

TRUMBULL SENIOR CITIZEN NEWSLETTER

23 Priscilla Place, Trumbull, CT • Open Monday through Friday 9:00 AM – 4:00 PM

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JANUARY 2016

The Senior Center will be closed Friday, January 1, New Year's Day and Monday, January 18 Martin Luther King Day.

INCLEMENT WEATHER

On days of inclement weather, tune your radio to WICC 600 AM for cancellations and delays. If Trumbull schools are cancelled or have a delayed opening, The Senior Center and transportation will do the same. If there is a morning delay, the Senior Center early morning classes will be cancelled.

LUNCH AND A MOVIE

Friday, January 8, 2016, 11:30 AM -2:00 PM
Sponsored by Ludlowe Center for Health and Rehabilitation. Feature Film "Max"/Rated PG. Max, a precision-trained military dog, serves on the frontlines in Afghanistan alongside his handler, U.S. Marine Kyle Wincott. When things go terribly wrong on maneuvers, Kyle dies and Max, traumatized by the loss of his best friend is shipped stateside and connects with Kyle's teenage brother, Justin, who has issues of his own and isn't interested in taking care of his brother's troubled dog. Justin's growing trust in Max helps the four-legged veteran revert back to his heroic self and they find more excitement and danger than they bargained for.

NEW MEMBERSHIP AGE

We are proud to announce the new membership age is now 55 years and older.

MONTHLY BIRTHDAY PARTY

Friday, January 15, at 11:00 a.m.
Sponsored by Middlebrook Farms of Trumbull. Everyone is welcome to come celebrate our January birthdays. Please RSVP 203-452-5199 (let us know if it is your birthday).

New Class

Line Dancing with Al Song

First Class will be Wednesday, January 20 at 1:00 PM. Join us at 1:00 PM sharp for a greet and meet with Al Song and immediately following there will be line dancing.

BINGO BLIZZARD

Friday, January 29 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

AARP SAFE DRIVER'S COURSE

Friday, JANUARY 22, 9:00 AM until 1:00 PM.

Members pay \$15.00 and non-members \$20.00. Reservations by check only. Please make checks payable to AARP. For more information and reservations call (203) 452-5199.

NOTARY PUBLIC AVAILABLE - Monday through Friday. Please call 203-452-5199 for an appointment.

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NEWS FROM SOCIAL SERVICES OFFICE - TOWN OF TRUMBULL

Tel# 203-452-5198

- The Social Services office is taking applications for the 2015-2016 Energy Assistance Program.
- Program eligibility required. Documentation and appointment times may be obtained by calling the office, Monday through Friday between the hours of 9 AM and 4 PM.
- Applications will be taken by scheduled appointments only!! NO WALK-INS WILL BE ACCEPTED.

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THE TRUMBULL ARTS COMMISSION PRESENTS

*"Michael Jovovich"
Dr. Joe & Company"
"Songs from the Heart"*

Sunday, February 14 at 1:30 PM at the Center, located at 23 Priscilla Place.
Sponsored by the Trumbull Arts. Cabaret seating - bring your own refreshments. Tickets are available for \$10.00 in the Arts office or by calling 203-452-5065 for reservations.



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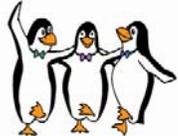
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JANUARY

ACTIVITY CALENDER

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 1:00 PM	YOGA..... NURSE AVAILABLE JAZZERCISE..... TAP DANCE..... CLASSIC LINE DANCE WITH AL SONG.....	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 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..... PINOCCHLE.....	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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January

203-378-3086

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 Closed New Years Day 
4 Hot Dog L.S. Baked Beans	5 Swedish Meatballs Mushroom Gravy	6 Grilled Chicken Breast	7 Eggplant Rollatini with Ziti	8 Beef Barley Soup White Fish Filet
11 Roast Turkey Gravy, Stuffing and Peas	12 Stuffed Shells with Meat Sauce	13 Tomato Lentil Soup Crab Cake with	14 Pork Roast	15 Baked Chicken Thighs
18 Closed Martin Luther King Day 	19 Chicken Jambalaya	20 Roast Pork with Apples and Sauerkraut	21 Spaghetti and Meatballs	22 Baked Codfish and Steak Fries
25 Chicken Bruschetta and Brown Rice	26 Knockwurst Pierogis	27 Italian Beef Open Faced Sandwich Beef Au Jus	28 Italian Wedding Soup Lasagna Rolette	29 Turkey Pot Pie Wild Rice



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SUSAN B'S SALON

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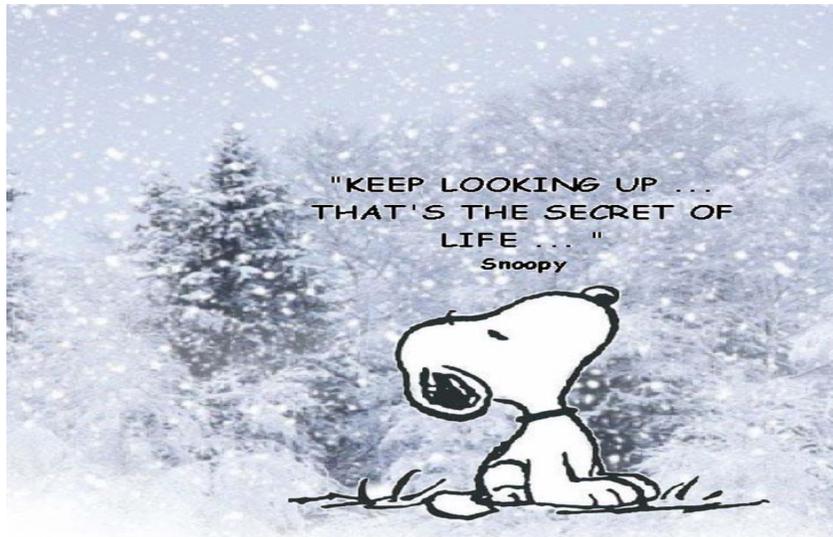
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Travel Corner

For information and reservations, Please call the Trumbull Senior Center at 203-452-5199.

Monday, March 28, Foxwoods Casino- Arrive early enough to play bingo. **\$23.00 P.P.**
Bus stops at Stern Village and the Penny Lane
Commuter Parking Lot. Includes Buffet and
\$15.00 slot Play.



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