will now be driving for the Stratford Senior Center.

## 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.

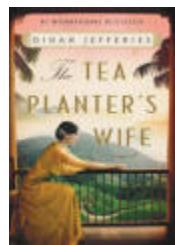
#### Alternative Menu:

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

### The Book Club

#### July Book:

“The Tea Planter’s Wife” by Dinah Jefferies  
**Monday, July 1st.**  
**11:00 AM**



#### August Book:

“The Last Mrs. Parrish” by Liv Constantine  
**Monday, August 5th,**  
**11:00 AM**



### 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**

### 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, July 19th**  
**11:30 AM—2:00 PM**

Sponsored by Ludlowe Center for Health and Rehabilitation.

### Feature Film: The Upside

Based on a true story. A Caretaker and his client form an unlikely friendship that lasts a lifetime. **Starring:** Kevin Hart and Bryan Cranston  
To RSVP, please call (203) 452-5199.

### Monthly Birthday Party

**Friday, July 26th**

**11:30 AM**

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



### Bingo & 50/50 RAFFLE

**Friday, July 26th**

**1:00 PM. 10 Games played**

To RSVP, (203) 452-5199.

Sponsored by Always Caring 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!

## 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.
- Israeli Dance on Fridays has officially ended.

## 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.

### **Tealalla Tea at the Westfield Trumbull Mall** Thursday, July 18th

Take a trip to the Westfield Trumbull Mall and visit the new Tealalla Tea shop. Tealalla Tea is a locally owned tea shop that has a host of different tea leafs options including herbal and chai. You will have a tour of the shop and a free tea tasting demo of Tealalla's different teas. Be sure to ask about their 10% senior discount. Enjoy lunch at the mall's food court including the Cheesecake Factory, Panera Bread, Wahlburgers, and more!

Be sure to check out all of the stores and restaurants at the mall that are participating within the new Senior Discount Program. The Senior Discount Program directory will be handed to you on the bus. **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 10:30 AM
- Tealalla Tea Tasting 11:00 AM-11:45 AM
- Lunch and shopping 12:00 PM—2:30 PM
- Bus will return to the Center by 2:45 PM



#### **Our Fabulous Bus Drivers:**

Jeanne Horvath  
Bill Schiappa  
Andy Mastrone

### **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, July 11th (The Shuttle Loop)**

### **The Thimble Islands Cruise and the Chowder Pot** Thursday, July 25th

Board the Sea Mist charter boat and take a narrated cruise along the Thimble Islands. After your cruise, you will enjoy a delicious lunch at the U.S.S. Chowder Pot III in Branford. Please plan accordingly because separate checks are not permitted at the restaurant. Admission for the Thimble Islands Cruise is \$12.00; cash only. **Transportation fee is \$2.00.** Please pay both these fees 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 9:15 AM
- Thimble Islands Cruise 11:00 AM—11:45 AM
- Chowder Pot from 12:15 PM—2:00 PM
- Bus will return to the Center by 2:45 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.

### **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.**

## 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**

**When I think of July,** I think of summer BBQs, sun, friends and family. Sun block is one of the most important steps for skin cancer prevention. Apply every 2 hours you are in the sun. But don't forget that our bodies make Vitamin D when we are in the sun. So head outside early before it too hot and sunny and soak up that Vitamin D.

The **Walking Group** meets on Thursday's at 1 PM in the mall in front of Target on the second floor. It's climate controlled and 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)

Happy Independence Day! Stop by if you want to chat about healthy summer foods.

### **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



# THE CENTER AT PRISCILLA PLACE

TRUMBULL SENIOR CENTER

## Membership Application

July 2019-June 2020

23 Priscilla Place, Trumbull, CT. 06611

(203) 452-5199

New Member \_\_\_\_\_ Renewal \_\_\_\_\_

Resident \$5 per person \_\_\_\_\_ Non Resident \$20 per person \_\_\_\_\_

Additional Tax deductible Donation \$ \_\_\_\_\_ Your donation matters! Thank you.

Your donation will (please check one):

Help pay for an extra exercise class this year

Help pay for an arts and crafts class

General donation

Sponsor cookies and coffee for an event

Other: \_\_\_\_\_

Staff Use: \_\_\_\_\_

How would you prefer to receive our newsletter?

Email \_\_\_\_\_ Pick up in person

Mail (one time annual \$ 9 fee for First Class Postage)

1.) Member Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ (required)

2.) Member Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Apt./Unit: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Email (1): \_\_\_\_\_ Email (2): \_\_\_\_\_

Phone (H): \_\_\_\_\_ Phone (C): \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

*\*Transportation is available to and from the center Monday –Friday. Rides are also provided to medical appointments. Please call (203) 452-5137*

*In consideration of your accepting my registration, I hereby waive for more information. and release any and all rights and claims for damages I may have against the Town of Trumbull, its representatives, successors, and assigns, for any and all injuries suffered from any activity in which I participate, and I authorize emergency medical treatment should I be unable to consent at some point in time.*

*I agree to abide by the membership guidelines which are posted at the senior center.*

