



THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+



23 Priscilla Place • Trumbull, CT 06611

(203) 452-5199

JUNE 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
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jgillis@trumbull-ct.gov

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Food Pantry
Karen Seferi (203) 452-5136
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Wellness Nurse
Victoria Benoit (203) 452-5134
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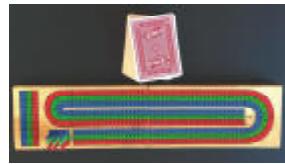
First Selectman
Vicki Tesoro (203) 452-5005

**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

**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.*

NEW! **Cribbage**
Tuesdays
11:30 AM
Trumbull Senior
Center Cafe



NEW! **PLAY
CANASTA!**
Every Tuesday
1:00 PM
Trumbull Senior
Center Cafe



**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, June 12th**
- **Wednesday, June 26th**

*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**

*Thursday, July 11th at 5:00 PM
Friday, July 12th 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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[DJDADAMS@ADAMSBEN.COM](mailto:DJADAMS@ADAMSBEN.COM)

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Trumbull Senior Center

06-5293

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Caregiver Support Group

Monday, June 3rd & 17th at 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, June 7th at 11:00 AM

Join Michiko, a Rite Aid Wellness Ambassador, for a "Wellness Talk" about memory and mental health care. To RSVP, please call **(203) 452-5199**.

Save A Life!

CPR and First Aid Training

Monday, June 10th at 10:30 AM

Wednesday, June 12th at 2:00 PM

Members, volunteers, and staff, join Trumbull EMS to learn the basics of CPR and First Aid. This is not a certification course. Sign up for ONE session by calling **(203) 452-5199**.

Breakfast and Brain Games

Tuesday, June 11th at 9:30 AM

Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, for breakfast and to participate in fun, stimulating brain games. To RSVP, please call **(203) 452-5199**.

Veterans Benefits Screening

Tuesday, June 11th at 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**.

History Talks with Historian Arthur Gottlieb

- **Tuesday, June 18th, 2:00PM**
(Rosie the Riveter)
- **Tuesday, June 25th, 2:00 PM**
(The Merritt Parkway)

Join Historian Arthur N. Gottlieb, LCSW, CSA for a series of history presentations on various topics including the Merritt Parkway and Rosie Riveter. For more information and to RSVP, please call **(203) 452-5199**.

Caregiver Road Show

(AARP CT) Open to the Public

Wednesday, June 12th at 10:30 AM

In this informative session, attendees will learn specific tools for navigating and connecting with available services, gain an understanding of care options and costs, and stay informed on the legislative issues impacting seniors and family caregivers. This program is presented by AARP CT. To RSVP, please call **(203) 452-5199**.

Caring For Your Loved One

Tuesday, June 18th at 1:00 PM

Open to the Public

Presented at the Library on 33 Quality Street

Join Katie Regan, Care Manager from SWCAA, to learn more about the CT Statewide Respite Care Program, National Family Caregiver Support Program, and CT Home Care Program.

Caregivers will learn how each program can help provide a break in the constant role of caregiving by providing either home care assistance and/or funding for Adult Day Care Centers. To RSVP, please call **(203) 452-5199**.

What is Adult Daycare?

Wednesday, June 19th at 10:30 AM

Join Mary Pruzinsky, from Sunset Shores Adult Health Center, for an informative presentation about medical adult daycare programs and who can benefit from these programs. To RSVP, please call **(203) 452-5199**.

Simplify Your Financial Life

Wednesday, June 26th at 10:30 AM

Join Stephen Archer, Certified Financial Planner, for a presentation about ways to organize and simplify your finances. For more information and to RSVP, please call **(203) 452-5199**.

Evening Programs

Meditation for Caregivers

Open to the Public

Thursday, June 13th at 4:30 PM

Caregiving has many challenges and rewards. It is important to take care of yourself while you are taking care of your loved one. Join Deborah Swann, Yoga Therapist, as she offers you simple self-care techniques to help maintain balance, restore energy and manage emotions. Practices will include breathing, meditation and yoga poses that anyone can do.

Summer Solstice Sound

Meditation

Thursday, June 20th at 4:30 PM

Join Deborah Swann for a Summer Solstice Sound Meditation that helps restore energy and balance. For more information, please call **(203) 452-5199**.

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:

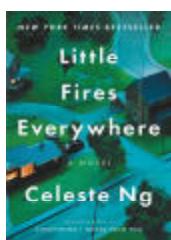
Chef Salad: carrots, cherry tomatoes, spring mix, cucumbers, cheese and low sodium turkey breast.

The Book Club

June Book:

“Little Fires Everywhere” by Celeste Ng

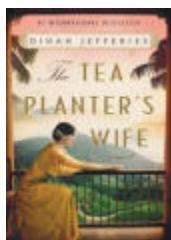
Monday, June 3rd, 11:00 AM



July Book:

“The Tea Planter’s Wife” by Dinah Jefferies

Monday, July 1st, 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, June 14th

11:30 AM—2:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film:

The Illusionist

A magician uses his magic tricks to secure the love of a special woman. **Starring: Edward Norton and Jessica Biel.**

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



Monthly Birthday Party

Friday, June 21st

11:30 AM

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



New Bingo & 50/50 RAFFLE

Friday, June 21st

1:00 PM. 10 Games played

To RSVP, (203) 452-5199.

