

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

JULY 2012

AARP DRIVER SAFETY PROGRAM

Take the classroom refresher course especially designed for drivers aged 50+. Fees are \$14/\$12 for AARP members. A special \$5 rate exclusively for current/past educators also is offered during the month of July (must submit completed coupon when registering to qualify for special rate). The next class will be held Friday, July 20th from 9am-1pm at the Senior Center. Preregistration is required; please come to the Senior Center to make a reservation.

SENIOR CENTER TRANSPORTATION

The senior transportation department continues to provide effective curbside 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.

• JULY BINGO

Friday, July 20th at 1PM in the Nutrition Room. Refreshments will be provided by **Maefair Health Care Center** of Trumbull. 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, September 28th at 10:00AM** in the Senior Center Library. All are welcome to attend.

MONTHLY SHOPPING TRIPS FOR SENIORS WITHOUT TRANSPORTATION
WILL BE SUSPENDED FOR JULY AND AUGUST
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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!!

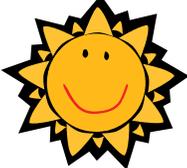
Senior Center membership for 2011/12 expired on June 30th. All members must renew for 2012/13 so that they can continue to enjoy the activities and services. Membership renewal forms are available at the Senior Center Office. A downloadable copy of the renewal form also is available from the official Town of Trumbull website (www.trumbull-ct.gov). Please feel free to mail in your completed membership renewal form together with your payment. Fees remain \$5 for Trumbull residents (+\$3 for mailed newsletter) and \$10 for nonresidents (+\$4 for mailed newsletter). 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!**



PLEASE PATRONIZE OUR SPONSORS
JULY 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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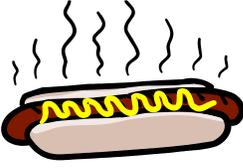
Trumbull Senior Center
23 Priscilla Place
Trumbull, CT 06611

203-378-3086

JULY 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 Chunky Chicken Salad, 3 Bean Salad, & Cranberry Carrot Salad w/ Oatmeal Bread	3 All Beef Long Dog w/Macaroni Salad & Corn on the Cob	4 CLOSED Happy July 4 th !	5 BBQ Pork Ribbles w/Red Beans & Rice, Spinach & Kale	6 NE Clam Chowder w/Eggplant Rolatini & Meat Sauce
9 Swedish Meatballs w/Sour Cream Gravy & Egg Noodles	10 Hawaiian Chicken Quarter w/Barley Pilaf & Vegetables	11 Tortellini w/ Chunky Garden Tomato Sauce & Salad	12 Chunky Seafood Salad & Bowtie Spinach Pasta Salad	13 Cream of Tomato Soup & Confetti Quiche w/ Carrot Coins
16 Roasted Turkey w/Corn Bread Stuffing & Squash	17 Linguini w/ Meatball Marinara & Salad	18 Cheeseburger & Escarole Bean Soup w/Potato Salad	19 Light Crunch Fish w/Boiled Whole Potatoes & Diced Carrots	20 BBQ Pork Sandwich w/Fresh Sweet Potato & Veggie Blend
23 Philly Cheese Steak w/ Sautéed Onions & Peppers	24 Tuna Salad on Lettuce/Tomato & Vegetable Soup	25 Baked Ham w/ Orange Glaze & Roasted Red Potatoes	26 Penne Pasta w/ Chicken Breast in Pesto Sauce & Salad	27 Knockwurst, Sauerkraut & Onions w/ Steak Fries & Slaw
30 Apricot Glazed Chicken & Creamy Risotto w/Mixed Vegetables	31 Pot Roast w/ Mushroom Gravy, Mashed Potatoes & Peas			

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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**.

August 22 (WED) Lobsterfest @ The Log Cabin, Holyoke, Mass. \$78 p.p.
Enjoy a feast featuring lobster, ribs & chicken with traditional side dishes. Entertainment by the Pony Tails, a 50's-themed All Girl Band.

