



THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+



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

APRIL 2019

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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

Like us on
facebook

The Center will be closed on Friday, April 19th, in observance of Good Friday.

TAKE BACK DRUGS DAY *Presented by the Trumbull Police and EMS*

Friday, April 26th from 9:00 AM—Noon.
Trumbull Senior Center 23 Priscilla Place, Trumbull CT 06611

**Saturday, April 27th from
10:00 AM until 2:00 PM**
at Trumbull EMS 250 Middlebrooks
Ave, Trumbull CT 06611.

Drive up and drop off those unused
or old prescriptions.



TOPS Taking Pounds Off 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**



Join your friends for lunch
Monday—Friday at 11:45 AM
Reservations required.

Tickets Still Available!

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.

Transportation will be
available. Maximum of 20
riders on the bus. Parking
available at the theatre and/
or carpool from the Center.

**Checks only; written out
to the Trumbull Senior
Center. To RSVP, please
register and pay at the
front desk.**



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Trumbull Senior Center

06-5293

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Caregiver Support Group

Monday, April 1st

Monday, April 22nd

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**.

Wellness Talk with Michi

Friday, April 5th

11:30 AM

Michi, a Rite Aid Wellness Ambassador, will be hosting a Wellness Talk session. The topic is Spring Allergies. Refreshments will be provided. To RSVP, please call (203) 452-5199.

Vic Casaretti Returns!

Portraying

British Major John Andre

“The Gallant Spy”

Monday, April 8th

1:00 PM

Vic Casaretti, known for his many historical performances as James Monroe, PT Barnum, David Crockett, and Benedict Arnold, brings British Major John Andre to life. Come and listen to Vic tell you about Andre's life and his involvement in Arnold's treason. For more information and to RSVP, please call (203) 452-5199.



**DJ Al Song
Returns for
Lunch and Music
Wednesday,
April 17th at 11:30**

Family Feud

Wednesday, April 10th

10:30 AM

Join us for a fun game of Family Feud with Utopia Home Care and Bridges by EPOCH. For more information and to RSVP, please call (203) 452-5199.

HomeDance—Parkinson's

Monday, April 15th

10:30 AM

Join Kathleen Vanovitch, Owner and President of Senior Helpers, for a high quality movement class designed specifically for participants with Parkinson's Disease and their caregivers. For more information and to RSVP, please call (203) 452-5199.

Lunch and Learn

Putting Clinic and Golf Tips

Wednesday, April 17th

11:30 AM

Former Golf Professional, Brian Augustine, returns to bring exciting golf tips. Bring your questions and enjoy learning something new! Lunch will be sponsored by Connecticut In-Home Assistance. For more information and to RSVP, please call (203) 452-5199.

Sue's Salon

Haircuts,
manicures & pedicures
Licensed professional.

**Please call (203) 981-7061 to
make an appointment.**

Price List:

Shampoo/set/吹风机: \$15.00
Shampoo/cut: \$18.00
Neck Trim: \$10.00
Color/cut/set: \$50.00 +
Perm/wash/cut/set/吹风机: \$65.00

Lunch and Learn

Stop the Bleed

Thursday, April 18th

1:00 PM

Empower everyone to make a difference in an emergency by teaching basic techniques. Trauma is the leading killer for people 1-44 years of age. Learn what to do to help. Funding possible through Region 1 Emergency Planning Team and South West EMS Counsel Special Operations & Preparedness Committee. Lunch will be sponsored by the Watermark at 3030 Park. To RSVP, please call (203) 452-5199.

Myths and Truths about Hospice Care

Wednesday, April 24th

10:30 AM

If hospice is all about comfort, then why is it uncomfortable to talk about it? Join Janelle Kara Minar, Community Liaison from Caring Hospice Services, for a discussion about the myths and truths about hospice care. Refreshments will be served. To RSVP, please call (203) 452-5199.

Caring for Your Loved One

Monday, April 29th

10:30 AM

Join Katie Regan, Care Manager from the Southwestern Connecticut Agency on Aging, to learn more about the Connecticut Statewide Respite Care Program, National Family Caregiver Support Program, and Connecticut Home Care Program. Caregivers will learn how each program can help provide a break in the constant role of caregiving by providing either home care assistance and/or funding for Adult Day Care Centers. To RSVP, please call (203) 452-5199.

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.

