

# 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

## MAY 2015

### Older Americans Month Activities

#### **Dogwood Festival**

**Friday, May 1, 2015, 11:00 AM -2:00 PM**

Dogwood Festival- Greenfield Hills, Fairfield. On the church lawn there will be handmade crafts, entertainments and food. The Festival is an event which attracts thousands each year! Open to all members (limited Seating) For reservation Call 452-5199

**Proclamation and Tea Party- Friday, May 8 at 10:45 AM.** Sponsored by Maefair Health Care for Health and Rehabilitation and Benchmark Senior living at Split Rock. Proclamation and Tea Party with First Selectman Timothy Herbst. Join us in the celebration of Older Americans, Bigalow Tea will make a presentation. Please call 203-452-5199 to RSVP.

**LUNCH & MOVIE- Friday, May 15 at noon.** Lunch will be sponsored by Ludlowe Center for Health and Rehabilitation. Feature Film "Mall Cop". A single suburban father works as a mall security guard to make ends meet. He takes his job very seriously, though most of his colleagues and customers don't. Staring Keven James and Jayma Mays.

### **THE SENIOR CENTER WILL BE CLOSED**

Memorial Day Monday, May 25, 2015

**Monthly Birthday Party with Sponsored by Northbridge Health Center, Friday, May 15 at 11:00 AM.** Everyone is welcome to come celebrate our May birthdays.

**SENIOR MONTH BINGO -Friday, May 22 at 1 PM** Refreshments provided by Northbridge Health Center Special prizes and refreshments. Seating is limited and advanced reservation required. Please call **203-452-5199** to RSVP.

**Memorial Day Tribute- Friday, May 29 at noon in the Courtyard.** Sponsored by Home Instead Senior Care of Trumbull, Ct. and Ludlow Center for Health & Rehabilitation. Music provided by Richie Jones. Patriotic music and refreshments will be provided. Please call **203-452-5199** to RSVP

**REMINDER-** Senior Center Membership renewal is due July1, 2015. The fee for residents is \$5.00 and out of town residents \$20. We will accept membership starting Monday, June 1, 2015. Please make payments by check or money order only. If you are a current member, you may mail in your payment to the Senior Center. Please be sure to write your membership number on your check. New members renewing by mail please 203-452-5199 to have a membership form mailed to you.

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

- Senior and totally disabled Renter's Rebate Program applications are being accepted by Social Services between May 1, 2015 through October 1, 2015. Annual income guidelines: single, \$34,600 or couples, \$42,200. Eligibility requirements applicants must be 5 years of age or older before January 1, 2014 or on Social Security Disability. Applicants must provide the following financial documents: **proof of 2014 income**, Social Security benefit statement for 2014 (1099 form), Bank interest/dividends for 2014, pension statement for 2014 and 2014 tax return (if filed). **Proof of expenses that were paid:** rent receipts from housing complex for entire year and statements for the following utilities (electric, gas, water and fuel). **Applications by appointment only (no walk-ins. If you have questions call 203-452-5198.**
- **The Food Pantry is** currently in need of condiments such as ketchup, mayonnaise, mustard, oil, juice and canned fruits. The Food pantry is open to town residents by appointment only. Call 203-452-5198 for appointment.

**The Trumbull Arts Commission Presents**

**"Frank Porto"** band in a "Spring Fling Dance" on Sunday May 3, at 1PM at the Center at 23 Priscilla Place. 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.

**"Radio Ranch"**, on Friday May 15 at 7:30 PM billed as the best Country Western band in CT, at The Center at 23 Priscilla Place in Trumbull

**Cabaret style RSVP \$5.00 per ticket. 203-452-5065.**



21 MAEFAIR COURT, TRUMBULL, CT 06611  
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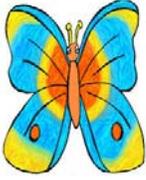
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## MAY 2015 CALENDAR

<b>MONDAY</b> 	9:00 AM - 9:30 AM 10:00 AM 12:30 PM 1:00 PM	STRENGTH..... BOCCE ..... DRAWING CLASS..... SMILR –A-WHILE..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM BOCCE COURT MEETING ROOM FUNCTIONS 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..... BILLIARD GAME (8 BALL PARTNERS).....	FUNCTIONS ROOM MEETING ROOM COMPUTER ROOM FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM BILLIARDS ROOM
<b>WEDNESDAY</b> 	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
<b>THURSDAY</b> 	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
<b>FRIDAY</b> 	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 GAME (8 BALL- PARTNERS) .....	FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM BILLIARDS ROOM



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MAY 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 Butter Crunch Fish
4 Baked Chicken Breast	5 American Chop Suey	6 Pulled Pork Sandwich	7 Open Faced Turkey	8 Beef Brisket
11 Ziti Meatballs	12 Pork Loin	13 Chicken Scampi	14 Meatloaf with Gravy	15 Lemon Pepper Fish
18 Chicken Marsala	19 Lazy Man Stuffed Pepper	20 All Beef Long Dog	21 Pulled Pork with BBQ Sauce	22 Turkey Tetrazzini
25 Closed Memorial Day	26 Sliced Ham with Pineapple Sauce	27 Baked Lasagna	28 Philly Cheese Steak	29 Pier 17 Fish



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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.

For the summer months of May and June there will be no trips scheduled.

### AARP SAFE DRIVERS COURSE

Friday, May 29, 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.

### TRUMBULL TROTTERS

The "Trumbull Trotters" cordially invites all members of the Trumbull Senior Center, provided they be female, to explore membership in the organization. This group was founded in 2005 by a center staff member to be affiliated with the Red hat Society and has gradually assumed an independent status. We do, however continue to advance the cause of fun, friendship and frivolity. For further information please call Connie at 203-375-1802 or Nora at 203-735-6230.

### *Middlebrook Farms*

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