

# 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

## AUGUST 2014

### Free Information Session on Alzheimer's Disease and Related Dementias

Sponsored by Benchmark Senior Living  
Friday, August 8, at 11:00 a.m.

**For all members.** Come join us for an educational and informative session on Alzheimer's disease and related dementias. Learn the warning signs you should be aware of and the basic knowledge of symptoms and risk factors. You will be informed on ways to stay physically and mentally active to keep your body and mind strong as you get older. This free information session is presented to you by **Lidia Ayala**, Benchmark's Senior Harbor Care Director, and **Eric Cerino**, Alzheimer's researcher. Question and Answer will follow the approximate 45 minute presentation.

**Free refreshments** will be served.  
Please RSVP to Jean or Sharon  
at 203-452-5199

### BINGO

Join us on Friday, August 29th, at 1 p.m. in the nutrition room (seating limited). Refreshments provided by **Maefair Health Care Center**.  
Advanced reservation required. Please call Jean or Sharon 203-452-5199.

### MONTHLY BIRTHDAY PARTY

Sponsored by Middlebrook Farms of Trumbull  
Thursday, August 21, at 11:00 a.m. Everyone is welcome to come celebrate our August 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, August 22, at noon.**

RSVP, Seating Limited

**The Guilt Trip** – Andy Brewster (Seth Rogen) is about to go on the road trip of a lifetime...accompanied by his overbearing mother Joyce (Barbra Stresland). After deciding to start his adventure with a quick visit at mom's, Andy gets guilted into taking her along for the ride. As they cross 3,000 miles, he is constantly aggravated by her antics, but over time he comes to realize that they actually have more in common than he originally thought. In fact, his mother's advice might end up being exactly what he needs.

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

**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.

## **CYRIL F. MULLINS FUNERAL HOMES**

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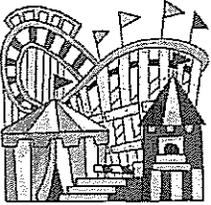
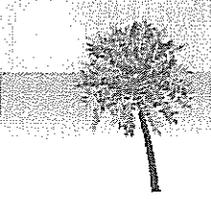
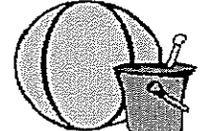
**203-372-6543**

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**203-334-5090**

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# August 2014 CALENDAR

<b>MONDAY</b> 	9:00 a.m. - - 9:30 a.m. 12:30 p.m. 1:00 p.m.	STRENGTH..... BOCCE ..... MEN'S POKER GAME..... DRAWING CLASS..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	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.	STRENGTH..... 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.	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.....	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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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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2750 Reservoir Avenue

Trumbull, CT

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

### **OLD TOWNE RESTAURANT**

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Breakfast & Lunch

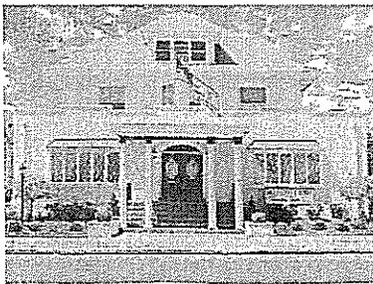
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**203-378-3086**

**August 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
				1 Beef Stroganoff
4 Turkey Keilbasa	5 Chicken Cacciatore	6 Chunky Turkey Salad	7 Minestrone Soup and Broccoli Bake	8 Baked Filet of Sole
11 Pork Chop	12 Philly Cheesesteak	13 Grilled Chicken over Caesar Salad	14 Eggplant Parmesan	15 Pier 17 Fish
18 Cheeseburger	19 Turkey, Ham, and Swiss Hero Sandwich	20 Roast Beef	21 Baked Fish	22 Hawaiian Chicken
25 Spaghetti and Meatballs	26 Veal Cutlet	27 Pulled Pork	28 Roast Turkey	29 Beef Barley Soup and Seafood Salad



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

**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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## **Refresh your driving skills with the AARP SMART DRIVER™ COURSE!**

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**DATE(S) & TIME(S)**

**SEPTEMBER 19, 2011 FRIDAY**

**9:00 AM to 1:00 PM**

**LOCATION**

**TRUMBULL SENIOR CENTER**

**23 PRICILLA PLACE**

**TRUMBULL, CT 06611**

**TO REGISTER**

**JEAN FERREIRA**

**(203) 452-5199**

### **CLASSROOM COURSE:**

\$15 for AARP members • \$20 for non-members

For more information visit [www.aarp.org/drive](http://www.aarp.org/drive)

**TOYOTA**

This program is supported by a generous grant from Toyota to AARP Foundation.



\*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.