

TRUMBULL

SENIOR CITIZEN NEWSLETTER

23 Priscilla Place, Trumbull, CT • Open Monday through Friday 9:00 a.m. – 4:00 p.m.

Tim Herbst.....First Selectman.....203-452-5005
Jean Fereira.....Director/Editor.....203-452-5199
Gail PoklembaOffice Clerk.....203-452-5199
Donna Marcus.....Transportation.....203-452-5137
Linda Ciocci.....Senior Commission Chairperson.....203-268-0265

APRIL 2011

Senior Center will be closed on Friday April 22 (Good Friday)

Activities open to members only. Membership for residents is \$5.00 and \$10.00 non-residents. Membership renewal will be due July 1, 2011. Renewal registration will begin May 1, 2011.

AARP TAX-AID, free program that provides income tax preparation assistance for low and middle-income taxpayers age 60 and older. If married, both husband and wife should be present. Taxpayers must have available all information and documents that apply to their 2010 income taxes.

•Copies of 2009 returns, checkbook, so that any refund due can be direct deposited, all 2010 income report forms, SSA-1099, Social Security Statement, 1099 form, W-2 wage and tax statement forms, W-2G gambling(winning forms), and original cost of assets sold in 2010. Counselors are available every Wednesday 9:00 AM - Noon, until April 13. No Appointment necessary.

Pasta Dinner Dance

Thursday, April 14, 4:00 p.m. until 7:00 p.m.
Music by D.J. Tom Mohyde (couples and singles music mix). Pasta and Meatballs.
\$10.00 per person (seating limited). No refunds

The Trumbull Senior Commission will meet on Friday, April 29 at 10:30 AM in the TV Lounge

Bingo Game

April 8 at 1:00 p.m.

April Showers Bingo with Free Prizes!
Refreshments provided by Middlebrook Farms.
A Benchmark Senior Living Community
2750 Reservoir Ave. Trumbull, CT.

AARP Safe Drivers Course Friday, May 13

9 A.M. until 1:00 p.m. AARP member \$12.00 and non members \$14.00 Checks must made out to AARP (No cash please). For more information please call 203-452-5199.

Sing-A-long With Lorrie

Monday, April 4 and Monday, April 18 at 10:30 AM. Come join Lorrie for a morning of guitar and familiar songs.

NOTARY PUBLIC AVAILABLE-Monday through Friday. We advise you call 203-452-5199 for an appointment. The fee is \$5.00 for each transaction. Exemption for military personnel



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News from the Social Services Office

- **The Elderly and Totally Disabled Homeowner Tax Relief Program** is currently running from now until May 13, 2011. The income guidelines for qualification are as follows: State Income- Single - \$32,300.00. Married - \$39,500.00. Town Income - \$61,000.00. If you are interested in applying for the program, call Social Services at (203) 452-5198 or the Assessor's Office at (203) 452-5016.
- **The Trumbull Food Pantry** is available to all residents in need. Please call in advance for an appointment.

BRAUNSTEIN & TODISCO, P.C. <i>Attorneys at Law</i>	<i>Providing Professional Personal Service</i>
Committed to Protecting the Dignity, Financial and Legal Rights of Seniors	
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Amy E. Todisco* amy@btlawfirm.com One Elliot Place • Fairfield, CT 06824-5154 Phone: (203) 254-1118 • Fax (203) 254-2453 • www.btlawfirm.com *President, Connecticut Chapter National Academy of Elder Law Attorneys, Inc 2009-2010 Connecticut Bar Association Elder Law Committee, Executive member.	

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April 2011 CALENDAR

MONDAY April.4 &18 Apr. 11 & 25 Apr. 4 & 18 	9:00 A.M. 10:30 A.M. 10:30 A.M. NOON 1:00 P.M.	NURSE AVAILABLE UNTIL 3:00 P.M..... YOGA..... STRENGTH & CARDIO CLASS..... BRIDGE GAME..... CHORAL GROUP (SING-A-LONG)..... WOMEN'S POKER GAME..... DUPLICATE BRIDGE..... BEGINNER'S LINE DANCE.....	SOCIAL SERVICES FUNCTION ROOM FUNCTION ROOM SNACK BAR TV ROOM CARD ROOM MEETING ROOM FUNCTION ROOM
TUESDAY 	9:15 A.M. 10:00 P.M. 10:00 A.M. 10:30 A.M. 11:00 A.M. 11:30 A.M. 12:30 P.M.	FIT FOR LIFE EXERCISE CLASS..... KNIT AND CROCHET GROUP..... ART CLASS..... BALLROOM DANCE..... Wii GAMES..... ZUMBA LESSONS..... MEN'S POKER GROUP..... MEXICAN TRAIN DOMINOES..... LATIN LINE DANCE.....	FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTIONS ROOM T.V. ROOM FUNCTIONS ROOM CARD ROOM CARD ROOM FUNCTIONS ROOM
WEDNESDAY 	9:00 A.M. 10:15 AM 11:00 A.M. NOON 12:30 P.M	YOGA..... JAZZERCISE..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....	FUNCTION ROOM FUNCTION ROOM FUNCTIONS ROOM MEETING ROOM FUNCTION ROOM
THURSDAY 	9:00 A.M. 10:00 A.M. 1:00 P.M. 2:00 P.M.	STRENGTH & CARDIO..... NURSE AVAILABLE..... SLIM APPROACH..... CHAIR EXERCISE WITH NURSE GAIL ONDY.. DRAWING AND WATER COLOR CLASS... JAZZERCISE..... CANASTA..... PINOCHLE..... BALLROOM/SOCIAL DANCE LESSONS..	FUNCTION ROOM SOCIAL SERVICE T.V. ROOM T.V. ROOM MEETING ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM
FRIDAY 	9:00 A.M. 10:30 AM NOON 12:30 P.M.	NURSE AVAILABLE..... AEROBICS..... TAI CHI..... WOMEN'S AND MEN'S POKER CLUB..... MAH JONGG.....	SOCIAL SERVICES FUNCTION ROOM FUNCTION ROOM CARD ROOM MEETING ROOM

