

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
Sharon Miller.....Transportation Dispatcher.....203-452-5137
Linda Ciocci.....Senior Commission Chairperson.....203-268-0265



NOVEMBER 2012



HALLOWEEN PARTY AND DANCE

WEDNESDAY, OCTOBER 31, 2012
1:00 PM - 3:00 PM

Come **ROCK AND ROLL** with us here at the Senior Center. Refreshments will be served. Prizes for best costume. Tickets available (\$5.00) at the Front Desk.



OCTOBER BINGO

Friday, SEPT. 28th 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.



Membership is now past due. You must be a member in order to participate in our programs. We sincerely appreciate your continued affiliation with the Trumbull Senior Center.

The Senior Center will be closed, Monday October 8, 2012 (Columbus Day)

Smile- a -While

Sing And Dance Performance

October 12, 2012 at 11:00AM

Come join our very talented members for a trip down memory lane with familiar tunes of yesterday. These performers will entertain you with their fancy footsteps, sense of humor and solos.

Refreshments will be served. Please call 203-452-5199 to RSVP.



NOTARY PUBLIC AVAILABLE

Monday thru 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 will be held on **Friday, October 26 at 10:00AM** in the Senior Center Library. All are welcome to attend.

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

Beginning October 15, Social Services will begin taking applications for the 2012/2013 Winter Heating – Energy assistance program. Please call the office to obtain this year’s program requirements and to schedule an appointment. No walk-ins will be accepted. Home visits are available for those in need.

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. 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. Materials will be delivered & picked up once per month. 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.

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.

AARP DRIVER SAFETY PROGRAM

Take the classroom refresher course especially designed for drivers aged 50+. Fees are \$14/\$12 for AARP members. This month Veteran’s take the class for free. The next class will be held Friday, November 16 from 9am-1 pm at the Senior Center. Preregistration is required; please come to the Senior Center to make a reservation.

THE TRUMBULL ARTS COMMISSION PRESENTS

ASH CREEK STRING BAND
Sunday, October 14th ▪ 1 PM
For more information call: 203-452-5065.



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MONDAY OCT. 8 & 22 OCT. 1, 14 & 29 	9:00 AM 9:00 AM 9:30 AM 10:30 AM NOON 1:00 PM	YOGA STRENGTH /YOGA..... DRAWING CLASS..... SMILE AWHILE REHEARSAL DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
TUESDAY 	9:30 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 	9:30 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
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 12:30 PM	ADVANCED OIL PAINTING CLASS TAI CHI..... MAH JONGG.....	MEETING ROOM FUNCTION ROOM MEETING ROOM



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OCTOBER 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 Turkey Loaf	2 Pepper Steak	3 BBQ Chicken Quarter,	4 Pot Roast	5 Fish Fillet
8 CLOSED	9 Past and Meatballs	10 Roast Pork	11 Codfish Cake	12 Liver and Onions
15 Beef Stew	16 Baked Knockwurst	17 Cheese Lasagna	18 Roast Turkey	19 Veggie Burger
22 BB Q Ribbets	23 Baked Chicken	24 Veal Scallopini	25 Meat Loaf	26 Corned Chowder and Seafood Salad
29 Chicken Kiev	30 Baked Fillet of Sole	31 Stuffed Cabbage		



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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**.

Oct. 18 (THUR) Foxwoods Casino – The bus will leave early enough for those Who would like to play bingo. Includes buffet and Keno \$81 p.p.

COMMUNITY CALENDAR

American Legion Bingo: Every Wednesday evening at 6:00 p.m.

Trumbull Farmers Market: Every Thursday thru Oct. 25 on Long Hill Green 6500 Main St. Trumbull (2 to 6pm)

Seymour Farmers Market: Every Tuesday thru Oct. 23 (noon to 6pm) at The Senior Center 20 Pine Street Seymour

Stratford Farmers Market: Every Monday thru late Oct. (3 to 6pm) at Deluca Field 1000 Main St. Stratford

Monroe Farmers Market: Every Fridays thru Oct. 26 (3 to 6pm) Monroe Town Green 6 Fan Hill Rd. Monroe

Shelton Farmers Market: Every Saturday thru Nov. (9am to 1pm) and Eve Wednesday 3 to 6pm Near the River walk 100 Canal St. Shelton

Easton Farmers Market: Every Saturday thru October (9am to noon) next to the EMS building Sport Hill Rd. Easton

RECIPE CORNER

This month, employee Don Darling submitted his mother's famous apple cake. Keep the recipes coming. Send all recipes to the senior center or email jfereira@trumbull-ct.gov



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MUSIC & MOVEMENT CLASS

Positive brain stimulation, healthful living, social interaction and the understanding of various cultures & historical periods are combined in a **Music & Movement** class taught by Nancy Goncalves (date/time TBD). The class consists of dance moves incorporating gentle ballet stretching and jazz/tap techniques that are set to music of various styles and cultures. Nancy can modify her classes to meet the various needs and ability levels of the participants. If you are ready to have some fun through music & movement, call **203-452-5199** to be added to our interest list.

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:

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