



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

OCTOBER 2015

**HEALTH FAIR
FRIDAY, OCTOBER 9
10 AM TO 1:00 PM**

**Monthly Birthday Party
Friday, October 2 at 11:00 AM**

Sponsored by Northbridge Health Care Center
Everyone is welcome to come celebrate our October birthdays. No reservation needed.

**Lunch And A Movie
Friday, October 16 11:30 AM at 2:00 PM**
Sponsored by Ludlow Center for Health and Rehabilitation. Ludlow Center sponsors our monthly movie and lunch. This month's feature film is "Little Boy" A tale of the indescribable bond of love between a father and son - a 7 year old boy is willing to do whatever it takes to end World War II so he can bring his father home. Seating is limited, please RSVP 203-452-5199

Transportation is available five days a week (Monday through Friday) from 9 a.m. to 3:00 p.m. All rides shall be for shopping, doctors/legal appointments or nutrition programs. All participants must be 60 years of age or over, and a resident of Trumbull and must have membership with the Trumbull Senior Center.

TANGER OUTLETS

A Shopping Experience

Wednesday, October 21 at 10:30 AM - 2:30 PM

Enjoy shopping at all the outlets. AAA and AARP members are eligible for coupons, Show ID in the customer service office. This trip is open to all members. Please call 203-452-5199 to RSVP.

OCTOBER BINGO GAME

Friday, October 23 at 1:00 PM

Sponsored by Maefair Health Care Center
Bingo prizes sponsored by the Trumbull Senior Commission. Seating is limited - reservation is required. Please call 203-452-5199 to RSVP.

HALLOWEEN PARTY

& COSTUME CONTEST

Friday, October 30 at 1:00 PM

Come join us for tricks and treats!
There will be a costume contest. Prizes will be awarded for first, second and third place. Refreshments will be served. Seating limited (please RSVP). **Donations of pumpkins and mums are needed for our Halloween party.**

REMINDER- Senior Center Membership renewal is past due!

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NEWS FROM SOCIAL SERVICES OFFICE - TOWN OF TRUMBULL

Tel# 203-452-5198

- The Social Service office will begin taking applications for the 2015- 2016 Energy Assistance Program on Monday, October 5th.
- Program eligibility, required documentation and appointment times may be obtained by calling 203-452-5198 Monday through Friday between 9 AM – 4 PM.
- Applications will be taken by scheduled appointment only!! NO WALK-INS WILL BE ACCEPTED.

AARP SAFE DRIVER'S COURSE

Friday, November 20, 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.

THOUGHTS TO PONDER

I am strong because

I am weak

I am fearless because

I've been afraid

I am wise because

I have been foolish



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NEWEST TECHNOLOGY IN YOUR OWN HOME AND SURROUNDINGS**

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OCTOBER 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	YOGA..... NURSE AVAILABLE JAZZERCISE..... TAP DANCE.....	FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM FUNCTIONS ROOM
THURSDAY 	9:00 AM 9:30 AM 10:00 AM 10:00 AM 10:15 AM 11:00 AM 11:30 AM 1:00 PM	PILATES..... NURSE AVAILABLE..... SLIM APPROACH..... WATER COLOR CLASS..... JAZZERCISE..... CHAIR EXERCISE with NURSE TERESA..... LATIN LINE DANCE WITH MIKE STAVOLA..... PINOCHLE.....	FUNCTIONS ROOM SOCIAL SERVICE TV ROOM MEETING ROOM FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM CARD 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..... MAHJONG..... BILLIARD GAME (8 BALL- PARTNERS)	FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM BILLIARDS ROOM



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203-378-3086

OCTOBER 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 TUNA SALAD AND POTATO SALAD	2 VEAL STEW AND BUTTERED NOODLES
5 CLOSED LAGOR DAY	6 GRILLED CHICKEN BREAST	7 CHEESE LASAGNA	8 ROAST TURKEY	9 PARMESAN CRUSTE POLLACK
12 CLOSED COLUMBUS DAY	13 SLICED PORK	14 GRILLED CHIDKEN CAESAR SALAD	15 RAVIOLI IN MEAT SAUCE	16 GINGER GRILLED BEEF STRIPS
19 SALISBURY STEAK	20 BROCCOLI BAKE	21 CHICKEN SALAD	22 PULLED PORK	23 LEMON PEPPER FISH
26 LEMON GRILLED CHICKEN	27 FISH FILET	28 CHEESEBURGER	29	30



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SUSAN B'S SALON

Open in the Senior Center

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licensed professional. Call for appointment
call (203)981-7061



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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, 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.

DUPLICATE BRIDGE
BRIDGE PLAYERS NEEDED
YOU DO NOT NEED A PARTNER -
WE WILL PROVIDE ONE
Class takes place on Mondays at 12:30 PM

D **Scrabble Players Needed** **A** **C**
Call 203-452-5199 if interested.

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