

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



JANUARY 2015



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 cancelled. When there is a delayed opening, the Senior Center and transportation will also be delayed and the early morning classes will be cancelled.

LUNCH & MOVIE- Friday, January 30 at noon. Lunch will be sponsored by **Ludlowe Center for Health and Rehabilitation**. Our feature film is "And So It Goes". Nobody likes real-estate agent Oren Little (Michael Douglas), and he prefers it that way. He's deliberately mean to anyone who crosses his path and wants nothing more than to sell one final house and retire. Oren's life turns upside-down when his estranged son drops off a granddaughter (Sterling Jerins) he didn't know existed. Oren has no idea how to take care of a child, so he pawns the girl off on his neighbor, Leah (Diane Keaton) -- but he learns how to open his heart.
Please RSVP - Call 203-452-5199.

THE SENIOR CENTER WILL BE CLOSED

Thursday, January 1, New Year's Day and Monday, January 19, Martin Luther King Birthday

NEW YEAR BINGO

Friday, January 23 at 1 PM - Refreshments provided by **Maefair Health Care for Health and Rehabilitation**. Special prizes by **Home Instead Senior Care of Trumbull, Ct.** Seating is limited and advanced reservation required. Please call **203-452-5199** to RSVP.

Monthly Birthday Party with Denise Leob Sponsored by Northbridge Health Center
Thursday, January 15 at 11:00 AM. Everyone is welcome to come celebrate our January birthdays.

ARTS COMMISSION PRESENTS

Three members of the "Kahana Hula" group will perform at the Center at 23 Priscilla Place in Trumbull on January 25th at 1 PM. Audiences of all ages including toddlers enjoy the interactive program of music, stories, song and dance while learning the history, legends, culture and language of Hawaii. Cabaret Seating: \$5.00 bring your own refreshments. For tickets call the Arts Commission at 203-452-5065

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

Social Services is currently taking appointments for the 2014-2015 Winter Heating Season (Energy Assistance). Applications are taken by appointment only- no walk-ins will be accepted. Please call -to schedule an appointment time and listing of required documentation.

PICKLEBALL DEMONSTRATION

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. **If you would like to join us for regularly scheduled games, call us AT 203-452-5199 with your name and phone number.**

AARP SAFE DRIVERS COURSE

Friday, January 23 , 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, January 21, 2014

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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JANUARY 2015 CALENDAR

MONDAY 	9:00 AM - 9:30 AM 12:30 PM 1:00 PM	STRENGTH..... BOCCE DRAWING CLASS..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM BOCCE COURT MEETING 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 9:30 AM 10:10 AM 10:30 AM - 11:00 AM 12:30 PM	YOGA..... NURSE AVAILABLE JAZZERCISE..... CHAIR EXERCISE WITH RITA..... ACBL DUPLICATE BRIDGE..... TAP DANCE..... COUNTRY WESTERN LINE DANCE.....	FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM TV ROOM MEETING ROOM FUNCTIONS 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	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
FRIDAY 	9:00 AM 10:00 AM 10:30 AM 12:30 PM 1-4 PM	ZUMBA GOLD..... ADVANCED OIL PAINTING CLASS TAI CHI..... MAH JONGG..... BILLIARD ROOM OPEN -8 BALL- PARTNERS	FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM BILLIARDS ROOM



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JANUARY 2015

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 Closed	2 Orange chicken
5 Grilled Chicken Breast	6 Swedish Meatballs and Noodles	7 Hot Dog and Baked Beans	8 Eggplant Rollatini & Ziti	9 White Fish Filet
12 Open Face Turkey Sandwich	13 Chicken Kiev	14 Swedish Meatballs	15 Shepard's Pie	16 Fish Filet
19 Closed Martin Luther King Day	20 Chicken Jambalaya	21 Baked Cod Fish	22 Spaghetti and Meat Balls	23 Roast Pork
26 Open Face Roast Beef Sandwich	27 Knockwurst Perogies	28 Chicken Bruschetta	29 Lasagna Rolette Marinara Sauce	30 Turkey Pot Pie



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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

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 **\$25.00 p.p**

-Mohegan Sun Casino - Monday, March 30. Includes, free play buffet and bus (pick up at Stern Village 8:15 AM and Penny Lane at 8:30 AM). **\$25.00 p.p**

FRANK ONORATO
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