

# 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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Jean Ferreira.....Director/Editor.....203-452-5199  
Sharon Miller.....Transportation Dispatcher.....203-452-5137  
Linda Ciocci.....Senior Commission Chairperson.....203-268-0265

SEPTEMBER 2012

## Welcome To The Wedding Of Winslow Maxwell Jr.

&

## Felicity Applegate

**Sunday, September 23, 2012**

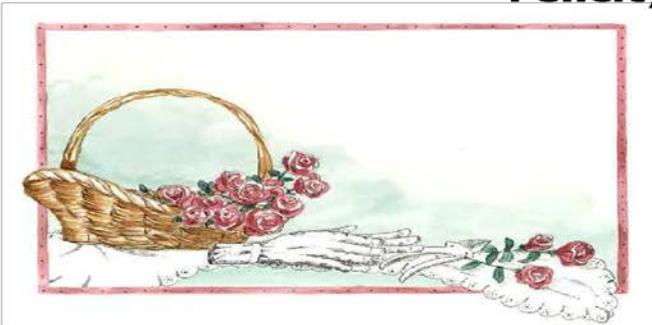
**At 1:00 PM**

**The Trumbull Senior Center**

**23 Priscilla Place**

**Trumbull, CT.**

**Donation \$15.00 Includes Show  
And Buffet Dinner**



**Buffet provided by Ludlowe Center for Health , Fairfield Ct. (Trumbull Line)  
Refreshments & Cake provided by NorthBridge Health Care Center, Bridgeport, Ct.**

### SEPTEMBER TRIPS -- FOR SENIORS WITHOUT TRANSPORTATION

Wednesday, Sept. 12th : Lunch Bunch @ Jimmies of Savin Rock, West Haven

Wednesday, Sept. 26th : Shop Till You Drop @ Christmas Tree Shops, Milford

Bus leaves Senior Center at 11:30am. For reservations please call Sharon,  
**Senior Transportation, at (203) 452-5137.**

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

ELDERLY/TOTALLY DISABLED RENTERS' REBATE PROGRAM - Trumbull Social Services will continue accepting applications for this program through September 15<sup>th</sup>, 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!!**

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 at [www.trumbull-ct.gov](http://www.trumbull-ct.gov). You may 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). If you want to renew in person, please come to the Senior Center Monday through Friday afternoons from 1PM to 4PM. We sincerely appreciate your continued affiliation with the Trumbull Senior Center!!

### TRUMBULL LIBRARY COMES TO YOU!

*Homebound Service is a free program provided through a partnership between the Trumbull Library and the Trumbull Community Women which 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. Participants 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.*



### SENIORS SPOTLIGHT

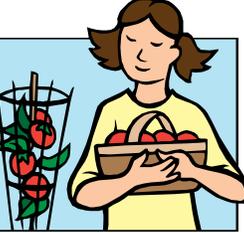


Congratulations to members Alberta Kinne, Rosemary Drennan, Ingrid Bloom & Sandy Lunt, whose paintings will be featured in the 5<sup>th</sup> Annual Connecticut Senior Juried Art Show on Saturday and Sunday, **September 22-23**, from **11am-4pm** at Pomperaug Woods, 80 Heritage Road, Southbury, CT. Each artist has one painting that will be exhibited and judged, and we urge everyone to consider visiting the show to enjoy the works by all of the talented seniors of Connecticut and to offer support and well wishes to our Senior Center standouts.

### **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.**

SEPTEMBER 2012 CALENDAR

<b>MONDAY</b> 	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
<b>TUESDAY</b> 	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
<b>WEDNESDAY</b> 	9:30 AM 10:00 AM 10:10 AM 11:00 AM NOON 12:30 PM	NURSE AVAILABLE UNTIL 4:00 PM..... CHAIR EXERCISE WITH RITA..... JAZZERCISE..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....	SOCIAL SERVICE TV ROOM FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
<b>THURSDAY</b> 	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
<b>FRIDAY</b> 	10:00 AM 10:30 AM 12:30 PM	ADVANCED OIL PAINTING CLASS ..... TAI CHI..... MAH JONGG.....	MEETING ROOM FUNCTION ROOM MEETING ROOM

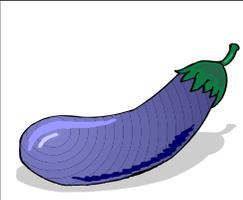
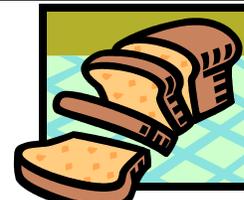
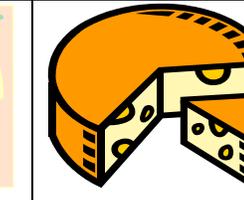
*Trumbull Community Women Food Pantry Donation Project @ the Trumbull Library*

