TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

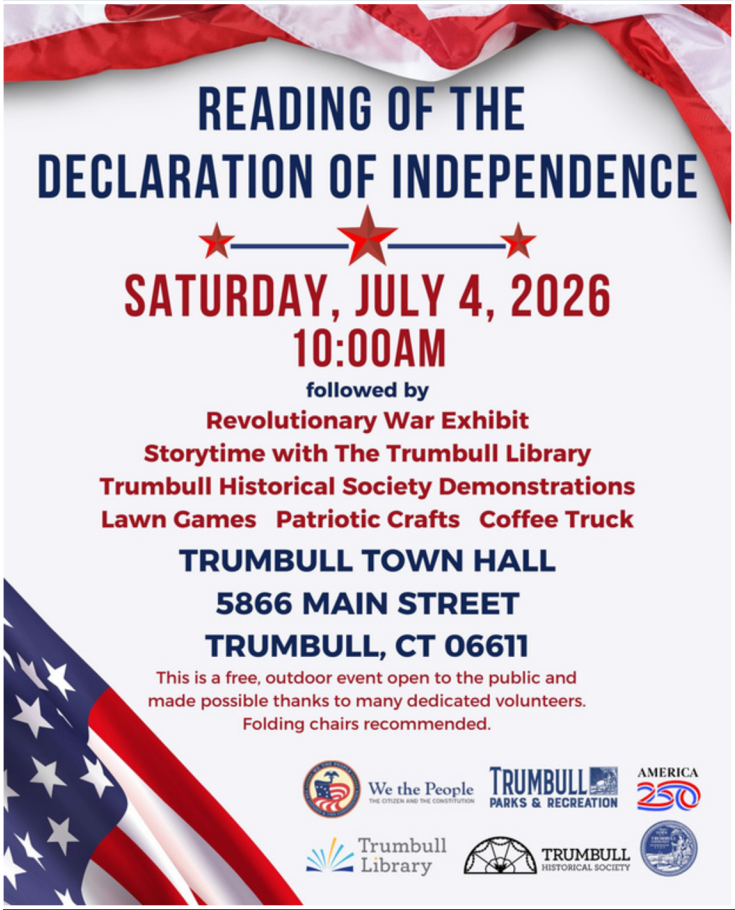
23 Priscilla Place • Trumbull, CT • 06611 (203) 452-5199 July 2026

Membership Renewal Reminder



It's that time of year! Membership renewal is due June 30, 2026. Please stop by the front desk for a new, 2026-2027, membership application. Membership is required to participate in all programs and activities, including our zoom programs. The annual resident fee is $10 and the annual non-resident fee is $30. Our membership year runs from July 1st through June 30th. *Need based scholarships are available for Trumbull residents.*

Independence Day



Community Garden Update



A new community garden has been established at the Trumbull Senior Center, thanks to funding provided through the federal American Rescue Plan Act (ARPA). Designed to be accessible and welcoming, the garden will feature raised planting beds, secure fencing, and accommodations for seniors and individuals with disabilities.

The garden's harvest will help support the Trumbull Food Pantry, providing fresh produce to community members in need. The garden will be maintained by volunteer gardeners and members of local garden clubs, creating opportunities for community involvement while promoting healthy living and food security.

This exciting project reflects Trumbull's commitment to accessibility, volunteerism, and supporting residents through sustainable community initiatives. If you are interested in volunteering for our garden club, please call (203) 452-5199.

Gardening Programs

Vegetables and Herbs
Tuesday, July 7th at 10:00 AM

Trumbull Nature and Arts Center Advanced Master Gardener Meg Barnes, will talk about growing vegetables and herbs in raised beds. Topics will include bed preparation, plant layout, companion plants, care and maintenance and harvesting. **To sign up, please call (203) 452-5199.**

Flowers and Pollinators
Thursday, July 23rd at 10:00 AM

Trumbull Nature and Arts Center Advanced Master Gardener Meg Barnes, will talk about growing flowers and attracting pollinators in raised beds. Topics will include bed preparation, height and light requirements, color pairing, succession of bloom and seed collecting. **To sign up, please call (203) 452-5199.**

The Senior Center will be closed on Friday, July 3rd and Monday, July 6th in observance of Independence Day.

