

TRUMBULL SENIOR CITIZEN NEWSLETTER

23 Priscilla Place, Trumbull, CT • Open Monday through Friday 9:00 a.m. – 4:30 p.m.

Tim Herbst.....First Selectman.....203-452-5005
Jean Fereira.....Director/Editor.....203-452-5199
Sharon Miller.....Transportation Dispatcher.....203-452-5137
Rachel Yahwak.....Senior Commission Chairperson.....203-268-0383

 AUGUST 2013 

INCLEMENT WEATHER

On days that it storms or inclement weather is predicted, please tune your radio to Station WICC 600 AM for all cancellations. Closings for the town results in the center being closed as well. If there are delays, the Senior Center and transportation will also be delayed.

BINGO GAME

Sponsored by

**NORTHBRIDGE HEALTH CARE CENTER
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August 23 (Friday) at 1:00 PM. Join us for plenty of prizes and fun. Seating limited. Please call Sharon or Jean at (203) 452-5199 to RSVP.

Monthly Birthday Party

Middlebrook Farms at Trumbull will sponsor a monthly birthday Friday, August 9 at the Senior Center. Everyone with a **July** or an **August** birthday is invited to be our guest of honor on August 9th at 11:00AM in the snack bar and all others are welcome to come celebrate and have a piece of cake. Please call and RSVP and if it's your birthday please let us know.

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

AARP SAFE DRIVERS COURSE

September 12 (Thursday) 9:00 AM - 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

Membership is past due. This years' Newsletter will be mailed at no cost. Membership Fees are \$5.00 residents and \$20.00 non-residents, payable by **Check or money order only!** Please note that no one will be allowed to participate in classes or activities without a current membership. Thank you for your cooperation.

AFTERNOON MATINEE

One for the Money follows the adventures of Jersey girl and unemployed lingerie saleswoman Stephanie Plum (Katherine Heigl) after she convinces her sketchy cousin (Patrick Fischler), a bail bondsman, to give her a job as a bounty hunter. Despite her total lack of any (ANY) bounty-hunting experience, Stephanie is determined to find and capture the elusive Joe Morelli (Jason O'Mara), who, in addition to being a murderous police officer with a \$50,000 bond on his head, broke Stephanie's heart back in high school.

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NEWS FROM SOCIAL SERVICES OFFICE
**RENTER'S REBATE PROGRAM FOR ELDERLY AND DISABLED IN THE
TOWN OF TRUMBULL**

- Applications accepted now through October 1, 2013. Single income cannot exceed \$33,500 and Married cannot exceed \$40, 900 for year 2012.
- Applicant must be 65 or declared totally disabled by December 31, 2012
- You are required to submit proof of income (Social Security Benefits, pensions, annuities, wages, interest/dividends, and, veterans benefits) for year ending in 2012. This includes federal IRS income tax if filed. You must also present proof of rent, electric and utility bills paid in 2012. Call Social Services to schedule appointment. No walk-ins please!
- **THE FOOD PANTRY** is available to any Trumbull Resident in need (by appointment only). Please call (203) 452-5198 for guidelines or appointments.
- **Town of Trumbull Beach bags** available at the Senior Center (\$10.00). Proceeds to benefit the Trumbull Social Services Food Pantry.

Fresh Produce needed for the food pantry

Share your bountiful crops with Social Services Food Pantry. The office is open Monday through 9 a.m. until 4 p.m. for more information call 203-452-5198

DONATIONS WANTED

The Trumbull Smile A While group will be performing a patriotic program for men at the VA hospital, and are looking for donations for their audience.

Donations needed; trial size or regular size soaps, shampoos, crossword puzzles, new books, etc. Feel free to bring any donations to the front desk at the center, and contact Joy Koch or call (203) 452-5199 for any further questions.

BOCCE GROUP LOOKING FOR PLAYERS

If you are interested in playing, feel free to show up on Mondays at 9:00 am

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

SENIOR CENTER TRIPS

Seniors without Transportation

Wednesday, August 7 : Christmas Tree Sop
Bus leaves the Senior Center at 11:00 AM.
For reservations please call Sharon at 452-5137.

Wednesday, August 21 : Home Town Buffet
and Job lot. Bus leaves the Senior Center at
11:00 AM. For reservations please call
Sharon at
203-452-5137.



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AUGUST 2013

<p>MONDAY</p> 	<p>9:00 AM 9:30 AM 10:30 AM 12:30 PM 1:00 PM</p>	<p>YOGA (June 3 - June 17 & June 31)..... BANDS AND PILATE (June 10 & June 24)..... BOCCE..... MEN'S POKER GAME..... DRAWING CLASS..... SMILE-A-WHILE</p>	<p>FUNCTIONS ROOM FUNCTIONS ROOM OUTSIDE, BOCCE AREA CARD ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTION ROOM</p>
<p>TUESDAY</p> 	<p>9:15 AM 10:00 AM 10:00 AM 10:30 AM 11:30 AM 12:30 PM</p>	<p>FIT FOR LIFE EXERCISE CLASS..... KNIT AND CROCHET GROUP..... OIL PAINTING CLASS</p>	<p>FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTION ROOM FUNCTION ROOM CARD ROOM FUNCTIONS ROOM</p>
<p>WEDNESDAY</p> 	<p>9:00 AM 9:30 AM 10:00 AM 10:10 AM 11:00 AM NOON 12:30 PM</p>	<p>YOGA</p>	<p>FUNCTIONS ROOM SOCIAL SERVICE TV ROOM FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM</p>
<p>THURSDAY</p> 	<p>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</p>	<p>PILATES..... MEN'S POKER GAME..... NURSE AVAILABLE..... SLIM APPROACH</p>	<p>FUNCTIONS ROOM CARD ROOM SOCIAL SERVICE TV ROOM MEETING ROOM FUNCTION ROOM TV ROOM CARD ROOM MEETING ROOM FUNCTION ROOM</p>
<p>FRIDAY</p> 	<p>10:00 AM 10:30 AM 10:30 AM 12:30 PM</p>	<p>ADVANCED OIL PAINTING CLASS</p>	<p>MEETING ROOM LIBRARY FUNCTION ROOM MEETING ROOM</p>

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AUGUST 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 TUNA SALAD	2 MEAT RAVIOL
5 KNOCKWURST	6 CHICKEN CACCIATORE	7 TUNA SALAD	8 BROCCOLI QUICH	9 BAKED FILET SOLE
12 BONELESS PORK CHOP	13 CHEESE STEAK	14 GRILLED CHIKEN OVER SALAD	15 ZITI	16 FISH
19 ROAST BEEF	20 TURKEY, HAM & SWISS	21 CHEESESBURGER	22 LEMON PEPPER FISH	23 HAWAIIIN CHICKEN
26 SPAGHETTI & MEATBALLS	27 VEAL CUTLET	28 PULLED PORK	29 ROAST TURKEY	30 SEAFOOD SALAD



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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.

August 5, 2013- **Foxwoods Casino** – Includes food voucher and free bet. Bus leaves early \$23.00 enough to play bingo.

September 18, 2013- **Captain Jacks and Mohegan Sun Casino.** A traditional New England style clam bake with Clam cakes, Clam Chowder, Shrimp Cocktail Boiled lobster or Prime Rib with vegetable, dessert. Served with coffee Tea and soft drink. After lunch on to the casino where you will receive Buffet and free play. **\$78.00**

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