



THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+



23 Priscilla Place • (203) 452-5199

MAY 2018

First Selectman

Vicki Tesoro **(203) 452-5005**

Senior Commission Chairman

Amy DeZenzo **(203) 261-0872**

Director of Human Services

Michele Jakab **(203) 452-5144**

Administrative Assistant

Ashley Ryan Grace **(203) 452-5199**

Senior Center Receptionist

Jeannie Franco **(203) 452-5199**

Social Services **(203) 452-5198**

Jennifer Gillis **(203) 452-5133**

Food Pantry

Monica Vallejo **(203) 452-5135**

The Center will be closed on Monday, May 28th for Memorial Day

Older Americans Month #OAM18!

Every May, the Administration on Aging, leads our nation's observance of Older American's Month. The 2018 theme, "*Engage at Every Age*," emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities. Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and



"Engage at Every Age!"

2017 SENIOR CITIZEN COMMISSION

Chairman - Amy DeZenzo

Secretary - Gail D'Elia

Clerk - Barbara Crandall

Ron Foligno

Roberta Bellows

Evelyn Wiesner

Mary Isaac

Marcy Kelly

Meal of the Month

It is a Mystery Meal!

At the time of print, the menu was not available. Please call for the menu.

May 22nd - 11:30 AM

Suggested Donation \$3.25

Reservations must be made (2) days in advance by calling 203-378-3086



Music will be
played by
DJ Al Song!

Proclamation Day

***Breakfast with the
First Selectman***

Monday, May 14th, 10:30 AM

First Selectman, Vicki Tesoro, will present a Proclamation for Older Americans Month.

Join us for breakfast and conversation! Everyone is welcome to attend

To RSVP, please call
(203) 452-5199



CENTER HOURS

Monday through Friday
9:00 AM—4:00 PM

Like us on
facebook





The Most Trusted Name in Home Care

Personal Care • Homemaking

Companionship • Meal Preparation

Medication Reminders • Errands/Appointments

Call for your
FREE Care Assessment!

(203)923-8866

Locally Owned and Operated
in Fairfield, CT

www.synergyhomecare.com



REMARKABLE MEMORY CARE ASSISTED LIVING



Bridges[®]

BY EPOCH

MEMORY CARE ASSISTED LIVING
AT TRUMBULL

Remarkable people. Exceptional care.

Helping those in various stages
of memory loss experience more
joyful, meaningful days.

203.245.5126

2415 Reservoir Avenue | Trumbull, CT 06611



www.BridgesbyEPOCH.com

CT Relay 711



CYRIL F. MULLINS FUNERAL HOME, INC.

CYRIL F. MULLINS II • HOLLY MULLINS-HART • ROBERT B. CLARK

203-372-6543

www.mullinsfh.com email: cfmullinsfh@gmail.com
399 White Plains Road, Trumbull, CT



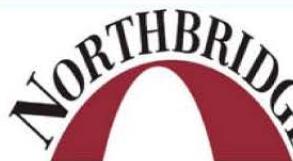
A PLACE FOR CARING

SHORT-TERM REHAB • LONG-TERM CARE • RESPITE

203.459.5152 • athenanh.com/Maefair

21 Maefair Court
Trumbull, CT 06611

Continuum of Care Offered by
Athena Home Health & Hospice.
Managed by Athena Health Care Systems



2875 Main Street, Bridgeport

(203) 336-0232

RATED 4-STAR

Health Care Center

your bridge to health

Athenahealthcare.com/Northbridge
Managed by Athena Health Care Systems

Law Offices of Eliovson & Tenore

...because experience matters.

