

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

JANUARY 2012

Reminder* the Senior Center will be closed on Monday, January 2 for New Years and Monday, January 16, Martin Luther King Birthday.**

AARP TAX-AID

A free program that provides income tax preparation assistance for low and middle-income taxpayers age 60 and older. If married, both husband and wife should be present. Taxpayers must have available all information and documents that apply to their 2011 income taxes including:

- Copies of 2011 returns, checkbook, so that any refund due can be direct deposited, all 2011 income report forms that have been received, SSA-1099, Social Security Statement, 1099 form, W-2 wage and tax statement forms, W-2G gambling (winning forms), and original cost of assets sold 2011. Counselors are available every Wednesday 9:00 AM until Noon, starting February 3 until April 11. No appointment necessary.

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 close. If there is a delayed opening of schools we will also have a delayed opening.

- **AARP SAFE DRIVERS COURSE**

FRIDAY, JANUARY 20, 9AM – 1 PM

AARP member \$12.00 and non members \$14.00
Checks payable to AARP (No cash please). For reservation please call 203-452-5199.

- **JANUARY BINGO GAME-**

January 20, at 1 PM in the nutrition room.
Refreshments and plenty of prizes. Come join in the fun and free games. You must make advance reservation. 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.

- **ITALIAN LESSONS**

Italian Lessons with Lucia. If you are interested in lessons please call 203-452-5199.

- **PILATES CLASS AND STRENGTH BANDS**

Classes are every Friday at 9 AM. Come join the class.

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

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

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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JANUARY 2012 CALENDAR

MONDAY Jan. 30 Jan. 9 & 23 No Classes on Mon. Jan. 2 & Mon. Jan. 16	9:00 AM 10:00 AM NOON 1:00 PM	YOGA..... STRENGTH & CARDIO CLASS..... DRAWING CLASS..... DUPLICATE BRIDGE..... BEGINNER'S LINE DANCE.....	FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM FUNCTION ROOM
TUESDAY 	9:15 AM 10:00 PM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM	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 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.....	FUNCTION ROOM SOCIAL SERVICE TV ROOM FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
THURSDAY 	9:00 AM 9:30 AM 10:00 AM 11:00 AM 11:00 AM 1:00 PM 1:00 PM	STRENGTH & CARDIO..... NURSE AVAILABLE..... SLIM APPROACH..... DRAWING AND WATER COLOR CLASS... CHAIR EXERCISE WITH NURSE GAIL ONDY.... JAZZERCISE..... CANASTA..... PINOCHLE..... LATIN LINE DANCE... WITH MIKE STAVOLA....	FUNCTION ROOM SOCIAL SERVICE T.V. ROOMMEETING T.V ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM
FRIDAY 	9:00 AM 10:00 AM 10:30 AM 12:30 PM	PILATES AND STRENGTH BANDS..... OPEN ART CLASS WITH CHRIS..... TAI CHI..... MAH JONGG.....	FUNCTION ROOM MEETING ROOM FUNCTION ROOM MEETING ROOM

YOUR SOURCE FOR SENIOR SERVICES	
	<p>Skilled Nursing Care</p> <p>Grasmere by the Sea Adult Day Services</p> <p>The Roy and Aline Friedman Home Care Agency</p> <p>Compassionate Care Companions</p> <p>Outpatient Rehab Therapy</p> <p>The Institute on Aging</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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Trumbull Senior Center
23 Priscilla Place
Trumbull, CT 06611

Tel # 203-378-3086

JANUARY 2012 Senior Community Café

Meals served Monday, Tuesday, Wednesday and Friday at noon. For reservations call 10:00 a.m.–noon
For Lunch Reservations Call 203-378-3086. Reservations must be made 2 days in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED	3	4	5	6 Seafood salad
9 Glazed Chicken Breast	10 Meat Loaf	11 Pork Stir Fry	12	13 White Fish Filet
16 CLOSED	17 Turkey Sandwich	18 Roast Beef	19	20 Chicken Kiev
23 Knockwurst	24 Codfish Cake	25 Chicken Cordon Bleu	26	27 Homemade Turkey Loaf
30	31 Spaghetti with Marinara Sauce			



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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 prepared daily.



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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.

March 8, (Thursday)- Mohegan Sun Casino \$15.00 food buffet and \$15.00 bet \$22.00 p.p
Leaves Stern Village 8:15 AM and Leaves Penny Lane at 8:30 AM.

May 24, (Thursday) - Rhode Island Light house Cruise, Luncheon & Narrated \$60.00 p.p
Cruise On Narragansett Bay. Depart at 9 AM and arrive at the Old Country Buffet for a full course buffet Luncheon, including a variety of salads, soups, hot entrees, delicious desserts and beverage choice. After Lunch board the Millennium Ferry for a narrated Narragansett Bay Lighthouse tour, including 10 beautiful lighthouses and a Newport Harbor tour. You'll cruise under the breathtaking Jamestown and Newport Bridges, past mansions, historic Fort Adams and other historic sights. Seating Limited.

THE TRUMBULL ARTS COMMISSION PRESENTS

“Eight to the Bar”

**January 22, 2011 at 1 PM Cabaret
Center at 23 Priscilla Place**

**A mix of swing, jump, blues, jazz, rockabilly,
fifties-style Classic and r&b**

**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.**

Middlebrook Farms

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News From The Director-

We have a drama class planned for early spring. We plan on hosting several Mystery Murder Theaters. We are in need of a variety of items. We need men's hats, canes, suits, women's hats, white gloves, gowns, long skirts, fancy blouse and parasols, light weight wooden chairs. Stage props and back drops. If you would like to make donations, please call Jean at 203-452-5199.

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.

NEW CLASSES FOR 2012

We would like to offer the following classes: Genealogy, Memoir writing and Hula Hooping. We need instructors for these classes and those interested in taking these please call and register on our interest list. Please call Jean or Sharon at 203-452-5199.

JANUARY SHOPPING TRIPS

For those individuals without transportation.

Wednesday, January 11 - Walmart Bus Leaves Senior Center at 11:00AM. Bus returns to the center at 3:00 PM **For reservations call Sharon, Senior Transportation at 203-452-5137.**

Wednesday, January 25 – Christmas Tree Shop Bus leaves Senior Center at 11:00 AM. Bus returns to the center at 3:00 PM. **For reservations call Sharon, 203-452-5137.**

OLD TOWN RESTAURANT

60 Quality Street Trumbull
203-261-9436

Breakfast & Lunch

-Served Daily

Dinner Hours 7-11

Call Ahead For Take Out

Dine in Bar

**Catering Available Up to 90 people
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Susan B's Salon

Open in the lower level of the Senior Center
Services include haircuts for men &
women, manicures and pedicures.

Licensed professionals.

For salon hours, prices and

appointments please call 203-452-5199



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...Keeping Trumbull Tuned In

Check the weekly schedule at www.trumbullps.tv

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