

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



NOVEMBER 2013



THE TRUMBULL SENIOR CENTER WILL BE
closed **Monday, November 11, Veteran's Day,**
Thursday, November 28, and Friday November 29,
Thanksgiving Holiday.

Happy Thanksgiving

In autumn 1621, the first Thanksgiving Day was celebrated by the Plymouth pilgrims with their Native American neighbors, the Wampanoags. Today this fabulous occasion is observed as a national holiday in the United States and in several other nations. On this day, we give thanks for our families, friends, blessings, and mercies extended to us throughout the year. The Senior Center Staff and Senior Commission would like to wish you and your loved ones a happy new year.

MONTHLY BIRTHDAY PARTY

Middlebrook Farms of Trumbull sponsors our monthly birthday party. Everyone with an November birthday is invited to be our guest of honor (everyone welcome) on November 21 at 11:00 AM in the snack bar. Please RSVP 203-452-5199 (let us know if it's your birthday).

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

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

HOLIDAY PARTY & VISIT FROM SANTA

December 13, 1:00 PM

The Smile A While group will provide an afternoon of holiday music, entertainment, and cheer. Seating is limited and admission by ticket only. For more information call Jean or Sharon at (203) 452-5199

PIZZA AND A MOVIE

November 15, at Noon (\$1.00 per person).

Pizza served at noon and movie begins at 1:00.

“My Big Fat Greek Wedding.” Starring Andrea Martin, John Corbett, Lainie Kazan, Michael Constantine, and Nia Vardalos. The movie is centered on Toula, a Greek-American woman, who falls in love with a non-Greek American, The movie also examines the protagonist's relationship with her family, with their cultural heritage and value system, which is sometimes rocky but ends with mutual appreciation

BINGO GAME

Friday, November 22, 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.

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NEWS FROM SOCIAL SERVICES OFFICE

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



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 a licensed professional. Call for appointment call (203)981-7061.

SENIOR CENTER TRIPS

Seniors Without Transportation

Wednesday, November 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, November 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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NOVEMBER 2013

<p>MONDAY</p> 	<p>9:00 AM 9:30 AM 10:30 AM 12:30 PM 1:00 PM</p>	<p>YOGA (Nov. 4 & 18)..... exercise mat needed..... BANDS AND PILATE (Nov. 11 &25)..... 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 FUNCTIONS 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>FUNCTIONS ROOM COMPUTER ROOM MEETING ROOM FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM FUNCTIONS ROOM</p>
<p>WEDNESDAY</p>  <p>H A P P Y HARVEST</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</p>	<p>FUNCTIONS ROOM SOCIAL SERVICE TV ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS 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 FUNCTIONS ROOM TV ROOM CARD ROOM MEETING ROOM FUNCTIONS 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 FUNCTIONS ROOM MEETING ROOM</p>

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203-378-3086

NOVEMBER 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 EYE OF THE ROUND
4 PHILLY CHEESESTEAK	5 MEAT RAVIOLI	6 CHICKEN POT	7 CRAB CAKES	8 SLICED HAM
11 CLOSED VETERAN'S DAY	12 EGGPLANT ROLETTE MEAT SAUCE	13 BEEF STEW	14 CHICKEN PATTY	15 VEGETABLE SOUP EGG BAKE
18 SPAGHETTI AND MEATBALLS	19 KIELBASA	20 PULLED PORK	21 CHIKEN ALA KING OVER WILD RICE	22 BAKED FISH
25 VEAL PATTY	26 SWEEDISH MEATBALLS	27 ROAST TURKEY AND GRAVY	28 CLOSED THANKSGIVING	29 CLOSED THANKSGIVING



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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.

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