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Staff Directory

Director of Human Services
Michele Jakab, LCSW (203) 452-5144
mjakab@trumbull-ct.gov

SENIOR CENTER (203) 452-5199
Senior Center Coordinator
Ronnie Mogensen (203) 452-5000 ext. 7772
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Front Desk
Amanda DeBernardo (203) 452-5199
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Judy Cahill (203) 452-5199
jcahill@trumbull-ct.gov

TRANSPORTATION (203) 452-5137
Transportation & Trip Coordinator
Emily Buell (203) 452-5137
ebuell@trumbull-ct.gov

SOCIAL SERVICES (203) 452-5198
Social Services Coordinator
Jennifer Gillis B.A. (203) 452-5133
jgillis@trumbull-ct.gov

Social Services Administrative Support
Otilia Quinta (203) 452-5135
oquinta@trumbull-ct.gov

Food Pantry
Karen Seferi (203) 452-5136
kseferi@trumbull-ct.gov

Wellness Nurse
Susan Clay, BSN RN (203) 452-5134
sclay@trumbull-ct.gov

First Selectman (203) 452-5005
Vicki Tesoro
Firstselectman@trumbull-ct.gov

Priscilla Place Café (203) 452-5199 Ext 3

Hours of Operation

SENIOR CENTER HOURS:
Monday—Friday 9:00 AM—3:30 PM

SOCIAL SERVICES HOURS:
Monday-Friday 9:00 AM—4:00 PM
Please call (203) 452-5198 for an appointment.

FOOD PANTRY: Monday, Tuesday, Thursday
By appointment only, please call (203) 452-5136.

Commission on Aging

Ron Foligno: Chair
Mark Ryan: Vice Chair
Paul McGeary: Secretary
Barbara Crandall: Clerk
Debra Gilbert Taylor
Kathleen Bordelon
Linda Randall
Eve Rothbard
Evelyn Wiesner

Membership July 1st - June 30th

You can join at anytime throughout the year.
Resident Annual Fee: $10
Non-Resident Annual Fee: $30
Newsletter Mailed: $10 annually
You may print our membership form out online:
https://www.trumbull-ct.gov/Archive.aspx?AMID=50
or call the office at (203) 452-5199.

Mission Statement

Enrich the lives of older adults by offering programs and education that promote a healthy lifestyle, support independence, and enhance community engagement.

Important Phone Numbers

Elder Justice Hotline: 1-860-808-5555
Agency on Aging: (203) 333-9288
211: Referrals to local resources. Call 211
VFW: Graham Bisset (475) 243-3811
The American Legion: Ernie Foito (203) 913-5689

Trumbull Community Television

TRUMBULL COMMUNITY TELEVISION

Watch Trumbull TV on Charter Spectrum channel 194, on YouTube at TCTV Trumbull, or on Facebook to watch LIVE municipal meetings and events.

Social Media Pages

FOLLOW US ON FACEBOOK:
https://www.facebook.com/TrumbullSeniorCenter/

FOLLOW US ON INSTAGRAM:
@trumbullseniorcenter

July Birthdays

We would like to wish a very happy birthday to:

- Maureen Alves
- Nina Beloblosky
- Patricia Borghesan
- Jane Bromley
- Patsy Decarlo
- Sunder Desai
- Chithra Dhandayvtham
- Janice Dulberg
- Christine El Eris
- Mary Fiorini
- Robert Flemming Jr.
- Barbara Foligno
- Virginia Gagliardo
- Roberta Grega
- Sandi Heher
- June Hoyt
- Wayne Johnson
- Dolores Kosarko
- Marianne Kost
- Kathy Kurzatkowski
- Rita McDougal-Campbell
- Barbara McNulty
- Allison Morello
- Pat Notarnicola Jr.
- Frank Nyitrai
- Elsa O'Neill
- Barbara Porter
- Joyce Rehling
- Maria Ribeiro
- Thomas Rosinski
- Edward Rusnak
- Rosalie Schwarz
- Debbie Selski
- Nora Shea
- Barbara Skibiski
- Dennis Soltis
- Ellen Stevens
- Sonya Suarez-Hammond
- Sue Unger
- Elaine Van Allen
- Ana Velazquez
- Eloise Wallace
- Susan Wolk-Smith
- Tyrone Zandy
- Joanne Zboray

Poll Workers Needed

Trumbull needs poll workers to help make sure in-person voting is safe and all eligible votes are counted.

Responsibilities include greeting and checking in voters, handing out ballots, guarding the voting machines, and helping voters with visual or mobility issues.

