

# 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

 **NOVEMBER 2014** 

**The Senior Center Will Be Closed on Veterans Day, Tuesday, November 11, 2014 and Thanksgiving Holiday, Thursday, November 27 and Friday, November 28, 201**

### THANKSGIVING WISHES

Thanksgiving is time for reflecting and giving thanks for all our blessings, including our volunteers who make all of our programs successful.

On behalf of the Senior Center staff, I would like to extend a safe, healthy and enjoyable holiday to you and your loved ones.

### INCLEMENT WEATHER

On days that it storms or inclement weather is predicted, please tune your radio to station WICC 600 AM for all weather advisories and/or cancellations. If Trumbull schools are cancelled, programs and transportation will be also be canceled. When there is a delayed opening, the Senior Center and transportation will also be delayed and the early morning classes will be cancelled.

### NOTARY PUBLIC AVAILABLE

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

### LUNCH AND A MOVIE

**Friday, November 14, at noon.**

**Please RSVP - Call 203-452-5199**

A **FREE lunch will be sponsored by Ludlowe Center for Health and Rehabilitation.** Feature Film: *"Blended"* starring Adam Sandler and Drew Barrymore. After a bad blind date, a man and woman find themselves stuck together at a resort for families. Their attraction grows as their respective kids benefit from the burgeoning relationship.

### BINGO

**Join us on Friday, November 21, at 1:00 PM** in the Nutrition Room (seating limited). **Maefair Health Care Center will provide refreshments.** Advanced reservation required. Please call Jean at **203-452-5199.**

### MONTHLY BIRTHDAY PARTY With

Denise Loeb..... **Sponsored by Northbridge Health Center on November 7, 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.)

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

Social Services is taking appointments for the 2014-2015 Winter Heating Season (Energy Assistance) on Application are taken by appointment only- no walk-ins will be accepted. Please feel free to schedule an

## PICKLEBALL DEMONSTRATION

**Join us on November 7, at 11:00 AM for a demonstration of this new and exciting game enjoyed by many Senior Citizens.** Pickleball is a sport that combines elements of badminton, tennis, table tennis and volleyball. It is played on a court with a hard paddle and a plastic ball.

## VETERANS' DAY CEREMONY

The veterans of American Legion Post 141 and VFW Post 10059 will join with Trumbull's education community to celebrate Veterans' Day on Tuesday, November 11 at 8:30 AM in the Trumbull High School auditorium. Participants will include past and present members of our Armed Forces, state and local political and education dignitaries, clergy, and the senior class of Trumbull High School.

Patriotic musical accompaniment will be provided by the Trumbull High School Chamber Singers and the Golden Eagle Band. The keynote speaker will be retired U.S. Navy Commander Richard McCarthy.

For further information, please call Veterans' Day Chairman, George Areson, at 203-913-1276

## 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, November 12**

**Christmas Tree Shop-** Bus leaves the Senior Center at 11:00 a.m. For reservations please Call Sharon at

PRECISION HEARING- STRATFORD

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# NOVEMBER 2014 CALENDAR

<b>MONDAY</b> 	9:00 AM - 9:30 AM 10:30 AM 12:30 PM 1:00 PM	STRENGTH..... BOCCE ..... DRAWING CLASS..... CHAIR EXERCISE WITH RITA..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM BOCCE COURT MEETING ROOM TV ROOM MEETING ROOM FUNCTIONS ROOM
<b>TUESDAY</b> 	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
<b>WEDNESDAY</b> 	9:00 AM 10:10 AM 10:30 AM - 11:00 AM 12:30 PM	YOGA..... JAZZERCISE..... CHAIR EXERCISE WITH RITA..... ACBL DUPLICATE BRIDGE..... TAP DANCE..... COUNTRY WESTERN LINE DANCE.....	FUNCTIONS ROOM FUNCTIONS ROOM TV ROOM MEETING ROOM FUNCTIONS ROOM FUNCTIONS ROOM
<b>THURSDAY</b> <i>Be Thankful</i> 	9:00 AM 9:30 AM 10:00 AM 10:00 AM 10:15 AM 11:00 AM 1:00 PM 1:00 PM	PILATES..... NURSE AVAILABLE..... SLIM APPROACH..... WATER COLOR CLASS..... JAZZERCISE..... CHAIR EXERCISE with NURSE TERESA..... CANASTA..... LATIN LINE DANCE WITH MIKE STAVOLA.....	FUNCTIONS ROOM SOCIAL SERVICE TV ROOM MEETING ROOM FUNCTIONS ROOM TV ROOM CARD ROOM FUNCTIONS ROOM
<b>FRIDAY</b> 	10:00 AM 10:30 AM 12:30 PM 1-4 PM	ADVANCED OIL PAINTING CLASS ..... TAI CHI..... MAH JONGG..... BILLIARD ROOM OPEN -8 BALL- PARTNERS .....	MEETING ROOM FUNCTIONS ROOM MEETING ROOM BILLIARDS ROOM



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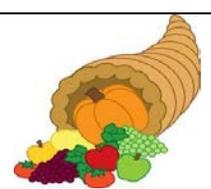
203-378-3086

NOVEMBER 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 Baked Cheese Ravioli	4 Philly Cheese Steak	5 Chicken Pot Pie	6 Crab Cakes With Sauce	7 Sliced Ham with Pineapple Glaze
10 Egg Bake with Mushrooms and peppers	11 Closed	12 Vegetable Soup Eggplant Rolette and Sauce	13 Chicken Patty With Gravy	14 Eye of The Round and Egg Noodles
17 Ziti, Beans and Broccoli	18 Lasagna Rolette	19 Roast Turkey Stuffing & gravy	20 Chicken Ala King Over Wild Rice	21 Baked Filet of Sole
24 Vegetarian Chili	25 Lemon Chicken	26 Beef Stew With Rice	27 Happy Thanksgiving	28 Closed
 Happy Thanksgiving		 Bee Thankful		



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**SUSAN B'S SALON**

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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.

-**Foxwood Casino** Friday, January 9. Bus leaves early enough to play bingo. Includes Buffet and free bet. ( pick up at Stern Village and Penny Lane). The Rainmaker casino will be open on Friday **Cost \$25.00**

- **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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