ELDERLAW & FAMILY COUNSELING ASSOCIATES, LLC

"Dedicated to helping senior adults and their families"

ESTATES • TRUSTS • PROBATE • CONSERVATORSHIPS

MEDICAID AND ASSET PRESERVATION PLANNING

203-259-7195 • www.ConnecticutElderLaw.com

FAIRFIELD, CT

since 1989

**SENIOR
AMERICANS
RESOURCES**

Specializing in
Medicare health plans

Medicare Supplement
Medicare Advantage
Part D Rx Plans

203-744-3705

www.senioramericansresources.com



Assisted Living
Memory Care
Respite Stay
203-761-1191
435 Danbury Rd. Wilton, CT
www.thegreensatcannondale.com



Short-Term Rehabilitation
Long-Term Skilled Nursing
Outpatient Therapy Service
203-834-0199
439 Danbury Rd. Wilton, CT
www.wiltonmeadowshealthcare.com

A Campus of Personalized Care and Enriched Living

Helping You Continue to Feel Right at Home

Right at Home of Greater Fairfield County
understands that MAINTAINING YOUR
INDEPENDENCE is the key to your happiness
and well being. We tailor our in-home care,
to your individual needs.

- Companionship for an afternoon
- Personal care: bathing & hygiene
- Meal prep, shopping, light housekeeping
- Transportation to appointments & more



We can help you stay at home. Serving
Greater Southbury. Call today for a free,
in-home assessment or more information.

203-261-5777

WWW.RAHFFC.COM

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Lunch and Learn

Healthy Eating Habits and Supplementation

Wednesday, May 2nd, 10:30 AM

Join Fourth Year Student

Clinicians at the University of Bridgeport, College of Naturopathic Medicine for a presentation about healthy eating habits. Lunch will be sponsored by Homewell Senior Care.

For more information, please call (203) 452-5199.

History Lectures by

Dr. Ramona Garcia

Tuesday, May 7th, 10:30 AM:

Frederick VIII, King of Denmark

Tuesday, May 21st, 10:30 AM:

Queen Alexandra of Great Britain

Lunch and Learn

Stress Management

Wednesday, May 9th, 11:00 AM

Join Trumbull resident and owner, Jay Kiley, of SYNERGY Home Care, for a presentation on different tools to manage stress and live a happier, healthier life. For more information and to RSVP, please call (203) 452-5199.

Lunch and Bingo

Thursday, May 10th, 11:00 AM

Visit our friends at Cambridge Health and Rehabilitation Center in Fairfield for a game of bingo and lunch! For more information and to RSVP, please call (203) 452-5199.

Veteran Benefit Screenings

Tuesday, May 15th, 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 meet Ramon. To RSVP, please call (203) 452-5199.

Lunch and Bingo at Middlebrook Farms

Tuesday, May 15th, 1:30 PM

Join your friends at Middlebrook Farms for a fun game of Bingo. lunch will be served. To RSVP, please call (203) 452-5199.

Annual Tea Party

Victorian Themed

Thursday, May 17th, 11:00 AM

We encourage everyone to attend in Victorian dress. Bring some life into something in your wardrobe and be creative! Wear your most fabulous tea hat and enjoy a lovely performance from the **Park Street Singers**. There will be a hat contest for the prettiest. Payment is \$5.00 per person.

AARP Safe Drivers Course

Friday, May 18th

9:00 AM—1:00 PM

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

Evening Program:

Elder Law Discussion

Thursday, May 10th

5:00 PM

Elder Law Attorney, Lyn Eliovson of Eliovson & Tenore in Fairfield, will present a round-table discussion on elder law and the new Uniform Powers-of-Attorney that is now in effect in Connecticut. For more information and to RSVP, please call (203) 452-5199.

Upcoming Events:

• Murder Mystery Play

Wednesday, June 13th, 11:00 AM

• Fire Marshall Megan Murphy—

Tuesday, June 5th, 2:00 PM

• TPAUD

Membership Renewal

Time to Renew Your Membership!

Trumbull Senior Center membership renewal is due no later than July 1st, 2018.

The fee for residents is \$5.00 and non-residents is \$20.00.

All current members and new members are required to fill out a new membership application.

Drop it off or mail it with your payment to:

Trumbull Senior Center
23 Priscilla Place
Trumbull, CT 06611

The Membership Makes This Place Great!

PROGRAMS

Knitting & Crochet Group

Every Tuesday

10:00 AM

Please bring your own supplies. Extra yarn is available. Donations welcomed. Everyone welcome.

FAMILY CONFLICT GROUP

A 12 WEEK Group that will meet on The 1st and 3rd Thursdays of the month at **2:00 PM**.