You must be 16 or older to apply. Compensation ranges from $200 to $350 and you must attend a training session prior to the election, which is usually held on the Thursday evening before Election Day. Election Day start time is 5:00 AM; end time is 9:00 PM or later, depending on how long it takes to make sure that all the votes have been correctly counted. You must work the full day. The town provides lunch and dinner for all poll workers. (Primary, August 11, 2026 and November 3, 2026). **If you are interested in working, please contact the Trumbull Registrars' Office at: (203) 452-5058 or (203) 452-5059.**

Sign Language Classes

- **Continuing Sign Language Wednesdays at 10:00 AM**
- **Intro to Sign Language Wednesdays at 11:00 AM (No experience necessary)**

To sign up, please call (203) 452-5199.

Summer Concerts

Fun, Laughter, Connection through Improvisation (Improv) 10-Week Workshop Thursdays at 1:00 PM July 23rd through September 24th

Curious about Improv, but not interested in "performing?" This class is designed just for you! There's no stage, no audience, and absolutely no pressure—just a welcoming group enjoying creative and funny Improv exercises–all at your comfort level. These activities gently stretch and tone the brain, help improve memory, and stimulate new brain connections that support creative thinking. Participants often find themselves feeling more relaxed, more adaptable, and better able to approach everyday situations with fresh perspective. Join Tori Lawlor, Improv/Acting teacher of over 13 years and share laughs, mental stimulation, and the simple joy of trying something new, without ever having to "perform"!

Attendance each week is not required, participants can drop in at any point in the workshop! To sign up, please call (203) 452-5199.

BrainBoosters

BrainBoosters – A Workout for Your Brain 8-Week Workshop Mondays at 10:00 AM June 1st through July 27th (No Class on 7/6)

Our 8-week BrainBoosters series delivers high-energy group sessions —not lectures, not passive learning, but genuine cognitive challenges that put your brain to work. **Please note that this workshop is currently not accepting new signups.**

Seniors Eating Well

Cooking and Seasoning with Herbs Tuesday, July 7th 1:00 PM to 2:30 PM

Join UConn Extension's educator and Registered Dietitian Nutritionist, Heather Peracchio, to learn how to improve your skills and confidence to make, prepare or order more healthful meals to best meet your dietary needs. Herbs provide flavor and color that can enhance foods and health. After participating in this lesson, older adults will smell, taste and plan to use more herbs in seasoning and cooking their foods. **To sign up, please call (203) 452-5199.**

Diabetes Self-Management Program

Diabetes Self-Management 9-Week Program
Every Thursday at 1:00 PM Beginning June 11th through August 6th
Please note that this class is currently full and not accepting new participants.

Yes—you can thrive with diabetes, and we're here to show you how! Join our FREE Diabetes Self-Management Program, this engaging 9-week program is designed for adults age 60+ living with diabetes or prediabetes—and for those who care for someone with diabetes. Through this evidence-based program, you'll gain simple, realistic tips for healthier eating (no strict diets!), learn how to better manage and stabilize blood sugar, and discover ways to prevent complications while staying active and independent. Caregivers will also receive guidance on how to best support their loved ones. The program will be led by a Medical Doctor with over 40 years of experience, alongside a Registered Dietitian, providing expert, personalized guidance every step of the way.

This program doesn't just teach—it delivers real results. Participants often see a reduction in A1c levels of 0.55%–1%, comparable to some medications—without side effects. You'll build healthier habits that support weight management, improved cholesterol, and better blood pressure control. Research also shows that even one session can help reduce hospitalization rates by up to 34%, while ongoing participation is linked to fewer emergency visits and readmissions. In addition, the Centers for Disease Control and Prevention reports that this program can lead to long-term cost savings ($1,620 savings per year) Beyond physical health, participants experience less stress, greater confidence, and improved ability to manage daily life with diabetes.

You'll enjoy a welcoming, supportive group environment, connect with others on a similar journey, and access helpful community resources along the way. Best of all, the program is completely free, sponsored by Monitor My Health and the South Western CT Area Agency on Aging. Take this step toward a healthier, more confident you—or support someone you love. **Spots are limited—reserve yours today! To register, please call (203) 452-5199.**

IN PERSON PROGRAMS AND GAMES CAREGIVERS ARE ALWAYS WELCOME!