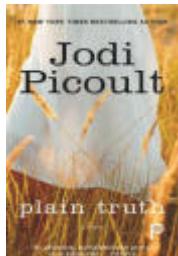
Alternative Menu:

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

The Book Club

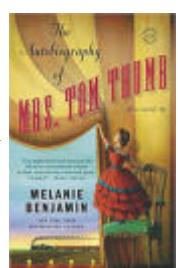
April Book:

“Plain Truth” by Jodi Picoult
Monday, April 1st, 11:00 AM



May Book:

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



TOPS

Taking Pounds Off
Sensibly

Join our new weight loss support group every Tuesday at 9:00 AM. Annual membership fee is \$34.03.

For more information, please contact Joann at 203-218-9878

Computer Tutor: 1:1 Sessions

Every Wed. and Thurs.

10:30 AM—12:00 PM

- How to send emails/photos, use the internet, social media, anything!

You must RSVP. (203) 452-5199. If you have a laptop, please bring it in.

Slim Approach Group

Every Thursday, 10:00 AM

Weekly weight management support group. *New members are welcome!*

Lunch and Movie

**Friday, April 12th
11:30 AM—2:00 PM**

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film:

Here and Now

A famous New York Jazz Singer receives a devastating diagnosis that forces her to live in the moment and appreciate life.

Starring: Sarah Jessica Parker

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



Monthly Birthday Party

Friday, April 26th

11:30 AM

Come celebrate our April birthdays! Cake and coffee will be served. This event is sponsored by Brightview Senior Living.

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



New Bingo & 50/50 RAFFLE

Friday, April 26th

1:00 PM. 10 Games played

To RSVP, (203) 452-5199.

Sponsored by Brightview Senior Living 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

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 the 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 New Britain Industrial Museum and Bertucci's Italian Restaurant

Thursday, April 11th

Come and see what made New Britain the Hardware City of the World! Visit the New Britain Industrial Museum and view the collections and exhibits representing over 200 years of New Britain's inventions and innovation. After the museum, enjoy lunch at Bertucci's Italian Restaurant. Admission to the museum is \$3.00 and the transportation fee is \$2.00. Please pay these fees at the front office. You are responsible for the cost of your lunch.

14 maximum riders.

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

Bus Schedule:

- Bus will leave the Center by 9:00 AM
- Museum from 10:30 AM—12:00 PM
- Bertucci's from 12:30 PM—2:00 PM
- Bus will return to the Center by 3:00 PM

Teppanyaki Supreme Buffet and

Dollar Tree

Thursday, April 4th

Take a shopping trip to the Dollar Tree and enjoy lunch at Teppanyaki Supreme Buffet. Transportation fee is \$2.00. Please pay 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 9:30 AM
- Dollar Tree from 10:00 AM—11:00 AM
- Teppanyaki from 11:15 AM —1:00 PM
- Bus will return to the Center by 1:30 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, April 18th**

Danbury Railroad Museum and

New Holiday Diner

Thursday, April 25th

Take a trip to Danbury and have a guided tour of the Danbury Railroad Museum while you learn the exciting history of railroading. Enjoy lunch at the New Holiday Diner and be sure to ask about their senior discount. Admission to the museum is \$7.00; 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
- Danbury Railroad from 10:30 AM—11:45 AM
- New Holiday Diner from 12:00 PM—1:30 PM
- Bus will return to the Center by 2:30 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.

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

**ALL INQUIRIES ARE STRICTLY
CONFIDENTIAL**

Find out what benefits might be available to you!

BenefitsCheckUp® is a free service of the National Council on Aging

Your benefits are waiting!

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.

RESPITE 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



COMMUNITY NEWS



Sunday Cabarets

April 28th/1:00 PM:
“Radio Ranch” CT’s premier Country Band

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

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

Free Shredding Event Donations Gladly Accepted

Trumbull community Women is hosting a document shredding event on Saturday, April 13, from 9:00 a.m. until 1:00 p.m. at the Nature and Arts Center 7115 Main Street, Route 25, Trumbull. Please bring only those document that are of a sensitive nature or that have personal information such as old tax returns, bank statements, etc. Please do not bring junk mail, newspapers or anything that can be put in the regular recycling bins.



TRUMBULL HISTORICAL SOCIETY

**The History of Our Nation Set in Stone:
Arlington National Cemetery**
2:00 pm, Sunday, April 7 at the Trumbull Historical Society.
1856 HUNTINGTON TPKE
TRUMBULL, CT 06611

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.

