

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 Ferreira.....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

MAY 2012



MAY IS SENIOR CITIZENS' MONTH



This year's Older Americans' Month theme is "***Never Too Old to Play***", which encourages older Americans to stay active in their lives physically, socially, and mentally. We recognize the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as through periods of unprecedented prosperity. They have pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans. These remarkable achievements demonstrate the strength and character of older Americans and underscore the debt of gratitude we owe to these citizens who have given our society so much.



SENIOR CENTER OPEN HOUSE



Come join us on Sunday, May 20th from 1PM until 3PM for a full-facility open house at the Trumbull Senior Center, located at 23 Priscilla Place in Trumbull. We will have representatives on hand from our wide variety of programs to exhibit the multiple activities that are offered to our membership. Come in and enjoy the beautiful paintings created by our talented art students, meet Trumbull First Selectman Timothy Herbst, try out a few smooth moves demonstrated by the accomplished students and our dance instructor Michael Stavola, and/or participate in an exciting game of Pickleball. Light refreshments will be provided throughout the afternoon. We look forward to seeing you!

REMINDER: THE CENTER WILL BE CLOSED ON MONDAY, MAY 28TH, IN
RECOGNITION OF MEMORIAL DAY

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 **203-452-5199**.

SENIOR CENTER TRANSPORTATION

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 the Senior Center nutrition program. Members who want to use the transportation services may call **Sharon @ 203-452-5137** from **9:00AM to 1:00PM** to make their reservation.

● MAY BINGO

Friday, May 11th at 1PM in the Nutrition Room. As always, refreshments & plenty of prizes will be provided. Come join in this free fun-filled event. Seating is limited and advanced reservations are required. Please call **203-452-5199** to make your reservation.

● 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

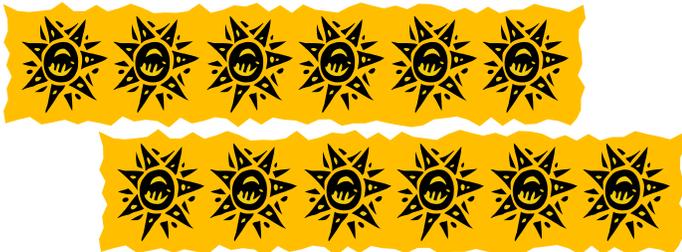
The next commission meeting is scheduled for **Friday, May 25th at 10:00AM** in the Senior Center Library. All are welcome to attend.

MAY SHOPPING TRIPS – FOR SENIORS WITHOUT TRANSPORTATION

Wednesday, May 9th : Target shopping and lunch @ Milford Mall

Wednesday, May 16th : Shoprite in Shelton with lunch at Burger King

Bus leaves the Senior Center at 1:30am. For reservations please call Sharon, **Senior Transportation**, at **(203) 452-5137**.



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Facts from the U.S. Census Bureau News

40.3 million: The number of people who were age 65 and older in the United States on April 1, 2010, accounting for 13 %of the total population. This age group was the larger than in any other decennial census, up from 35.0 million in 2000.

88.5 million: Projected population of people 65 and older in the year 2050. People in this age group would comprise 20 percent of the total population at that time.

546 million: Projected 2011 midyear would population 65 and older. Projections indicate the number will increase to 1.56 billion by 2050. The percentage of the world's population 65 and older would increase from about 8 percent to about 17 percent over the period.

42%: The percentage of the 65 and older population expected to be a minority.

\$31,408: The real median 2010 income of households with householders 65 and older. Since 2007, real median household income declined for all age groups except 65 and older.

9.0%: The percent of people 65 and older who were in poverty in 2010. There were 3.5 million seniors in poverty in 2010.

9.1 million: Estimated number of people 65 and older who were veterans of the armed forces in 2010.

6.7 million: Number of people 65 and older who were in the labor force in 2010. Projections indicate that by 2018, the number will reach 11.1 million.

57%: The percentage who worked full-time among people 65 and older who were employed in 2009.

42%: The percentage working in management, professional and related occupations among civilian employed people 65 and older.

16.1%: Percentage of people 65 and older in the labor force in 2010/11.

77.9%: Proportion of people 65 and older in 2010 who had completed high school or higher education.

21.3%: Percentage of population 65 and older who had earned a bachelor's degree or higher.

57%: Percentage of people 65 and older in 2010 who were married in 2010.

27%: Percentage of people 65 and older in 2010 who were widowed.

81%: Percentage of householders 65 and older who owned their homes as of fourth quarter 2011.

