

# TRUMBULL SENIOR CITIZEN NEWSLETTER

23 Priscilla Place, Trumbull, CT • Open Monday through Friday 9:00 a.m. – 4:30 p.m.

Tim Herbst.....First Selectman.....203-452-5005  
Jean Ferreira.....Director/Editor.....203-452-5199  
Sharon Miller.....Transportation Dispatcher.....203-452-5137  
Rachel Yahwak.....Senior Commission Chairperson.....203-268-0383

 July 2013 

**NOTICE:** The Center will be closed on Thursday, July 4 and Friday, July 5.

## **FREE Lunch and learn**

Hosted by Precision Hearing

Friday, July 12, 2013

Seminar begins at 11:00 AM and lunch at noon.

Get The Facts On:

- When should you get a hearing test and why?
- When is a hearing loss bad enough to treat?
- Why you can hear but not understand speech?
- Which hearing technology is right for me?
- Can I just wear one?
- Does insurance help pay for them?
- Can I try them risk free?
- What can I do about the ringing in my ears?

Please call (203) 452-5199 to RSVP.

## **BINGO GAME**

Sponsored by

**SYNERGY HOMECARE OF FAIRFIELD**

**July 19 (Friday) at 1:00 PM.** Join us for plenty of prizes and fun. Seating limited. Please call Sharon or Jean at (203) 452-5199 to RSVP.

## **Monthly Birthday Party**

Middlebrook Farms at Trumbull will sponsor a monthly birthday parties every second Friday of each month at the Senior Center. Everyone with a June birthday is invited to be our guest of honor on July 12<sup>th</sup> at 11:00AM in the snack bar. Everyone is welcome to come in and have a piece of cake. Please call and RSVP and if it's your birthday please let us know.

## **Revisit Bridgeport's Palace & Majestic**

**Theatres**

**Friday, July 26 at 11:00 AM**

Sharing, learning, and reminiscing on the history and experiences had at both theaters. Relive and compare the days of the theaters through still photographs taken in 1991 and 2011. Framed photographs and a photo book will be on exhibit. Questions & Answers will follow with the photographers to share stories of the theaters. Please call (203) 452-5199 to RSVP.

**NOTARY PUBLIC AVAILABLE** Monday through Friday. Please call (203) 452-5199 for an appointment.

## **AARP SAFE DRIVERS COURSE**

**July 19 (Friday) 9:00 AM until 1:00 PM**

Members pay \$12.00 and non-members \$14.00 Reservation by check only. Please make checks payable to AARP (No cash please). For more information and to reserve your seat please call Jean or Sharon at (203) 452-5199.

## **REMINDER**

Membership is now due. This years' Newsletter will be mailed at no cost. Membership Fees are \$5.00 residents and \$20.00 non-residents, payable by **Check or money order only!** Thank you for your cooperation.

## **CYRIL F. MULLINS FUNERAL HOMES**

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## **NEWS FROM SOCIAL SERVICES OFFICE**

**RENTER'S REBATE PROGRAM FOR ELDERLY AND DISABLED IN THE  
TOWN OF TRUMBULL**



### DONATIONS WANTED

The Trumbull Smile A While group will be performing a patriotic program for men at the VA hospital, and are looking for donations for their audience. Donations needed; trial size or regular size soaps, shampoos, crossword puzzles, new books, etc. Feel free to bring any donations to the front desk at the center, and contact Joy Koch or call (203) 452-5199 for any further questions.

### Computer Lessons with Eric

\$5.00 per session (one hour class)

All levels, including beginners, please call 203-452-5199 to register

### Susan B's Salon

**Open in the Senior Center.** Services include haircuts for men & women, manicures, & pedicures performed by licensed professional. Call for appointment call 203-270-7149

### SENIOR CENTER TRIPS

#### Seniors without Transportation

Wednesday, July 17 : Wal-Mart

Bus leaves the Senior Center at 11:00 AM. For reservations please call Sharon at 452-5137.

Wednesday, July 24 : Tappanyaki and Supreme Buffet/ Dollar Store

Bus leaves the Senior Center at 11:00 AM. For Reservations please call Sharon at 203-452-5137.



