



THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+



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

MAY 2019

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mjakab@trumbull-ct.gov

Administrative Assistant
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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



The Center will be closed on Monday, May 27th, in observance of Memorial Day.

Trumbull Senior Center's Annual Tea Party Tea with the Stars

Friday, May 17th at 11:30 AM

*Wear your most fabulous tea hat and join us for
our annual Tea Party.*

*This year, make sure to dress up as your favorite Star and we will have a
contest for the best dressed, most creative, and
funniest celebrity look-a-like.*

A light lunch and dessert will be served.
\$5.00 per person. Registration is required.
To RSVP, please call (203) 452-5199.

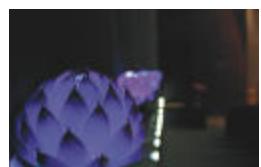


101 Years Old!

Please take a moment to recognize Mr. Benjamin Bludnicki in a celebration of his 101st Birthday. He is a proud Veteran of World War II, where he served in the U.S. Coast Guard in the Great Lakes Area. He is a lifetime member of the CT Community and has resided in Trumbull since 1952. Mr. Bludnicki has always been proud to serve his community and started out delivering milk to the residents of Trumbull in the 1950's. Shortly after that, he decided to join the U.S. Postal Service, which he served for over 30 years. Mr. Bludnicki married his wife, Sue, in 1948 and enjoyed a fruitful relationship with her that lasted over 60 years until she passed away on 2/2/09. Mr. Bludnicki enjoys engaging with others and traveling. He is particularly proud to recall taking his mother back to Poland to see their Polish relatives after WWII. He continues to thrive in our community with the help and care of his loving daughter Mary Bludnicki.

Lotus Lantern Craft Workshop

**Wednesday, May 22nd
10:30 AM**



The Members of Korean Spirit and Culture Project will be present to make lotus flowers lanterns using colorful paper and wire frames. Also, they will present a lesson on Korean history and culture.

Traditional homemade Korean desserts will be served at the end of class.

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



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Trumbull Senior Center

06-5293

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Wellness Talk with Michiko

Friday, May 3rd

11:00 AM

Join Michiko, a Rite Aid Wellness Ambassador, for a “Wellness Talk” session about pain management. She will offer useful information for how to manage different types of pain. Participants can share their experience. Snacks and goodies will be provided. To RSVP, please call (203) 452-5199.

Caregiver Support Group

Monday, May 6th

Monday, May 20th

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.

History Talks with Historian Arthur Gottlieb

- Tuesday, May 7th, 2:00PM**
(Eleanor Roosevelt)

- Tuesday, May 21st, 2:00 PM**
(New York World's Fair)

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

AARP Fraud Watch

Wednesday, May 8th

10:30 AM

Take a look at the psychology behind ID theft, fraud and scams through actual footage of scammers, insight and advice. Participants will walk away armed with tools to keep themselves and their families safe. To RSVP, please call (203) 452-5199.

Bigelow Tea Presents

Friday, May 10th

1:30 PM

Join Bigelow Tea for a presentation about their different variety of teas and the health benefits of drinking tea. Refreshments will be served. To RSVP, please call (203) 452-5199.

Caregiver Training: How Best to Care for Your Loved One

Wednesday, May 15th

10:30 AM

(Open to the Public)

Join Katie Vanovitch of Senior Helpers to learn how to recognize the need for dignity while improving your approach on how to best help your loved one. It also can be difficult for a new caregiver to undertake the tasks of daily living for a loved one. Learn more about that transition from partner to caregiver, and how to keep your loved one safe, healthy, and happy with dignity. To RSVP, please (203) 452-5199.

Trumbull Senior Citizen Commission Meeting Dates

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

Friday, May 24th

Held at the Senior Center

Vic Casaretti Returns!

Portraying Major Benjamin Tallmadge

Monday, May 20th

1:00 PM

Vic Casaretti brings another intriguing historical figure to life! Come and spend an afternoon with Major Benjamin Tallmadge and hear about his role in exposing and stopping the Arnold/Andre affair that would have led to the loss of the war to the British. To RSVP, please call (203) 452-5199.

Caregivers:

Finding and Expanding Your Village

Wednesday, May 29th

10:30 AM

(Open to the Public)

Join Oasis Senior Advisors and Valerio Financial Group for an informative presentation about exploring the various resources, options, practices, and types of professionals to help you provide the best care for aging parents. Lunch will be served. For more information and to RSVP, please call (203) 452-5199.

AARP Safe Drivers Course

Friday, May 31st

9:00 AM—1:00 PM

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

Evening Programs

Elder Law Discussion

Thursday, May 9th

5:30 PM

Elder Law Attorney, Lyn Eliovson of Eliovson & Tenore in Fairfield, will present a round-table discussion on elder law. To RSVP, 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.