Sponsored by Sunset Shores and Right at Home.

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

1:00 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.

Sign up begins **Monday, June 3rd** for **Trumbull Residents** and **Monday, June 10th** for **Non-Residents** for a workshop July 1st-September 30th.

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 officially end on Monday, June 24th.
- 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 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.

New England Air Museum and Ruby Tuesday

Thursday, June 13th

Take a trip to the New England Air Museum and explore and climb aboard historic aircraft with flight simulators. Be sure to check out their gift shop as well. After the museum, enjoy lunch at Ruby Tuesday. Admission to the museum is \$15.00; cash only. Transportation fee is \$2.00. Please pay both of these fees at the front desk. 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 9:00 AM
- NEAM from 10:30 AM—12:00 PM
- Ruby Tuesday from 12:30 PM—2:15 PM



Our Fabulous Bus Drivers:

Jeanne Horvath
Vincent Pavone
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, June 6th (The Shuttle Loop)**
- **Thursday, June 27th (Trumbull Mall/PriceRite)**

Avery's Beverages and Max Pizza II

Wednesday, June 19th

Go behind the scenes and see how soda was made 50 years ago! Take a tour of the soda factory at Avery's Beverages and create your own unique bottle of soda pop. Admission to the soda factory is \$5.00; cash only. Please pay this fee at the soda factory. Transportation fee is \$2.00. Please pay this 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 9:00 AM
- Avery's Beverages from 10:30 AM—12:00 PM
- Max Pizza II from 12:30 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.

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.**

NEWS FROM THE OUTREACH DEPARTMENT



Trumbull Day is on June 28 & 29.
Friday, June 28: 6:30 p.m. – 10:30 p.m.
Saturday, June 29: 1:30 p.m. – 10:30 p.m.

Fireworks to begin on **Saturday, June 29**, after sunset, at approximately 8:30 PM.
Rain Date: Sunday, June 30

At the fields behind Trumbull High School and Hillcrest Middle School
72 Strobel Road - Trumbull, CT
<http://www.trumbull-ct.gov/trumbullday>

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

It hard to believe it's June already and summer will be here eventually! If allergies are a problem make sure you shower before bed every night and wash or rinse your hair. Change the pillow cases often and sheets once a week. Try an over the counter saline (salt water) nasal rinse and speak to your health care provider about preventive medication.

Don't forget to stay active; the **Walking Group** meets on Thursday's at 1 PM in the mall in front of Target on the second floor.

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

Happy warm weather, gardening, beaches and BBQs. 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: _____

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 11:00 Book Club 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Caregiver Support 2:00 Yoga	3	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 1:00 Canasta 1:30 Tai Chi Quan	4	9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong	5	9:00 Balance & Core 9:00 The Loop 10:00 Water Colors 10:00 Slim Approach + Poker 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle & Water Colors 1:00 Walking Group	6	9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:00 Wellness Talk 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game	7
9:00 Stretch 10:00 Drawing 10:00 Folk Dance 10:00 Poker 10:30 CPR/First Aid 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	10	9:00 TOPS 9:15 Fit for Life 9:30 Brain Games 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba & Cribbage 12:00 Dominoes 12:30 Veteran Benefits 1:00 Canasta 1:30 Tai Chi Quan	11	9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Caregiver Roadshow 11:00 Tap Dance 11:30 Lunch/Music DJ AL 12:30 Pinochle 12:30 Qigong 2:00 CPR/First Aid	12	9:00 Balance & Core 10:00 NEAM Trip 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 1:00 Walking Group 4:30 Meditation-Caregivers	13	9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch & Movie 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game	14
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 2:00 Caregiver Support	17	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 1:00 Canasta 1:00 Caregiver Presentation 1:30 Tai Chi Quan 2:00 History-Art Gottlieb	18	9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Soda Factory Trip 10:30 What is Adult Daycare? 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong	19	9:00 Balance & Core 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 4:30 Summer Meditation	20	9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Monthly Bday 12:00 Mahjong 12:30 Pinochle 1:00 Bingo 1-4 Billiards Game	21
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	24	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 1:00 Canasta 1:30 Tai Chi Quan 2:00 History—Art Gottlieb	25	9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Simplify Finances 11:00 Tap Dance 11:30 Lunch/Music DJ AL 12:30 Pinochle 12:30 Qigong	26	9:00 Balance & Core 9:00 Mall/PriceRite 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 1:00 Walking Group	27	9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:00 Mahjong 12:00 Pinochle 1-4 Billiards Game	28
June 2019									

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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

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, June 28th**
Held at Town Hall
- **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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THAT SUPPORT OUR COMMUNITY**

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:

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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.

- ◆ **Luncheon Show at Saint Clements Castle**—Wed, June 19th (Friendship Tours) \$89pp
- ◆ **Boston POPS at Tanglewood Music of John Williams**—Sun, July 7th (Getaway Tours) \$145pp
- ◆ **Riding Through the Times (Newport, RI)**—Tues, July 9th (Tours of Distinction) \$124pp
- ◆ **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
- ◆ **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

- ◆ **Saratoga & Lake George**—July 24th—25th (2 days) - (Tours of Distinction) \$380pp Dbl/ \$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 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)

(Membership/Residency is not required.)