

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
.....Program Coordinator.....203-452-5199
Sharon Miller.....Transportation .Dispatcher.....203-452-5137
Linda Ciocci.....Senior Commission Chairperson.....203-268-0265

OCTOBER 2011

Reminder*** the Senior Center will be closed on Monday, October 10, *Columbus Day*.

• **SMILE A WHILE CABARET SHOW**

FRIDAY, OCTOBER 7, 11:00 - NOON

BEVERAGES WILL BE SERVED.

Bring your own snacks. Enjoy an hour of Broadway tunes & entertainment. Free of Charge. Seating limited. Admission by ticket. **Tickets may be picked up at the main office.**



• **HALLOWEEN BINGO**

FRIDAY, OCTOBER 21 AT 1:00 P.M.

Refreshments, goodies and plenty of prizes. Come enjoy an afternoon of fun. You must be a member of the Senior Center and reservations a must. Call 203-452-5199 to make reservation.



• **HARVEST DINNER DANCE**

FRIDAY, OCTOBER 14, 4:00 PM. – 7 PM

Mike Stavola will provide music for the evening. Chicken Dinner, \$10.00 per person (No Refunds). Advanced tickets only, no tickets will be available at the door. Tickets available at the main office. For more information please call 203-452-5199.

• **NOTARY PUBLIC AVAILABLE-**

Monday through Friday. Please call 203- 452-5199 for an appointment. There is a \$5.00 fee for each transaction. There is an exemption for military.

• **HALLOWEEN PARTY, COSTUME CONTEST AND 50s MUSIC.**

FRIDAY, October 28, 1 p.m. until 3 p.m.

Music by Richard Jones.

Come Trick or Treat with us at the Senior Center. Refreshments will be Served. Please call for reservations. No walk ins. Seating limited. Pick up tickets at the main office. These tickets will be entered into a drawing to take place on this day



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News from the Social Services Office (203-452-5198)

• **MEDICARE'S ANNUAL ENROLLMENT PERIOD IS MOVING UP!** Starting this year, the new annual enrollment period for **MEDICARE PART D** and **MEDICARE ADVANTAGE PLAN** begins October 15, 2011 and ends on December 7, 2011. **MARK YOUR CALENDARS!**

• **Energy Assistance** – Trumbull Social Services will begin taking applications for the 2011-2012 Energy Assistance Program on Monday, October 17. Applications are taken by appointment only for Trumbull Residents. No WALK-INS. Please call 203 -452-5198 for an appointment schedule and required documentation.

• **The Food Pantry** is available to any Trumbull residents in need. (by appointment only). Please call (203) 452-5198 for guidelines and/or appointments.

BRAUNSTEIN & TODISCO, P.C. <i>Attorneys at Law</i>	<i>Providing Professional Personal Service</i>
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Amy E. Todisco* amy@btlawfirm.com One Elliot Place • Fairfield, CT 06824-5154 Phone: (203) 254-1118 • Fax (203) 254-2453 • www.btlawfirm.com *President, Connecticut Chapter National Academy of Elder Law Attorneys, Inc 2009-2010 Connecticut Bar Association Elder Law Committee, Executive member.	

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OCTOBER 2011 CALENDAR

MONDAY SEPT 3, 17 & 31 SEPT 10 & 24	9:00 A.M. NOON 1:00 PM	YOGA..... STRENGTH & CARDIO CLASS..... DUPLICATE BRIDGE..... BEGINNER'S LINE DANCE.....	FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
TUESDAY	9:15 A.M. 10:00 P.M. 10:00 A.M. 10:30 A.M. 11:00 A.M. 11:30 A.M. 12:30 P.M	FIT FOR LIFE EXERCISE CLASS..... KNIT AND CROCHET GROUP..... ART CLASS..... BALLROOM DANCE with Mike Stavola..... Wii GAMES..... ZUMBA LESSONS with Mike Stavola..... MEN'S POKER GROUP..... MEXICAN TRAIN DOMINOES.....	FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTIONS ROOM T.V. ROOM FUNCTIONS ROOM CARD ROOM CARD ROOM
WEDNESDAY	9:00 A.M. 10:10 AM 11:00 A.M. NOON 12:30 P.M	YOGA..... JAZZERCISE..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....	FUNCTION ROOM FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
THURSDAY	9:00 A.M. 10:00 A.M. 11:00 AM 1:00 P.M. 1:00 PM	STRENGTH & CARDIO..... NURSE AVAILABLE..... SLIM APPROACH..... CHAIR EXERCISE WITH NURSE GAIL ONDY.. DRAWING AND WATER COLOR CLASS... JAZZERCISE..... CANASTA..... PINOCHLE..... LATIN LINE DANCE.....with Mike Stavola.....	FUNCTION ROOM SOCIAL SERVICE T.V. ROOM T.V. ROOM MEETING ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM
FRIDAY	9:00 A.M. 10:00 AM 10:30 AM 12:30 P.M. 1:30 PM	NURSE AVAILABLE..... AEROBICS..... OPEN ART CLASS WITH CHRIS..... TAI CHI..... MAH JONGG..... ART CLASS – PORTAITS ONLY.....	SOCIAL SERVICES FUNCTION ROOM MEETING ROOM FUNCTION ROOM MEETING ROOM MEETING ROOM

