

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 Yahwak.....Senior Commission Chairperson.....203-268-0383



MARCH 2013



**The Senior Center will be closed on
March 29, Good Friday.**

BINGO

Friday MARCH 22nd, at 1PM in the Nutrition Room. Refreshments provided by **Maefair Health Care Center of Trumbull**. Come join the fun on MARCH 22nd. Seating is limited and reservation required. Please call **203-452-5199 for reservations**

Poetry In us

MARCH 15, 9AM until 11 AM. Come read a poem, any poem and join over 70 Trumbull Residents that already read. Trumbull Community Television will air these poems in April during National Poetry Month.

INCLEMENT WEATHER

On days that it storms, or inclement weather is predicted, please tune your radio to Station WICC 600 AM for all cancellations.

NEWS FROM THE SENIOR COMMISSION

On March 15 at 11:00 AM there will be a "Get Acquainted Coffee" with the Trumbull Senior Commission in the Snack bar at the Trumbull Senior Center. Please Call 203-452-5199 and RSVP.

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 wait.

What to bring:

- A copy of your 2011 tax return.
- Social Security Statement, SSA 1099.
- 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

NOTARY PUBLIC AVAILABLE

Monday thru Friday. Please call **203-452-5199** for an appointment.

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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.

- Senior And Totally Disabled Homeowner Tax Relief Program February 1, 2013 until May 15, 2013. For more details see the flyer in this issue. For information and questions you may call the Trumbull Tax Assessor's Office 203-452-5018.

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. Materials will be delivered & picked up once per month. If you are interested in becoming a **Homebound Service** participant, please call **203-452-5129**.

TRUMBULL ARTS COMMISSION PRESENTS

Krista Adams Santilli, Soprano - March 10, 1:30PM

The Kerry Boys - March 22 7:30PM

For Tickets and information Call Emily at 203-452-5065

Susan B's Salon



Open in the Senior Center. Services include haircuts for men & women, manicures, & pedicures performed by licensed professional. Call for appointment call 203-270-7149



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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. Make checks payable to AARP and mail to: **Trumbull Senior Center 23 Priscilla Place, Trumbull, CT. 06611**



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**PLEASE PATRONIZE OUR SPONSORS
MARCH 2013 CALENDAR**

MONDAY 	9:00 AM 9:30 AM 11:45 AM NOON 1:00 PM	YOGA .(March 4 & March 18)..... BANDS AND PILATE (March 11 & March 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
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..... MEXICAN TRAIN DOMINOES..... MUSIC AND MOVEMENT WITH NANCY.....	FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTION ROOM TV ROOM FUNCTION ROOM CARD ROOM FUNCTIONS 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.....	FUNCTIONS ROOM SOCIAL SERVICE TV ROOM FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
THURSDAY 	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
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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Trumbull, CT 06611

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MARCH 2013

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	2	3	4	5 Fish Florentine
4 Grill Chicken Breast	5 American Chop Suey	6 Turkey Pot Pie	7 Cubed Beef Stroganoff	8 Seafood Salad
11 Yankee Pot Roast	12 S&S Grilled Chicken Breast	13 Corned Beef Brisket	14 Hot Open Turkey Sandwich	15 N.E. Clam Chowder
18 Roast Pork Loin	19 Turkey Tetrazini	20 Beef Stew	21 Lemon Chicken	22 Beer Batter Fish
25 Roast Turkey	26 Meatloaf	27 LS Slice Ham	28 Chicken Breast	29 CLOSED

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**.

Thursday, March 14 - St. Patrick's Day Festival, at Platzl Brauhaus in Pomona, **\$80.00 P.P.**
New York. Dinner at noon, Complimentary wine and Choice of
Corned & Cabbage, Roast Half Chicken, Poached Salmon
Filet and Standing Steamship Roast from Carving Table.

Thursday, April 18 - Mohegan Sun Casino - \$15.00 bet and \$15 food Voucher **\$23.00 P.P.**

Senior Center Shopping Trips

Wednesday, March 6, Christmas Tree Shop - Seating limited, call 203-452-5199 for reservations. The bus departs the Senior Center at 11:00 AM.

Wednesday, March 20, Dollar Tree Store- Seating limited, call 203-452-5199 for reservations. The bus departs Senior Center at 11:00 AM.

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