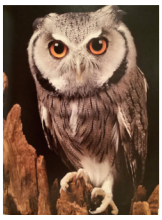
Book Club—1st Monday of every month at 11:00 AM

- **Monday, July 13th**—Everything Beautiful in It's Time by Jenna Bush Hager
- **Monday, August 3rd**—Queens of Crime by Marie Benedict
- **Monday, September 14th**—Long Island by Colm Toibin
- **Monday, October 5th**—The Stolen Queen by Fiona Davis

Brain Games Thursday, July 2nd & 16th at 9:00 AM

1st & 3rd Thursday of each month. Join Danielle Ramos, of Cambridge and Ludlowe Health & Rehabilitation Centers in Fairfield, to participate in fun, stimulating brain games. **To RSVP, please call (203) 452-5199.**

Owls of CT and Elsewhere Monday, July 13th 10:00 AM—11:30 AM



Join Thomas Kosturko of Compassion Home Care for fun and interactive presentation on Owls of Connecticut and Elsewhere. This program will last approximately 90 minutes. **To RSVP, please call (203) 452-5199.**

Positive Living with Nurse Susan—Summer Thursday, July 23rd* at 9:00 AM

2nd Thursday of every month
***Please note the date change for this month's meeting.**
Join Nurse Susan every month for coffee and discussion on a variety of topics. This month's discussion will focus on summer health and safety, sharing tips for staying healthy, active, and safe throughout the season. We'll also have some fun as we exchange our summer bucket lists! **To sign up, please call (203) 452-5199.**

Bingo

- **Tuesday, July 14th at 1:00 PM**
  Sponsored by MJA Behavioral Health and Wellness
- **Friday, July 31st at 12:30 PM**

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

Magic for Every Occasion Tuesday, July 21st at 10:00 AM

You will learn two basic skills allowing you to perform, magic for EVERY OCCASION. Improve your thought processes and digital dexterity. Your instructor is Mike Ganino, professional magician for 50 years, member of International Brotherhood of Magicians & Society of American Magicians. **To RSVP, please call (203) 452-5199.**

Canvas Bag Painting Class Friday, July 31st 10:00 AM—11:30 AM

Cost for Residents: $5
Cost for Non-Residents: $7



Join Art Strokes Instructor, Renu Vora for this fun canvas bag painting class. No experience necessary. All supplies will be provided. **Spaces are limited. To sign up, please call (203) 452-5199. Payment must be received within one week of signup.**

Watercolors Painting Class Friday, August 7th 10:00 AM—11:30 AM

Cost for Residents: $5
Cost for Non-Residents: $7
Join Art Strokes Instructor, Renu Vora for this fun watercolors painting class. No experience necessary. All supplies will be provided and are built into the cost of the class. **Spaces are limited. To sign up, please call (203) 452-5199. Payment must be received within one week of signup.**

Monthly Birthday Party Tuesday, July 28th

12:00 PM Lunch/12:30 PM Cake
Cost of lunch: $5—$7 Donation
Join us to celebrate this month's birthdays with lunch and cake! The cake is sponsored by Maefair Center for Health and Rehabilitation. **To reserve lunch, call (203) 452-5199 ext. 3.**

Computer Lessons w/ Cathy Mondays at 12:30 PM

Questions about using your phone or laptop? The Computer Tutor is available at the center for individual, one-on-one help. Appointments can help with:

- Too much junk email
- Searching the internet
- Creating and saving files and documents
- Text messaging.

Appointments required by calling (203) 452-5199.

Needlework Group: Tuesdays & Thursdays at 10:00 AM

Billiards/Ping Pong: Call (203) 452-5199 to reserve a table.

Dominoes: Tuesdays at 10:00 AM

Canasta: Tuesdays at 12:30 PM

Scrabble: Tuesdays at 10:30 AM

Pinochle: Wednesdays & Thursdays at 10:00 AM

Mahjong: Fridays at 10:00 AM

Pickleball Open Court:

- Mondays & Wednesdays: 12:30 PM—3:00 PM
- Fridays: Beginners 8:30 AM —10:00 AM & Intermediate 10:00 AM—12:30 PM

EXERCISE CLASSES ON ZOOM

Membership is required to participate. To register, please call the main office at (203) 452-5199. Zoom links will be sent via email upon registration. Zoom links will remain the same for the entire membership year.

Yoga with Jeannie
Mondays at 10:30 AM

Zumba Gold and Toning with Pauline
Wednesdays at 11:00 AM

Chair Yoga with Jeannie
Thursdays at 9:00 AM

Sit and Fit with Bobbi
Thursdays at 10:30 AM

Community Meditation with Deborah Swann
Thursday, July 16th at 7:00 PM
Third Thursday of each month.
No experience is necessary.

EXERCISE CLASSES IN PERSON

All participants must sign in for classes at the kiosk or with the main office. Thank you!

