

# 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  
Rachel Yahawk.....Senior Commission Chairperson.....203-268-0265



FEBRUARY 2013



**The Senior Center will be closed, Monday February 18 Presidents' Day.**

### VALENTINES BINGO

**Friday, February. 15<sup>th</sup> at 1PM** in the Nutrition Room. Refreshments will be provided by **Maefair Health Care Center** of Trumbull. Come join in this free, fun-filled event. Seating is limited and advanced reservation required. Please call **203-452-5199** to make your reservation



### INCLEMENT WEATHER

On days that it storms, or inclement weather is predicted, please tune your radio to Station WICC 600 AM for all cancellations. If the schools are closed, the center is closed. When there is a delayed opening, the Senior Center and transportation will also be delayed.



### 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.

### AARP Tax-Aide

For the tax year 2012, AARP Tax-Aide certified volunteers will offer free income tax preparation at the Trumbull Senior Center from 9:00 AM until noon each Wednesday from February 6 through April 10, 2013. No appointments are necessary. Just walk in.

#### What to bring:

- A copy of your 2011 tax return.
- Social Security Statement, SSA 109 ..
- All tax forms received for tax year 2012 (W-2, 1099, etc.).
- End of year investment statements (INT, DIV, STOCKS, BONDS).
- Documentation to support itemized deductions or credits claimed (medical, taxes, contributions, education expenses, etc.).
- Any other tax documents you might have.



#### Coffee

Coffee is now available in the snack bar free of charge Compliments of the Trumbull Senior Commission. First come, first serve

#### Special Thanks

The Christmas Party was a huge success and we would like to thank The Trumbull Senior Citizen Commission for picking up the tab and Vazzano's Catering who provided a great price break and a delicious meal

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

Social Services is currently 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 will be delivered & picked up once per month. If you are interested in becoming a **Homebound Service** participant, please call **203-452-5129** for an interview in your home to determine your reading and listening preferences and for establishing a date for delivery & pick-up.

*THE TRUMBULL ARTS COMMISSION  
PRESENTS*

**Glenda Davenport , Chanteuse  
And the Hiroshi Yamazaki Trio  
Friday, February 8 at 7:30 PM  
For more information call Emily at  
203-452-5065**

**Susan B's Salon**



**For appointment call  
203-270-7149**

**Open in the Senior Center.**

Services include haircuts for men & women, manicures, & pedicures performed by licensed professional. Call for appointments.

*Bridge Lessons*

*Every Wednesday 9 AM to 11 AM.*

*\$5.00 per lesson*

*Call John to register (203-878-4671)*

AARP DRIVER SAFETY PROGRAM

Refresher course especially designed for drivers aged 50+. Fees are \$14 (\$12 for AARP members). The next class will be held Friday, March 22, 2013 from 9am-1 pm at the Senior Center. Pre-registration is required; please come to the Senior Center to make a reservation.



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FEBRUARY 2013 CALENDAR**

<b>MONDAY</b>  	9:00 AM  9:30 AM 11:45 AM NOON 1:00 PM	YOGA .(FEBRUARY 4 & 18)..... BANDS AND PILATE (FEBRUARY 11 & 25).... MEN'S POKER GAME..... DRAWING CLASS..... BEGGINERS LINE DANCE..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
<b>TUESDAY</b>  	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..... MEXICAN TRAIN DOMINOES..... MUSIC AND MOVEMENT WITH NANCY.....	FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTION ROOM TV ROOM FUNCTION ROOM CARD ROOM FUNCTIONS ROOM
<b>WEDNESDAY</b>  	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.....	FUNCTIONS ROOM SOCIAL SERVICE TV ROOM FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
<b>THURSDAY</b>  	9:00 AM  9:30 AM 10:00 AM 10:00 AM 10:15 AM 11:00 AM 1:00 PM 1:00 PM 1:00 PM	STRENGTH..... MEN'S POKER GAME..... NURSE AVAILABLE..... SLIM APPROACH ..... WATER COLOR CLASS ..... JAZZERCISE..... CHAIR EXERCISE WITH NURSE GAIL ONDY... CANASTA..... PINOCHLE..... LATIN LINE DANCE WITH MIKE STAVOLA....	FUNCTIONS ROOM CARD ROOM 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



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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>1</b> Philly Cheese Steak
<b>4</b> Chicken Breast	<b>5</b> Meatloaf	<b>6</b> Pork Stir Fry	<b>7</b> Baked Ziti	<b>8</b> White Fish Filet
<b>11</b> Sliced Ham	<b>12</b> Turkey Sandwich	<b>13</b> Ravioli	<b>14</b> Roast Beef	<b>15</b> Lemon Pepper Fish
<b>18</b> Closed	<b>19</b> Spaghetti with meatballs	<b>20</b> Turkey Loaf	<b>21</b> Beef Stew	<b>22</b> Baked Cod Fish
<b>25</b> Roast Pork	<b>26</b> Lasagna	<b>27</b> Glazed Chicken	<b>28</b> Roast Beef	

**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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## 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.

**Monday, February 4, 2013 - Foxwoods Casino, Includes, free buffet and \$15.00 Keno \$22.00 P.P.**

**Thursday, March 14, 2013 - St. Patrick's Day Festival, at Platzl Brauhaus in Pomona, \$80.00 P.P.**  
New York. See flyer in this newsletter. Dinner at noon  
Complimentary Wine with Dinner, Corned & Cabbage or  
Or Roast Half Chicken or Poached Salmon Filet and a  
Standing Steamship Roast from the Carving Table.

### Senior Center Shopping Trips

**There will be no shopping trips the month of February .**

#### *Middlebrook Farms*

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