This group is run by a licensed professional. This group is for anyone feeling frustrated with their family relationships; such as not connecting with your children or grandchildren as often as you would like or you have strained relationships that are affecting you.

May 3rd and May 17th

Chanté Moreno, LMSW

cmoreno@trumbull-ct.gov

203-261-5110

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.



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.

\$5.00 for non-residents. If you have a laptop, please bring it in.

Monthly Birthday Party

Friday, May 18th

11:30 AM

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

Lunch and Movie

Friday, May 25th

11:30 AM—1:00 PM

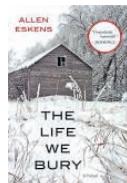
Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: **Victoria and Abdul** –A young clerk from India participates in Queen Victoria's golden jubilee and helps the queen see the world through a new set of eyes. **Starring:** Judi Dench and Ali Fazal. To RSVP, please call (203) 452-5199.

The Book Club

May Book:

“The Life We Bury” by Allen Eskens



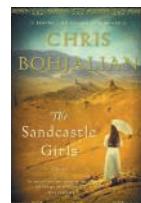
Discussion: Monday, May 7th, 11:00 AM

June Book:

“Sand Castle Girls” by Chris Bohjalian

Discussion:

Monday, June 4th, 11:00 AM



Sue's Salon

Haircuts, manicures & pedicures

Licensed professional.

call (203) 981-7061

Price List:

Shampoo/set/blow dry: \$15.00

Shampoo/cut: \$18.00, Neck Trim:

\$10.00, Color/cut/set: \$50.00 +

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

GAMES

Bingo

Monday, May 7th

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

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

Super Bingo

Friday, May 18th

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)



\$5.00 gift cards and refreshments!

RSVP by calling (203) 452-5199.

Sponsored by the Senior Commission and SYNERGY Homecare.

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!

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 & Fridays

12:30 PM

New players are welcome to join!

FITNESS CLASSES

Mondays:

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

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

Intermediate Line Dance with Shirley-12:45 PM Line dance to different types of music.

Yoga with Jeannie-2:00 PM

Focuses on rhythmic 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, reducing stress and clearing your mind.

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-12:30 PM

Practice that focuses on lowering stress, improving immunity and strengthening internal and external balance.

Thursdays:

Balance, Core Strengthening 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 Gail-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:

Zumba Gold with Jeannie-9:00 AM Dance to international music while toning the entire body.

Fridays:

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

Israeli Dance is great exercise for your mind, body and soul. No experience necessary.

ART CLASSES

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.

Tuesdays & Thursdays:

Watercolors with Sabine-

9:30 AM Watercolor 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 welcomed. Please bring your own supplies and subject matter. A supply list will be provided.

SCAM ALERT

The Southwestern CT Agency on Aging administers the Senior Medicare Patrol (SMP) Program for Southwestern CT. The SMP program is responsible for helping seniors prevent, detect and report Medicare fraud and inform seniors and their caregivers of scams in their area. Starting April 1st Medicare beneficiaries will be issued new Medicare cards. The process will continue from April 1, 2018 to April 1, 2019. It is important that you know that scammers are now targeting Medicare beneficiaries by calling and stating that they are from the Social Security Administration, Medicare or the Center for Medicare & Medicaid Services (CMS). The scammer may state that he or she is calling to inform you that you will be receiving a new Medicare card and wants to confirm your current Medicare number and effective dates. If you get a call like this **DO NOT** give any of your personal information over the phone. **HANG UP** and call your SMP at 1-800-994-9422. The office of the Inspector General wants to know what areas are receiving these types of phone calls. Also, If you have moved and not changed your address with the Social Security Administration it is **IMPERATIVE** that you do so. Your new Medicare card will be mailed to the last address that the Social Security Administration has on file. The SMP Program is always looking for volunteers to help spread the word about how Medicare beneficiaries can help protect themselves from being victims of Medicare fraud and abuse and Medicare scams. You can be a volunteer by just distributing flyers in your town or you can set up an exhibit or conduct presentations. The next SMP Foundations Training is scheduled for May 23, 2018 from 10 a.m. to 3 p.m. If you are interested in becoming a volunteer please contact Lisa Alhabal, SMP Coordinator at 203-814-3618. Below is what your new Medicare card will look like:



Transportation Resources for Trumbull Residents

In addition the Senior Center transportation programs, there are alternatives to help meet your needs. Call the Senior Center at (203) 451-5137 if you need any help in signing up for these programs

- Regional Mobility Management Project's Taxi Voucher Program**

If you are eligible for the paratransit service under the Americans with Disabilities Act (ADA); the Regional Mobility Management Project's Taxi Voucher Program is another transportation resource. This program is operated under a partnership between the Kennedy Center and Metro Taxi. Individuals receive a 50% reduction of the metered taxi fare via a prepaid debit card. The service is provided 24 hours a day, 7 days a week, 365 days per year for trips that begin or end in the towns of Bridgeport, Stratford and Trumbull. If you would like additional information, please call Rick Davis, Regional Mobility Manager, at (203) 365-8522 ext. 244.

- GBT Access**

The GBT Access Service Bus is designed to provide public bus transportation to riders with disabilities throughout the Bridgeport/Trumbull region. This service ensures that riders with disabilities have access to jobs, school, shopping and medical appointments. The area that the Access bus serves is 3/4 of a mile around all GBT city bus routes. This generally includes all of Bridgeport and portions of Fairfield, Stratford, Trumbull; with limited service to parts of Milford, Monroe, Shelton, Derby, Westport and Norwalk. The fare for a one-way trip is \$3.50. To see if you are eligible and qualify for the GBT Access bus, please contact Chin Stolze at (203) 333-3031 ext. 131.

Other Transportation Resources

- Veterans-VA Hospital** transportation provides transport for eligible Vets including wheelchair services. 203-932-5711 ext. 3182, 3327

- United Way 211 — Hotline**

For more information on mobility resources for Southwestern Connecticut, check out "KNOW HOW TO GO." <http://www.knowhowtogoct.org>.

The Kennedy Center Regional Mobility Management





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, lawyers, shopping, appointments, nursing home visits. Service animals and assistive devices welcome. Call to inquire. (203) 452-5137. Registration is required.

Please note: Due to many no-shows, we are kindly asking that you only make a reservation for a trip if you are serious about attending. We understand things come up; however, we ask that you notify us of a cancellation.

Cracker Barrel Old Country Restaurant Thursday, May 17th

Enjoy lunch at the Cracker Barrel Restaurant and be sure to check out their gift shop! Transportation is free; you are responsible for the cost of your lunch.

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

Bus Schedule:

- Bus will leave the Center by 10:30 AM
- Cracker Barrel from 11:00 AM—1:00 PM
- Bus will return to the Center by 1:30 PM

American Museum of Tort Law and Mario's Tuscany Grill

Thursday, May 24th

Visit the American Museum of Tort Law in Winsted and learn about the law and the benefits of trial by jury and tort law. After the museum, enjoy lunch at Mario's Tuscany Grill. Admission to the museum is \$5.00. You are responsible for the cost of your lunch. To RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 10:00 AM
- American Museum of Tort Law from 11:00 AM—12:30 PM
- Mario's Tuscany Grill from 1:00 PM—2:30 PM
- Bus will return to the Center by 3:30 PM

Need a Ride to the Doctor?

We offer rides to and from medical appointments Mondays, Tuesdays, and Thursday. We travel to Trumbull, Bridgeport and Stratford. All riders must be independent; care givers 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. Donations can be made to the Trumbull Senior Center at 23 Priscilla Place, Trumbull CT, 06611

The Shuttle Loop: Get a choice!

Must RSVP: (203) 452-5199

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, May 3rd

There is a minimum of 4 passengers and a maximum of 14 passengers per trip.

Stew Leonard's of Norwalk

Thursday, May 31st

Join us for lunch and shopping at Stew Leonard's in Norwalk. The bus will take a quick drive by Calf Pasture Beach. Transportation is free; you are responsible for your own shopping items.

Maximum 14 riders.

To RSVP, please call (203) 452-5199

Bus Schedule:

- Bus will leave the Center by 10:00 AM
- Stew Leonard's from 11:00 AM—1:00 PM
- Bus will return to the Center by 1:30 PM.

