

# 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 Fereira.....  | Director/Editor.....               | 203-452-5199 |
| Sharon Miller..... | Transportation Coordinator.....    | 203-452-5137 |
| Rachel Yahwak..... | Senior Commission Chairperson..... | 203-268-0383 |

## JULY 2015

### MARNICKS

**Monday, July 13, 11:30 AM -3:00 P M** Lunch at Marnick's in Stratford on the beach. Then a quick stop to Paradise Green to visit the farmers market. This Trip is open to all members (limited seating), For reservation Call 452-5199.

**LUNCH & MOVIE-** Friday, July 10 at noon. Lunch will be sponsored by **Ludlowe Center for Health and Rehabilitation. Feature Film "Blended"**. Plot: After a disastrous blind date, single parents Lauren and Jim agree on only one thing: they never want to see each other again. But when they each sign up separately for a fabulous family vacation with their kids, they're all stuck sharing a suite at a luxurious African safari resort for a week. Rated PG-13.

**Wheel of Fortune –July 22 at 1:00 PM in the courtyard.** Sponsored by Home Instead Senior Care. Come join Rose and Carol for an afternoon of fun and prizes. Try your luck at spinning the wheel and solving the puzzle for prizes. Please RSVP (203) 452-5199



### SENIOR CENTER CLOSED JULY 3, FOR FOURTH OF JULY

**SENIOR TRANSPORTATION HOURS HAVE CHANGED.** Starting July 1, 2015 the new hours to book your rides with Sharon are Monday through Friday from 9:00 AM until 1:00 PM.

**Monthly Birthday Party with Sponsored by Northbridge Health Center, Friday, July 17 at 11:00 AM.** Everyone is welcome to come celebrate our July birthdays.

**LIVE STEEL DRUM ENTERTAINMENT IN THE COURTYARD.** Thursday, July 16 11:30 AM until 1:00 PM. Sponsored by. Maefair Health Care Center 1 PM. Music provided by. Please call 203-452-5199 to RSVP

**MONTHLY BINGO - Friday, July 24 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. The fee for Trumbull 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!** Please be sure to write your membership number on your check

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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).**

### **AARP SAFE DRIVER'S 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.

### **Performance of "Mary Poppins" for Senior Citizens July 29th at Trumbull High School.**

**7:00 PM - Free admission**

**+++++**

**The re-creation of the " Reading of the Declaration of Independence",  
Trumbull Town Hall steps, 10 A M Saturday, July 4th.**



