

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
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Rachel Yahwak.....	Senior Commission Chairperson.....	203-268-0383



FEBRUARY 2015



THE SENIOR CENTER WILL BE CLOSED
Thursday, February 16, President's Day

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, February 20 at noon.

Lunch will be sponsored by **Ludlowe Center for Health and Rehabilitation**. Our feature film is "The Other Woman" -New York lawyer Carly Whitten (Cameron Diaz) lives by strict rules when it comes to romantic relationships, but when she falls for suave, handsome Mark King (Nikolaj Coster-Waldau), she begins an affair with him. A surprise visit to Mark's home reveals that he is married to devoted housewife Kate (Leslie Mann). Carly and Kate direct their hurt and anger toward Mark, and when they discover yet a third woman (Kate Upton) caught in his web of lies, the three join forces for revenge **Please RSVP - Call 203-452-5199.**

VALENTINES DAY BINGO

Friday, February 27 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

Friday, February 13 at 11:00 AM. Everyone is welcome to come celebrate our January birthdays.

AARP Tax-Aide- Certified volunteers will offer free income tax preparation at the Trumbull Senior Center, from February 4, 9:00 AM until noon every Wednesday until April 15, 2014. No appointments are necessary. Just walk in.
What to bring -A copy of your 2014 tax return, Social Security Statement, SSA 1099. all tax forms received for tax year 2014 (W-2, 1099, etc.). end of year investment statements (INT, DIV, STOCKS, BONDS). Documentation to support itemized deductions or credits claimed (medical, taxes, contributions, education expenses, etc.) and any other tax documents you might have.

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

Social Services is currently taking appointments for the 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, March 27, 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, February 11, 2015

Olive Garden- 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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FEBRUARY 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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FEBRUARY 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
2 MEATLOAF	3 GRILLED CHICKEN BREAST	4 SPAGHETTI WITH MEATBALLS	5 SLICED HAM	6 SLICED TURKEY
9 ROAST BEEF	10 BAKED FISH	11 SALISBURY STEAK	12 EGGPLANT PARMESEAN	13 OPEN FACE TURKEY SANDWICH
16 CLOSED PRESIDENT'S DAY	17 GLAZED CHICKEN BREAST	18 LASAGNA WITH MARINARA SAUCE	19 TURKEY NOODLE CASSEROLE	20 WHITE FISH FILET
23 BEEF STEW	24 SLICED PORK	25 HAMBURGER BEEF PATTY	26 GRILLED CHICKEN	27 CHEESE LASAGNA



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Travel Corner

For your travel convenience, the Senior Center travel representative Richard Dezenzo will be able to assist you with available day trips or any other requests. For more information, please call 203-452-5199.

-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**

The Trumbull Arts commission presents

“Primavera” on Sunday Feb. 8 at 1pm at the center at Priscilla Place. Primavera is an eclectic mix of modern and traditional Italian music. With Tony on his guitar and singing capabilities and Vinny on his keyboard and accordion they create a beautiful sound that cannot be replicated.

The **“Frank Porto”** band will be at the Center on February 22nd, at 1Pm . The band, billed as “A vibrant small band with a BIG band sound” plays music from Broadway, the Big Band Era and the Great American Songbook. Dancing encouraged!

Both events are cabaret seating, doors open at 12:30, bring your own refreshments. All ages welcome. Pre purchase of tickets is necessary: \$5.00 per ticket. 203-452-5065.

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