



THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

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

MARCH 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

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

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jgillis@trumbull-ct.gov

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asylvester@trumbull-ct.gov

Food Pantry

Karen Seferi (203) 452-5136
kseferi@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

CENTER HOURS

Monday through Friday
9:00 AM—4:00 PM

Grand Opening!

Come see the newly renovated dining room.

Monday, March 11th, 11:30 AM



Join us, lunch is on us!

(donations of \$3.25 pp are welcome)

Enjoy delicious food, music and
great company with our

First Selectman, Vicki Tesoro.

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

In addition to signing up, there is an
additional registration form to fill out.

Upcoming Art Workshops



Please stop by the front
office and/or call on March
1st to sign up for the next
12 week art class sessions
that begin on April 1st.
203-452-5199

Drama Club

Beginning Tuesday,
March 5th-May 21st
11:30 AM

Are you interested in theatre
and acting? Make new friends,
have fun and join
the Center's Drama Club!
Every Tuesday until May 21st.
No experience necessary.

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 2018 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, March 4th
Monday, March 18th
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**.

Caregiving for the Disabled

Monday, March 18th
10:30 AM

If you are a caregiver for someone with a disability, whether a child or adult, join us for an information session about caregiving for the disabled. You will learn information and tips about caregiving and how to properly support your family member. For more information and to RSVP, please call (203) 452-5199. Sponsored by Right at Home.

Good Sleep As We Age

Wednesday, March 20th
11:00 AM

Join us for an informative discussion about the importance of good sleep and healthy sleeping habits. Snacks will be provided by Visiting Angels. For more information and to RSVP, please call (203) 452-5199.

Lunch and Learn

Caregivers: When Is It Time To Consider Memory Care?

Monday, March 25th
10:30 AM

Bridges by Epoch will hold an informative presentation for caregivers about when it is the appropriate time to consider memory care assisted living options. Lunch will be served. For more information and to RSVP, please call (203) 452-5199.

Breakfast & Brain Games

Wednesday, March 27th
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. For more information and to RSVP, please call (203) 452-5199.

AARP Safe Drivers Course

Friday, March 29th
9:00 AM—1:00 PM

\$15.00 members and \$20.00 non-members. Checks only please. To RSVP, please call (203) 452-5199.

Trumbull Senior Citizen Commission Meeting Dates for 2019

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

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

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. 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.



Sue's Salon

Haircuts,
manicures & pedicures
Licensed professional.

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, March 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

March Book:

"Mean Streak" by Sandra Brown
Monday,
March 4th,
11:00 AM



April Book:

"Plain Truth" by Jodi Picoult
Monday, April 1st,
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, March 22nd 11:30 AM—2:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: **Going in Style**

Three retired steelworkers decide to rob a bank in this crime comedy. **Starring: Michael Caine and Morgan Freeman.** To RSVP, please call (203) 452-5199.



Monthly Birthday Party Friday, March 29th 11:30 AM

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



New Bingo & 50/50 RAFFLE Friday, March 29th

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

Cribbage: Tuesdays

11:30 AM
Join the game! Looking for new members.

Dominoes: Tuesdays

12:00 AM
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:
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 March 1st to sign up for the next 12 week session beginning April 1st.
203-452-5199***

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 Missy-9:30 AM Water color class taught by Artist Missy Savard. 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.

Panera Bread and Aldi Grocery Store

Thursday, March 7th

Enjoy brunch at Panera Bread in Ansonia. After brunch, go shopping at Aldi Grocery Store. Remember to bring your bags and a quarter for the use of the shopping cart. You will get the quarter back. You are responsible for the cost of your lunch. Transportation fee is \$2.00. Please pay the fee at the front office. 14 maximum riders. To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 10:00 AM
- Panera Bread from 10:30 AM—11:30 AM
- Aldi Grocery Store from 12:00 PM—1:30 PM
- Bus will return to the Center by 2:00 PM

Connecticut Air and Space Museum and

Knapp's Landing

Thursday, March 21st

Visit the Connecticut Air and Space Museum in Stratford. The museum displays aircraft memorabilia and artifacts that pertain to Connecticut. After the museum, enjoy lunch at Knapp's Landing with views of Long Island Sound. Admission to the museum is \$5.00; 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.

14 maximum riders.

To RSVP, please call (203) 452-5199

Bus Schedule:

- Bus will leave the Center by 10:00 AM
- CT Air & Space from 10:30 AM—11:45 AM
- Knapp's Landing from 12:00 PM—1:30 PM
- Bus will return to the Center by 2:00 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, March 28th**

Connecticut Historical Society and

Black-Eyed Sally's

Thursday, March 14th

Take a trip to Hartford and visit the Connecticut Historical Society Museum and Library. CHS is the state's official historical society and the oldest in the nation. Enjoy lunch at the Black-Eyed Sally's barbeque restaurant. Admission to the museum is \$8.00; 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.

14 maximum riders.