October 4 (THUR) Oktoberfest @ The Log Cabin, Holyoke, Mass. \$78 p.p.
Enjoy traditional German cuisine, including weiner schnitzel, potatoes and beer or wine. The Riverboat Ramblers will entertain you with their Oom-pah-pah Show!

LINE DANCE FOR BEGINNERS, ANYONE?

We are polling members to determine if there is sufficient interest in initiating a beginner-level line dance class to accommodate those individuals who cannot participate at the intermediate level currently offered.

Please call 203-452-5199 to place your name on our interest list.

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. Details will follow when rehearsal dates and times are established. We still need 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. To make a donation, please call **203-452-5199**.



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**

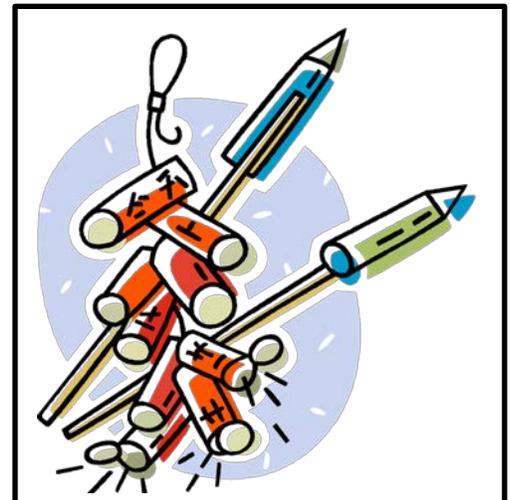


Watch Trumbull News on Channel 17 or 99...

**Trumbull
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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.



CALLING ALL BOCCI PLAYERS
If you are interested in joining, please call
John Lang @ 203-445-8325 for details.

BEGINNER-LEVEL COMPUTER CLASSES AVAILABLE

Eric Cerino, our summer intern, is offering members beginner-level computer instruction for \$20 per person. Topics to be covered include browsing the internet, email for beginners, and basic computer skills. Classes will be held in the Senior Center Computer Room on Mondays & Wednesdays from 1PM to 2:30PM. If you are interested in participating in these sessions, please call **203-452-5199** to register.

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2012 TRUMBULL SMILE A WHILE PERFORMANCE SCHEDULE

- AUGUST:** **8/22/12 (WED) @ TBD**
Prospect Senior Center
6 Center Street, Prospect
203-758-5300
- 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 JULY 2012

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, July 17th**. 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, July 3rd: Paul King Orchestra; Sponsored by St. Joseph Manor.

Tuesday, July 10th: One Way Ticket (Top 40 Rock & Roll); Sponsored by Trumbull Recreation.

Tuesday, July 17th: Gunsmoke; Sponsored by Maefair Healthcare.

Tuesday, July 24th: Steve D'Agostino (Pop/Sinatra Sounds); Sponsored by TD Bank.

Tuesday, July 31st: Billy Genuario & Destiny (Favorites from 70s to Today); Sponsored by Trumbull Recreation.

Local Community Farmers' Markets

Trumbull Farmers' Market runs every Thursday through Oct. 25, 2 to 6PM, @ Long Hill Green, 6500 Main Street, Trumbull.

Seymour Farmers' Market runs every Tuesday through Oct. 23, noon to 6PM, @ the Senior Center, 20 Pine Street, Seymour.

Stratford Farmers' Market runs every Monday through late October, from 2 to 6PM, @ Deluca Field, 1000 Main Street, Stratford.