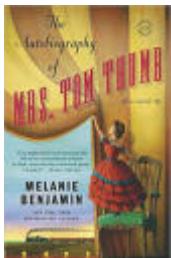
Alternative Menu:

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

The Book Club

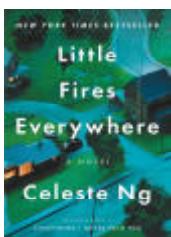
May Book:

“Autobiography of Mrs. Tom Thumb” by Melanie Benjamin
Monday, May 6th, 11:00 AM



June Book:

“Little Fires Everywhere” by Celeste Ng
Monday, June 3rd, 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, May 24th
11:30 AM—2:00 PM**

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film:



Stan & Ollie

Laurel & Hardy, one of the world's great comedy teams, set out on a variety hall tour of Britain in 1953.

Starring: Steve Coogan and John C. Reilly.
To RSVP, please call (203) 452-5199.

Monthly Birthday Party

Friday, May 31st

11:30 AM

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



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



DJ Al Song
Returns for Lunch
and Music
**Wednesday, May 15th
at 11:30 AM**

New Bingo & 50/50 RAFFLE

Friday, May 31st

1:00 PM. 10 Games played

To RSVP, (203) 452-5199.

Sponsored by the Watermark 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.

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

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.



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.

The Christmas Tree Shop and Duchess Family Restaurant

Thursday, May 9th

Spring is here! Spend a fun day of shopping at the newly renovated Christmas Tree Shop in Orange.

After shopping, enjoy lunch at Duchess Family Restaurant. Transportation fee is \$2.00. Please pay this fee at the front office. You are responsible for the cost of your lunch and shopping.

14 maximum riders.

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

Bus Schedule:

- Bus will leave the Center by 10:00 AM
- Christmas Tree from 10:30 AM—12:30 PM
- Duchess from 12:45 PM—2:00 PM
- Bus will return to the Center by 2:30 PM

The Mark Twain House and Museum and J's Crab Shack

Thursday, May 30th

Visit and receive a tour of the Mark Twain House and Museum in Hartford. The 1st floor is handicap accessible; there are stairs to get to the 2nd & 3rd floors. Enjoy lunch at J's Crab Shack. Admission to the museum is \$16.00. Transportation fee is \$2.00.

Cash only. Please pay the front desk. You are responsible for the cost of your lunch.

Maximum 14 riders.

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

Bus Schedule:

- Bus will leave the Center by 9:00 AM
- Mark Twain House from 10:30 AM—11:45 PM
- J's Crab Shack from 12:15 PM—1:45 PM
- Bus will return to the Center by 3:00PM

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, May 2nd (The Shuttle Loop)**
- **Thursday, May 23rd (Trumbull Mall/PriceRite)**

Submarine Force Museum and 99 Restaurant

Thursday, May 16th

Visit the Submarine Force Museum in Groton and have a tour of the historic ship, the Nautilus. After your tour, enjoy a delicious lunch at 99 Restaurant. Admission to the museum is free; however, donations are greatly appreciated.

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
- Submarine Force Museum from 10:30 AM—12:00 PM
- 99 Restaurant 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



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.

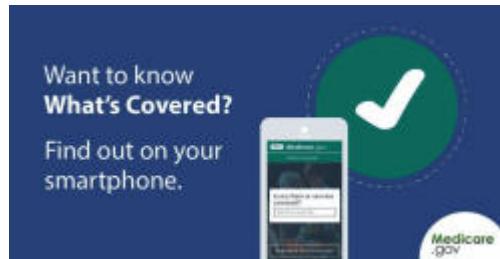
Renters Rebate Program

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.

New Medicare App: “What’s Covered”

The new App offers accurate cost and coverage information on your mobile device from Centers for Medicare & Medicaid Services. The app is available for free on both the App Store and Google Play.



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

COMMUNITY NEWS



Sunday Cabarets

May 19th at 1:00 PM
Return of “Dixie” Presents
Celebrity Divas-
Male Impersonations Revue



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Emily Areson
at
203-452-5065**



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Your Donation Matters

Would you like to leave a donation in memory of someone or help fund a particular class or program?
Donations are used to support Senior Center programs that enrich the lives of seniors at the center and in the community. All contributions are gratefully accepted. **Please make the check payable to:**

The Trumbull Senior Center

If you would like to specify what your donation is for, please do so here or on the memo of your check:
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: _____

