

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

JUNE 2012

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, July 20th 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.

• JUNE BINGO

Friday, June 22 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, June 22 at 10:00AM** in the Senior Center Library. All are welcome to attend.

JUNE SHOPPING TRIPS – FOR SENIORS WITHOUT TRANSPORTATION

Wednesday, June 13th : Christmas Tree Shops w/lunch @ Chips of Milford

Wednesday, June 27th : Wal-Mart w/lunch @ Ruby Tuesday's of Shelton

Bus leaves the Senior Center at 11:30am. For reservations please call Sharon,

Senior Transportation, at (203) 452-5137.

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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 June 1st and ending June 29th. We sincerely appreciate your continued affiliation with the Trumbull Senior Center!!

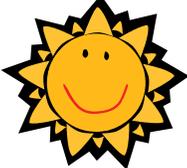
Trumbull's Single Stream Recycling

Trumbull's recycling is now better than ever! Residents no longer have to separate paper from other recyclables and can now put more items in the recycling bin. Plastics #1-7, corrugated cardboard, boxboard (cereal boxes, etc.) and mixed paper (junk mail, etc.) are now acceptable items. For a complete list, visit the Trumbull website at www.trumbull-ct.gov. Remember, recycling helps keep our taxes low and saves natural resources. Do your part – **RECYCLE!**



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JUNE 2012 CALENDAR

MONDAY 	9:00 AM 9:30 AM 10:30 AM NOON 1:00 PM	STRENGTH W/GAIL MORANO..... DRAWING CLASS..... SMILE AWHILE REHEARSAL DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTION ROOM MEETING ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
TUESDAY 	9:15 AM 10:00 AM 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



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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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CARE & REHABILITATION CENTER

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Trumbull Senior Center
23 Priscilla Place
Trumbull, CT 06611

203-378-3086

JUNE 2012

Senior Community Café

Meals served Monday through Friday at noon. For reservations call 10:00 AM–NOON

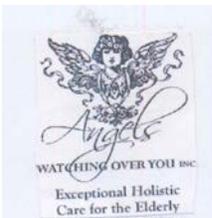
Lunch Reservations (203-378-3086) must be made TWO (2) days in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Ravioli w/ Meat Sauce and Mixed Veggies
4 Roast Turkey w/ Gravy & Baked Sweet Potato	5 Lemon Pepper Fish w/ Rice Pilaf & Minestrone Soup	6 Honey-Roasted Chicken Breast w/ Roasted Red Potatoes	7 Philly Cheesesteak and Macaroni Salad w/Peas and Carrots	8 Meatloaf w/Gravy, Mashed Potatoes and "Capri Blend" Veggies
11 Knockwurst, Sauerkraut & Onions	12 Baked Ziti w/ Meatballs and Veggies	13 Turkey Tetrazzini over Long Grain Rice	14 <i>FLAG DAY</i> NE Clam Chowder w/Crispy Fish & Brown Rice	15 BBQ Chicken Breast w/Baked Potato
18 Turkey Burger & Sweet Potato Fries	19 Swedish Meatballs & Sour Cream Gravy over Noodles	20 Broccoli Quiche & Stuffed Tomato w/ Cream of Mushroom Soup	21 Boneless Pork Chop & Macaroni and Cheese with Garden Salad	22 Chicken Noodle Soup w/ Salads (Seafood, Carrot & Raisin, and Pasta)
25 Pot Roast w/Beef Gravy & Baked Potato	26 Chicken Patty & Steak Fries with Zucchini	27 Hearty Vegetable Barley Soup w/ Tuna Salad	28 "Lazy Man's" Stuffed Pepper w/ Whipped Potatoes	29 Turkey, Ham & Cheddar Sandwich w/Hot German Potato Salad


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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**.

June 18 (MON) Foxwoods Casino Trip. Bus departs early enough to play bingo. \$23.00 p.p.
Includes Keno and lunch voucher.

August 22 (WED) Spirit of Boston Luncheon and Cruise of Boston Harbor \$88.00 p.p.
Enjoy the buffet as you cruise the harbor. Trip will allow time to shop at Quincy Marketplace.

Senior Center Snack Bar

NOTICE:

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

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MURDER MYSTERY THEATER UPDATE:

Our plans continue to form for the Senior Center Murder Mystery Theater. Denise Loeb, the Community Liaison from Northbridge Health Care Center of Bridgeport, has offered graciously to provide refreshments, and we sincerely appreciate her participation.