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

Bus Schedule:

- Bus will leave the Center by 9:00 AM
- CHS from 10:30 AM—12:30 PM
- Black-Eyed Sally's from 12:45 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

Senior and Totally Disabled Homeowner Tax Relief Program

The Trumbull Tax Assessor's Office is accepting applications for tax relief benefits starting February 1, 2019 through May 15, 2019 on a walk-in basis. Social Services is available for scheduled appointments as well as home bound visits and can be reached at 203-452-5198.

Homeowners on the tax relief program, who are due to renew with their 2018 income have received renewal reminder letters in the mail. New applicants are welcome.

The state and town tax relief programs are based on age, residency and income qualifications. The town income limit is \$70,000. The state income limit is \$43,900 (married) and \$36,000 (single).

For further information, please call the Trumbull Tax Assessor's Office at 203-452-5018 or visit our website at www.trumbull-ct.gov.

Senior and Totally Disabled Homeowner Tax Relief Program applications are being accepted at the Trumbull Assessor's Office February 1 – May 15, 2019. The town income limit is \$70,000. The state income limit is \$43,900 (married) and \$36,000 (single). New applicants are welcome. Call 203-452-5018 for details or visit www.trumbull-ct.gov.

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

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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

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.

RESPIRE 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

March is Women's Health month. With February having just concluded Heart Disease Month, it's interesting to note that its estimated 90 percent of all heart attacks in women are missed. Women typically take care of everyone else first and they come second. Ladies, we need to listen to our bodies. Don't assume that pain or being tired is just part of aging.

Be proactive!

March is also Nutrition month. I would like to encourage everyone to ask their doctor about a Nutritionist and to make healthy choices. Just because January and February are through does not mean you can't still come to an exercise classes or start a healthy regiment. It's never too late.

The walking group is another great opportunity to move and be healthy. We meet on Thursday's at the mall in front of Target on the second floor at 1 pm.

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
<div>March 2019</div>				
9:00 Stretch 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 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 11:30 Drama Club 12:00 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 9:00 AARP Taxes 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 9:30 Water Colors 10:00 Panera and Aldi Trip 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 2:00 Family Conflict Group	9:00 Dance & Tone 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 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 11:30 Beginners Tap 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage & Drama 12:00 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 9:00 AARP Taxes 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 9:00 CHS Trip 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 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 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 10:30 Caregivers Present. 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga 2:00 Caregiver Support	9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 11:30 Drama Club 12:00 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 9:00 AARP Taxes 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 11:00 Good Sleep 12:30 Pinochle and Mahjong 12:30 Qigong	9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:00 CT Air & Space Trip 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais-no class 12:30 Pinochle 1:00 Walking Group 1:00 Matter of Balance 2:00 Family Conflict Group	9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch & Movie 11:30 Israeli Dance 12:00 Mahjong/Pinochle
9:00 Stretch 9:45 Drawing 10:00 Folk Dance + Poker 10:30 Caregivers: Memory 1:00 Line Dancing 12:30 Oil Painting Missy 2:00 Yoga	9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage & Drama 12:00 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 9:00 AARP Taxes 9:30 Breakfast Brain Game 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 9:00 The Loop 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 1:00 Walking Group 1:00 Matter of Balance	9:00 Dance & Tone 9:00 AARP Safe Drivers 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 11:30 Monthly Birthday 12:00 Mahjong/Pinochle 1:00 New Bingo

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REHABILITATION CENTER

6448 Main Street, Trumbull • 203-268-6204

MORE COMMUNITY NEWS



Sunday Cabarets

March 28th/1:00 PM:

“T’Liguri” Italian American Music & Love

April 28th/1:00 PM:

“Radio Ranch” CT’s premier Country Band

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

Smile A While Performing Group

Currently holding auditions for vocals.

If you are interested in joining this traveling performance group of talented ladies and gentlemen, please contact Joy Koch at (203) 556-4246

TAKE BACK DRUGS DAY

This year it will be held on Saturday April 27th, 2019 from 10:00am until 2:00pm at Trumbull EMS, 250 Middlebrooks Ave, Trumbull CT 06611.

Trumbull Police Department will be partnering with Trumbull EMS for this initiative.



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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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.



- ♦ **Gaelic meets Garlic at the Grand Oak Villa**—Tues, Mar.19th (Friendship Tours) \$91pp
- ♦ **Mohegan Sun Casino trip**—Tues, Mar.26th (Getaway Tours) \$33pp
- ♦ **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
- ♦ **Broadway your choice “Kiss Me Kate” or “The Cher Show” -Wed, May 29th** (Getaway Tours) \$249pp
- ♦ **MGM Casino**—Tues, June 4th (Tours of Distinction) \$45pp
- ♦ **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 (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
- ♦ **“Mambo Italiano” at the Westchester Broadway Theatre**—Thurs, Aug. 29th (Getaway Tours) \$105pp
- ♦ **Providence, RI-Italian Style**—Tues, Sept. 10th (Tours of Distinction) \$134pp
- ♦ **“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
- ♦ **Naugatuck Valley Railroad (Thomaston, CT)**—Tues, Oct. 15th (Getaway Tours) \$109pp
- ♦ **“An American in Paris” at the Westchester Broadway Theatre**—Thurs, Nov.14th (Getaway Tours) \$105pp
- ♦ **“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

- ♦ **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)