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# JULY 2013

<b>MONDAY</b>  	9:00 AM  9:30 AM 10:30 AM NOON 1:00 PM	YOGA (June 3 - June 17 & June 31)..... BANDS AND PILATE (June 10 & June 24)..... MEN'S POKER GAME..... DRAWING CLASS..... SMILE-A-WHILE ..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTION ROOM
<b>TUESDAY</b>  	9:15 AM 10:00 AM 10:00 AM 10:30 AM 11:30 AM 12:30 PM	FIT FOR LIFE EXERCISE CLASS..... KNIT AND CROCHET GROUP..... OIL PAINTING CLASS ..... BALLROOM DANCE WITH MIKE STAVOLA..... ZUMBA LESSONS WITH MIKE STAVOLA..... MEXICAN TRAIN DOMINOES..... MUSIC AND MOVEMENT WITH NANCY.....	FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTION ROOM FUNCTION ROOM CARD ROOM FUNCTIONS ROOM
<b>WEDNESDAY</b>  	9:00 AM 9:30 AM 10:00 AM 10:10 AM 11:00 AM NOON 12:30 PM	YOGA ..... NURSE AVAILABLE UNTIL 4:00 PM..... CHAIR EXERCISE WITH RITA..... JAZZERCISE..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....	FUNCTIONS ROOM SOCIAL SERVICE TV ROOM FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
<b>THURSDAY</b>  	9:00 AM  9:30 AM 10:00 AM 10:00 AM 10:15 AM 11:00 AM 1:00 PM 1:00 PM 1:00 PM	PILATES..... MEN'S POKER GAME..... NURSE AVAILABLE..... SLIM APPROACH ..... WATER COLOR CLASS ..... JAZZERCISE..... CHAIR EXERCISE WITH NURSE GAIL ONDY..... CANASTA..... PINOCHLE..... LATIN LINE DANCE WITH MIKE STAVOLA.....	FUNCTIONS ROOM CARD ROOM SOCIAL SERVICE TV ROOM MEETING ROOM FUNCTION ROOM TV ROOM CARD ROOM MEETING ROOM FUNCTION ROOM
<b>FRIDAY</b>  	10:00 AM 10:30 AM 10:30 AM 12:30 PM	ADVANCED OIL PAINTING CLASS ..... DRAMA CLUB..... TAI CHI..... MAH JONGG.....	MEETING ROOM LIBRARY FUNCTION ROOM MEETING ROOM

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23 Priscilla Place  
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203-378-3086

JULY 2013

Senior Community Café

Meals served Monday through Friday at noon. For reservations call 10:00 AM–NOON

Lunch Reservations (203-378-3086) must be made TWO (2) days in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
1 ALL BEEF HOT DOG	2 CHICKEN QUARTER	3 BBQ PORK RIBS	4 CLOSED 4 <sup>TH</sup> OF JULY HOLIDAY	5 CLOSED HOLIDAY
8 WHITE FISH	9 ROAST TURKEY	10 CHICKEN SCAMPI	11 SLOPPY JOE	12 CHEESEQUICJE
15 UNBREADED VEAL CUTLET	16 ROAST TURKEY	17 CANADIAN HAM	18 LEMON FISH	19 BEEF STEW
22 GRILLED CHICKEN	23 TURKEY NOODLE CASSEROLE	24 ASIAN BEEF STRIPS	25 MACARONI AND CHEESE	26 PULLED PORK
29 EYE OF THE ROUND	30 PIER 17 FISH	31 STUFFED CABBAGE		



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## Travel Corner

The Senior Center contracts with independent travel agencies. Upon registration you will be informed of the tour company to which your check must be made payable. All trips have limited seating and are on a first come, first served basis. For more information call 203-452-5199.

August 5, 2013- Foxwoods Casino – Includes food voucher and free bet. Bus leaves early enough to play bingo. \$23.00

### *Middlebrook Farms*

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A Benchmark Senior Living Community

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Trumbull, CT

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