

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

NOVEMBER 2015

**The Senior Center Will Be Closed --
Veteran's Day, November 11
Thanksgiving Holiday November 26 & 27**

Monthly Birthday Party

Thursday, November 12 at 11:00 AM

Sponsored by Northbridge Health Care Center

Everyone is welcome to come celebrate our November birthdays. No reservation needed.

Lunch And A Movie

Friday, November 13, 11:30 AM - 2:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation. Feature Film "The Cobbler"

Rated PG. Max Simkin, a cobbler, disenchanted with the grind of daily life, stumbles upon a magical heirloom that allows him to step into the lives of his customers. Sometimes walking in another man's shoes is the only way one can discover who they really are. Starring; Dustin Hoffman, Adam Sandler, Dan Stevens, Steve Buscemi and Ellen Barkin. Seating limited, please RSVP 203-452-5199

Transportation RESERVATIONS ARE available week days: Monday -Thursday from 9:00 AM to 1:00 PM and Friday 9:00 AM to 12:30 PM.

Membership fees are \$5.00 for Trumbull residents and \$20.00 for non-residents.

OLD POST TAVERN FAIRFIELD, CT

Wednesday, November 18

11:00 AM to 2:00 PM

The Old Post Tavern is a restaurant based on the concept of a classic American Tavern. This trip is open to all members. Please call 203-452-5199 to RSVP.

NOVEMBER BINGO GAME

Friday, November 20 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.

HAPPY THANKSGIVING

In autumn 1621, the first Thanksgiving Day was celebrated by the Plymouth pilgrims with their Native American neighbors, the Wampanoags. Today Thanksgiving is observed as a national holiday in the United States and several other nations. On this day, we give thanks for our families, friends and blessings. The Senior Center Staff and Senior Commission would like to wish you and your loved ones a happy holiday.

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NEWS FROM SOCIAL SERVICES OFFICE - TOWN OF TRUMBULL

Tel# 203-452-5198

- The Social Service office is taking applications for the 2015- 2016 Energy Assistance Program.
- 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.

CHOICES INSURANCE COUNSELING (MEDI-CARE) AVAILABLE BY APPOINTMENT



**Thank you for your
service! We are the land
of the free because of
the brave!**

Your Friends at the Trumbull Senior Center

THE TRUMBULL ARTS COMMISSION PRESENTS

VAL RAMOS ENSEMBLE

Sunday, November 15^h at 1:00pm. at the Center at 23 Priscilla Place on

Sponsored by the Trumbull Arts, the group features the unique talents of Val Ramos, lead Flamenco guitarist, and Jose R. Ramos, among others. The ensemble format consists of dancer, singer and musicians. Cabaret seating, bring your own refreshments. Tickets available for \$5.00 in the Arts Office \$5.00. 203-452-5065.



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NOVEMBER 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 Veterans Day 	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 Be Thankful 	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

NOVEMBER 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
2 Baked Cheese Ravioli	3 N.E. Clam Chowder Philly Cheese Steak	4 Chicken Pot Pie	5 Crab Cakes and Pasta	6 Sliced Ham
9 Egg Bake	10 Eggplant Rolette with Meat Sauce	11 Closed For Veteran's Day	12 Chicken Patty	13 Eye of the Round
16 Penne Pasta with Turkey Meatballs	17 Chicken Ala King	18 Roast Turkey	19 Lasagna Rollette With Meat Sauce	20 Baked Filet of Sole
23 Vegetarian Chili and Brown Rice	24 Lemon Chicken	25 Beef Stew with Rice	26 CLOSED THANKS GIVING DAY	27 CLOSED
30 Cheeseburger and Hash Browns				



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Travel Corner

You may call T & A Tours, LLC for tours during the winter months- Please contact them at 203-483-6330 or 1-800-967-1993

The senior center will not schedule casino trips for the months of November, December and January.

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 reservations call (203) 452-5199.

THANK YOU!

The knitting and crocheting group meets on Tuesday mornings at 10:15 AM. This is an informal group of ladies who work, chat and guide each other. There is no instructor. We would like to say "thank you" to those who have donated yarn to us. In return, we donate afghans, blankets and baby items to the Center for Justice, the local hospitals and Social Services. Come and join us on Tuesday morning and once

thought to ponder.....

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