Stop and Shop Schedule: Call for a pick up

(203) 452-5199



- Stern Village Residents: Wednesdays
- Trumbull Residents: Tuesdays

Shopping is from 10:00 AM -11:00 AM. You will be picked up between 9:00 AM-9:45 AM. Wheelchair accessible, aides or caregivers are welcome. Must RSVP: (203) 452-5137

Transportation is available for pantry shoppers.

(riders must be at least 18 years of age)

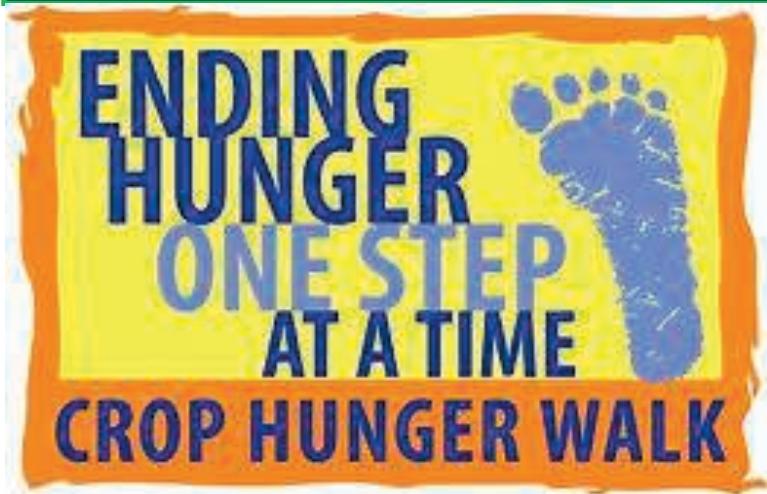
Monday	Tuesday	Wednesday	Thursday	Friday	
MAY	9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:15 Drama Club 11:30 Zumba Lessons 1:30 Tai Chi Quan	1 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Lunch & Learn-UB 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	2 9:00 Balance & Core 9:00 The Loop 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 11:30 Feldenkrais 12:30 Pinochle 12:30 Live Well Workshop 2:00 Family Conflict	3 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game	4
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Dr. Garcia Presents 10:30 Bridge 11:00 Book Club 12:45 Line Dance 1:00 Bingo 2:00 Yoga	7 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:15 Drama Club 11:30 Zumba Lessons 1:30 Tai Chi Quan	8 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Stress Management 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	9 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:00 Lunch/Bingo Cambridge 11:30 Feldenkrais 12:30 Live Well Workshop 12:30 Pinochle 5:00 Elder Law Discussion	10 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game	11
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 10:30 Proclamation 12:45 Line Dance 2:00 Yoga	14 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:15 Drama Club 11:30 Zumba Lessons 12:30 Veteran's Benefits 1:30 Bingo/Middlebrook 1:30 Tai Chi Quan	15 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Mahjong & Pinochle 12:30 Qigong	16 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Cracker Barrel Trip 10:30 Computer Tutor 11:00 Tea Party 11:30 Feldenkrais 12:30 Pinochle 2:00 Family Conflict	17 9:00 Dance & Tone 9:00 AARP Safe Drivers 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Monthly Birthday 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1:00 Super Bingo 1-4 Billiards Game	18
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Dr. Garcia Presents 10:30 Bridge 12:45 Line Dance 2:00 Yoga	21 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Mark Albertson 10:30 Sit and Fit 11:15 Drama Club 11:30 Zumba Lessons 1:30 Tai Chi Quan	22 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	23 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:00 Tort Law Trip 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle	24 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 11:30 Lunch & Movie 12:30 Mahjong & Pinochle 1-4 Billiards Game	25
The Center is Closed for Memorial Day. 	28 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:15 Drama Club 11:30 Zumba Lessons 1:30 Tai Chi Quan	29 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	30 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:00 Stew Leonard's Trip 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle	31	



St. Joseph's Center
REHABILITATION CENTER
6448 Main Street, Trumbull • 203-268-6204

**HELP PROTECT
YOUR FAMILY & HOME**
CALL NOW! 1-888-862-6429





The Trumbull Food Pantry Staff will be walking to fight against hunger at 44th Annual Greater Bridgeport Crop Hunger Walk.

