

TRUMBULL

SENIOR CITIZEN NEWSLETTER

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

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MARCH 2012

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

When inclement weather occurs or is predicted, please tune your radio to WICC 600 AM for possible delays or cancellations. When Trumbull Schools close, the Senior Center will close. If the schools announce a delayed, we also will delay opening the center.

● ST. PATRICK'S DAY PARTY

FRIDAY, MARCH 16th, 1 - 3 PM

Come enjoy light refreshments and sing along to Traditional Irish music. For reservations please call **203-452-5199**

● MARCH BINGO GAME

FRIDAY, MARCH 30th, 1 PM in the Nutrition

Room. Refreshments and plenty of prizes provided. Come join in the fun and free games. Seating is limited and advanced reservations are required. 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.

● PILATES & STRENGTH BAND CLASS

Classes are held Fridays at 9am. Come join!

● SENIOR CITIZENS' COMMISSION

The next commission meeting is scheduled for Friday March 23rd at 10:00AM in the Senior Center Library. All are welcome to attend.

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.

Nursing Note – All are invited to meet with Jason Oberhand, DDS, on Wednesday, March 28th at 10:30AM in the Senior Center Library. Dr. Oberhand will present a program on dental care, oral hygiene and nutrition, and time will be allotted for individual consultation. If you have any specific questions please submit them to the nurse one week in advance. Call Nurse Gail Ondy at **(203) 452-5134** to register

MARCH 2012 CALENDAR

MONDAY March 5 & 19 March 12 & 26	9:00 AM 9:00 AM 9:30 AM NOON 1:00 PM	YOGA..... STRENGTH & CARDIO CLASS..... DRAWING CLASS..... DUPLICATE BRIDGE..... INTERMEDIATE 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..... OIL PAINTING 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
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 10:00 AM 11:00 AM 10:15 AM 1:00 PM 1:00 PM 1:00 PM	STRENGTH & CARDIO..... NURSE AVAILABLE..... SLIM APPROACH..... 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
FRIDAY 	9:00 AM 10:00 AM 10:30 AM 11:00 AM 12:30 PM	PILATES AND STRENGTH BANDS..... ADVANCED OIL PAINTING CLASS TAI CHI..... ITALIAN LESSONS WITH LUCIA..... MAH JONGG.....	FUNCTION ROOM MEETING ROOM FUNCTION ROOM LIBRARY MEETING ROOM

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. Private lessons are also
- available. Class size is limited; call
- Simone at **203-218-7668** to register.

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

203-378-3086

MARCH 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.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED	2 Baked Fish Filet
5 Philly Cheesesteak	6 Roast Turkey w/Gravy	7 Stuff Chicken Kiev w/Gravy	8 CLOSED	9 French Onion Soup w/Quiche
12 Chicken Patty	13 Pork Stir Fry w/Brown Rice	14 Corned Beef Brisket	15 CLOSED	16 Baked Manicotti
19 Veggie Burger	20 BBQ Chicken Quarter	21 Butter Crunch Fish	22 CLOSED	23 Eggplant Rolatini
26 Kielbasa & Pierogies	27 Meatloaf w/Gravy	28 Honey Mustard Chicken Breast	29 CLOSED	30 Baked Parmesan Fish

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 **203-270-7149**

Senior Center Snack Bar

NOTICE:

The snack bar will be closed for hot meals until further notice.

MARCH SHOPPING TRIPS – FOR SENIORS WITHOUT TRANSPORTATION

Wednesday, March 14th 11:30am to 3pm: Target @ Westfield Trumbull Mall
Wednesday, March 28th 11:30am to 3pm: ChristmasTree Shops w/ lunch @ Chips Family Restaurant

Call Sharon Miller at 203-452-5137 for reservations.

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**.

- May 24 (Thursday) - Rhode Island Lighthouse Cruise, Luncheon & Narrated Cruise On Narragansett Bay. Depart at 7:30 AM and arrive at the Quonset O'Club of North Kingston for a full course buffet luncheon. After lunch board the Millennium Ferry for a Narragansett Bay Lighthouse Tour, including 10 beautiful lighthouses and a Newport Harbor tour . \$78.00 p.p
- June 18 (Monday) - Foxwoods Casino Trip. Bus departs early enough to play bingo. Includes Keno and lunch voucher. \$23.00p.p.
- August 20 (Monday)- Spirit of Boston Luncheon and Cruise of Boston Harbor Enjoy the buffet as you cruise the harbor. Trip will allow time to shop at Quincy Marketplace. For more information and/or to request a flyer call 203-452-5199. TBA

THE TRUMBULL ARTS COMMISSION PRESENTS

**March 11 at 1PM "Cool Shoes Dance Band"
featuring music from the 60's, 70's and 80's**

**March 23rd at 7:30 PM "The Kerry Boys"
featuring Irish songs and humor**

The Center at 23 Priscilla Place
Cabaret seating, bring your own refreshments. Pre-purchase of tickets is necessary, \$5.00 per person.
Call Emily Areson at 203-452-5065

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 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**.