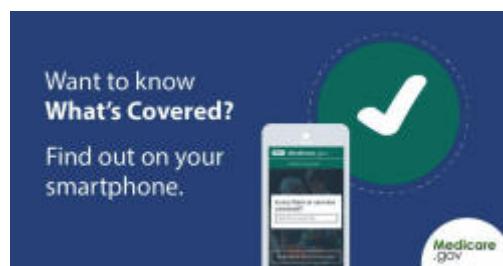
Applications are available online at:

[http://www.trumbull-ct.gov/
content/10623/10655/11041/default.aspx](http://www.trumbull-ct.gov/content/10623/10655/11041/default.aspx)
or call Jennifer Gillis (203) 452-5133
Michele Jakab at (203) 452-5144

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.

For more information, please view:
[https://www.medicare.gov/pubs/
pdf/12035whats-covered-app.pdf?](https://www.medicare.gov/pubs/pdf/12035whats-covered-app.pdf?)



Monday	Tuesday	Wednesday	Thursday	Friday	
9:00 Stretch 10:00 Drawing 10:00 Folk Dance + Poker 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	1 9:00 TOPS 9:15 Fit for Life 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	2 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	3 9:00 Balance & Core 9:30 Dollar Tree/Buffet 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 1:00 Matter of Balance	4 9:00 Dance & Tone 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 11:30 Wellness Talk 12:00 Mahjong 12:30 Pinochle 1-4 Billiards Game	5
9:00 Stretch 10:00 Drawing 10:00 Folk Dance + Poker 11:30 Beginners Tap 12:30 Oil Painting Missy 1:00 Line Dancing 1:00 John Andre 2:00 Yoga	8 9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit 11:30 Zumba Lessons 11:30 Cribbage 11:30 Drama Club 12:00 Dominoes 1:30 Tai Chi Quan	9 9:00 Yoga 9:00 AARP Taxes 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Family Feud 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	10 9:00 Balance & Core 9:00 New Britain Ind. Museum 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	11 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 12:30 Pinochle 1-4 Billiards Game	12
9:00 Stretch 10:00 Drawing 10:00 Folk Dance 10:00 Poker 10:30 HomeDance 11:30 Beginners Tap 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga	15 9:00 TOPS 9:15 Fit for Life 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	16 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 11:30 Golf Presentation 11:30 Lunch/Music DJ AL 12:30 Pinochle and Mahjong 12:30 Qigong	17 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 Stop the Bleed	18	19 The Center will be closed in observance of Good Friday.
9:00 Stretch 10:00 Drawing 10:00 Folk Dance 10:00 Poker 12:30 Oil Painting Missy 1:00 Line Dancing 2:00 Yoga 2:00 Caregiver Support	22 9:00 TOPS 9:15 Fit for Life 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	23 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Myths/Truths Hospice 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	24 9:00 Balance & Core 9:00 Danbury Railroad Museum 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	25 9:00 Dance & Tone 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 Bingo	26
9:00 Stretch 10:00 Drawing 10:00 Folk Dance + Poker 10:30 Caregiving Present. 1:00 Line Dancing 12:30 Oil Painting Missy 2:00 Yoga	29 9:00 TOPS 9:15 Fit for Life 10:00 Knit/Crochet 10:30 Ballroom Dance, Sit/Fit 11:30 Zumba, Cribbage, Drama 12:00 Dominoes 1:30 Tai Chi Quan	30			

April 2019

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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

Check out the **New Blood Pressure Kiosk** located in the hall behind the stage across from the café. Try out the simple, easy to use machine, which accurately takes your Blood Pressure and Pulse. Cards are available to record the information for you to bring to your doctor or speak with Nurse Tori as to what the number mean.

Tori Benoit RN. (203) 452-5134 or VBenoit@Trumbull-ct.gov

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.

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royemolgard@gmail.com

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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.

- ◆ **MGM-Springfield**—Wed, April 17th (Getaway Tours) \$37pp
- ◆ **“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
- ◆ **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) \$53pp
- ◆ **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

- ◆ **Lancaster, PA with “Jesus” at Sight & Sound**—May 1st—3rd (3 days) - (Getaway Tours) \$505 Dbl/ \$621pp Sgl/ \$485pp Trpl
- ◆ **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).

Stay Tuned for More Trips to Come! (Membership/Residency not required)