

# 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 Coordinator.....	203-452-5137
Rachel Yahwak.....	Senior Commission Chairperson.....	203-268-0383

## March 2014

### MARCH BINGO

Join us on Friday, March 28th, at 1 p.m. in the nutrition room (seating limited). Refreshments provided by **Maefair Health Care Center of Trumbull**. Advanced reservation required. Please call Sharon **203-452-5199**.

### PIZZA AND A MOVIE (\$2.00 per person)

**Friday, March 21- Last Vegas -Rated PG-13**

Cast: Morgan Freeman, Robert De Niro, Michael Douglas, Kevin Kline, Mary Steenburgen Billy, Paddy, Archie, and Sam have been best friends since childhood. Billy, the group's sworn bachelor, finally proposes to his thirty year old girlfriend, and the four head to Las Vegas to relive their glory days. Upon arriving, the four quickly realize that the decades have transformed Sin City and test their friendship in ways they never imagined. The Rat Pack may have once played the Sands and Cirque du Soleil but now things are different and these four think they are taking over Vegas.

### NOTARY PUBLIC AVAILABLE

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



### AARP Tax-Aide

AARP Tax-Aide certified volunteers will offer free income tax preparation at the Trumbull Senior Center from 9:00 a.m. until noon every Wednesday until April 9, 2014. Walk ins only.

#### **What to bring:**

- A copy of your 2012 tax return.
- Social Security Statement, SSA 1099.
- All tax forms 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/delayed, the Center and transportation will do the same.

MONTHLY BIRTHDAY PARTY SPONSORED BY MIDDLEBROOK FARMS OF TRUMBULL  
Thursday, March 20 at 11:00 am everyone is welcome to come celebrate our March birthdays. Please RSVP 203-452-5199 (let us know if it's your birthday).

### CYRIL F. MULLINS FUNERAL HOMES

*Family owned and operated since 1937 - Funeral Trusts including Title 19*

Cyril F. Mullins II, Holly Mullins- Hart, Robert B. Clark

399 White Plains Rd., Trumbull

1640 Boston Ave. Bridgeport

203-372-6543

mullinsfh.com

203-334-5090

PLEASE PATRONIZE OUR SPONSORS

### 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.



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



*A Place for Caring*

SHORT-TERM REHAB  
LONG-TERM CARE  
RESPIRE

21 MAEFAIR COURT, TRUMBULL, CT 06611  
PH. 203-459-5152

[athenahealthcare.com/maefair](http://athenahealthcare.com/maefair)  
Managed by Athena Health Care Systems

## SENIOR CENTER TRIPS

**Wednesday, March 19: Wal-Mart** Bus leaves the Senior Center at 11:00 a.m. For reservations please Call Sharon at 203-452-5137

-----  
**Wednesday, March 26: Christmas Tree Shop** Bus leaves the Senior Center at 11:00 a.m. For reservations please call Sharon at 203-452-5137

PRECISION HEARING- STRATFORD 203-381-9555

**Ryders Landing • Stratford • Exit 53 Merritt Pkwy**

CALL FOR YOUR FREE NO- NO OBLIGATION TRIAL OF OUR  
NEWEST TECHNOLOGY IN YOUR OWN HOME AND SURROUNDINGS

PLEASE PATRONIZE OUR SPONSOR  
MARCH 2014 CALENDAR

<b>MONDAY</b>  	9:00 a.m. - - - 9:30 a.m. 10:30 a.m. 12:30 p.m. 1:00 p.m.	YOGA (Mar.3,17& 31) ....exercise mat needed..... BANDS AND PILATES (Mar. 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
<b>TUESDAY</b>  	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
<b>WEDNESDAY</b>  	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
<b>THURSDAY</b>  	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
<b>FRIDAY</b>  	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

# EXCELLENCE

*in our home and yours*

Jewish Senior Services is the new name for the full range of quality care provided by The Jewish Home.

THE JEWISH HOME  
**40**  
YEARS



**Jewish Senior Services**  
*excellence in our home and yours*

175 Jefferson Street, Fairfield CT • 203-365-6400 • [www.jseniors.org](http://www.jseniors.org)

**PLEASE PATRONIZE OUR SPONSORS**

**203-378-3086**

**March 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	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				



2875 Main St., Bridgeport, CT 06606  
 203-336-0232

Athenahealthcare.com/northbridge  
**SHORT TERM REHABILITATION ~ LONG  
 TERM CARE**  
 5-Star Rating by Medicare.gov  
 Managed by Athena Health Care Systems

**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  
 Funeral Home**  
 419 White Plains Road  
 Trumbull, CT 06611  
 203.373.1013

PLEASE PATRONIZE OUR SPONSORS

**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**

March 9 at 1:00 pm – “Goldrush” Accoustic Coutry Band.

-----  
**March 23, 23 at 1:00 pm** – “Traditional Italian American Music.”  
-----

All Cabaret performances take place at the Center at 23 Priscilla Pl.  
In Trumbull . PRE PURCHASE OF TICKETS SUGGESTED. \$5.00 P.P.

For information or to purchase tickets, please call Emily (203-452-5199)

***Middlebrook Farms***

**At Trumbull  
A Benchmark Senior Living Community**

**2750 Reservoir Avenue**

**Trumbull, CT**

**203-268-2400**

**[www.benchmarkquality.com](http://www.benchmarkquality.com)**

**OLD TOWNE RESTAURANT**

**60 Quality Street Trumbull  
203-261-9436**

Breakfast & Lunch  
Served Daily

Dinner Hours 5-11  
Call Ahead For Take Out

Dine in Bar

**Catering Available Up to 90 people  
on/off premises**



**PARENTE-LAURO**

**FUNERAL HOME INC.** Beatrice Parente- Lauro© 2000

*Family owned & Operated Since 1940*

***Michael J. Parente · Jack Maglior · Michele Parente***

·Pre-Arrangement & Pre-Payment Counseling

·Title 19 Irrevocable Trust Funds & Revocable Trust Funds.

·Full Cremation Services

Servina The Entire Fairfield County Area

**203-579-1494**

**[parente-lauro.com](http://parente-lauro.com)**

**559 Washington Ave.**

**Bridgeport, CT**

**PLEASE PATRONIZE OUR SPONSORS**