

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



MAY 2013



THE SENIOR CENTER WILL BE CLOSED ON MONDAY, MAY 27 FOR MEMORIAL DAY

SENIOR CITIZEN MONTH ACTIVITIES

SENIOR CITIZEN MONTH PROCLAMATION

May 1 (Wednesday) at 11:00 AM.

Proclamation and Brunch with First Selectman, Timothy Herbst. Join the Director and Senior Citizen Commission in the celebration of Senior Center Month. Seating limited. **Please call Jean or Sharon 203-452-5199 RSVP**

SENIOR CENTER OPEN HOUSE

May 5 (Sunday), Noon until 3:00 PM.

The Senior Center arts and crafts classes will display their work (art work may be available for purchase). Dance Class instructors will provide dance and entertainment. Hors d'oeuvres will be served.

CARD PARTY

May 17, (Friday), 11:00 AM

Reserve a table for your group (Seating Limited) Provide your own board games or cards. There will be door prizes, refreshments, and snacks. The Senior Commission will provide a prize for each table. You must register and reserve a table for your group. No walk-ins please. To register please call Jean or Sharon at (203)452-5199

MYSTERY BINGO GAME

May 24 (Friday) at 1:00 PM

There will be plenty of Prizes and fun. Every game will have a mystery prize. We guarantee a fun filled afternoon with fun and refreshments. Seating limited. Please call Sharon or Jean at (203) 452-5199 to reserve your seat.

AARP SAFE DRIVERS COURSE

May 17 (Friday) 9:00 AM until 1:00 PM

Members pay \$12.00 and non-members \$14.00 Reservation by check only. Please make checks payable to AARP (No cash please). For more information and to reserve your seat please call Jean or Sharon at (203)452-5199.

REMINDER

Senior Center membership will be due for renewal in July. This years' Newsletter will be mailed at no cost. Fees payable by **Check or money order only!** We will accept membership beginning in June. Thank you for your cooperation.

NOTARY PUBLIC AVAILABLE Monday through Friday. Please call **(203)452-5199** for an appointment.

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NEWS FROM SOCIAL SERVICES OFFICE

**RENTER'S REBATE PROGRAM FOR ELDERLY AND DISABLED IN THE
TOWN OF TRUMBULL**

Bocci Ball will start in May. If you are interested in joining the games please call John Lang at 203-445-8325

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

Radio Ranch

Country Western

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**

PLEASE PATRONIZE OUR SPONSORS
May 2013 CALENDAR

| | | | |
|---|---|---|--|
| MONDAY  MAY 11TH | 9:00 AM 9:30 AM 10:30 AM NOON 1:00 PM | YOGA (May 6 & May 20)..... BANDS AND PILATE (May 13 & May27).... MEN'S POKER GAME..... DRAWING CLASS..... SMILE-A-WHILE REHEARSALS..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE..... | FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTION ROOM |
| TUESDAY  | 9:15 AM 10:00 AM 10:00 AM 10:30 AM 11:30 AM 12:30 PM | FIT FOR LIFE EXERCISE CLASS..... KNIT AND CROCHET GROUP..... OIL PAINTING CLASS BALLROOM DANCE WITH MIKE STAVOLA.... ZUMBA LESSONS WITH MIKE STAVOLA..... MEXICAN TRAIN DOMINOES..... MUSIC AND MOVEMENT WITH NANCY..... | FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTION 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 | PILATES..... 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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203-378-3086
Senior Community Café

MAY 2013

Trumbull Senior Center
23 Priscilla Place
Trumbull, CT 06611

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 Veal Cutlet | 2 Meat Ravioli | 3 Butter Crunch Fish |
| 5 Turkey Loaf | 7 American Chop Suey | 8 Roast Beef | 9 Open Faced Turkey | 10 Grill Chicken Strips |
| 13 Ziti Meatballs | 14 Meatloaf | 15 Chicken Ala King | 16 Pork Loin | 17 Lemon Pepper Fish |
| 20 Grilled Chicken Breast | 21 Stuffed Pepper | 22 Swedish Meatballs | 23 Pulled Pork | 24 All Beef Hotdog |
| 27 CLOSED MEMORIAL DAY | 28 Beef Burgundy | 29 Baked Lasagna | 30 Philly Cheese Steak | 31 Pier 17 Fish |

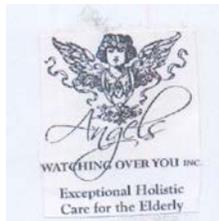


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Travel Corner

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**.

- June 18, 2013- “Savor the Flavor” Federal Hill – Little Italy-** Visti to Scilio’s Baker **\$79.00 p.p.**
then to Gepetto’s Pizzeria for a 5 course meal House Salad, Rhode Island Style Calamari, Penne Pasta with Vodka Sauce, Four Varieties of Gepetto’s famous grilled pizzas and homemade Tiramisu and Beverage.
Then to Venda’s Ravioli Emporium to shop
- August 5, 2013- Foxwoods Casino –** Includes food voucher and free bet. Bus leaves early **\$23.00 p.p.**
Enough to play bingo.

Senior Center Shopping Trips

Thursday, May16 – Price ✓ Rite grocery. Seating limited, call (203) 452-5199 for reservations. The bus departs at 11:15AM

Thursday, April 23, Shop-Rite grocery in Shelton- Seating limited, call (203) 452-5199 for reservations. The bus departs Senior Center at 11:15AM.

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