

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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Sharon Miller.....	Transportation Coordinator.....	203-452-5137
Rachel Yahwak.....	Senior Commission Chairperson.....	203-268-0383



JUNE 2015



Captain's Cove

Wednesday, June, 17, 2015, 11:00 AM -2:00 PM Captains Cove , Bridgeport, Connecticut. Connecticut's premier tourist attractions. Visit the quaint shops that line the boardwalk and enjoy lunch. Open to all members (limited Seating) For reservation Call 452-5199

LUNCH & MOVIE- Friday, JUNE 5 at noon. Lunch will be sponsored by **Ludlowe Center for Health and Rehabilitation.** Feature Film **"50 To 1"**. A misfit group of New Mexico cowboys are on the journey of a lifetime when their crooked-footed racehorse qualifies for the Kentucky Derby. The cowboys face a series of mishaps on their way to Churchill Downs, becoming the ultimate underdogs in a final showdown with the world's racing elite. Starring: Skeet Ulrich, Christian Kane, William Devane, Madelyn Deutch, Todd Lowe

AARP SAFE DRIVERS COURSE

Friday, July 17, 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.

Monthly Birthday Party with Sponsored by Northbridge Health Center, Friday, June 19 at 11:00 AM. Everyone is welcome to come celebrate our May birthdays.

Flag Day Celebration And Ice Cream Social- (Friday, June 12) Sponsored by Griswold Home Care. 1 PM in the Courtyard. Music provided by Richie Jones. Please call **203-452-5199** to RSVP

SENIOR MONTH BINGO - Friday, June 26 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.

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. **No Cash!** 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 call 203-452-5199 to have a membership form mailed to you or stop by the center.

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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 65 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.
- Donations can be dropped off at The Center at Priscilla Place during building hours, which are 9 am to 4 pm, Monday through Friday. If you are dropping off a large donation, please call (203) 452-5198 to notify our Social Services staff.



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JUNE 2015 CALENDAR

MONDAY 	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
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 GAME (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 GAME (8 BALL- PARTNERS)	FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM BILLIARDS ROOM



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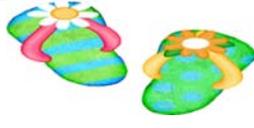
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203-378-3086

JUNE 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 Meat Ravioli Broccoli	2 Glazed Ham Roasted Potato	3 Chicken Breast Herbed Stuffing	4 Meatloaf Harvest Rice	5 Broccoli Bake Tater Tots
8 Knockwurst Au Jus Potato Salad	9 Baked Ziti Italian Veggies	10 Crispy Fish Tater Tots	11 Pork Chop Au Jus Macaroni & Cheese	12 Seafood Salad Carrot Salad
15 Stuffed Chicken Long Grain Rice	16 Hamburger Steak Fries	17 Turkey Tetrazzini Brown Rice	18 Roast Beef Mashed Potatoes	19 lite Crunch Fish Yams
22 Pork Loin Yellow Rice	23 Spaghetti/meat Sauce & Salad	24 White Fish Sweet Potato	25 Pasta Fagioli Roast Beef Sand.	26 BBQ Grilled Chicken
29 Beef Stroganoff Egg Noodles	30 Ribs and Sweet Potato			



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Travel Corner

All the listed tours are with T & A Tours, LLC - Please contact them at 203-483-6330 or 1-800-967-1993

Saturday, July 11, August 8 - Ellis Island/Statue of Liberty Dinner at the Garage Restaurant \$117
 Trip will bring you to the Ellis Island Immigration Museum and Statue of Liberty.

Saturday, May 2, August 1, October 12 9/11 Memorial Museum , Garage Restaurant Jazz Lunch \$120
 Visit the 9/11 Memorial Museum explaining the story of 9/11 through multi-media displays, archives, narratives and a collection of monumental and authentic artifacts. Lunch and live jazz music at the Garage Restaurant in Greenwich Village and admission to the 9/11 Museum and Memorial

Sunday, July 19, August 9 New York City.. by Land & Sea \$135
 Sunday brunch buffet, jazz entertainment and two hour cruise around lower Manhattan. Watch New York City come alive as our actor/tour guide provides entertainment and informative bus tour of the history and intriguing stories of the celebrities.

Sunday, September 26 - Providence WaterFire & Ten 31 Studios, Olive Tap, History Tour \$124
 Visit to Ten 31 Studios-Behind the Masks, a performance art company specializing in creations of costumes and living statues. Lunch at Pizzico Restaurant. and inspiring bon fire display of WaterFire lit on the Providence Rivers (subject to change).

Saturday, June 13, August 15 - Long Island's, Port Jefferson Ferry, North Shore Tour \$135
Scenic Greenport, Waterfront dining at Claudio's Restaurant Board the Jefferson Ferry to North Shore of Long Island. Waterfront dining at Claudio's Restaurant in Greenport, wine tasting at Osprey's Dominion Vineyards and time to shop waterfront shops.

Saturday, May 23- Frida Kahlo: Art, Garden Life NYC Botanical Gardens, Mario's 4 course feast on Arthur Avenue. \$119
 Witness stunning Spring exhibits including Frida Kahlo:Art,Garden & Life, focusing on the iconic artist's engagement and country of Mexico. (Lunch on town).

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