90.5: The number of males per 100 females in the 65+ population in 2010, an increase from 2000.

85-94: The fastest growing age group among the older population in 2010.

601,000: Projected number of centenarians in the United States in 2050.

17.3 %: Percentage of people 65+ living in Florida in 2010, the highest of any state, followed by West Virginia (16.0%), Maine (15.9%), Pennsylvania (15.4%), and Iowa (14.9%).

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

ELDERLY/TOTALLY DISABLED RENTERS' REBATE PROGRAM - Trumbull Social Services will be taking applications for this program beginning on Tuesday, May 15th through September 15th, 2012. Applicants filing must have been born on or before December 31, 1946. Qualified, totally disabled persons are between 18- and 64-years-old ONLY. Please contact Social Services at **(203) 452-5198** to schedule an appointment and to receive detailed documentation requirements. NO WALK-INS. Home visits are available upon request.

REMINDER: MEMBERSHIP RENEWAL TIME IS HERE!!

We will be taking Senior Center membership renewals for 2012/13 by mail using the enclosed Membership Renewal form. A downloadable copy of the renewal form is also available from the official Town of Trumbull website (www.trumbull-ct.gov). If you prefer to renew in person, please note that we will process renewals on Fridays, beginning May 4th and ending June 29th. We sincerely appreciate your continued affiliation with the Trumbull Senior Center!!

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Amy E. Todisco*

amy@btlawfirm.com

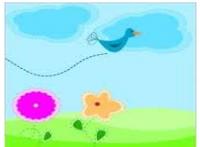
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*President, Connecticut Chapter National Academy of Elder Law Attorneys, Inc 2009-2010
Connecticut Bar Association Elder Law Committee, Executive member.



**PLEASE PATRONIZE OUR SPONSORS
MAY 2012 CALENDAR**

MONDAY Closed May 28 (Memorial Day)	9:00 AM 9:30 AM 10:30 AM NOON 1:00 PM	STRENGTH W/GAIL MORANO..... DRAWING CLASS..... SMILE-A-WHILE REHEARSAL..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTION ROOM MEETING ROOM FUNCTION 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 	9:30 AM 10:00 AM 10:00 AM 10:15 AM 11:00 AM 1:00 PM 1:00 PM 1:00 PM	NURSE AVAILABLE..... SLIM APPROACH..... WATER COLOR CLASS JAZZERCISE..... CHAIR EXERCISE WITH NURSE GAIL ONDY... CANASTA..... PINOCHLE..... LATIN LINE DANCE WITH MIKE STAVOLA....	SOCIAL SERVICE TV ROOM MEETING ROOM FUNCTION ROOM TV ROOM CARD ROOM MEETING ROOM FUNCTION ROOM
FRIDAY 	10:00 AM 10:30 AM 11:00 AM 12:30 PM	ADVANCED OIL PAINTING CLASS TAI CHI..... ITALIAN LESSONS WITH LUCIA..... MAH JONGG.....	MEETING ROOM FUNCTION ROOM LIBRARY MEETING ROOM

Senior Center Snack Bar

NOTICE:

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



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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.



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23 Priscilla Place
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203-378-3086

MAY 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
	1 Roast Turkey & Mashed Potatoes	2 Tuna Salad and Pea Soup	3 Lasagna Rolette w/Spinach Salad	4 Chicken Fajitas & Spanish Rice
7 Chicken Patty & Steak Fries	8 Pork Loin with Black-Eyed Peas & Brown Rice	9 Beef Burgundy Over Buttered Egg Noodles	10 Roast Chicken Breast & Baked Sweet Potato	11 Lemon Pepper Fish w/Potato Leek Soup
14 Philly Cheese Steak	15 Crispy Chicken w/ Macaroni & Cheese	16 Spaghetti and Meat Balls	17 Roast Beef & Roasted Potatoes	18 Chicken Souvlaki w/Garden Salad
21 Broccoli Quiche w/Chicken Orzo Soup	22 Stuffed Shells with Meat Sauce & Salad	23 Grilled Chicken Strips over Caesar Salad	24 Meatloaf, Mashed Potatoes & Peas	25 Long Dog with Potato Salad & Watermelon
28 CLOSED for MEMORIAL DAY	29 Chicken a la King Over Brown Rice	30 Turkey Loaf with Mashed Potatoes & Broccoli	31 Veal Cutlet w/ Roasted Potato Wedges & Squash	



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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. \$23.00 p.p.
- August 22 (WED) 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. \$88.00 p.p.

