

TRUMBULL SENIOR CITIZEN NEWSLETTER

23 Priscilla Place, Trumbull, CT • Open Monday through Friday 9:00 AM – 4:00 PM

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

 **OCTOBER 2014** 

The Senior Center Will Be Closed on Monday, October 13, 2014 for Columbus Day

PLEASE NOTE DATE CHANGE

Trumbull Senior Center



Friday, October 10, 2014

10:00 AM – 1:00 PM

Come join us for a free health fair at the Trumbull Senior Center. Learn more about services in the Trumbull area. There will be health and safety service providers-- hearing, dental, vision, nutritionist, balance assessments and much more. For more information, please call 203-452-5199

October 17, 2014 at 11:00 AM

Smile-A-While Variety Show

Dance, Song and Variety Show

Seating Limited, Please RSVP

203-452-5199

NOTARY PUBLIC AVAILABLE

Please call **203-452-5199** for an appointment.

LUNCH AND A MOVIE AT LUDLOW CENTER

Thursday, October 16, at noon.

You must RSVP - Call Sharon at 203-452-5199

A FREE lunch will be sponsored by Ludlow Center for Health and Rehabilitation. You may drive to 118 Jefferson Street, in Fairfield or transportation will be provided if needed. Feature Film: *On Golden Pond*.

BINGO

Join us on Friday, September 24th, at 1 PM in the nutrition room (seating limited). **Maefair Health Care Center will provide refreshments.** Advanced reservation required. Please call Jean or Sharon **203-452-5199**.

MONTHLY BIRTHDAY PARTY

Sponsored by Northbridge Health Center on October 16, at 11:00 AM. Everyone is welcome to come celebrate our October birthdays. Please RSVP 203-452-5199 (Let us know if it is your birthday.)

HALLOWEEN PARTY AND COSTUME CONTEST

Refreshments will be served

Join us on Friday, October 31 at 1:00 PM for an afternoon of fun. There will be a costume contest with prizes. To RSVP, please call 203-452-5199.

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

Social Services will begin taking appointments for the 2014-2014 Winter Heating Season (Energy Assistance) on October 13, 2014. Application are taken by appointment only- no walk-ins will be accepted. Please to schedule an appointment time and listing of required documentation

ARTS COMMISSION PRESENTS

"Foot & Fiddle" Square dance caller, on Sunday October 19th at 1 PM at the Center at 23 Priscilla Place. Come prepared to "Swing your Partner"! Cabaret seating: bring your own refreshments, \$5.00 per person. For tickets call Emily at 203-452-

The Nursing Department Announces the Appointment of a new Wellness Nurse!

C. Teresa Cryan, MSN, RN, APRN has been hired as the new Wellness Nurse to serve at The Senior Center and at Stern Village and the Congregate. She comes to us with 40 years of experience in Nursing! Teresa has worked as a Psychiatric Staff Nurse, Medical-Surgical Staff Nurse, Infection Control Nurse and, most recently, as a Nursing Faculty Member, teaching undergraduate nursing students. We are so happy to have Teresa working with us to meet the needs of Trumbull Seniors. Her office is located at the Senior Center, in the Nursing Department located with Social Services. Teresa can be reached at 203-452-5134 or by email tcryan@trumbull-ct.gov. Her hours will be part time, with a schedule to be posted soon. Please come by to meet Teresa and say Hello!

From the desk of: Coleen Figliuzzi, BSN, RN, NCSN –Director of Nursing

AARP SAFE DRIVERS COURSE

Friday, November 21, 9:00 AM until 1:00 PM. Members pay \$15.00 and non-members \$20.00 Reservation by check only. Please make checks payable to AARP (No cash please). For more information and to reserve your seat please call Jean or Sharon at (203)452-5199.