YOUR SOURCE FOR SENIOR SERVICES	
	<p>Senior Choice at Home 203-365-6491</p> <p>Skilled Nursing Care 203-365-6483</p> <p>Grasmere by the Sea Adult Day Services 203-365-6470</p> <p>The Roy and Aline Friedman Home Care Agency 203-396-1136</p> <p>Compassionate Care Companions 203-374-2273</p> <p>Outpatient Rehab Therapy 203-365-8454</p> <p>The Institute on Aaina 203-396-1240</p>
175 Jefferson Street, Fairfield, CT 06825 • 203-365-6400 • www.jhe.org	

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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



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23 Priscilla Place
Trumbull, CT 06611

Tel # 203-378-3086

OCTOBER 2011 Senior Community Café

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey Loaf	4 Stuffed Pepper	5 BBQ Chicken	6 Pot Roast	7 Fish Filet
10 Closed Columbus Day	11 Rigatoni with Meatballs	12 Roast Pork	13 Cod Fish Cake	14 Liver and Onions
17 Beef Stew	18 Baked Knockwurst	19 Cheese Lasagna	20 Roast Turkey	21 Veggie Burger
24 BBQ Ribletts	25 Roast Turkey	26 Veal Scallopini	27 Meatloaf	28 Seafood Salad
3 Chicken Kiev				



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Senior Center Snack Bar
Open Daily 10 AM – 12:30 p.m.
Lunch and breakfast served Monday-Thursday. Closed Friday, Eggs, sausage & peppers, hotdogs, hamburgers, egg salad sandwich, tuna salad sandwich and salad platters



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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.

November 14 (Friday) **Mohegan Sun Casino**, \$15.00 meal coupon and three \$5.00 **\$22.00p.p.**
Free bets.

December 7, (Wednesday) **Newport Playhouse “Never Get Smart With An Angel”** **\$73.00 p.p.**
This funny play is a winner all the way! Salvatore, Carmine, Paolo, Dorothy will keep you laughing- and, of course, Sal’s deceased wife who is an “angel,” but not angelic! Lunch includes an extensive, hearty buffet that does not skip on quality or quantity. Everything prepared on the premises.

THE TRUMBULL ARTS COMMISSION PRESENTS

**“The Alpenland Tanzer” October 23 at 1:00 pm at the
Center at 23 Priscilla Place**

**The program features traditional German dancing, singing and
audience participation. Cabaret seating, bring your own
refreshments. Pre purchase of tickets is necessary, \$5.00 per
person. Call Emily at the Arts Commission office at 203-452-5065.**

Hon. John P. Chiota Attorney At Law

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P.O. Box 844
Fairfield, CT. 06824
203-259-7084
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Trumbull Town Hall
5866 Main Street
Trumbull, Ct 06611
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News from the Wellness Nurse, Gail Ondy- Harvest time is here! We will making and tasting some simple seasonal recipes. Come celebrate the season of autumn on October 19 (Wednesday) at 11:00 AM. Please call Gail Ondy at 203-452-5134 to reserve you seat.

BEGINNER COMPUTER CLASSES

- Basics such as E-mail and internet. All classes will take place on Mondays at 10:45 a.m. for 5 weeks of 1 hour classes.
- The cost is \$25.00. Class size limited.
- To register call Simone at 203-218-7668. Private lessons also available.

AARP – SAFE DRIVERS COURSE

Friday, November 18, 9AM-1 PM.
AARP members \$12.00 and non-members \$14.00. Payment by check only, payable to AARP. For reservation please call 203-452-5199.

October SHOPPING TRIPS

For those individuals without transportation.

Wednesday, October 12 ,Christmas Tree Shop Bus Leaves Senior Center at 11:00 AM. Quick stop for lunch. Bus returns to the center at 3:00 PM **For reservations call Sharon, Senior Transportation at 203-452-5137.**

Wednesday, October 26, Job Lot, Michaels and Home Town Buffet Bus leaves Senior Center at 11:00 AM. Bus returns to the center at 3:00 PM. **For reservations call Sharon, 203-452-5137.**

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Susan B's Salon

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For salon hours, prices and

appointments please call 203-452-5199



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