**Trumbull Community Women** maintain donation bins at the Main Branch Trumbull Library for contributions to the Trumbull Food Bank. Acceptable donations include non-perishable food items, paper products (paper towels, toilet paper, etc.), and toiletries (shampoo, soap etc.). Please note that items cannot be accepted that are expired and, instead, must be discarded. Consider making a difference by donating to the Trumbull Community Women Food Pantry Donation Project. Year-to-date donation totals are as follows:

<u>MONTH</u>	<u>TOTAL DONATIONS</u>
April	57 items
May	126 items
June	125 items
July	201 items

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
<b>3</b> <b>CLOSED</b> <b>ENJOY YOUR</b> <b>LABOR DAY!</b>	<b>4</b> Chicken Salad, Spanish Rice and Seasoned Beans	<b>5</b> Pot Roast with Brown Gravy and Cauliflower Au Gratin	<b>6</b> Pulled Pork w/ Mashed Potatoes & Fresh Roasted Butternut Squash	<b>7</b> Veggie Burger w/ Lettuce & Tomato and Macaroni & Cheese
<b>10</b> Knockwurst with Sauerkraut and Roasted Potatoes & Beets	<b>11</b> Southern Herb Chicken Quarter, Brown Rice Pilaf & Spinach	<b>12</b> Yankee Bean Soup and Cheese Lasagna w/ Sautéed Broccoli	<b>13</b> Hot Italian Beef Sandwich with Red and White Slaw & Cucumber Salad	<b>14</b> Tomato Veggie Soup, Lite Crunch Fish and Roasted Acorn Squash
<b>17</b> Shaved Steak w/ Mushroom Gravy, Rice Pilaf, Peas & Carrots	<b>18</b> Roast Turkey, Stuffing, Winter Blend Veggies & Cranberry Sauce	<b>19</b> Veal Stew w/ Peppers & Onions Bow Tie Pasta & Mesclun Salad	<b>20</b> Escarole Bean Soup, Spaghetti & Meatball Marinara with Green Beans	<b>21</b> Parm-Crusted Pollock, Baked Potato and Carrot Raisin Salad
<b>24</b> Broccoli Quiche, Stewed Tomatoes and Romaine Salad	<b>25</b> Beef Burgundy w/Vegetable Gravy, Mashed Potatoes & Carrot Coins	<b>26</b> Pork Loin, Yellow Rice & Gandules, and Sautéed Spinach	<b>27</b> Chicken Noodle Soup, Seafood Salad w/Lettuce and Tomato, & Vegetable Pasta	<b>28</b> Chicken Breast, Penne Pasta w/ Pesto Sauce & Italian Veggies & Salad
				

## 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.

**Oct. 4 (THUR)**      Octoberfest @ The Log Cabin, Holyoke, Mass.    \$81 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!

*THE TRUMBULL ARTS COMMISSION  
PRESENTS*

**MUSIC & MOVEMENT CLASS**  
 Positive brain stimulation, healthful  
 living, social interaction and the  
 understanding of various cultures &  
 historical periods are combined in a

## 34<sup>TH</sup> ANNUAL TRUMBULL ARTS FESTIVAL

Sunday, September 16<sup>th</sup>  
10AM to 4PM  
Town Hall Green  
5866 Main Street, Trumbull

Both professional and nonprofessional arts and crafts exhibitors compete for cash awards and ribbons. Their exhibits are enhanced by quality entertainment throughout the day, including a children's creativity center. This free, outdoor event will be held rain or shine. For more information call 203-452-5065.

### AARP DRIVER SAFETY PROGRAM

Take the classroom refresher course especially designed for drivers aged 50+. Fees are \$14/\$12 for AARP members. The next class will be held **Friday, September 14<sup>th</sup>** 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.

### NOTARY PUBLIC AVAILABLE

Monday through Friday. Please call **203-452-5199** for an appointment. There is a \$5.00 fee for each transaction, with exemption for military.

### ● SEPTEMBER BINGO

**Friday, SEPT. 28<sup>th</sup> at 1PM** in the Nutrition Room. Refreshments will be provided by **Maefair Health Care Center** of Trumbull. Plenty of prizes are available. 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.

### ● ROTARY CLUB/SENIORS PICNIC

**Friday, September 14<sup>th</sup> from 11am to 2pm** at the Town Hall Green. Food will be served between Noon and 1PM. Limited seating open to Senior Center members only. Present your membership card @ the Trumbull Senior Center to pick up your ticket.

### ● SENIOR CITIZENS' COMMISSION

The next commission meeting is scheduled for **Friday, September 28<sup>th</sup> at 10:00AM** in the Senior Center Library. All are welcome to attend.