Join our team as a walker or a sponsor by contacting Jennifer at jgillis@trumbull-ct.gov, Monica at mvallejo@trumbull-ct.gov or by calling (203) 452-5133

Event date is Sunday, May 6, 2018 at 1:30 PM rain or shine!

Senior and Totally Disabled Homeowner Tax Relief Program

The Trumbull Tax Assessor's Office is accepting applications for tax relief benefits starting February 1, 2018 through May 15, 2018 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 2017 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 is \$43,000 (married) and \$35,300 (single). For further information please call the Trumbull Tax Accessor's Office at 203-452-5018 or visit our website at www.trumbull-ctgov

FILE OF LIFE

KEEP INFORMATION UP TO DATE !!	
Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF MO. YR.	
Name:	MM
Address:	YY
Doctor:	Phone #:
Preferred Hospital:	Phone #:
EMERGENCY CONTACTS	
Name:	Phone #:
Address:	Phone #:
Name:	Phone #:

File of life is an important and useful way to gather information that can be accessible in an emergency. File of life is a wallet sized pouch that will keep record of any allergies, medication used, emergency contact information, doctor's information, and who to contact in a dire emergency. These packets are currently recognized and endorsed by Hospitals, EMTs, Medical, Senior Citizen Organizations, Police, Sheriff's, and Fire Departments. Trumbull's Emergency Medical Services (EMS) are working to improve the safety of their citizens, especially those in the older population. To sign up, please contact Social Services at (203) 452-5198 or email at jgillis@trumbull-ct.gov. For more information please go to <http://www.folife.org/>, or contact Trumbull EMS at 203-452-5146. Home Visits are available!

 **MEDICAL ARTS PHARMACY**
15 Corporate Drive, Suite 1-1, Trumbull
FREE RX DELIVERY TO YOUR HOME OR OFFICE

Call 203-590-3737
today to transfer your Rx
to Medical Arts Pharmacy

**LITTLE ANGELS
ELDERLY HOME CARE
POLISH AGENCY**

Providing Elderly Care • Companions
Live-In Caregivers
Stay Independent in Your Home!
Ewa Bors • 203-278-1436
littleangelshomecare48@yahoo.com

**Middlebrook Farms
at Trumbull**

Benchmark Senior Living
Assisted Living & Memory Care

**Call to
Schedule a Visit**

2750 Reservoir Avenue
Trumbull, CT 06611

203-268-2400

www.benchmarkseniorliving.com

**REMARKABLE MEMORY
CARE ASSISTED LIVING
IN YOUR BACKYARD**



PAT WALKER, Residential Sales Specialist

THE NEXT GENERATION OF SERVICE
203-545-5746 • Pat.Walker@CBMoves.com

Extensive Marketing Expertise • Strategic Positioning
Accredited Staging Professional • Critical Negotiating Skills
Multimillion Dollar Sales Volume • Results



2 Corporate Drive
Trumbull, CT 06611



Bridges

BY EPOCH

MEMORY CARE ASSISTED LIVING
AT TRUMBULL

Remarkable people. Exceptional care.

203.397.6800

www.BridgesbyEPOCH.com



•

(CT Relay 711)



Support That Fits Your Lifestyle

Alzheimer's & Dementia Care
Companionship ~ Personal Care ~ Meals &
Nutrition ~ Transportation ~ Household Duties
Respite Care ~ Hospice Care

Call for a free, no-obligation consultation – 203-426-6666 / 203-386-1151

CT DCP Reg.#HCA.00000160 www.homeinstead.com/307

Each Home Instead Senior Care franchise office is independently owned and operated.

