



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

AUGUST 2015

JIMMIES OF SAVIN ROCK

Wednesday, August 19, 10:30 AM -3:00 P M Lunch at Jimmies of Savin Rock in West Haven. This trip is open to all members (limited seating). Please call 203-452-5199 to RSVP.

Monthly Birthday Party Sponsored by Northbridge Health Center, Friday, August 14 at 11:00 AM. Everyone is welcome to come celebrate our July birthdays.

AARP SAFE DRIVER'S COURSE
Friday, September 18, 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. For more information and to make reservation call (203)452-5199.

SENIOR CENTER PICNIC sponsored by Trumbull Rotary club. **Monday, September 14,** from 11 AM to 2 PM on the Town hall Green. Food will be served between Noon and 1 PM. Open to Senior Center members by ticket only. Seating limited- tickets must be picked up in person at the Trumbull Senior Center. No one will be admitted without a ticket.

SENIOR TRANSPORTATION HOURS HAVE CHANGED. The new hours to book your rides with Sharon are Monday through Friday from 9:00 AM until 1:00 PM.

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.

MONTHLY BINGO Sponsored by Maefair Health Care Center. **Friday, August 28 at 1 PM.** Refreshments provided by Special prizes and refreshments. Seating is limited and advanced reservation is required. Please call **203-452-5199** to RSVP.

BBQ sponsored by Ludlowe Center for Health and Rehabilitation on August 21st **11:30 AM – 2:00 PM. at 118 Jefferson Street in Fairfield, CT.** Ludlow Center sponsors our monthly movie and lunch. This month in lieu of the movie you may attend the BBQ. Seating limited, please RSVP 203-452-5199

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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 statements or 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).**

SUMMER CONCERTS – 2015 TRUMBULL TOWN HALL GAZEBO

(in case of rain all concerts will be held in the Community Room of the Trumbull Library.)

Tuesday, August 4th

Bob Button Big Band 7:00 PM

Sponsored by Jewish Senior Services, The Jewish Home

Tuesday, August 11th

Signature (Top 40) 7:00 PM

Sponsored by The Mallett Trust

Tuesday, August 18th

Mia & the Riff (Soul, R & B, Funk, Rock & Roll) 7:00 PM

Sponsored by The Mallett Trust

Tuesday, August 25th

Tony Reno 7:00 PM

Sponsored by Saint Joseph's Center



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AUGUST 2015 CALENDAR

MONDAY 	9:00 AM - 9:30 AM 10:00 AM 12:30 PM 1:00 PM	STRETCH/ STRENGTH BOCCE DRAWING CLASS..... SMILE –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 11:00 AM 12:30 PM	YOGA..... NURSE AVAILABLE JAZZERCISE..... TAP DANCE..... COUNTRY WESTERN LINE DANCE.....	FUNCTIONS ROOM TV ROOM FUNCTIONS 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..... PINOCHLE..... 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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AUGUST 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 CHICKEN CACCIATORE AND RICE	4 HAMBURGER & FRENCH FRIES	5 CHUNKEY TURKEY SALAD	6 BOCCOLI BAKE & PEAS AND CARROTS	7 BAKED FILET OF SOUL & RICE PILAF
10 BONELESS PROK CHOP WITH RICE AND RED BEANS	11 PHILLY CHEESESTEAK WITH CHEESE & POTATOES	12 GRILLED CHICKEN OVER SALAD	13 EGGPLANT PARMESAN AND ZITI	14 PIER 17 FISH BAKED YAM
17 CHEESEBURGER & TATER TOTS	18 CHIKEN SALAD ON LETTUCE WITH BREAD	19 ROAST BEEF & POTATO AUGRATIN	20 BAKED FISH SWEET POTATO & 3 BEAN SALAD	21 HAWAIIAN CHICKEN & RICE
24 SPAGHETTI WITH SAUCE AND MEATBALLS	25 UN BREADED VEAL CUTLET ROASTED POTATO	26 LONG DOG & BAKED BEANS	27 ROAST TURKEY GRAVY & CARROTS STUFFING	28 CHUNKEY SEAFOOD SALAD & PASTA SALAD
31 BEEF STROGANOF F & EGG NOODLES				



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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, 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, 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).

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WILL PROVIDE ONE.
Class takes place on Mondays at 12:30 PM

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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

