

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

 OCTOBER 2013 

Halloween Happenings

MONTHLY BIRTHDAY PARTY

Middlebrook Farms of Trumbull sponsors our monthly birthday party. Everyone with an October birthday is invited to be our guest of honor (everyone welcome) on October 24 at 11:00 am in the snack bar. Please RSVP 203-452-5199 (let us know if it's your birthday).

PUMPKIN CARVING PAINTING CLASS & CONTEST

Come join us on Monday, October 28 at 11:00 a.m. for a complimentary pumpkin carving & decorating class. We will have a 30 minute demonstration and pumpkin carving class. All pumpkins will be judged at the Halloween party. Prizes will be awarded. Please RSVP 203-452-5199.

HALLOWEEN PARTY & COSTUME CONTEST

Join us on Thursday, October 31, at 1:00 PM for a Halloween party. There will be a costume contest. Prizes will be awarded for first place, most creative, second place, original, and third place funniest/scariest. We will also judge decorated pumpkin. This event is free of charge (tickets available at the desk).

Donations of pumpkins and mums are needed for our Halloween party.

NOTARY PUBLIC AVAILABLE Monday through Friday. Please call for an appointment.

SMILE -A-WHILE

**SING AND DANCE PERFORMANCE BY
Our Senior Centers very own performers!**

October 11th at 11:AM

SEATING LIMITED Please RSVP.

PIZZA & A MOVIE

October 18 (\$1.00 per person). Pizza served at noon and movie begins at 1:00 p.m.

"Something's Gotta Give" starring Diane Keaton, Jack Nicholson and Keenu Reeves. A swinger on the cusp of being a senior citizen with a taste for young women falls in love with an accomplished woman closer to his age. Rated PG 13

BINGO GAME

Friday, October 25 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.

INCLEMENT WEATHER

On Stormy days if inclement weather is predicted, tune your radio to Station WICC 600 AM for 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.

AARP SAFE DRIVERS COURSE

November 22 (Friday) 9:00 AM - 1:00 pm

Members pay \$12.00 and non-members \$14.00
Reservation by check only (checks payable to AARP). For more information and to reserve your seat please call (203) 452-5199.

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

- **THE FOOD PANTRY** is available to any Trumbull Resident in need (by appointment only). Please call (203) 452-5198 for guidelines or appointments.
- **Starting in October, Social Services will begin taking appointments for the 2013-2014 Energy Assistance season. For income guidelines, paperwork needed and appointments, please call Social Services at (203)452-5198.**



Enjoy watching unique Trumbull programming on TV Charter channel 17 and AT&T channel 99.

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)981-7061.

SENIOR CENTER TRIPS

Seniors without Transportation

Wednesday, October 9: K-Mart and Ocean State Job lot. Bus leaves the Senior Center at 11:00 AM. For reservations please call Sharon at 203-452-5137.

Wednesday, October 23: Lunch at Olde Blue Bird Inn and stop at Aspetuck farm enjoy the foliage ride. Bus leaves the Senior Center at 11:00 AM. For reservations please call Sharon at 452-5137.



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<p>MONDAY</p> 	<p>9:00 AM 9:30 AM 10:30 AM 12:30 PM 1:00 PM</p>	<p>YOGA (Oct. 7 & 21)..... exercise mat needed..... BANDS AND PILATE (Oct. 14 &28)..... BOCCE..... MEN'S POKER GAME..... DRAWING CLASS..... SMILE-A-WHILE DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....</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 BALLROOM DANCE WITH MIKE STAVOLA..... ZUMBA LESSONS WITH MIKE STAVOLA..... MEXICAN TRAIN DOMINOES..... MUSIC AND MOVEMENT WITH NANCY.....</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 10:30 AM 11:00 AM NOON 12:30 PM</p>	<p>YOGA NURSE AVAILABLE UNTIL 4:00 PM..... CHAIR EXERCISE WITH RITA..... JAZZERCISE..... ACBL DUPLICATE BRIDGE..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....</p>	<p>FUNCTIONS ROOM SOCIAL SERVICE TV ROOM FUNCTION ROOM MEETING 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 WATER COLOR CLASS JAZZERCISE..... CHAIR EXERCISE WITH NURSE GAIL ONDY..... CANASTA..... PINOCHLE..... LATIN LINE DANCE WITH MIKE STAVOLA.....</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 DRAMA CLUB..... TAI CHI..... MAH JONGG.....</p>	<p>MEETING ROOM LIBRARY FUNCTION ROOM MEETING ROOM</p>

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OCTOBER 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 Peppersteak with pepper and onions	2 BBQ GRILLED CHICKEN	3 POT ROAST WITH GRAVY	4 POTATO CRUNCH FISH
7 ROAST PORK AU JUS	8 GRILLED CHICKEN	9 SPAGHETTI	10 HOMEMADE MEATLOAF	11 CHICKEN SALAD
14 CLOSED FOR COLUMBUS DAY	15 LASAGNA ROLLETTE	16 GRILLED CHICKEN BREAST	17 BEEF STEW	18 ROAST TURKEY
21 VEAL SCALOPPINI	22 FISH FILET	23 RIGATONI WITH MEATBALLS	24 BROCCOLI BAKE	25 CHICKEN TETTRAZZINI
28 KNOCKWURST	29 VEAL PATTY	30 CHICKEN PATTY	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.

December 2 – Foxwood Casino, bus leaves early enough to accommodate our \$22.00 p.p.
Bingo players.

BEGINNER COMPUTER LESSONS

Monday Oct 21 from 10:15AM to 11:15AM (basic keyboard skills required).
Four sessions \$20.00 To register Call Simone 203-2187668
Private lessons available.

Middlebrook Farms

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A Benchmark Senior Living Community
2750 Reservoir Avenue
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