Time for Exercise with Nancy
Mondays at 9:00 AM
June 1st—September 14th
Jump start your day with a combination of stretching and exercise to enhance coordination and overall flexibility in a fun environment.

POUND with Debbie ***Returns in September!***
Mondays at 9:00 AM

Zumba Gold and Toning with Pauline
Mondays at 11:15 AM
Zumba Gold-Toning is a low impact, providing reduced moves which addresses all the major muscle groups during a fun and easy to follow dance class.

Moderate Yoga with Jeannie
Tuesdays at 9:00 AM
A mindful class connecting your body, mind and soul through stretching, strengthening, deeper breathing and balance with a focus on getting healthy without getting hurt. Please bring a yoga mat.

Tap with Rose 8-Week Workshop ***New!***
Tuesdays at 10:00 AM
July 7th—August 25th

Sit and Fit with Bobbi
Tuesdays at 10:30 AM
This class focuses on keeping seniors active in both mind and body with safe full body exercises done in a chair. Each session is filled with positivity, fun and a touch of humor. Please bring your own weights.

Line Dancing with Tom Mohyde
Tuesdays at 1:00 PM
Whether you love to dance or want to learn new dances, this is a great way to exercise and socialize!

Morning Exercise with Nancy
Wednesdays at 9:00 AM
Let's get moving with a combination of chair stretches, balance work, dance/aerobic exercises, and Zumba Gold.

Tai Chi with David
Wednesdays at 10:00 AM
Tai Chi's flowing moves, executed slowly and gracefully, improve flexibility, strength, and balance.

High-Low Aerobics & Balance with Heather
Thursdays at 9:00 AM
Join us for some fun aerobic intervals and easy-to-follow cardio interval combinations set to upbeat music. Please bring your own weights.

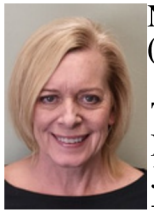
Strength and Toning with Nancy
Thursdays at 10:15 AM
Let's get stronger with a combination of upper and lower body strength exercises and cardio work to help promote overall strength and physical endurance. Please bring your own weights.

Engaging Movement with Theresa Waldron, PhD 8-Week Workshop
Thursdays at 1:00 PM
June 11th—July 30th
This class includes a full body warm-up that nourishes your joints, focuses on balance boxing moves for upper and lower body and then uses colorful scarves to dance to your favorite tunes! The class wraps up with a short meditation for a complete mind, body, spirit experience. All materials provided.

Yoga Nidra with Deborah Swann
Friday, July 17th at 1:00 PM
First and Third Friday of each month.
A deep relaxation class with Reiki. Please bring a yoga mat and small throw blanket. Optional: small pillow.

Sound Healing with Tina
Friday, July 10th at 1:00 PM
Second Friday of each month
Experience the soothing benefits of sound healing and reiki tailored for seniors in this gentle and rejuvenating class. Please bring a pillow, yoga mat and blanket.

Wellness Nurse Susan



NURSE APPOINTMENTS: Please call (203) 452-5134 to schedule an appointment.

THE WALKING GROUP:
Mondays from 9:30 AM—10:30 AM
Join Wellness Nurse Susan every Monday in front of Target on the 2nd floor inside the Trumbull Mall for a weekly walking group. **Please call (203) 452-5134 for more information.**

Health Tip From Wellness Nurse Susan

The Friendship Bench is a mental health service developed by a psychiatrist in Zimbabwe years ago. It started with grandmothers volunteering to provide free counseling by lending a helping ear and using talk therapy from a public park bench. The program is being used now in some areas in the United States. The volunteers aren't licensed therapists but are trained and the program is evidence-based. Seniors using their life experience to help younger people has been successful. It proves what we already know that Seniors are an asset to society! Have a happy and healthy month. Nurse Susan

Support Group

GRIEF AND LOSS GROUP:
Facilitated by Melissa DiVito, LCSW. Meets the 2nd and 4th Tuesday of each month from 9:00 AM to 10:00 AM at the Senior Center—**Tuesday, July 14th & 28th**. Grief can feel heavy, isolating, and overwhelming—but you don't have to walk through it alone. Our Grief Support Group offers a safe and caring space to share your story, listen to others, and find comfort in knowing you're not alone. Together, we'll explore ways to navigate loss, honor loved ones and support one another through healing. Whether your loss is recent or years past, you are welcome here. **To join, please call (203) 452-5199.**

Mental Health

THE MARY J. SHERLACH COUNSELING CENTER



Provides a therapeutic clinical setting for individual, family and group therapy, and crisis intervention. Services are available for Trumbull residents, Town employees, and students who attend Trumbull schools. Please call (203) 452-5193 for more information.

