

TRUMBULL

SENIOR CITIZEN NEWSLETTER

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

Tim Herbst.....First Selectman.....203-452-5005
 Jean Fereira.....Director/Editor.....203-452-5199
 Gail PoklembaOffice Clerk.....203-452-5199
 Donna Marcus.....Transportation.....203-452-5137
 Linda Ciocci.....Senior Commission Chairperson.....203-268-0265

DECEMBER 2010

The Senior Center will be closed for Christmas on Friday, December 24 and new Years, Friday, December 31st. Activities open to Senior Center Members Only. Membership fee for residents is \$5.00 and \$10.00 non-residents.



CHRISTMAS PARTY
 Friday, December 17 noon
 Chicken Dinner
 Holiday Sing-A-Long With Richie
 Visit from Santa, Grab Bag, Door Prizes and More
 For more information you may call 203-452-5199
\$8.00 per person • Tickets are available at the Senior Center



Bingo Game
 Friday, December 3
 1:00 PM
 Games Free of Charge
 Please RSVP 203-452-5199



MEETING ROOM

The Meeting room will be Closed, December 8,9 & 10 and January 6 and 7 for AARP Income Tax Training

New Year's Eve Bash With Tom Mohyde

Dinner, Dance & Midnight Toast
 7:00 PM until 12:30 AM

Tickets are now on sale. Seating is limited, so be sure to purchase tickets early. Table reservations limited to eight individuals. Tickets \$40.00 per person. Roast Turkey, Ham, Crab Cakes, Stuffed Shells, Shrimp cocktail and much more. Noise makers and hats included. **MEMBERS ONLY**

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News from the Social Services Office

- **Energy Assistance Program-** We are taking applications for 2010/2011. All applications will be taken by appointment only. Call Social Services to schedule an appointment and to obtain this season's guidelines and documentation criteria. To schedule an appointment you may call (203) 452-5198 (NO WALK-INS). Home visits are available.
- **The Trumbull Food Pantry** is available to all residents. Please call in advance for an appointment.

NOTARY PUBLIC AVAILABLE

Monday through Friday. We advise you call 203- 452-5199 for an appointment. The fee is \$5.00 for each transaction. Exemption for military personnel and Veterans.

**TRUMBULL ARTS COMMISSION
PRESENTS**

"From OP to Pop"

Sunday, January 16 at 1:00 PM

Cabaret Seatng

Bring your own refreshments

Jodi Keogan ~ Soprano, Mark Watson ~ Baritone ,
David Shenton ~ piano.

Opera and popular music.

Pre purchase of tickets is suggested: \$5.00

Call The Arts Commission 203-452-5065

DECEMBER SHOPPING TRIPS

December 1-Christmas Tree Shop -Bus leaves Senior Center at 10:30 AM and returns at 2:30 PM. Lunch at Wendy's

December 15 -Trumbull Mall - Bus leaves Senior Center at 10:30 AM returns at 2:30 PM.

For reservations call 203-452-51973 (1:00 p.m. to 4:00 p.m.)

Senior Center Snack Bar

Open daily for breakfast and lunch.

(Take out orders available)

The café is located on the
Center's main level

Stop in or call 203-452-5199

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DECEMBER 2010 CALENDAR

MONDAY Dec. 6 & 20 Dec. 13 & 27 	9:00 A.M. 10:00 A.M. 10:30 A.M. NOON 1:00 P.M.	NURSE AVAILABLE UNTIL 3:00 P.M..... YOGA..... STRENGTH & CARDIO CLASS..... BRIDGE GAME..... SMILE A WHILE ENTERTAINMENT GROUP.... WOMEN'S POKER GAME..... DUPLICATE BRIDGE..... BEGINNER'S LINE DANCE.....	SOCIAL SERVICES FUNCTION ROOM FUNCTION ROOM SNACK BAR FUNCTION ROOM CARD ROOM MEETING ROOM FUNCTION ROOM
TUESDAY 	9:15 A.M. 9:30 P.M. 10:00 A.M. 10:30 A.M. 11:00 A.M. 11:30 A.M. 12:30 P.M. 1:00 P.M.	FIT FOR LIFE EXERCISE CLASS..... KNIT AND CROCHET CLASS..... ART CLASS..... BALLROOM DANCE..... Wii GAMES..... ZUMBA LESSONS..... MEN'S POKER GROUP..... MEXICAN TRAIN DOMINOES..... LATIN LINE DANCE..... TAI-CHI.....	FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTIONS ROOM T.V. ROOM FUNCTIONS ROOM CARD ROOM CARD ROOM FUNCTIONS ROOM FUNCTIONS ROOM
WEDNESDAY 	9:00 A.M. 11:00 A.M. NOON 12:30 P.M	YOGA..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....	FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
THURSDAY 	9:00 A.M. 10:00 A.M. 11:00 A.M. 1:00 P.M. 2:00 P.M.	STRENGTH & CARDIO..... NURSE AVAILABLE..... SLIM APPROACH..... TAI CHI..... CHAIR EXERCISE WITH NURSE GAIL ONDY.. DRAWING AND WATER COLOR CLASS... JAZZERCISE..... CANASTA..... PINOCHLE..... COMPETITION BALLROOM DANCE LESSONS..	FUNCTION ROOM SOCIAL SERVICE T.V. ROOM FUNCTIONS ROOM T.V. ROOM MEETING ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM
FRIDAY 	9:00 A.M. NOON 12:30 P.M.	NURSE AVAILABLE..... AEROBICS..... WOMEN'S AND MEN'S POKER CLUB..... MAH JONGG.....	SOCIAL SERVICES FUNCTION ROOM CARD ROOM MEETING ROOM

