

SENIOR CITIZEN NEWSLETTER

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

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MARCH 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, March 6 at noon. Lunch will be sponsored by **Ludlowe Center for Health and Rehabilitation.**

BELLE is inspired by the true story of Dido Elizabeth Belle (Gugu Mbatha-Raw), the illegitimate mixed race daughter of Admiral Sir John Lindsay (Matthew Goode). Raised by her aristocratic great-uncle Lord Mansfield (Tom Wilkinson) and his wife (Emily Watson), Belle's lineage affords her certain privileges, yet her status prevents her from the traditions of noble social standing. While her cousin Elizabeth (Sarah Gadon) chases suitors for marriage, Belle is left on the sidelines wondering if she will ever find love. After meeting an idealistic young vicar's son bent on changing society, he and Belle help shape Lord Mansfield's role as Lord Chief Justice to end slavery in England. **Please RSVP - Call 203-452-5199.**

Monthly Birthday Party with Denise Leob Sponsored by Northbridge Health Center

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

St. PATRICK'S DAY BINGO

Friday, March 20 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.

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.

IRISH CELEBRATION SPONSORED BY ST JOSEPH'S CENTER AND THE ADMISSIONS DIRECTOR

MELISSA HRIPAK

FRIDAY, MARCH 27 at 1:00 PM –Join us for a fun filled afternoon filled with Irish music, Irish soda bread, cookies and other goodies. Please call 203-452-5199 to RSVP .



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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.
- Senior and Totally Disables Homeowner Tax Relief Program. The Trumbull Tax Assessor's Office is accepting applications for tax relief benefits, February 2, 2015 through May 15, 20 (Monday through Friday 10:00 AM until 4:00 PM) on a walk in basis. Bring with you: completed 2014 federal income tax return and all schedules attached along with social security 1099(s). Social Services is available to take applications at the Senior Center (by appointment only) as well as visiting home-bound applicants. The state and town tax relief programs are based on age, residency and income qualifications. The town income limit is \$70,000 based on 2014 income.
- The Food Pantry is currently in need of condiments such as ketchup, mayonnaise, mustard, and oil. The Food pantry is open to town residents by appointment only. Call 203-452-5198 for appointment.

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.

The Trumbull Arts Commission Presents

"Primavera" -Sunday March 8 at 1 PM. Primavera is an eclectic mix of modern and traditional Italian music.

"Michael Jovanovich, Dr. Joe & Co"- March 22 at 1:00 PM. Cabaret style RSVP \$5.00 per ticket. 203-452-5065.



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Wednesday, March 18, 2015, Luncheon trip to Carrabba at the Post Mall in Milford - Bus leaves the Senior Center at 11:00 a.m. and returns at 2:00 PM.

PRECISION HEARING- STRATFORD 203-381-9555
Ryders Landing · Stratford · Exit 53 Merritt Pkwy

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MARCH 2015 CALENDAR

MONDAY 	9:00 AM - 9:30 AM 10:00 AM 12:30 PM 1:00 PM	STRENGTH..... BOCCE DRAWING CLASS..... MUSIC AND MOVEMENT WITH NANCY DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM BOCCE COURT MEETING ROOM FUNCTIONS 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..... BILLIARD ROOM OPEN -8 BALL- PARTNERS	FUNCTIONS ROOM MEETING ROOM COMPUTER ROOM FUNCTIONS ROOM FUNCTIONS ROOM CARD 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 2:00 PM	PILATES..... NURSE AVAILABLE..... SLIM APPROACH..... WATER COLOR CLASS..... JAZZERCISE..... CHAIR EXERCISE with NURSE TERESA..... CANASTA..... LATIN LINE DANCE WITH MIKE STAVOLA..... Pickle Ball.....	FUNCTIONS ROOM SOCIAL SERVICE TV ROOM MEETING ROOM FUNCTIONS ROOM TV ROOM CARD ROOM FUNCTIONS 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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203-378-3086

MARCH 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 GRILLED CHICKEN BREAST	3 SLICED HAM	4 EGG BAKE WITH BROCCOLI	5 ST LOUIS RIBS AND EGG NOODLES	6 SEAFOOD SALAD
9 PULLED PORK	10 CHICKEN BREAST	11 BEEF BRISKET	12 HOT OPEN TURKEY BREAST	13 EGGPLANT ROLATINI
16 STUFFED SHELLS	17 CORNERED BEEF	18 LOWED SALT HAM STEAK	19 BAKED CHICKEN	20 BAKED FISH
23 BLOCK & BARREL HOT DOG	24 CHICKEN BREAST	25 RIBS WITH SAUCE	26 ROAST TURKEY	27 CRAB CAKES
30 CHICKEN POT PIE	31 RAVIOLI WITH MEAT SAUCE			



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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. **\$25.00 per person**

Odyssey Luncheon Cruise- On Boston Harbor Tuesday, August 18, 2015 (One Day)

Includes: round trip coach , scenic 2 ½ hour narrated Boston Harbor Cruise aboard the beautiful Odyssey, elegant served luncheon, musical entertainment, meal taxes and Gratuities. **\$85.00 per person**

To book this Day Trip call 888-320-8687. Flyers avail available at the Senior center.

Country Legends Tribute Show - at the Oakdale Music Theatre- Wednesday Matinee, September 9, 2015.

Includes: motor coach transportation, luncheon at the OAKDALE, Legends in Country Show, meal tax and gratuities. You will be amazed at how much they resemble and sound like dolly, Kenny, Johnny Reba and Willie.

\$97.00 per person

To book this Day Trip call 888-320-8687. Flyers avail available at the Senior center.

Polka Party! – Featuring the Eddie Forman Orchestra, Thursday, September 17, 2015.

The Baltic Restaurant, famous for their Authentic Polish-American Cuisine. The Baltic was constructed to resemble an 18th Century Mansion that was built by Karwowski Family in 1760. Includes: round trip motor coach transportation, Authentic Polish- American Buffet, music, Dancing and the Eddie Forman Orchestra, meal taxes and gratuity

\$69.00 per person

To book this Day Trip call 413-732-8687. Flyers avail available at the Senior center.

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