UNITED WAY
Call 211 for resources and assistance. 24 hours a day.
https://uwc.211ct.org/categorysearch/mental-health/

988 SUICIDE AND CRISIS LIFELINE
Calling 988 will direct the caller to representatives specifically trained in the management of suicide risk and other mental health crises.

Trumbull's Prevention Partnership

Celebrate Social Wellness Month this July by prioritizing your connections! Staying socially active and engaged is just as important as physical health for maintaining a high quality of life. Check out local activities to combat isolation, meet new people, and nurture meaningful friendships. Stop by our table at the Trumbull Farmer's Market on July 30th to make a connection with TPAUD!

SLAM Ice Cream Social



Trumbull Human Services staff had a wonderful time participating in the 2nd Annual Ice Cream Social this May! Hosted by SLAM (Students Leaving a Mark), the event was held in recognition of Mental Health Awareness Month. A fabulous job by everyone involved in making this special event such a success!

Transportation 203-452-5137



The Trumbull Senior Center provides transportation to residents, age 60 and over and/or age 55-59 and disabled. Buses are fitted with UV light/air filtration systems. **For more information or to view our transportation guidelines please visit: www.trumbull-ct.gov/289/Transportation-Services**

MEDICAL APPOINTMENTS: Medical appointment rides are available on Mondays, Tuesdays, and Thursdays from 9:00 AM to 1:00 PM. We require a minimum of 48 hours notice to see if we can accommodate the appointment into our schedule, rides can be booked days or months in advance. We travel to Trumbull, Bridgeport, Stratford, parts of Shelton, and Rt. 111 in Monroe up to the CVS.

SENIOR CENTER: Rides are available Monday through Friday to the senior center. Please call for more information and times. We require a minimum of 48 hours notice for all rides.

VETERANS: Ask us about rides to the VA in West Haven.

Need a ride somewhere else? We provide rides to the bank, hairdresser, barbershop, or legal appointments based on availability.

See page 9 for shopping and trip information!

The Department provides programs such as benefits screenings, financial assistance, resources, information and assistance, counseling and advocacy. In-office and home visits are offered. Please call (203) 452-5198.

EMERGENCY ASSISTANCE

Trumbull offers Hardship and Emergency Assistance to Trumbull Residents. Please call Social Services (203) 452-5198. This can be applied towards rent, medical, utilities, or other needs.

FOOD PANTRY NEEDS

Help keep the food pantry stocked and ready to serve our community. No time to get to the store but would like to donate? Visit our Amazon Wish List by scanning this QR Code:

RENTERS REBATE

Applications for the Renter's Rebate for Elderly/Disabled Renters Program will open on April 1st – September 30, 2026.

The income criteria for this filing period is based on gross income for 2025.

Maximum for single household: $46,300.00

Maximum for married household: $56,500.00

For more detailed information and to schedule an appointment, please contact Social Services by calling 203-452-5198. E-mail inquiries can also be made to: socialservices@trumbull-ct.gov

SENIOR FARMERS' MARKET VOUCHERS

Vouchers are available again this season for those that meet the qualifying guidelines based on monthly income.

Single: $2,461.00
Married: $3,337.00

The application period is May 1st through September 30th and funding will become active as of June 1st and can be used until November 30th.

This season's program benefit is $40.00, which can be used for purchasing fresh fruits and vegetables, eggs and honey from local CT grown farm vendors participating in the program.

Please contact Social Services @ 203-452-5198 or email at socialservices@trumbull-ct.gov for more information and to apply for benefits.

TRUMBULL FARMERS' MARKET

Opening Day of the 2026 Trumbull Farmers' Market is Thursday, June 4th. The market is located at the beautiful Twin Brooks Park facing a paved walking path with a variety of vendors from farms to hot food items.



