

# TRUMBULL 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 |
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| Jean Ferreira..... | Transportation Coordinator.....    | 203-452-5137 |
| Jean Ferreira..... | Office Clerk.....                  | 203-452-5199 |
| Rachel Yahwak..... | Senior Commission Chairperson..... | 203-268-0383 |

## FEBRUARY 2016

The Senior Center will be closed Monday,  
February 15 - President's Day.

### LUNCH AND A MOVIE

**Friday, February 12, 2016, 11:30 AM -2:00 PM**

**Sponsored by Ludlowe Center for Health and Rehabilitation. Feature Film "A Walk in the Woods"**

Instead of retiring to enjoy his loving wife and family, Bill Bryson decides to hike the Appalachian Trail - America's most unspoiled, spectacular and rugged countryside from Georgia to Maine. The peace and tranquility he hopes to find, though, is anything but when he is joined by his long lost and former friend Katz, a down-on-his-luck. Starring Robert Redford, Nick Nolte and Emma Thompson.

### AARP Tax-Aide

For the tax year 2015, AARP Tax-Aide certified volunteers will offer free income tax preparation at the Trumbull Senior Center from 9:00 AM until noon each Wednesday from February 3 through April 13, 2016. No appointments - just walk in.

What to bring:

- A copy of your 2014 tax return.
- Social Security Statement, SSA 1099.
- All tax forms received for tax year 2015 (W-2, 1099, etc.).
- End of year investment statements (INT, DIV, STOCKS, BONDS).
- Documentation to support itemized deductions or credits claimed (medical, taxes, contributions, education expenses, etc.).

### MONTHLY BIRTHDAY PARTY

**Friday, February 19, at 11:00 AM - Sponsored by Northbridge Health Care Center of Bridgeport.**

Everyone welcome to come celebrate our February birthdays. Please RSVP 203-452-5199 (let us know if it is your birthday).

### BINGO

**Friday, February 26 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, March 25, 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 information and reservations call (203) 452-5199.

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

### NEW MEMBERSHIP AGE

The new membership age is now 55 years and older

### 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 early morning classes will be cancelled.

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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.

### **ATTENTION MEMBERS**

We would like to have monthly membership meetings for all members to voice their concerns, ideas and suggestions. Agendas and minutes will be posted on our bulletin board. Our first meeting will be on March 4, 2015 at 11:00 AM.

## **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.

**"Primavera Duo"**  
March 6, Traditional and new Italian Music

**"Glory Days of the Ritz Ballroom"**  
March 13,



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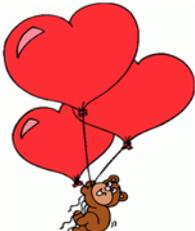
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# February

## ACTIVITY CALENDAR

|  |   |   |   |
|--|---|---|---|
| <b>MONDAY</b><br>    | 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>   | 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>1:00 PM                                     | YOGA.....<br>NURSE AVAILABLE .....<br>JAZZERCISE.....<br>TAP DANCE.....<br>CLASSIC LINE DANCE WITH AL SONG.....   | 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>11:30 AM<br>1:00 PM | PILATES.....<br>NURSE AVAILABLE.....<br>SLIM APPROACH.....<br>WATER COLOR CLASS.....<br>JAZZERCISE.....<br>CHAIR EXERCISE with NURSE TERESA.....<br>LATIN LINE DANCE WITH MIKE STAVOLA.....<br>PINOCHELE.....                                       | FUNCTIONS ROOM<br>SOCIAL SERVICE<br>TV ROOM<br>MEETING ROOM<br>FUNCTIONS ROOM<br>TV ROOM<br>FUNCTIONS ROOM<br>CARD ROOM |
| <b>FRIDAY</b><br>  | 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>MAHJONG.....<br>BILLIARD GAME (8 BALL- PARTNERS) .....  | FUNCTIONS ROOM<br>MEETING ROOM<br>FUNCTIONS ROOM<br>MEETING ROOM<br>BILLIARDS ROOM                                      |



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# 203-378-3086 February 2016 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. Vegetable Soup<br>Meat Loaf w/<br>gravy           | 2. Chicken Breast<br>stuffing                    | 3. Spaghetti w/<br>Meat Balls                      | 4. LS Slice Ham<br>Sweet Potatoes  | 5. Sliced Turkey<br>Brown Gravy                   |
| 8. Roast Beef<br>Baked Potato                        | 9. Egg and Pepper<br>Bake                        | 10. Barley Soup<br>Baked Fish<br>Fish              | 11. Turkey Noodle<br>Casserole     | 12. Stuffed shells<br>Spinach                     |
| 15.<br>closed<br>President's Day                     | 16. glazed Grilled<br>Chicken Breast<br>Couscous | 17. Open Face<br>Turkey Sandwich<br>stuffing       | 18. Eggplant<br>Parmesan &<br>Ziti | 19. Fish Fillet<br>Harvest Rice                   |
| 22. Beef Stew<br>Diced Potatoes                      | 23. Grilled Chicken<br>Fried Rice                | 24. Cheeseburger<br>Potato Salad<br>Buttered Beets | 25. Sliced Pork<br>Herbed couscous | 26. New England<br>Clam Chowder<br>Cheese Lasagna |
| 29. Chicken Patty<br>Steak Fries<br>Broccoli Florets |  |  |                                    |   |



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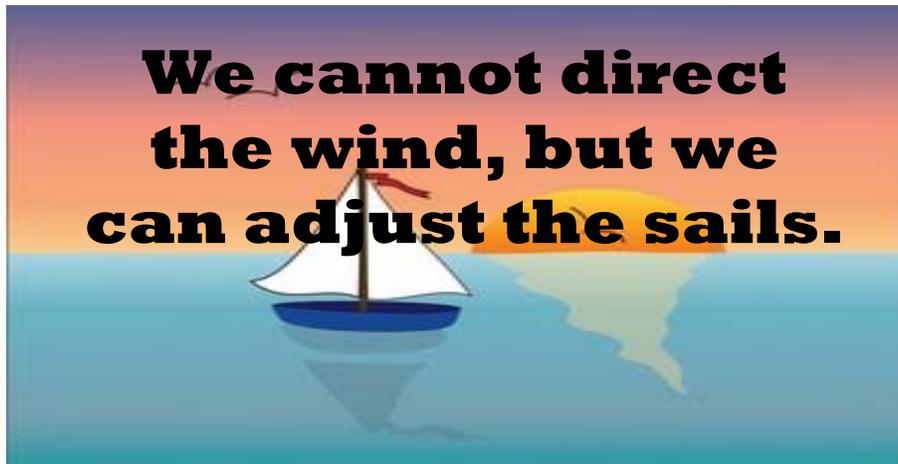
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## Travel Corner

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

Wednesday, March 16 “When Irish Eyes Are Smiling” Lunch, Show and Dance –At the Royal Manor in Garfield, NJ. \$82.00 P.P.

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



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