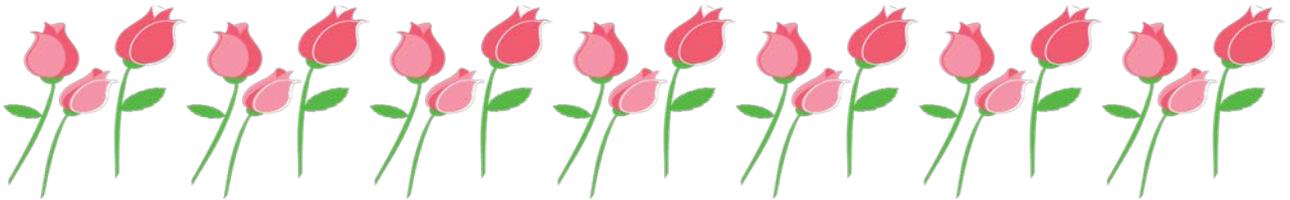
Monroe Farmers' Market runs every Friday through October 26, 3 to 6PM, @ the Monroe Town Green, 6 Fan Hill Road, Monroe.

Shelton Farmers' Market runs through November, on Saturdays from 9AM to 1PM, and on Wednesdays from 3 to 6PM, near The Riverwalk, at 100 Canal Street, Shelton.

Easton Farmers' Market runs every Saturday through October, 9 to noon, next to the EMS building on Sport Hill Road, Easton.

-----An Invitation to All of our Wonderful Volunteers-----

Please join us in a celebration of your generosity and kindness. Our Volunteers' Luncheon will be held on Friday, July 27th at 1pm. To make your reservation, please call 203-452-5199.



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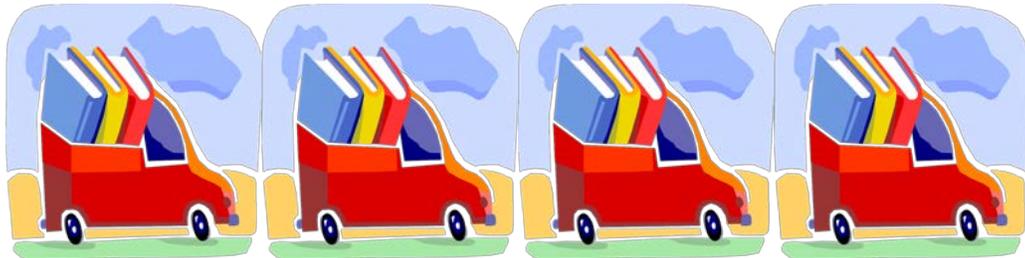
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TRUMBULL LIBRARY COMES TO YOU!

Homebound Service is a free program provided through a partnership between the Trumbull Library and the Trumbull Community Women. This service enables homebound Trumbull residents to enjoy the Library's collections without having to visit the facility. All that is needed is a Trumbull Library card!! If you do not have a card, the Library will provide one for your use. Materials eligible for borrowing include all print and/or audio materials that currently circulate, and the participant may borrow up to five (5) items per delivery. Materials will be delivered & picked up once per month. No fines or charges apply to this service. If you are interested in becoming a Homebound Service participant, please call 203-452-5129 to arrange for a Library Volunteer to initiate an interview in your home for determining your reading and/or listening preferences and for establishing a date for delivery & pick-up of borrowed materials.



DON'T FORGET YOUR TRUMBULL PARKING STICKER!

The only valid Trumbull Park permit is the white, rectangular-shaped sticker with blue lettering which states "**TRUMBULL RESIDENT**" and "**EXPIRES JUNE 2010**". This sticker will be valid through the 2012 season and may be issued at the Town Hall Annex (5892 Main Street) Mondays through Fridays from 9am to 5pm. No fee is required; however, motor vehicle registration must be presented at the time of issuance to confirm residency. The stickers are issued on private passenger, combination and/or camper vehicles. NOTE: Commercial vehicles are excluded from our parks by ordinance. Any vehicle parked in any Trumbull Park facility that does not display this valid sticker will be subject to a \$25 ticket (whether or not the registered owner is a town resident). Residents entering the swimming areas must display a drivers' license or other photo ID which shows proof of residency to gain entrance. Contact the Recreation Department @ **203-452-5060** with any questions or to inquire about obtaining temporary Trumbull Park permits for childcare providers and/or guests, and permits for use of local parks for picnics.

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