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Fund Raiser

Thanks for your continued support of recyclable bottles and cans to benefit our beautification fund. We are also receiving a large amount of can tabs for the Ronald McDonald House care facilities. Thank you for all your donations

Susan B's Salon is Now open- Services include haircuts for women and men, manicures and pedicures. For more information on salon hours, prices and appointments please call 203-452-5199.



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23 Priscilla Place
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Senior Community Café

Tel # 203-332-3264

DECEMBER 2010

Meals served Monday through Friday at noon. For reservations call 10:00 a.m. – noon

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Veal Scaloppini Over Bowties	2 Open Faced Hot Turkey sandwich	3 Seafood salad on lettuce and pasta
6 Meatloaf with Gravy	7 Pork Stir Fry	8 BBQ Chicken Brease	9 Veggie Burger	10 White Fish Filet
13 Eggplant Rollatini	14 Chicken Kiev	15 Turkey Chilli	16 Roast Beef With Gravy	17 Stuffed Pepper
20 Minestrone Soup Seafood Salad	21 Roast Turkey with Gravy	22 Roast Beef Gravy	23 Roast Beef with Gravy	24 Closed for Holiday
27 Chicken Patty	28 Baked Filet of Sole	29 Fresh Glazed Ham	30 Hot Turkey Sandwich	31 Closed

Trumbull Senior Commission Meeting, December 17 at 11:00 a.m. in the Television Lounge.

INCLEMENT WEATHER

On days that it storms, or inclement weather is predicted, please tune your radio to WICC 600 AM for cancellations. When Trumbull Schools close, the senior center will also close. When there is a delayed opening, the senior center and transportation will also be delayed (all morning doctor's appointments and classes will be cancelled).



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Breakfast Lunch Dinner

Hours 7-11 Call Ahead For Take Out

Dine in Bar ON/Off Catering Available

Up to 90 people on Premises

Travel Corner

The senior center contracts with individual travel agencies. Upon registration you will be informed of the tour company to which your check is to be made payable. All trips have limited seating and are on a first come first serve basis. For more information call 203-452-5199.

December 14 (Tuesday) – Salem Cross Christmas and Bright Lights. Visit Oakwood Farm Christmas Barn. This 175 year old barn is filled to the rafters with Teddy Bears, Gifts Santa’s, Angels and much more. Next to Salem Cross’ Inn for famous flaky Chicken Pot Pie, soup du jour, garden salad and a scrumptious dessert. You will also enjoy a visit to Yankee Candle Shop’s Bavarian Christmas Village in Deerfeld. The time has come to head for the Bright Nights, New England’s most elaborate display, where you’ll wonder at the artistry of the lights. Arrive home at 7:30 p.m. **\$63.00**

January - to be announced -Cabaret LULU and Mohegan Sun Casino.

SENIOR CENTER SNACKBAR MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stuffed Shell Dinner \$4.00	Gourmet Grilled cheese \$3.00	Stuffed Cabbage Dinner \$4.00	Chicken Wings \$4.00	Fish Sandwich \$3.00

Senior Center Snack Bar
 Open Daily 10 AM – 12:30 p.m.
 Lunch and breakfast served daily. Eggs, sausage & peppers, hotdogs, hamburgers, egg salad sandwich, tuna salad sandwich and salad platters prepared daily. The following specials will



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