

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

**FEBRUARY 2012**

**\*The Center will be closed on Monday, February 20<sup>th</sup>, in recognition of Presidents' Day\***

## AARP TAX-AID

This free program 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 in 2011. Counselors are available every Wednesday from 9:00 AM until Noon, starting February 1st until April 11th. No appointment is necessary.

## INCLEMENT WEATHER

On days that it storms, or when 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.

## ● VALENTINE'S DINNER DANCE

**THURSDAY, FEBRUARY 16, 4 - 7 PM**

Enjoy stuffed shells and music by Mike Stavola. \$10 per person; limited seating. Please come in to make your reservation at the front desk.

## ● FEBRUARY BINGO GAME

**FRIDAY, FEBRUARY 24, 1 PM** in the

Nutrition Room. Refreshments and plenty of prizes provided. Come join in the fun and free games. You must make advanced reservations. **Please call 203-452-5199.**

## ● NOTARY PUBLIC AVAILABLE

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

## ● ITALIAN LESSONS

Italian Lessons with Lucia di Benedetto. Classes meet in the library on Fridays at 11 am.

## ● PILATES CLASS AND STRENGTH BANDS

Classes are held 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 from Trumbull Residents for the 2011-2012 Energy Assistance Program. Applications are taken by appointment only. NO WALK-INS. Please call (203) 452-5198 to schedule an appointment and to learn about required documentation.

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



**21 Maefair Court, Trumbull, CT 06611**  
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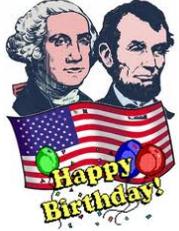


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# FEBRUARY 2012 CALENDAR

<b>MONDAY</b> Feb. 6 Feb. 13 & 27  <b>Closed Feb.20</b>	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
<b>TUESDAY</b> 	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 FUNCTION ROOM TV ROOM FUNCTION ROOM CARD ROOM CARD 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.....	FUNCTION 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 ..... 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 TV ROOM MEETING ROOM TV ROOM FUNCTION ROOM CARD ROOM MEETING ROOM FUNCTION ROOM
<b>FRIDAY</b>	9:00 AM 10:00 AM 10:30 AM 11:00 AM 12:30 PM	PILATES AND STRENGTH BANDS..... OPEN ART CLASS WITH CHRIS..... TAI CHI..... ITALIAN LESSONS WITH LUCIA..... MAH JONGG.....	FUNCTION ROOM MEETING ROOM FUNCTION ROOM LIBRARY MEETING ROOM

## Senior Center Snack Bar

**Open Daily 10 AM – 12:30 PM**

Lunch and breakfast served Monday-Thursday. **Closed on Fridays.**

Eggs, sausage & peppers, hotdogs, hamburgers, egg salad sandwiches, tuna salad sandwiches and salad platters prepared daily.



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**Fund Raiser**

Thanks for your continued support by donating 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. The Center sincerely appreciates your ongoing donations.

**203-378-3086**

**FEBRUARY 2012 Senior Community Café**

Meals served Monday, Tuesday, Wednesday and Friday at noon. For reservations call 10:00 AM–NOON

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		<b>1</b> Stuffed Cabbage	<b>2</b> <b>CLOSED</b>	<b>3</b> BBQ Chicken
<b>6</b> Spaghetti & Meatballs	<b>7</b> Confetti Quiche	<b>8</b> Light Crunch Fish	<b>9</b> <b>CLOSED</b>	<b>10</b> Roast Pork w/Gravy
<b>13</b> Veggie Burger	<b>14</b> Country Beef Stew	<b>15</b> Roast Turkey w/Gravy	<b>16</b> <b>CLOSED</b>	<b>17</b> Meatloaf w/Gravy
<b>20</b> <b>CLOSED</b> <b>Presidents' Day</b>	<b>21</b> Roast Beef w/Gravy	<b>22</b> Cheese Ravioli w/Meat Sauce	<b>23</b> <b>CLOSED</b>	<b>24</b> Lemon Pepper Fish
<b>27</b> Baked Knockwurst	<b>28</b> Roasted Chicken	<b>29</b> Apricot Glazed Spiral Ham		



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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 served 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 \$61.00 p.p**  
Cruise On Narragansett Bay. Depart at 7:30 AM and arrive  
at the Hometown 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**

#### ***"Broadway... with a little Jazz"***

February 17, 2012 at 7:30 PM

The Center at 23 Priscilla Place

**Michael Jovovich & Dr. Joe Utterback**

**Tony LaVorena, Brian Corallian, Nick Macri  
And Emily Disarra**

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.

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### News From The Director

We have a drama class planned for early spring. We plan on hosting several Murder Mystery Theaters. We are in need of a variety of items including men's hats, canes, suits; women's hats, white gloves, gowns, long skirts, fancy blouses 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 held on Mondays at 10:45 AM.
- The cost is \$25.00 for 5 weeks of 1 hour
- classes. Class size is limited; call
- Simone at **203-218-7668** to register.
- Private lessons are 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. Please call Jean or Sharon at **203-452-5199** to volunteer and/or to register on our interest list.

### *News from the Trumbull Historical Society*

Join Jeff Williams, producer & host of the radio program *At the Ritz!* for a presentation on his new book ***Home of Happy Dancers: The Story of Bridgeport, Connecticut's Ritz Ballroom***. He will share photos & personal memoirs from both patrons & celebrities who spent time at this famous ballroom. The event takes place on Sunday, February 12<sup>th</sup> @ 2PM at the Trumbull Library and is free to the public. All are welcome! For more information contact [trumbullhistory@gmail.com](mailto:trumbullhistory@gmail.com) or call the museum at **203-377-6620**.

Because of the unpredictability of the winter weather, there will be no scheduled shopping trips for the month of February.

### OLD TOWN RESTAURANT

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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 performed by licensed professionals. For salon hours, prices and appointments please call **203-452-5199**



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