

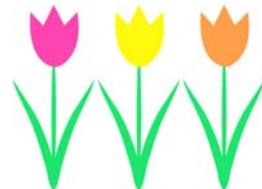
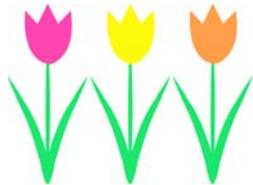


# TRUMBULL

## 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
Jean Ferreira.....	Director/Editor.....	203-452-5199
Ashley Grace.....	Administrative Assistant.....	203-452-5137
Rachel Yahwak.....	Senior Commission Chairperson.....	203-268-0383



### ~ APRIL ~

#### MONTHLY BIRTHDAY PARTY

**Friday, April 8, at 11:00 AM - Sponsored by Synergy Home Care.** Everyone is welcome to come celebrate our March + April birthdays. Please RSVP 203-452-5199 (let us know if it's your birthday!)

#### MEETING WITH THE FIRST SELECTMAN: TIM HERBST

**Monday, April 11, at 10:30 AM in the Functions Room.**

All members are invited to attend an open forum meeting with our First Selectman: Tim Herbst.

#### LUNCH AND A MOVIE

**Friday, April 15, 2016, 11:30 AM -2:00 PM**  
**Sponsored by Ludlowe Center for Health and Rehabilitation. Feature Film "The Intern."**

A retired, successful business owner and widower lands an internship at a fashion website run by a young, career-driven woman. **Starring: Robert De Niro and Anne Hathaway.**

#### BINGO

**Friday, April 22, 2016, 1:00 PM – 2:30 PM-Sponsored by Synergy Home Care.** Bingo prizes sponsored by the Trumbull Senior Commission. Seating is limited. Please stop by/call front desk to sign up! **\*Please note: bus riders have to leave by 2:30 PM for transportation purposes.\***

#### THE CAFÉ AT THE CENTER

The Café at the Center Reopens!  
Beginning in mid-April the 'Snack Bar' (upstairs kitchen) will reopen, and will provide an array of food items for all who visit the Center. The expected hours of operation will be Monday-Friday from 9 to 11 AM, and will offer breakfast items such as: yogurt, cereals (hot & cold), bagels & rolls, muffins, fruit cups, snacks, specialty teas, bottled water, and a variety of other beverages. Depending on the success of the program, it is our goal to introduce a number of lite lunch items, as well.

The Town is currently seeking volunteers to help with food sales, Monday – Friday, 8:45 – 11:15. Please contact the Senior Center at 203-452-5199, if you are interested. Service hours may be credited to the Town's Senior Volunteer Tax Credit Program

#### 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-NOON each Wednesday from February 3 through April 13, 2016. No appointments - just walk in.

#### NEW MEMBERSHIP AGE

The new membership age is now 55 years and older.

### **CYRIL F. MULLINS FUNERAL HOMES**

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**399 White Plains Rd., Trumbull**

**203-372-6543**

**mullinsfh.com**

**1640 Boston Ave. Bridgeport**

**203-334-5090**

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## **NURSING DEPARTMENT**

A Geriatric Wellness Nurse, Teresa Cryan, is available at the Trumbull Senior Center on most Wednesdays and Thursdays, usually from 8:30am-3:00pm. She is also available at Stern Village Housing in Trumbull on most Mondays from 8:30am-3:00pm. Services offered:

- Assesses/records blood pressure readings and other health parameters
- Conducts educational programs on health-related topics
- Assists in making doctor appointments
- Leads seated exercise programs
- Coordinates guest speakers on senior wellness topics
- Consults on senior health-related concerns



## **THE TRUMBULL ARTS COMMISSION PRESENTS**

**"The Kerry Boys" - April 3 - 1:00pm**  
Irish Humor and Music



**"Radio Ranch" - April 24 - 1:00pm**  
Connecticut's Own Country & Western Band

**BOTH EVENTS ARE CABARET SEATING - BRING YOUR OWN REFRESHMENTS  
FOR TICKETS AND MORE INFORMATION, PLEASE CALL 203-452-5065**

**\$10.00 PER TICKET-NO REFUNDS**



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## ACTIVITY CALENDAR

<b>MONDAY</b> 	9:00 AM - 9:45 AM 10:00 AM 12:30 PM 1:00 PM	STRETCH/STRENGTHEN..... BOCCE ..... DRAWING CLASS..... SMILE -A-WHILE..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM BOCCE COURT MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM
<b>TUESDAY</b> 	9:15 AM 9:30 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..... BILLIARDS GAME (8 BALL PARTNERS).....	FUNCTIONS ROOM MEETING ROOM COMPUTER ROOM FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM BILLIARDS ROOM
<b>WEDNESDAY</b> 	9:00 AM 10:10 AM 11:00 AM 1 – 4 PM	YOGA..... JAZZERCISE..... TAP DANCE..... BILLARDS GAME (8 BALL PARTNERS).....	FUNCTIONS ROOM FUNCTIONS ROOM FUNCTIONS ROOM BILLIARDS ROOM
<b>THURSDAY</b> 	9:00 AM 9:30 AM 10:00 AM 10:15 AM 11:00 AM 11:30 AM 1:00 PM	PILATES..... WATER COLOR CLASS..... SLIM APPROACH..... JAZZERCISE..... CHAIR EXERCISE with NURSE TERESA..... LATIN LINE DANCE WITH MIKE STAVOLA..... PINOCHLE.....	FUNCTIONS ROOM FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM CARD ROOM
<b>FRIDAY</b> 	9:00 AM 10:00 AM 10:30 AM 12:30 PM 1 - 4 PM	ZUMBA GOLD..... ADVANCED OIL PAINTING CLASS ..... TAI CHI..... MAHJONG..... BILLIARDS GAME (8 BALL- PARTNERS) .....	FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM BILLIARDS ROOM

