

# 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



## **2014/2015 MEMBERSHIP IS NOW DUE.**

This year only new members will receive an id card, all renewals will use their current cards.

**We will not accept cash**, check or money order only. Be sure to include your membership ID# and telephone number on the check.

Membership may also be mailed in.

## **BINGO**

**Join us on Friday, July 25th, at 1 P.M.** in the nutrition room (seating limited). Refreshments provided by **NORTHBRIDGE Health Care Center**. Advanced reservation required. Please call Jean or Sharon **203-452-5199**. See enclosed flyer.

## **INDEPENDENCE DAY CELEBRATION PATRIOTIC THEME PARTY.**

Friday, July 11<sup>th</sup>, at 1:00 P.M. (rain date Friday, August 1<sup>st</sup>, at 1:00 P.M.) Wear your red, white, and blue. Music and refreshments will be served.

## **NOTARY PUBLIC AVAILABLE**

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

## **MONTHLY BIRTHDAY PARTY**

**Sponsored by Middlebrook Farms of Trumbull**

Thursday, July 17<sup>th</sup>, at 11:00 a.m. Everyone is welcome to come celebrate our July birthdays. Please RSVP 203-452-5199 (let us know if it is your birthday).

## **PIZZA AND A MOVIE**

A **FREE** lunch will be sponsored by Ludlowe Center for Health and Rehabilitation on **Friday, July 18th, at noon.**

RSVP, Seating Limited

**Spanglish** - A woman (Paz Vega) and her daughter emigrate from Mexico for a better life in America, where they start working for a family where the patriarch (Adam Sandler) is a newly celebrated chef with an insecure wife (Téa Leoni).

## **CONCERTS FOR JULY 2014 Trumbull Town Hall Gazebo**

- |         |   |        |  |
|---------|---|--------|--|
| July 1  | - Toney Reno                            | July 8 | - Billy Genuario and Destiny (the 70's thru today) |
| July 15 | - Yesteryear (Doo Wop 50's & 60's)      |        |  |
| July 22 | - Steve D'Agostino (Pop/Sinatra Sounds) |        |  |
| July 29 | - The Bernadetts (Rhythm and Blues)     |        |  |

**Farmers Market Thursdays 2 PM – 6 PM  
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**NEWS FROM SOCIAL SERVICES OFFICE - TOWN OF TRUMBULL -Tel# 203-452-5198**

- **ELDERLY AND TOTALLY DISABLED RENTER'S RELIEF PROGRAM-** Applications accepted from April 1, 2014 through October 1, 2014. Income Cannot Exceed \$34,100 if Single, if married \$41,600. Applicants must be 65 years of age prior to 12/31./2013 or declared totally disabled by 12/31/2013.

**Please contact Social Services to obtain detailed program criteria and schedule annointment**

**Bocci Ball** -Will start on May 12, at 9 A.M. and will continue every Monday. If you are interested in joining, please call John Lang at 203-445-8325



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



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**SENIOR CENTER TRIPS**

**Wednesday, July 16: Cracker Barrel-**  
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**

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July 2014 CALENDAR

<b>MONDAY</b> 	9:00 a.m. - - - 9:30 a.m. 12:30 p.m. 1:00 p.m.	YOGA (July 7 & 21) ....exercise mat needed..... BANDS AND PILATES (July 14 & 28)..... BOCCE ..... MEN'S POKER GAME..... DRAWING CLASS..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM FUNCTIONS ROOM BOCCE COURT CARD ROOM MEETING 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..... OIL PAINTING CLASS ..... KNIT AND CROCHET GROUP..... 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

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203-378-3086

JULY 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
	<b>1</b> Honey Mustard Chicken	<b>2</b> All Beef Long Dog	<b>3</b> Baked Lasagna	<b>4</b> CLOSED
<b>7</b> White Fish with Dill Sauce	<b>8</b> Roast Turkey	<b>9</b> Chicken Scampi Linguine	<b>10</b> Sloppy Joe	<b>11</b> Cheese Egg Bake
<b>14</b> Unbreaded Veal Cutlet	<b>15</b> Eggplant Rolatini	<b>16</b> Canadian Ham	<b>17</b> Steamed, Unbreaded Lemony Fish	<b>18</b> Tuna Noodle Casserole
<b>21</b> Grilled Orange Chicken	<b>22</b> Turkey Pot Pie	<b>23</b> Asian Beef Strips	<b>24</b> Macaroni and Cheese	<b>25</b> Pulled Pork
<b>28</b> Eye of the Round	<b>29</b> Pier 17 Fish	<b>30</b> Philly Cheese Steak	<b>31</b> BBQ Pork Ribs	<b>Aug. 1</b>



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**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

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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.



**Fiddler on the Roof**  
**Goodspeed Opera House**  
**Griswold Inn**  
**Wednesday, August 13, 2014**

**Lunch at the Griswold Inn**  
**Bus and Show \$152.00**

Call T & A Tours at 203-483-6330 or 1-800-967-1923  
When calling explain that you are from the Trumbull Senior Center.



**9/11 Memorial Museum**  
**New York City**  
**Saturday, September 20, 2014**  
**Tour, Admission and Jazz Lunch at**  
**Garage Restaurant \$119.00**

Call T & A Tours at 203-483-6330 or 1-800-967-1923  
When calling explain that you are from the Trumbull Senior Center.

*Middlebrook Farms*

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## Jewelry Making Class

Spring Meadows Trumbull will sponsor monthly jewelry making class. Class will take place on Wednesday, July 9, 2014 and Wednesday, July 23, 2014 AT 1:00 PM

Lisa Croke, Program /Activities Director will be the instructor.

Everyone is welcome to attend. There will be no fee and all supplies will be included.