*THE TRUMBULL ARTS COMMISSION
PRESENTS*

**May 4th at 7:30PM "Radio Ranch"
Classic Country/Western Band**

**May 18th at 7:30PM "Fiesta del Norte"
Mariachi Band celebrating Cinco de Mayo**

The Center at 23 Priscilla Place
Cabaret seating, bring your own refreshments. Pre-purchase of tickets is necessary, \$5.00 per person.
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MURDER MYSTERY THEATER UPDATE:

Our fans continue to form for the Senior Center Murder Mystery Theater. Denise Loeb,

BEGINNER COMPUTER CLASSES

Classes will be suspended until further notice.

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.



CALLING ALL MUSICIANS

Come jam with us! If you play an instrument and want to join a musicians' group, please call the Center @ (203) 452-5199 and put your name on our interest list

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Watch Trumbull News on Channel 17 or 99...



...Keeping Trumbull Tuned In

Check the weekly schedule at www.trumbullps.tv

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We are collecting unused leftover holiday greeting cards & envelopes with the intention of forwarding them come holiday time to the men and women currently serving in the armed forces and to those who have been wounded in the line of duty. If you would like to contribute, please bring your cards & envelopes to the Senior Center and leave them in the basket outside the Arts Commission office. Thank you in advance for your participation, and God Bless America.



Looking for a fun, new way to get active? You might try **Pickleball**, a combination of tennis, badminton & ping-pong. We would like to offer this popular game as a weekly event. If you would like to participate, please call the Center at **203-452-5199** to be included on our interest list.

COMMUNITY CALENDAR FOR MAY 2012

Containers That Won't Quit! With Garden Expert Amy Ziffer

Come learn how you too can have good looking, long-season garden containers using ordinary materials with Amy Ziffer, back for an encore after her 2011 Cottage Gardening program. It's all about how to plant containers that will look as good in September as they do in June using common, easy-to-procure materials. Join us on **Saturday, May 5th** at 10:30am to 11:45am in the Program Room at the Fairchild-Nichols branch of the Trumbull Library. Registration required (no fee). Please call **203-452-5196** to register.

Third-Age Brown Bag Book Club

This group is a lunchtime book club for seniors held every third Tuesday of the month from noon to 1PM in the Program Room at the Fairchild-Nichols branch of the Trumbull Library. This month's session will be held **Tuesday, May 15th**. Call **203-452-5196** to inquire about space or about the next title.

AARP Sponsors Presentation on Local Historical Cemeteries

AARP Chapter 3240 meets at 1:30PM on **Tuesday, May 15th** at the Shelton Senior Center, 81 Wheeler Street. Martin Coughlin, a longtime member of the Historical Society, will speak about local cemeteries and the founding families buried there. A map will be provided to identify some of the tombstones. Tickets will be sold for the Luncheon to be held at Villa Bianca in Seymour. Guests are welcome. Please call Dot Ward at **203-924-0460** or visit www.aarpchapter3240.org to register.

Horse Guard to Open GreenSpring Country Fair

The Second Company Governor's Horse Guard will ride into the fairgrounds and open the GreenSpring Country Fair, which will be held on **Sunday, May 20th** from 11AM until 8PM at the Trumbull AgriScience and Biotechnology Center on Daniels Farm Road. Sponsored by the Patrons of the Trumbull Nature and Arts Center, GreenSpring is a celebration of Connecticut's rich agricultural heritage past, present and future. Proceeds from the event will benefit the TNAC building campaign and scholarship fund.

From demonstrations by area farmers of cow milking, sheep shearing, ice cream making, butter churning and herb planting to wool spinning, candle making, textile weaving, bee keeping, blacksmithing and more, the GreenSpring Country Fair is certain to be a fun-filled day for family and friends. There will also be exhibits of antique tractors, Model T s and Model A s and antique bicycles, a variety of chicken beauty pageants, and a number of home-grown flower, home-baked pies and cookie contests.

The students from the Agri-Science school will also be on hand to introduce some farm animals to visitors at a petting zoo. One of the Fair's highlights will be a planting ceremony performed by an American Indian Tribe.

Music will fill air throughout the day and night. From dueling banjos and fiddles to a barn dance as the sun sets, visitors can dance to the tunes of a country western band or just sit and enjoy. Area artisans will also be on hand with selections of their art or crafts; and a variety of food prepared by local vendors will be available to satisfy every palate.

For further information contact event chairman Michael Hoffman at greenspring2012@optimum.net or telephone (203) 372-0800.



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