*Christopher T. Greenwood
Attorney at Law*

*With proper Medicaid - Title 19 planning, we can help guide you and your family
through the Medicaid - Title 19 process, while protecting your home and assets*

Medicaid – Title 19 Asset Preservation Planning / Last Will and Testaments
Living Wills / Powers of Attorney / Estates and Trusts / Conservatorships
Health Care Directives / Real Estate Guidance for Seniors

203-375-4040 - www.greenwoodelderlaw.com
799 Silver Lane, Trumbull, CT 06611

Setting the Standard in Comfort and Care

Our Services

- Physical, Occupational and Speech Therapy
- Customized Clinical Programs
- Orthopedic Rehabilitation
- Cardio/Pulmonary Rehabilitation
- Cognitive Retraining
- Ambulation Retraining
- Endurance Training
- Activities of Daily Living Retraining
- Stroke Recovery
- Alzheimer's/Dementia Care
- Cardiac Care Program



PASSPORT



Ludlowe
Center for Health & Rehabilitation

www.ludlowecenterhealth.com

For a private tour, please call us at

203-372-4501

118 Jefferson Street, Fairfield, CT 06825

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

Take a look at our day and overnight trips. Everyone is welcome. **Membership or residency not required.**
E-mail Jeannie Franco with any questions jfranco@trumbull-ct.gov or call (203) 452-5199.
Payment and trip policy forms are required before signing up.
To view all trip flyers, visit the Center or visit our website: <http://www.trumbull-ct.gov>

2018 Upcoming Trips

- Harlem Famed Apollo Theatre
- The Boston Pops at Tanglewood
- Canal Street Antiques
- Essex Steam Train & Riverboat
- Block Island Breeze
- It's Showtime at the Delaney House
- Bobby Rydell at Aqua Turf Club
- *Anything Goes*, Westchester Broadway Theatre

Fidelco Guide Dog Foundation

USS Chowder Pot

Date: Saturday, May 19th

Cost: \$77.00 per person

Tours of Distinction

Includes: Roundtrip Motor-coach, Tours of Distinction Tour Director, Free-time at Fidelco Guide Dog Open House, Lunch, Taxes and Gratuities (including driver and tour director)



Overnight Trips with Friendship Tours

Tour: Nashville Music City

Nashville, TN

Biltmore Estate-Asheville, NC

Opryland Hotel-Grand Ole Opry

Ryman Auditorium-General

Jackson Lunch Cruise

Dates: October 9th-16th

Deposit Date: July 17th

Final Payment: August 21st

Single: \$2,231.00 pp

Double/Triple: \$1,761.00 pp

Corsets & Top Hats

Thursday May 24th, 2018

Cost: \$99.00 per person

Gilded Age Driving Tour of Newport

La Forge Casino Restaurant

Includes: Roundtrip Motor-coach, Tours of Distinction Tour Director, Gilded age guiding tour with Mrs. Astor, Lunch and Discussion with Mrs. Astor, All Taxes and Gratuities Including Driver and Tour Director

Libraries of Manhattan

Wednesday May 30th, 2018

Cost: \$92.00 per person

Includes: Roundtrip Motor-coach, Guided Tour of NY Public Library, Self-guided visit at Morgan Library, All Taxes and Gratuities Including Driver and Tour Director. Your day will be spent inside some of the most breathtakingly beautiful architectural buildings in NYC.

Overnight Trips with Friendship Tours

Tour: Jesus Live On Stage

Lancaster, PA

Dates: September 5th-7th

Deposit Date: June 13th

Final Payment: August 1st

Single: \$561.00 pp

Double/Triple: \$451.00 pp

NYC Ballet and Chelsea Market

Sunday June 3rd, 2018

Cost: \$162.00 per person

Includes: Roundtrip

Motor-coach, Tours of Distinction Tour Director, Free time at Chelsea Market, Meet the Dancer Experience, NYC Ballet Show, all Taxes and Gratuities Including Driver and Guide.



NY Botanical Garden

See works by Georgia O'Keefe

Ann & Tony's

Tuesday June 12, 2018

Cost: \$107.00 per person

Includes: Roundtrip Motor-coach, Tours of Distinction Tour Director, Free Time, Lunch, Admission to Botanical Garden. All Taxes and Gratuities Including Driver and Tour Director.



