

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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APRIL 2012

LAST CHANCE! AARP TAX AID

This free program provides income tax preparation assistance for low- and middle-income taxpayers age 60+. Counselors remain available on Wednesday April 4th and Wednesday April 11th only, from 9:00AM to Noon. No appointment is necessary.

Special thanks to all of the AARP counselors who dedicated so much of their time and talent helping prepare taxes this season!

AARP DRIVER SAFETY PROGRAM

Take the classroom refresher course especially designed for drivers age 50+. The fee is \$14; \$12 for AARP members. Auto insurance discounts may apply; consult your insurance agent. The next class will be held Friday, May 18th from 9am-1pm at the Senior Center. To register please call Jean at **203-452-5199**.

WHAT'S HAPPENING THIS MONTH

● APRIL BINGO GAME

FRIDAY, APRIL 27th, 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.

● SENIOR CITIZENS' COMMISSION

The next commission meeting is scheduled for Friday, April 27th at 10:00AM in the Senior Center Library. All are welcome to attend.

APRIL SHOPPING TRIPS – FOR SENIORS WITHOUT TRANSPORTATION

Wednesday, April 4th : Kmart/Job Lots of Milford, with Lunch @ Frankie's

Wednesday, April 25th : Kohls/Home Goods on Hawley Lane, with Lunch @ McDonalds

Bus leaves the Senior Center at 11am. For reservations please call Sharon, **Senior Transportation**, at **(203) 452-5137**.

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.

REMINDER: MEMBERSHIP RENEWAL TIME IS FAST APPROACHING!!

We will be taking Senior Center membership renewals for 2012/13 on Fridays, beginning May 4th and ending June 29th. Happily, the fees remain unchanged: \$5 for Trumbull residents (+ \$3 for newsletter mailing) and \$10 for nonresidents (+ \$4 for newsletter mailing). We sincerely appreciate your continued affiliation with the Trumbull Senior Center!!

APRIL 2012 CALENDAR

<p>MONDAY April 2, 16 & 30 April 9 & 23</p>	<p>9:00 AM 9:00 AM 9:30 AM NOON 1:00 PM</p>	<p>YOGA..... PILATES AND BANDS CLASS..... DRAWING CLASS..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....</p>	<p>FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM FUNCTION ROOM</p>
<p>TUESDAY</p> 	<p>9:15 AM 10:00 PM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM</p>	<p>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.....</p>	<p>FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTION ROOM TV ROOM FUNCTION ROOM CARD ROOM CARD ROOM</p>
<p>WEDNESDAY</p> 	<p>9:00 AM 9:30 AM 10:00 AM 10:10 AM 11:00 AM NOON 12:30 PM</p>	<p>YOGA..... NURSE AVAILABLE UNTIL 4:00 PM..... CHAIR EXERCISE WITH RITA..... JAZZERCISE..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....</p>	<p>FUNCTION ROOM SOCIAL SERVICE TV ROOM FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM</p>
<p>THURSDAY</p> 	<p>9:00 AM 9:30 AM 10:00 AM 10:00 AM 10:15 AM 11:00 AM 1:00 PM 1:00 PM 1:00 PM</p>	<p>STRENGTH & CARDIO..... NURSE AVAILABLE..... SLIM APPROACH..... WATER COLOR CLASS JAZZERCISE..... CHAIR EXERCISE WITH NURSE GAIL ONDY... CANASTA..... PINOCHLE..... LATIN LINE DANCE WITH MIKE STAVOLA...</p>	<p>FUNCTION ROOM SOCIAL SERVICE TV ROOM MEETING ROOM FUNCTION ROOM TV ROOM CARD ROOM MEETING ROOM FUNCTION ROOM</p>
<p>FRIDAY</p> 	<p>10:00 AM 10:30 AM 11:00 AM 12:30 PM</p>	<p>ADVANCED OIL PAINTING CLASS TAI CHI..... ITALIAN LESSONS WITH LUCIA..... MAH JONGG.....</p>	<p>MEETING ROOM FUNCTION ROOM LIBRARY MEETING ROOM</p>

SENIOR TRANSPORTATION SERVICES

The senior transportation department continues to provide effective door-to-door services for members without transportation or who are unable to drive. Services include medical and dental appointments, weekly grocery shopping, and rides to and from the Senior Center for the nutrition program. Members who would like to use the transportation services may call **Sharon Miller @ 203-452-5137** Monday through Friday from **9:00AM to 1:00PM** to make their reservation.

Senior Center Snack Bar

NOTICE:

Fund Raiser

Thanks for your continued support by donating recyclable bottles and cans to benefit our beautification fund. We also are receiving a large amount of can tabs that are collected for the Shriners to benefit their Burn Unit. The Center sincerely appreciates your ongoing donations.

203-378-3086

APRIL 2012

Senior Community Café

Meals served Monday through 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
2 BBQ Pork Loin & Sweet Potatoes	3 Seafood Salad w/ Bowtie Pasta	4 Sliced Ham w/ Mashed Potatoes	5 Baked Lasagna	6 CLOSED for Good Friday
9 Turkey Burger & Steak Fries	10 Stuffed Cabbage	11 Roast Beef Sandwich	12 Roast Turkey w/ Gravy	13 Vegetable Soup & Quiche
16 Meatloaf & Gravy w/Potatoes	17 Baked Knockwurst	18 Fried Chicken w/Red Potatoes	19 Pork Loin w/ Baked Potato	20 Lemon Pepper Fish w/Rice
23 Salisbury Steak	24 Honey-Roasted Chicken Quarter	25 Rigatoni w/Turkey Sausage	26 Veal Picatta	27 Manicotti w/ Marinara Sauce
30 Pepper Steak w/ Sesame Noodles				

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.

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.

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 (THUR) 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 (MON) Foxwoods Casino Trip. Bus departs early enough to play bingo. Includes Keno and lunch voucher. \$23.00p.p.
- August 22 (WED) Spirit of Boston Luncheon and Cruise of Boston Harbor. Enjoy the buffet as you cruise the harbor. Trip will allow for time to shop at Quincy Marketplace. \$88.00p.p.

*THE TRUMBULL ARTS COMMISSION
PRESENTS*

April 13th at 7:30PM "StingRay"
The renowned Elvis Tribute Impersonator

April 27th at 7:30PM "Jodi Keogan"
Featuring Opera and Broadway Show Tunes

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

CALLING ALL BOCCI PLAYERS

Games will begin starting in early May. If you are interested in joining, please call **John Lang @ 203-445-8325** for details.

MURDER MYSTERY THEATER UPDATE:

Thank you to the members of the Smile Awhile group and to those who have expressed interest in participating in the Senior Center Murder Mystery Theater, which we hope to host this Spring. Details will follow when rehearsal dates and times are established. We are accepting donations of a variety of costume and prop items, including men's suits & hats; women's hats, gowns, long skirts & fancy blouse; light-weight wooden chairs; stage props and back drops. If you would like to make a donation, please call Jean at **203-452-5199**.