Date \_\_\_\_\_ \ \_\_\_\_\_ \ \_\_\_\_\_ Applicant Signature \_\_\_\_\_

Date \_\_\_\_\_ \ \_\_\_\_\_ \ \_\_\_\_\_ Applicant Signature: \_\_\_\_\_

Monday		Tuesday		Wednesday		Thursday		Friday	
9:00 Stretch 10:00 Drawing 10:00 Folk Dance + Poker <b>11:00 Book Club</b> 12:30 Oil Painting Missy 1:00 Line Dancing <b>2:00 Caregiver Support</b> 2:00 Yoga	1	9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance/Sit & Fit 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	2	9:00 Yoga 10:00 Poker 10:10 Jazzerce 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong	3		<b>The Center will be closed on July 4th and July 5th in observance of Independence Day.</b>		
9:00 Stretch 10:00 Drawing 10:00 Folk Dance 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	8	9:00 TOPS 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	9:00 Yoga 10:00 Poker 10:10 Jazzerce 10:30 Computer Tutor 11:00 Tap Dance <b>11:30 Lunch/Music DJ AL</b> 12:30 Pinochle 12:30 Qigong	10	9:00 Balance & Core <b>9:00 The Loop</b> 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors <b>1:00 Walking Group</b>	11	9:00 Dance & Tone 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	12
9:00 Stretch 10:00 Drawing 10:00 Folk Dance 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga <b>2:00 Caregiver Support</b>	15	9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance/Sit & Fit 11:30 Zumba & Cribbage 12:00 Dominoes <b>12:30 Veterans Benefits</b> 12:30 Canasta 1:30 Tai Chi Quan	16	9:00 Yoga 10:00 Poker 10:10 Jazzerce 10:30 Computer Tutor 11:00 Tap Dance <b>11:00 Author Talk</b> 12:30 Pinochle 12:30 Qigong	17	9:00 Balance & Core 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training <b>10:30 Tealalla Tea Trip</b> 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors	18	9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Ch <b>11:30 Lunch and Movie</b> 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game	19
9:00 Stretch 10:00 Drawing 10:00 Folk Dance 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	22	9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet <b>10:30 Yachting Presentation</b> 10:30 Ballroom Dance/Sit & Fit 11:30 Zumba Lessons 11:30 Cribbage 12:00 Dominoes 12:30 Canasta 1:30 Tai Chi Quan	23	9:00 Yoga 10:00 Poker 10:10 Jazzerce 10:30 Computer Tutor 11:00 Tap Dance <b>11:30 Lunch/Music DJ AL</b> 12:30 Pinochle 12:30 Qigong <b>1:00 Beltone Presents</b>	24	9:00 Balance & Core <b>9:00 Thimble Islands Trip</b> 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors <b>1:00 Walking Group</b>	25	9:00 Dance & Tone <b>9:00 AARP Safe Drivers</b> 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	26
9:00 Stretch 10:00 Drawing 10:00 Folk Dance 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	29	9:00 TOPS 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	30	9:00 Yoga 10:00 Poker 10:10 Jazzerce 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong	31				

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## COMMUNITY NEWS

### VFW POST 10059

Trumbull, CT VFW 10059 is looking for men and women to stand strong with the more than 1.6 million members of the VFW and its AUXILIARY as we continue to fight for all that's GOOD FOR VETERANS. For further info, call

Commander Cpl. Roy E. Molgard  
USMC at 203-268-5673 or  
[royemolgard@gmail.com](mailto:royemolgard@gmail.com)

We meet the second Thursday of every month at 12:30 PM in the Trumbull Library.



### 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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### 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 and is dedicated to enhancing the quality of life in Trumbull by providing counseling for residents and their families. All Trumbull residents and children attending Trumbull schools are eligible for services. All counseling services are confidential and fees are based on a sliding-scale according to family income and ability to pay. *Call for appointments. Calls are answered by staff who will confidentially gather necessary information to best match a counselor to your needs. Crisis Sessions can be scheduled in one day.*

#### Services Include:

- Individual Counseling
- Family Counseling
- Substance Abuse Counseling
- Crisis/Trauma Intervention
- Support Groups
- Diversionary Youth Services
- Youth Enrichment Programs
- Referral Services

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Trumbull Senior Center

06-5293

## 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.



- ◆ **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
- ◆ **Block Island**—Thurs, Aug. 15th (Getaway Tours) \$139pp
- ◆ **"Mambo Italiano" at the Westchester Broadway Theatre**—Thurs, Aug. 29th (Getaway Tours) \$105pp
- ◆ **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
- ◆ **Broadway: "Tootsie" or "Ain't Too Proud"**—Wed, Sept. 25th (Getaway Tours) \$249pp
- ◆ **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

### OVERNIGHT TRIPS

- ◆ **Canyon Country featuring Arizona & Utah**—Oct. 11th—18th (8 days) - (Collette Tours) \$3,249pp Dbl/\$4,149pp Sgl/ \$3,199pp Trpl (Prices change after April 11, 2019).

### UPCOMING 2020 TRIPS

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

#### Trip Suggestions

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

- 1)
- 2)
- 3)

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.)**