Overnight Trips with Tours of Distinction

Tour: Escape to Maine

Dates: September 5th-7th

Deposit Date: June 1st

Final Payment: July 9th

Single: \$855.00 pp

Double: \$599.00 pp

Triple: \$515.00 pp

TRUMBULL SENIOR CENTER

Date: Thursday May, 17th

Time: 5:30 pm-7:30 pm

Should I Stay or Should I Go ?

Place: The Trumbull Senior Center

23 Priscilla Place

Trumbull, CT 06611

RSVP By Monday May 14th to : Jennifer Gills- Social Service Coordinator

(203) 452-5133

MARK ---ADDRESSES “TO STAY OR TO GO” IN YOUR HOME . Factors to consider as you and your home age in place.

LINNEA ---SHARES 10 TIPS FOR PROACTIVE LIFESTYLE PLANNING. Manage your Changes- Do not let your Changes Manage you.

BARBARA ---DISCUSSES VARIOUS HOME CARE PLANS. Services to support staying home ----- safely and happily



**Mark
Markelz**

Explore Alternative Living Options
“Senior Real Estate Specialist”



**Linnea
Levine**

Certified
Elder Lawyer



**Barbara
Faruggio**

Home Care Planner
Registered Nurse





TRUMBULL SENIOR CENTER

Membership Application *July 2018-June 2019*
(203) 452-5199 23 Priscilla Place, Trumbull, CT. 06611.

New Member **Renewal**

Annual Membership: **Per Resident (\$ 5pp)** **Per Non Resident (\$ 20)**

Tax deductible Donation \$ _____ Your donation matters! Thank you for leaving a donation to the Trumbull Senior Center. Your generosity will help us continue to offer no cost classes as well as educational & art programs, social activities, and special luncheons.

How would you prefer to receive our newsletter?

_____ Email _____ Pick up in person
_____ Mail (*one annual \$ 9 fee for First Class Postage*)

Staff Use: _____

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.: _____ Alternate Phone: _____

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

In consideration of your accepting my registration, I hereby waive 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 _____

The Center at Priscilla Place
Trumbull Senior Center

Membership Code of Conduct

As guests, individuals can personally help the Senior Center maintain a warm, positive and safe environment; it is every member's right. The *Senior Center Code of Conduct*, which includes a dress code, provides guidelines for the actions of all who volunteer at and use the services of the Senior Center. All groups and individuals are expected to adhere to the Trumbull Senior Center's *Code of Conduct* when participating in programs, taking advantage of services or otherwise using the facilities.

The following are considered unacceptable behaviors and will not be tolerated:

- Activities that infringe on the rights of Senior Center participants or staff.
- Destruction or theft of Senior Center materials, equipment, furniture and grounds.
- Inappropriate behavior or language that disturbs other participants.
- Infractions against the Center's policies regarding loitering, sales or solicitation.
- Possession, use, or sale of alcohol or controlled substances.
- Racial, religious or sexual harassment of Center participants or staff.
- Vandalism or littering in the Center or on its grounds.
- Violation of any federal, state, county or city laws and ordinances.
- Violation of smoking ordinances both inside and outside of the building.
- Inappropriate or revealing attire including footwear.
- Failure to maintain personal cleanliness and good hygiene.

It is the policy of the Senior Center to practice appropriate measures when handling patron misconduct. In keeping with that policy, The Town of Trumbull, through its Director, reserves the right to remove patrons from facilities, programs and services via suspension periods determined by designated department staff representatives. Notification will be provided in writing.

First Offense:

- Meet with patrons to discuss conduct policy and discuss inappropriate behavior and the violation(s) that occurred.
- Make a record of the incident and notify the participant of this documentation
- Advise the violator that continued inappropriate behavior will result in suspension from the Senior Center

Second Offense:

- Meet with the patron to discuss the violation.
- Make a record of the incident.
- Prepare an outline of agreed upon behavior and for participant to continue Trumbull Senior Center usage or possibly suspend the patron from the Trumbull Senior Center, depending on severity.

Third Offense:

- Suspend the participant from the Trumbull Senior Center, depending on severity, as determined by the Trumbull Senior Center Director.

Incidents of Imminent Danger: Participation will be discontinue immediately if the patron is engaged in illegal activity or presents a danger to self or others. 911 will be called.