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SENIOR CENTER TRIPS

Wednesday, October 15:

Walmart - 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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OCTOBER 2014 CALENDAR

MONDAY 	9:00 AM - - 9:30 AM 10:30 AM 12:30 PM 1:00 PM	STRENGTH..... BOCCE MEN'S POKER GAME..... DRAWING CLASS..... CHAIR EXERCISE WITH RITA..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM BOCCE COURT CARD ROOM MEETING ROOM TV ROOM MEETING ROOM FUNCTIONS ROOM
TUESDAY 	9:15 AM 10:00 AM - 10:30 AM 11:30 AM 12:30 PM - 1 – 4 PM	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..... BILLIARD ROOM OPEN -8 BALL- PARTNERS	FUNCTIONS ROOM MEETING ROOM COMPUTER ROOM FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM FUNCTIONS ROOM BILLIARDS ROOM
WEDNESDAY 	9:00 AM 10:10 AM 10:30 AM - 11:00 AM 12:00 PM 12:30 PM	YOGA..... JAZZERCISE..... CHAIR EXERCISE WITH RITA..... ACBL DUPLICATE BRIDGE..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....	FUNCTIONS ROOM FUNCTIONS ROOM TV ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM
THURSDAY 	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	PILATES..... MEN'S POKER GAME..... NURSE AVAILABLE..... SLIM APPROACH..... WATER COLOR CLASS..... JAZZERCISE..... CHAIR EXERCISE VIDEO NO INSTRUCTOR..... 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 AM 10:30 AM 10:30 AM 12:30 PM 1-4 PM	ADVANCED OIL PAINTING CLASS DRAMA CLUB..... TAI CHI..... MAH JONGG..... BILLIARD ROOM OPEN -8 BALL- PARTNERS	MEETING ROOM LIBRARY FUNCTIONS ROOM MEETING ROOM BILLIARDS ROOM

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203-378-3086

OCTOBER 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
 <i>A trip to the pumpkin patch clipart</i>		1 Grilled Chicken Basket	2 Pot Roast	3 Potato Crunch Fish
6 Pork Roast	7 Grilled Chicken	8 Spaghetti and Turkey Meatballs	9 Meat Loaf	10 Chicken and Macaroni Salad
13 CLOSED COLUMBUS DAY	14 Lasagna Rolette	15 Grilled Breast	16 Beef Stew	17 Roast Turkey
20 Veal Scaloppini	21 Fish Filet	22 Rigatoni with Meatballs	23 Broccoli Bake	24 Chicken Tetrazzini
27 Knockwurst	28 Veal Patty	29 Grilled Chicken Breast	30 Stuffed Cabbage	31 Pepper Steak



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SUSAN B'S SALON

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

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Travel Corner

For your travel convenience, the Senior Center will provide a travel representative who will be able to assist you with available day trips or any other requests. Richard Dezenzo will be available on the first and third Monday of every month from 10 AM -11:00 AM. For more information, please call 203-452-5199.

-Westchester Broadway Theater - Oct. 30th - South Pacific - package include motor coach roundtrip, reserved seats for show, luncheon, tax & Gratuities. Luncheon choices - Chicken Marsala (potato & vegetable); Filet of Sole with lemon butter,(potato & vegetable); Beef Stroganoff (potato & vegetable); Chicken Royale (baked potato & vegetable); Filet of Sole Florentine (baked potato & vegetable); Eggplant Parmigiana (pasta & vegetable); salad, rolls, dessert, coffee or tea. pick up at Penny Lane Commuter lot. Reservations by Oct. 17th. To book reservation call contact Lois Hoyt 203- 261-6693 **Cost \$93**

- Goodspeed Opera House -November 20th - Holiday Inn - package includes: entree chicken, salmon, pasta, transportation, show and luncheon. Departure - Greenwich -9:15, Darien - 9:30, Westport - 9:45, Fairfield - 10:00, Stratford -10:15. Call Jill Meyer - 203-256-3166 and tell her you are from the Trumbull Senior Center. **Cost - \$158**

- Radio City Holiday Show - December 8th - Luncheon - grilled salmon, broiled chicken, rigatoni Bolognese, pumpkin ravioli - Depart from Fairfield Senior Center 9:15 am arrive back 6:30 pm Call Jill Meyer - 203-256-316 and tell her you are from the Trumbull Senior Center. **Cost - \$145**

-Botanical Garden Holiday Train Show - December 11th - at the Enid A. Haupt Conservatory. Entrees - choice of chicken parmesan, fish, pasta. Depart Stratford - 8:15AM, Fairfield 8:30AM, Westport - 8:45AM. Call Jill Meyer - 203-256-3166 and tell her you are from the Trumbull Senior Center. **Cost \$127**

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