MEMORY CAFE - SOCIAL GATHERING



Shopping Trips

SHOPPING LOOP: The first Wednesday of every month we offer a loop shopping trip where you can choose the store to visit. Pickup time is between 9:00—9:45 AM, shop for 1 1/2 hours and then return home. Stores include Big Y, Best Buy, Kohl's, Target, and Five Below. Our loop day is **WEDNESDAY, July 8th.**

TRADER JOES/ALDI: We will be rotating between Aldi and Trader Joe's each month. **This month will be a Trader Joe's trip.** Estimated pick up time is between 9:00-9:45AM. Shop for an hour, then return home. The Trader Joe's shopping date is **WEDNESDAY, July 15th.**

WALMART SHOPPING TRIP: The third Wednesday of every month we offer rides to Walmart in Shelton. Estimated pick up time is between 9:00—9:45 AM. Shop for an hour then return home. The Walmart shopping date is **WEDNESDAY, July 22nd.**

GROCERY SHOPPING: Every Friday we offer grocery shopping trips for residents. On the 1st and 3rd (and 5th) Friday of the month, we go to Stop and Shop in Trumbull and on the 2nd and 4th Friday of the month we go to ShopRite in Shelton. The estimated pick up time at your home is between 9:00 AM—9:45 AM. Shop for an hour and then return home. **Please note that the shopping trip scheduled on Friday, July 3rd has been rescheduled to Wednesday, July 1st.**

We Will Miss You Erinne!



July 24th will be my last day at the Senior Center. I am sad to leave, but excited to share that my daughter and I are moving to the Netherlands. Thank you for the years of love, support, stories, jokes, and fun. We will send updates when we can!

Welcome Emily!



Hi everyone! My name is Emily Buell, and I'm excited to join the Trumbull Senior Center as the new Transportation and Trip Coordinator. I live in Monroe with my husband, our two boys, and my mom, who lives with us as I help care for her through her dementia journey. Caring for family has given me an even deeper appreciation for the importance of community, connection, and support.

I come from a background in customer service, retail leadership, and interior design, and I truly enjoy working with people and helping others feel welcomed and connected. I'm looking forward to getting to know everyone and helping members enjoy transportation services, trips, and outings at the center. Please feel free to stop by and say hello — I can't wait to meet you all!

Bus Trips

TRIBUTE TO GREASE—PLAINVILLE, CT
Wednesday, August 19, 2026
Cost: $137 (Checks made to Friendship Tours)
Checks and waivers due by July 10th.
Depart the Penny Lane Lot: 10:30 AM
Estimated Return: 4:30 PM
Family Style Menu: Garden Salad, Pasta, Chicken Parmesan & Baked Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert, Beverage.

HUDSON RIVER CRUISE—KINGSTON, NY
Sunday, September 20, 2026
Cost: $175 (Checks made to Friendship Tours)
Checks and waivers due by August 17th.
Depart the Penny Lane Lot: 10:00AM
Estimated Return: 6:30PM
Sample Menu: Eggs Benedict, Omelet Station, French Toast, Home Fries, Muffins, Fried Chicken, Paella, Carving Station, Vegetables, Fresh Fruit and more.

A TRIBUTE TO THE PLATTERS—PLAINVILLE, CT
Wednesday, December 9, 2026
Cost: $137 (Checks made to Friendship Tours)
Checks and waivers due by November 2nd.
Depart the Penny Lane Lot: 10:45AM
Estimated Return: 4:15PM
Family Style Menu: Garden Salad, Pasta, Roast Turkey & Baked Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert & Coffee.

Leisure Trips

THIMBLE ISLANDS—Branford, CT
Friday, July 17, 2026
Cost: $21 (Does not include food) CASH ONLY
Depart the Penny Lane Lot: 9:00AM
Lunch at Dockside Seafood & Grille.

CAPTAINS COVE—Bridgeport, CT
Registration opens Thursday, July 9th at 11:30AM.
Registration will now be in person only for all trips.
Wednesday, August 26, 2026
Cost: $4 (Does not include lunch) CASH ONLY
Depart Penny Lane Lot: 11:15 AM

Trip Registration Update

Effective July 1, 2026: All trip registrations will be IN PERSON ONLY at designated registration time.

- Membership is required at time of signup.
- You may register yourself and one other member.
- Payment must be made at the time of signup to hold your seat.
- If you are unable to be here at the time of registration, someone else may register for you.
- Phone registrations will no longer be accepted. Requests for reasonable accommodations will be handled on an individual basis. Please see Transportation for a full copy of our Trip Policy and for information regarding accommodation requests for registration.

Priscilla Place Café Lunch Hours:

Mondays, Tuesdays, and Thursdays from 12:00 PM—1:00 PM.
Please check in for lunch by 12:30. Suggested donation of $5.00-$7.00
As long as participant fills out registration forms

All lunch specials are served with: Soup or Salad & Dessert
Other Menu Selections: Sandwich—Only available when ordering 24 hours in advance.
Sandwiches are NOT available on special event days.