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# JULY 2015 CALENDAR

|   |   |   |   |
|---|---|---|---|
| <b>MONDAY</b><br><br>4th of July  | 9:00 AM<br>-<br>9:30 AM<br>10:00 AM<br>12:30 PM<br>1:00 PM  | STRETCH/ STRENGTH .....<br>BOCCE .....<br>DRAWING CLASS.....<br>SMILE –A-WHILE.....<br>DUPLICATE BRIDGE.....<br>INTERMEDIATE LINE DANCE.....  | FUNCTIONS ROOM<br>BOCCE COURT<br>MEETING ROOM<br>FUNCTIONS ROOM<br>MEETING ROOM<br>FUNCTIONS ROOM   |
| <b>TUESDAY</b><br><br>4th of July | 9:15 AM<br>10:00 AM<br>-<br>10:30 AM<br>11:30 AM<br>12:30 PM<br>1 – 4 PM                            | FIT FOR LIFE EXERCISE CLASS.....<br>OIL PAINTING CLASS .....<br>KNIT AND CROCHET GROUP.....<br>BALLROOM DANCE WITH MIKE STAVOLA.....<br>ZUMBA LESSONS WITH MIKE STAVOLA.....<br>MEXICAN TRAIN DOMINOES.....<br>BILLIARD GAME (8 BALL PARTNERS)..... | FUNCTIONS ROOM<br>MEETING ROOM<br>COMPUTER ROOM<br>FUNCTIONS ROOM<br>FUNCTIONS ROOM<br>CARD ROOM<br>BILLIARDS ROOM                        |
| <b>WEDNESDAY</b><br>              | 9:00 AM<br>9:30 AM<br>10:10 AM<br>11:00 AM<br>12:30 PM  | YOGA.....<br>NURSE AVAILABLE .....<br>JAZZERCISE.....<br>TAP DANCE.....<br>COUNTRY WESTERN LINE DANCE.....  | FUNCTIONS ROOM<br>TV ROOM<br>FUNCTIONS ROOM<br>FUNCTIONS ROOM<br>FUNCTIONS ROOM   |
| <b>THURSDAY</b><br>              | 9:00 AM<br>9:30 AM<br>10:00 AM<br>10:00 AM<br>10:15 AM<br>11:00 AM<br>1:00 PM<br>1:00 PM<br>2:00 PM | PILATES.....<br>NURSE AVAILABLE.....<br>SLIM APPROACH.....<br>WATER COLOR CLASS.....<br>JAZZERCISE.....<br>CHAIR EXERCISE with NURSE TERESA.....<br>CANASTA.....<br>LATIN LINE DANCE WITH MIKE STAVOLA.....<br>PICKLE BALL.....                     | FUNCTIONS ROOM<br>SOCIAL SERVICE<br>TV ROOM<br>MEETING ROOM<br>FUNCTIONS ROOM<br>TV ROOM<br>CARD ROOM<br>FUNCTIONS ROOM<br>FUNCTIONS ROOM |
| <b>FRIDAY</b><br><br>Celebrate! | 9:00 AM<br>10:00 AM<br>10:30 AM<br>12:30 PM<br>1-4 PM   | ZUMBA GOLD.....<br>ADVANCED OIL PAINTING CLASS .....<br>TAI CHI.....<br>MAH JONGG.....<br>BILLIARD GAME (8 BALL- PARTNERS) .....  | FUNCTIONS ROOM<br>MEETING ROOM<br>FUNCTIONS ROOM<br>MEETING ROOM<br>BILLIARDS ROOM  |

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JULY 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                              |
|---|---|---|---|-------------------------------------|
|  |  |  | 3<br>Closed for 4 <sup>th</sup> of July       | 4<br>Broccoli Bake<br>Tater Tots    |
| 6<br>Knockwurst Au Jus<br>Potato Salad  | 7<br>Baked Ziti<br>Italian Veggies  | 8<br>Crispy Fish<br>Tater Tots  | 9<br>Pork Chop Au Jus<br>Macaroni &<br>Cheese | 10<br>Seafood Salad<br>Carrot Salad |
| 13<br>Stuffed Chicken<br>Long Grain Rice  | 14<br>Hamburger<br>Steak Fries  | 15<br>Turkey<br>Tetrazzini<br>Brown Rice  | 16<br>Roast Beef<br>Mashed Potatoes           | 17<br>lite Crunch Fish<br>Yams      |
| 20<br>Pork Loin<br>Yellow Rice  | 21<br>Spaghetti/meat<br>Sauce & Salad   | 22<br>White Fish<br>Sweet Potato  | 23<br>Pasta Fagioli<br>Roast Beef Sand.       | 24<br>BBQ Grilled<br>Chicken        |
| 27<br>Beef Stroganoff<br>Egg Noodles  | 28<br>Ribs and<br>Sweet Potato  | 29  | 30  | 31                                  |



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# Travel Corner

**Foxwoods** –Monday, September 21-Bus leaves early enough to play Bingo. We will be at the Casino 9:30 Am until 4:30 PM, Pick from Stern Village and Penny Lane Buffet and free play \$25.00 p.p.

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

**Saturday, August 1 and 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, and August 9 New York City .. by Land & Sea \$135.00**  
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 Sudios, Olive Tap, Hisory 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, 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.

## ***Middlebrook Farms***

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**Monday, September 21**

**Bus leaves early enough to play Bingo.**

**We will be at the Casino 9:30 Am until 4:30 PM.**

**Pick up at Stern Village (7:30 AM)**

**Penny Lane (7:45 AM)**

**Buffet and free play     \$25.00 p.p.**

**Please call 203-452-5199**