### BOCCE BALL

- Begins in the beginning of May
- If you are interested: please contact John Lang at (203) 445-8325

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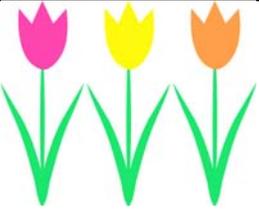
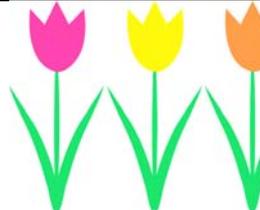
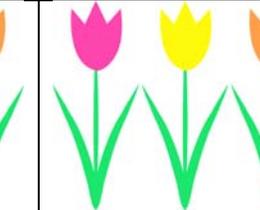
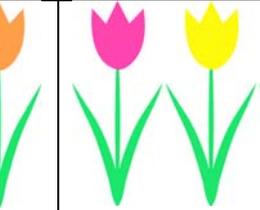
**203-378-3086**

# **APRIL Senior Community Café**

Meals served Monday through Friday at NOON.

For reservations: call (203-378-3086) 10AM-NOON

Lunch Reservations must be made TWO (2) days in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1. Cheese Lasagna with Meat Sauce &amp; Garlic Bread</b>
<b>4. Chicken Strips with Honey Mustard Sauce &amp; Rice Pilaf</b>	<b>5. Meatloaf with Beef Gravy &amp; Mashed Potatoes Peas &amp; Mushrooms</b>	<b>6. Cheese Ravioli Tomato Sauce Romaine Salad Garlic Bread</b>	<b>7. Lazy Man's Meatball &amp; Stuffed Cabbage Green Beans</b>	<b>8. Mushroom Barley Soup Tuna Fish Salad with Celery</b>
<b>11. Garlic Baked Chicken with Spinach &amp; Cheese</b>	<b>12. Roast Beef Sandwich Beef Gravy &amp; Green Beans</b>	<b>13. Chicken Vegetable Soup Stuffed Shells Broccoli</b>	<b>14. Sliced Pork Sandwich with Steak Fries Red &amp; White Slaw</b>	<b>15. Baked Fish with Cream Sauce</b>
<b>18. Pepper Steak Au Jus Mashed Potato Peas &amp; Carrots</b>	<b>19. Tomato Soup Crab Cakes Steak Fries Spinach</b>	<b>20. Rigatoni with Meat Sauce Garden Salad Italian Bread</b>	<b>21. Roast Turkey with Gravy Cranberry Stuffing Carrot Coins</b>	<b>22. Bruschetta Grilled Chicken with Buttered Noodles</b>
<b>25. Teriyaki Chicken Strips Fried Rice</b>	<b>26. Spaghetti &amp; Meatballs with Tossed Salad</b>	<b>27. Sliced Ham with Pineapple Sauce</b>	<b>28. BBQ Rib-B-Que Buttered Noodles</b>	<b>29. Chicken Ala King with Peas &amp; Carrots</b>



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**SUSAN B'S SALON**

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manicures & pedicures performed by a  
licensed professional. For an appointment,  
call (203)981-7061

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# Travel Corner

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

## Lunch & Shopping Trip

Wednesday, April 27<sup>th</sup>: Uberti's Fish Market + Dollar Tree in Stratford

- Bus will leave the Senior Center at 11:00am
  - ❖ 11:00am-01:00pm – Uberti's Fish Market-Lunch
  - ❖ 01:00pm-02:00pm – Dollar Tree-Shopping
- Bus will return to the Senior Center around 2:45pm



Please call/stop by the front desk to register – 203-452-5199



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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.

### **Senior and Totally Disabled Homeowner Tax Relief Program**

The Trumbull Tax Assessor's Office is accepting applications for tax relief benefits starting February 1, 2016 through May 13, 2016 on a walk-in basis. Social Services is available for scheduled appointments as well as home bound visits and can be reached at 203-452-5198.

Homeowners on the tax relief program, who are due to renew with their 2015 income receive renewal reminder letters in the mail. New applicants are welcome.

The state and town tax relief programs are based on age, residency and income qualifications. The town income limit is \$70,000. The state income limit is \$42,900 (married) and \$35,200 (single).

For further information, please call the Trumbull Tax Assessor's Office at 203-452-5018 or visit our website at [www.trumbull-ct.gov](http://www.trumbull-ct.gov).

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Senior and Totally Disabled Homeowner Tax Relief Program applications are being accepted at the Trumbull Assessor's Office February 1 - May 13, 2016. The town income limit is \$70,000. The state income limit is \$42,900 (married) and \$35,200 (single). New applicants are welcome. Call 203-452-5018 for details or visit [www.trumbull-ct.gov](http://www.trumbull-ct.gov).

## **Fun Trumbull Facts!**

Did you know...

**Trumbull is the home of the 1989 Little League World Champions!**

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