Reservation Line: (203) 452-5199 ext. 3

Reservations must be made 24 hours in advance (by 12:00 PM the day prior or if ordering for Monday lunch, please call by 12:00 PM the Friday before).
For holiday lunches and parties, reservations must be made a week in advance.

*Financial assistance is available. See the front office to apply. All inquiries are kept confidential.

FOOD ALLERGY WARNING:
Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals.

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		Thursday, July 2nd
		Grilled Chicken Sandwich
Monday, July 6th	**Tuesday, July 7th**	**Thursday, June 9th**
The Senior Center will be closed.	Roasted Chicken	Chicken Salad
Monday, July 13th	**Tuesday, July 14th**	**Thursday, July 16th**
Manicotti with Meatballs	Meat Chili with Baked Potato	Fish Sandwich
Monday, July 20th	**Tuesday, July 21st**	**Thursday, July 23rd**
Turkey Club	BBQ Chicken	Taco Salad Plate
Monday, July 27th	**Tuesday, July 28th**	**Thursday, July 30th**
Breakfast for Lunch: Frittatas and Pancakes	Cookout: Burger, Hot Dog or Veggie Burger	Chef Salad





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2026

***All virtual programs are written in GREEN text.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Morning Exercise 9:00 Stop and Shop 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.	2 9:00 Chair Yoga 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Engaging Move. 1:00 Diabetes Manage.	3 The Senior Center will be closed in observance of Independence Day.
6 The Senior Center will be closed in observance of Independence Day.	7 9:00 Moderate Yoga 10:00 Needlework 10:00 Dominoes 10:00 Vegetable/Herbs 10:00 Tap 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Cooking w/ Herbs	8 9:00 Morning Exercise 9:00 Shopping Loop 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.	9 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Engaging Move. 1:00 Diabetes Manage.	10 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Sound Healing
13 9:00 Time for Exercise 9:30 Walking at Mall 10:00 BrainBoosters 10:00 Owls of CT 10:30 Yoga 11:00 Book Club 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct	14 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework 10:00 Tap 10:00 Dominoes 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:30 Canasta 1:00 Line Dancing 1:00 Bingo	15 9:00 Morning Exercise 9:00 Trader Joes 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.	16 9:00 Chair Yoga 9:00 Brain Games 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Engaging Move. 1:00 Diabetes Manage. 7:00 Community Med.	17 8:30 Beginner Pickleball 9:00 Stop and Shop 9:00 Thimble Islands 10:00 Inter. Pickleball 10:00 Mahjong 1:00 Yoga Nidra
20 9:00 Time for Exercise 9:30 Walking at Mall 10:00 BrainBoosters 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	21 9:00 Moderate Yoga 10:00 Needlework 10:00 Dominoes 10:00 Tap 10:00 Magic 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:30 Canasta 1:00 Line Dancing	22 9:00 Morning Exercise 9:00 Walmart 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.	23 9:00 Chair Yoga 9:00 High-Low Aerobics 9:00 Positive Living 10:00 Flowers/Pollin. 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Engaging Move. 1:00 Diabetes Manage. 1:00 Improv	24 8:30 Beginner Pickleball 9:00 Shoprite 10:00 Inter. Pickleball 10:00 Mahjong
27 9:00 Time for Exercise 9:30 Walking at Mall 10:00 BrainBoosters 10:30 Yoga 11:15 Zumba Gold/Tone 12:00 Lunch 12:30 Computer Tutor 12:30 Pickleball Open Ct.	28 9:00 Moderate Yoga 9:00 Grief Support 10:00 Needlework 10:00 Dominoes 10:00 Tap 10:30 Scrabble 10:30 Sit and Fit 12:00 Lunch 12:30 Birthday Party 12:30 Canasta 1:00 Line Dancing	29 9:00 Morning Exercise 10:00 Tai Chi 10:00 Pinochle 10:00 Cont. Sign Lang. 11:00 Intro Sign Lang. 11:00 Zumba Gold/Tone 12:30 Pickleball Open Ct.	30 9:00 Chair Yoga 9:00 High-Low Aerobics 10:00 Pinochle 10:00 Needlework 10:15 Strength 10:30 Sit and Fit 12:00 Lunch 1:00 Engaging Move. 1:00 Diabetes Manage. 1:00 Improv	31 8:30 Beginner Pickleball 9:00 Stop and Shop 10:00 Inter. Pickleball 10:00 Mahjong 10:00 Canvas Bag Paint. 12:30 Bingo