YOUR SOURCE FOR SENIOR SERVICES	
	<p>Skilled Nursing Care</p> <p>Grasmere by the Sea Adult Day Services</p> <p>The Roy and Aline Friedman Home Care Agency</p> <p>Compassionate Care Companions</p> <p>Outpatient Rehab Therapy</p> <p>The Institute on Aging</p>

Fund Raiser

Thanks for your continued support of recyclable bottles and cans to benefit our beautification fund. We are also receiving a large amount of can tabs for the Ronald McDonald House care facilities. Thank you for all your donations



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Trumbull Senior Center
23 Priscilla Place
Trumbull, CT 06611

Tel # 203-378-3086

April 2011

Senior Community Café

Meals served Monday through Friday at noon. For reservations call 10:00 a.m. – noon

Monday	Tuesday	Wednesday	Thursday	Friday
	Honey Mustard Chicken	Roast Beef Sandwich	Spaghetti and Meatballs	1 Baked Fish
4 Turkey Burger	5 Stuffed Pepper	6 Stuffed Chicken	7 Roast Beef Sandwich	8 Confetti Quiche
11 Meat Loaf With Gravy	12 Baked Knockwurst	13 Chicken Pot Pie	14 BBQ Pork Loin	15 Lemon Pepper Fish
18 Salisbury Steak	19 Honey Roasted Chicken	20 Tuna Salad	21 Sliced Ham	22 Closed
25 Manicotti	26 Pepper Steak	27 Veal Cutlet	28 Pork Stir	29 Rigatoni with Turkey



2875 Main St., Bridgeport, CT 06606
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SHORT TERM REHABILITATION ~ LONG TERM CARE

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SENIOR CENTER SNACK BAR

Open Daily 10 AM – 12:30 p.m.

Lunch and breakfast served daily.

Eggs, sausage & peppers, hotdogs, hamburgers, egg salad sandwich, tuna salad sandwich and salad platters prepared daily.



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TRAVEL CORNER

The senior center contracts with individual travel agencies. Upon registration you will be informed of the tour company to which your check is to be made payable. All trips have limited seating and are on a first come first serve basis. For more information call 203-452-5199.

May 3, 2011 **Foxwood Casino - Food Coupon and Keno free play.** **\$23.00 p.p.**
Bus Leaves Stern Village at 7:30 AM
Bus Departs Penny Lane at 7:45 AM
Return home from casino at 3:30 PM

SENIOR CENTER SNACK BAR
Open Daily 10 AM – 12:30 p.m.
Lunch and breakfast served daily. Eggs, sausage & peppers, hotdogs, hamburgers, egg salad sandwich, tuna salad sandwich and salad platters prepared daily

Hon. John P. Chiota Attorney At Law

Gentile, Chiota & Gutheris, LLC Trumbull Probate Court

1700 Post Road, Suite C-7 P.O. Box 844 Fairfield, CT. 06824 203-259-7084 203-259-7085	Trumbull Town Hall 5866 Main Street Trumbull, Ct 06611 203-452-5068 johnpchiota@yahoo.com
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Middlebrook Farms

At Trumbull
A Benchmark Senior Living Community

2750 Reservoir Avenue

Trumbull, CT

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	<p>PARENTE-LAURO FUNERAL HOME INC. Beatrice Parnte- Lauro© 2000 <i>Family owned & Operated Since 1940</i> Michael J. Parente · Jack Maglior · Michele Parente ·Pre-Arrangement & Pre-Payment Counseling ·Title 19 Irrevocable Trust Funds & Revocable Trust Funds. ·Full Cremation Services Serving The Entire Fairfield County Area</p>
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AARP Four Hour Driving Course- A Safety drivers course is scheduled for Friday, May 13, 2011 from 9:00 AM until 1:00 PM. You are encouraged bring snacks for this long day or you may purchase refreshments/Lunch at the Senior Café, Located in the snack bar of the Senior Center. You must make advanced reservations. Reservations will be made by check only, payable to AARP. The cost of the class is \$12.00 for members and \$14.00 for non members. Please call the Senior Center (203-452-5199) for more information.

Trumbull Art's Commission Presents

fdhwrtyh

“Radio Ranch”
April 15 at 7:30 p.m.
Country Western
Dance Band

“Broadway to Hollywood”
April 29 at 7:30 p.m.
Joanne Kant, and Wanda
Grochowski, comedy and song

All performances take place at the Center at 23 Priscilla Place in Trumbull
Pre Purchase Of Tickets Is Suggested!

Bring your own refreshments. For more information or to purchase Tickets, please call Emily Areson at the Arts Commission office, 203-452-5065.

OLD TOWN RESTAURANT
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Susan B's Salon

Open in the lower level of the Senior Center
Services include haircuts for men & women, manicures and pedicures.
Licensed professionals.
For salon hours, prices and appointments please call 203-452-5199



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