We need unused leftover holiday greeting cards & envelopes to forward 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



## **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 SEPTEMBER 2012

### Third-Age Brown Bag Book Club

This lunchtime book club for seniors is held every 3<sup>rd</sup> Tuesday of the month from 12-1PM in the Program Room at the Fairchild-Nichols branch of the Trumbull Library. This month's session falls on **Tuesday, September 18<sup>th</sup>**. Call **203-452-5196** to for more information.

### Trumbull Historical Society Lecture Series

Kathleen Maher, Executive Director & Curator of the Barnum Museum, will present a discussion on the life of P.T. Barnum and his influence on Connecticut's cultural history. This lecture will take place on **Sunday, September 16<sup>th</sup> @ 2pm** at the Trumbull Historical Society, 1856 Huntington Tpke., Trumbull. There is no fee; however, seating is limited. For more info contact [trumbullhistory@gmail.com](mailto:trumbullhistory@gmail.com) or call **203-377-6620**.

### Health Benefits of Tea

AARP Chapter 3240 is sponsoring a lecture @ **1:30pm** on **Tuesday, September 18<sup>th</sup> @ The Shelton Senior Center**, 81 Wheeler Street, Shelton. A representative of Bigelow Tea will speak about the health benefits of tea, and guests are invited to have dessert & a cup of tea. For more information call the Shelton Senior Center @ **203-924-9324** or visit [www.aarpchapter3240.org](http://www.aarpchapter3240.org) .

### Michael Bolton In Concert @ Indian Ledge Park

Trumbull presents *Michael Bolton in Concert* on **Saturday, September 22<sup>nd</sup> @ 7pm** (gates open @ **5pm**) at Indian Ledge Park, 307 Indian Ledge Road, Trumbull. Ticket pricing is **\$45** for reserved seating; **\$35** for general seating (plus service charges). Tickets may be purchased online at [www.premierboxoffice.com](http://www.premierboxoffice.com) , by phone @ **866-558-4253**, or in person @ the Town of Trumbull Recreation Office, Tellalian Bldg., 5892 Main St., Trumbull. Call Anthony Rhodes @ **203-451-7200** for further information.

### Fallen Heroes Memorial Tribute

Trumbull American Legion Post 141 and VFW Post 10059 are sponsors of the *9<sup>th</sup> Annual Fallen Heroes Memorial Tribute* on **Saturday, September 29<sup>th</sup> at 12:30pm** on the grounds of Indian Ledge Park, 307 Indian Ledge Rd., Trumbull. The Gold Star Ceremony will begin at 1pm. Also there will be performances by the US Coast Guard Band & the Tony Ferrigno Band. This event is free & open to the public. Please bring a lawn chair (and perhaps an umbrella). For more information log on to [www.ctfallenheroes.org](http://www.ctfallenheroes.org) .

### 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, September 4<sup>th</sup>:** The Barons; Sponsored by Trumbull Recreation

**Tuesday, September 11<sup>th</sup>:** Tony Reno; Sponsored by Trumbull Recreation

### Local Community Farmers' Markets

**Trumbull Farmers' Market** : Thursdays through Oct. 25, 2 to 6PM, @ Long Hill Green, 6500 Main Street, Trumbull.

**Seymour Farmers' Market** : Tuesdays through Oct. 23, noon to 6PM, @ the Senior Center, 20 Pine Street, Seymour.

**Stratford Farmers' Market** : Mondays through late October, from 2 to 6PM, @ Deluca Field, 1000 Main Street, Stratford.

**Monroe Farmers' Market**: Fridays through October 26, 3 to 6PM, @ the Monroe Town Green, 6 Fan Hill Road, Monroe.

**Shelton Farmers' Market**: 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**: Saturdays through October, 9 to noon, next to the EMS building on Sport Hill Road, Easton.

## SUGGESTION BOX

### SCRAPBOOKERS WANTED

We are hoping to add to our current programming and would like anyone interested in scrapbooking to please call the Senior Center @ 203-452-5199 to be included in a proposed *Scrapbooking Club*.



### 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.



### LAST CALL FOR PICKLE BALL



We cannot move forward with our plans for a Pickle Ball Club until we have at least twelve persons on our interest list. Please call 203-452-5199 to join in on the fun!!



### REMEMBER OUR RECIPE CORNER?

We would like to reinstate a popular feature from past newsletters, so send us your favorite recipes for future publication!!

Please bring in your contributions or mail them to us @ the Trumbull Senior Center, 23 Priscilla Place, Trumbull. You can also email your recipes to [ddonahue@trumbull-ct.gov](mailto:ddonahue@trumbull-ct.gov) .

### LOOKING FOR AN AFTERNOON PROGRAM?

Feedback from our recent survey reveals an interest in adding afternoon exercise programs, and we would like to invite more members to indicate their support for this suggestion. Call the Center @ 203-452-5199 and join our **Afternoon Exercise Class** interest list. Please note that ten or more participants are needed to pursue this suggestion further.

Many thanks to those initial responders!