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

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**



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.



Come join the Drama Club! Joy Koch is holding a meeting for those interested in participating on Friday, June 8th at 10:30am in the Senior Center Library. The group will prepare and perform in short skits and in our upcoming *Murder Mystery Theater*.

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.

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2012 TRUMBULL SMILE A WHILE PERFORMANCE SCHEDULE

SEPTEMBER: **9/5/12 (WED) @ 2:30pm**
Bridgeport Health Care Center
600 Bond Street, Bridgeport
203-384-6400
9/19/12 (WED) @ 2:30pm
Hewitt Health & Rehabilitation Center
45 Maltby Street, Shelton
203-924-4671

OCTOBER: **10/3/12 (WED) @ 2:30pm**
Lord Chamberlain Rehab Center
7003 Main Street, Stratford
203-375-5894
10/10/12 (WED) @ 2:30pm
Maefair Health Care Center
Maefair Court, Trumbull
203-459-5153
10/17/12 (WED) @ 2:15pm
Jewish Home for the Elderly
175 Jefferson Street, Fairfield
203-365-6400

NOVEMBER: **11/2/12 (FRI) @ 2:30pm**
Cambridge Health & Rehab Center
2428 Easton Turnpike, Fairfield
203-372-0313
11/14/12 (WED) @ 2:30pm
St. Joseph's Manor Care & Rehab Center
6448 Main Street, Trumbull
203-268-6204
11/29/12 (THUR) @ 2:30pm
Spring Meadows Assisted Living
6949 Main Street, Trumbull
203-261-2006

The Smile Awhile group is looking for volunteers. If you are a seamstress or a crafter, please consider helping with small sewing and crafting projects. Also, the group would like to add a singer. Interested persons may contact **Joy Koch** at **203-735-2457** for details.



COMMUNITY CALENDAR FOR JUNE 2012

Growing a Life Of Wholeness (GLOW) Festival

Grace Episcopal Church, located at 5859 Main Street, Trumbull, is hosting a fun, community-wide celebration of healthy living on **Saturday, June 2nd**, beginning at 10:00AM. For this "GLOW Festival" Grace has partnered with Griffin Hospital, the Center for Women and Families, the Caron Foundation, Trumbull High School and the Trumbull First Selectman's Office to promote finding deeper levels of health and wholeness through community resources. For more information, visit Grace Church's website at www.gracetrumbull.org.

Senior Dance

The Annual Barnum Festival is again hosting a "**Swingin' on the Sound**" Senior Dance, with entertainment by Vinnie Carr, sponsored by the Senior Go To Guide and by Communities Bank. This event will be held on **Monday, June 4th** from 1:00-4:00PM at Captain's Cove, 1 Bostwick Avenue in Bridgeport. The cost is \$5.00 and includes light lunch and a door prize. Tickets are available at Bethany Center; Eisenhower Center; Monroe Senior Center; Trumbull Senior Center; Lupe's Drug Store on Main Street, Bridgeport; and Barnum Corporate Office @ the Holiday Inn, Bridgeport.

Household Hazardous Waste Collection for Trumbull, Easton and Monroe Residents

There will be a household hazardous waste collection for residents of Trumbull, Easton and Monroe on **Saturday, June 9th** from 9AM to 2PM. Note: the new location is **307 Indian Ledge Park Drive** in Trumbull near the BMX facility. Acceptable items include oil-based paints, paint thinners, stains, pesticides and swimming pool chemicals. Non-acceptable items include latex paints, propane tanks, explosives and commercial or industrial waste. For more information please call **203-452-5056**. A complete list of items is also available at www.trumbull-ct.gov.

Third-Age Brown Bag Book Club

This group is a lunchtime book club for seniors; it is 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, June 18th**. Call **203-452-5196** to inquire about space or about the next title.

Summer Concerts at the Trumbull Town Hall Gazebo

Concerts begin at 7:00PM. In case of rain, concerts will be held in the Community Room of the Trumbull Library (Main Branch).

Tuesday, June 19th: Ron Nihoff & the All Stars (Pop); Sponsored by Cyril Mullins Funeral Home.

Tuesday, June 26th: The Bernadettes (Rhythm & Blues); Sponsored by Abriola Parkview Funeral Home.



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