Monday	Tuesday	Wednesday	Thursday	Friday				
		May 2019						
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	6 9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Computer Tutor 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 11:30 Drama Club 12:00 Dominoes 1:30 Tai Chi Quan 2:00 History—Art Gottlieb	9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle 12:30 Qigong	1 9:00 Balance & Core 9:00 The Loop 10:00 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors 1:00 Walking Group	2 9:00 Balance & Core 9:00 The Loop 10:00 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors 1:00 Walking Group	9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Ch 11:00 Wellness Talk 11:30 Israeli Dance 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game	3		
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	7 9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Computer Tutor 10:30 Fraud Watch 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 11:30 Drama Club 12:00 Dominoes 1:30 Tai Chi Quan 2:00 History—Art Gottlieb	9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Fraud Watch 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 11:30 Drama Club 12:00 Dominoes 1:30 Tai Chi Quan 2:00 History—Art Gottlieb	8 9:00 Balance & Core 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Fraud Watch 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 11:30 Drama Club 12:00 Dominoes 1:30 Tai Chi Quan 2:00 History—Art Gottlieb	9:00 Balance & Core 10:00 Xmas Tree Shop Trip 10:00 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors 1:00 Walking Group 5:30 Elder Law Discussion	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 1:30 Bigelow Tea	10		
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	13 9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Computer Tutor 10:30 Caregiver Training 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage & Drama 12:00 Dominoes 1:30 Tai Chi Quan	9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Caregiver Training 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage & Drama 12:00 Dominoes 1:30 Tai Chi Quan	14 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Caregiver Training 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Lunch/Music DJ AL 12:30 Pinochle 12:30 Qigong	15 9:00 Balance & Core 9:00 Submarine Force Trip 10:00 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors	9:00 Balance & Core 9:00 Submarine Force Trip 10:00 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors	9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Tea Party w Stars 11:30 Israeli Dance 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game	17	
9:00 Stretch 10:00 Drawing 10:00 Folk Dance 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 1:00 Benjamin Tallmadge 2:00 Yoga 2:00 Caregiver Support	20 9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Computer Tutor 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 11:30 Drama Club 12:00 Dominoes 1:30 Tai Chi Quan 2:00 History—Art Gottlieb	9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Lotus Lantern Craft 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 11:30 Drama Club 12:00 Dominoes 1:30 Tai Chi Quan 2:00 History—Art Gottlieb	21 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Lotus Lantern Craft 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 11:30 Drama Club 12:00 Dominoes 1:30 Tai Chi Quan 2:00 History—Art Gottlieb	22 9:00 Balance & Core 9:00 Mail/PriceRite 10:00 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors 1:00 Walking Group	9:00 Balance & Core 9:00 Mail/PriceRite 10:00 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Water Colors 1:00 Walking Group	9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:00 Snr. Comm. Meet. 10:15 Tai Chi 11:30 Israeli Dance 11:30 Lunch & Movie 12:00 Mahjong/Pinochle	24	
The Center will be closed in observance of Memorial Day.	27 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 1:30 Tai Chi Quan	9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Caregivers Present 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 11:30 Drama Club 12:00 Dominoes 1:30 Tai Chi Quan	28 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Caregivers Present 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 11:30 Drama Club 12:00 Dominoes 1:30 Tai Chi Quan	29 9:00 Balance & Core 9:00 Mark Twain House Trip 10:00 Water Colors, Slim App. 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle, Water Colors 1:00 Walking Group	9:00 Balance & Core 9:00 Mark Twain House Trip 10:00 Water Colors, Slim App. 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle, Water Colors 1:00 Walking Group	9:00 Dance & Tone 9:00 Mark Twain House Trip 10:00 Water Colors, Slim App. 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle, Water Colors 1:00 Walking Group	30 9:00 Dance & Tone 9:00 AARP Safe Drivers 10:00 Oil Painting, Poker 10:15 Tai Chi 11:30 Israeli Dance 11:30 Monthly Birthday 12:00 Mahjong/Pinochle 1:00 Bingo	31

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MORE COMMUNITY NEWS

Mental Health Resource in Trumbull Mary J. Sherlach Counseling Center

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

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

Services Include:

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

The Wellness Corner with Nurse Tori

May, Spring is here! May is often associated with its flowers and Mother's Day. As we celebrate the good weather let's get out and enjoy the sun, soak up some Vitamin D, and say thank you to the special people in our lives who matter to us.

I will be walking with the walking group, another great opportunity. We meet on Thursday's at the mall in front of Target on the second floor at 1:00 pm.

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

Happy Spring, happy warm weather and gardening.

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.



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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.

- ◆ **Bronx Zoo**—Tues, May 14th (Tours of Distinction) \$97pp
- ◆ **“Dean Martin Tribute” at the Brownstone**—Mon, May 20th (Getaway Tours) \$115pp
- ◆ **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
- ◆ **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

- ◆ **Niagara Falls**—July 16th– 19th (4 days) - (Getaway Tours) \$630pp Dbl/ \$849pp Sgl/ \$570pp Trpl
- ◆ **The Real Quebecois (Quebec)** - July 22nd– 26th (5 days) - (Tours of Distinction) \$1079pp Dbl/ \$1509pp Sgl/ \$969pp Trpl
- ◆ **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).

(Membership/Residency is not required.)