

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

February 2014

The Senior Center will be closed Monday, February 17, President's Day.

VALENTINE'S DAY BINGO

Join us on Friday, February 28th, at 1 p.m. in the nutrition room for **Valentine Bingo Game**. Refreshments provided by **Maefair Health Care Center of Trumbull**. Seating is limited. Advanced reservation required. Please call **203-452-5199**.

PIZZA AND A MOVIE

February 24 at noon (\$2.00 per person). *Lincoln* is a 2012 American epic directed by Steven Spielberg, starring Daniel Day-Lewis as President Abraham Lincoln and Sally Field as Mary Todd Lincoln. The screenplay was based in part on Doris Kearns Goodwin's biography *Team of Rivals: The Political Genius of Abraham Lincoln*, and covers the final four months of Lincoln's life and his efforts in January 1865 to have the Thirteenth Amendment to the United States Constitution passed by the United States House of Representatives.

NOTARY PUBLIC AVAILABLE

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



AARP Tax-Aide

For the tax year 2013, AARP Tax-Aide certified volunteers will offer free income tax preparation at the Trumbull Senior Center from 9:00 a.m. until noon each Wednesday from February 5 through April 9, 2014. No appointments are necessary. Just walk in.

What to bring:

- A copy of your 2012 tax return.
- Social Security Statement, SSA 1099.
- All tax forms received for tax year 2013 (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.

INCLEMENT WEATHER

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

If the schools are closed, the Center is closed. When there is a delayed opening, the Senior Center and transportation will also be delayed.

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NEWS FROM SOCIAL SERVICES OFFICE - TOWN OF TRUMBULL - Tel# 203-452-5198

- **ENERGY ASSISTANCE**- Social Services is currently taking applications for 2013-2014. The program is open to any Trumbull resident who heats with deliverable fuel, gas or electricity.

TRUMBULL MUNICIPAL GRANT REGULARLY SCHEDULED TRIPS

Free bus service from the Senior Center to local stores available for senior and disabled residents only. Pick up at the Senior Center parking lot.

- 2:00 p.m. - 4:00 p.m. - Thursday- Hawley Lane Mall and Big Y, Stratford, Trumbull.
- 1:00 p.m. - 2:00 p.m. - Friday - Trumbull Center and Quality Street, Trumbull.
- 12:00 p.m. - 1:30 p.m. - Saturdays - Price Rite on Main Street, Bridgeport.

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

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SENIOR CENTER TRIPS
Will resume in March

PRECISION HEARING- STRATFORD 203-381-9555
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FEBRUARY 2014 CALENDAR

MONDAY 	9:00 a.m. - - - 9:30 a.m. 10:30 a.m. 12:30 p.m. 1:00 p.m.	YOGA (Feb.3)exercise mat needed..... BANDS AND PILATES (Feb. 10 & 24)..... BOCCE (SEASONAL)..... MEN'S POKER GAME..... DRAWING CLASS..... SMILE-A-WHILE ON BREAK UNTIL MAY..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM FUNCTIONS ROOM BOCCE COURT CARD ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM
TUESDAY 	9:15 a.m. - 10:00 a.m. 10:30 a.m. 11:30 a.m. 12:30 p.m.	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.....	FUNCTIONS ROOM COMPUTER ROOM MEETING ROOM FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM FUNCTIONS ROOM
WEDNESDAY 	9:00 a.m. 10:00 a.m. 10:00 a.m. 10:10 a.m. 10:30 a.m. 11:00 a.m. 12:00 p.m. 12:30 p.m.	YOGA NURSE AVAILABLE 10- 2..... CHAIR EXERCISE WITH RITA..... JAZZERCISE..... ACBL DUPLICATE BRIDGE..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....	FUNCTIONS ROOM SOCIAL SERVICE TV ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM
THURSDAY 	9:00 a.m. - 9:30 a.m. 10:00 a.m. 10:00 a.m. 10:15 a.m. 11:00 a.m. 1:00 p.m. 1:00 p.m. 1:00 p.m.	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 FUNCTIONS ROOM TV ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM
FRIDAY 	10:00 a.m. 10:30 a.m. 10:30 a.m. 12:30 p.m.	ADVANCED OIL PAINTING CLASS DRAMA CLUB ON BREAK UNTIL MAY..... TAI CHI..... MAH JONGG.....	MEETING ROOM LIBRARY FUNCTIONS ROOM MEETING ROOM

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203-378-3086

FEBRUARY 2014

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
3 LOW SODIUM SLICED HAM	4 SPAGHETTI WITH MEATBALLS	5 GRILLED CHICKEN BREAST	6 MEATLOAF WITH GRAVY	7 SLICED PORK AU JUS
10 ROAST BEEF AND POTATO	11 BAKED FISH	12 SALSIBURY STEAK	13 EGGPLANT PARMESAN	14 OPEN FACE TURKEY
17 CLOSED PRESIDENT'S DAY	18 LASAGNA MARINATA SAUCE	19 GRILLE CHICKEN BREAST	20 LOW SODIUM SLICED HAM	21 WHITE FISH FILET
24 BEEF STEW	25 LOW SALT STEAK HAM	26 HAMBURGER BEEF PATTY	27 BAKED CHICKEN	28 SLICED TURKEY BREAST



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QUILTING CLASS

We have received requests for quilting lessons. In order to offer this class we need to have a minimum of 10 people in the class. If you are interested in quilting lessons please call (203-452-5199) and we will put you on our interest list.

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



**Abriola Parkview
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419 White Plains Road
Trumbull, CT 06611
203.373.1013

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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.

April 29 (Tuesday) – Mohegan Sun Casino, buffet and free play

\$23.00 pp

*THE TRUMBULL ARTS COMMISSION
PRESENTS*

Michael Jovovich, Dr. Joe and Co. "Songs from the heart"
Friday, February 14 at 7:30 p.m.

"After All"
February 23 – 1:00 p.m.
Classic Dance Music, From the 50's to now
Cabaret seating, bring your own refreshments. Tickets \$5.00
For More information call Emily 203-452-5065

Middlebrook Farms

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