

# THE CENTER AT PRISCILLA PLACE



*Senior Center Serving Adults Age 55+*

23 Priscilla Place • (203) 452-5199

**JANUARY 2018**

**First Selectman (203) 452-5005**

Vicki Tesoro

**Senior Commission Chairman**

Amy DeZenzo (203) 261-0872

**Director of Human Services**

Michele Jakab (203) 452-5144

**Administrative Assistant**

Ashley Ryan Grace (203) 452-5199

**Senior Center Receptionist**

Jeannie Franco (203) 452-5199

**Social Services (203) 452-5198**

Jennifer Gillis (203) 452-5133

**Food Pantry**

Monica Vallejo (203) 452-5135

## 2017 SENIOR CITIZEN COMMISSION

**Chairman** - Amy DeZenzo

**Vice-Chairman** - Dee Chiota

**Secretary** - Gail D'Elia

**Clerk** - Barbara Crandall

Ron Foligno

Roberta Bellows

Evelyn Wiesner

Dorothy Merritt

Mary Moran

## CENTER HOURS

Monday through Friday  
9:00 AM—4:00 PM

The Center will be closed New Year's Day-Monday, January 1st.

And Monday, January 15th in observance of Martin Luther King Day.



*Prepare Your Body for Winter  
with the Healing Practices of Qigong with Julie*

**January 3rd, 2018**

Wednesdays at 12:30 PM

Stay for tea!

**What to Expect:** Simple yet profound ways to increase energy. Improved immunity. Stronger bones & skeletal structure. Increased sense of peacefulness & improved sleep. Better internal & external balance. No experience necessary!  
Qigong is one of the best ways to lower stress instantly.

## Great News! A Matter of Balance is back!

**Thursdays from 1:00 PM—3:00 PM**

**Beginning February 1st**

2/1, 2/8, 2/15, 2/22

3/1, 3/8, (3/15 no session due to March break), 3/22, 3/29



MANAGING CONCERN ABOUT FALLS

*A Matter of Balance* is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

For more information and to RSVP, please call 203-452-5199.

*Former pro golf professional Brian Augustine gives tips!*

**Wednesday, January 24<sup>th</sup>**

**11:00 AM**

Brian's professional career (2003 –2014) included playing in the New Hampshire Open and Connecticut Open, Tour Events in Florida, working at Country Clubs in New Hampshire, New Haven, Madison, Palm City Florida and Pine Orchard Yacht & Country Club. Brian has given Golf Lessons and Clinics for 11 years and continues to do so at Fairways Driving range in Branford, CT



**Brian will be going over putting and other general golf tips.  
Bring your questions or just enjoy learning something new!**

Like us on  
**facebook**



## WORKSHOPS, LUNCH AND LEARNS, EVENTS

### Lunch and Learn Veteran's Pension Benefits and Funeral Trust Planning Wednesday, January 10th 10:30 AM

Join representatives from Cyril F. Mullins Funeral Home for an informative workshop about veteran's pension benefits and funeral trust planning. Lunch will be provided. To RSVP, please call us at (203) 452-5199.

### Lunch and Learn Putting Clinic and Golf Tips Wednesday, January 24th 11:00 AM

Former golf professional, Brian Augustine, will be present to discuss tips about putting and golf. Lunch will be provided by Connecticut In-Home Assistance. For more information and to RSVP, please call (203) 452-5199.

### AARP Safe Drivers Course Friday, January 26th 9:00 AM—1:00 PM \$15.00 members and \$20.00 non-members. Checks only please. For more information and to RSVP, please call (203) 452- 5199.

### Thursday Evening Programs

#### Elder Law Discussion Thursday, January 18th 5:00 PM

Elder Law Attorney, Lyn Eliovson of Eliovson & Tenore in Fairfield, will present a round-table discussion on elder law and the new Uniform Powers -of-Attorney that is now in effect in Connecticut. For more information and to RSVP, please call (203) 452-5199.

#### Interested in playing Chess?



Contact Joe Guerini at  
(203) 218-4460

**Sue's Salon**  
Haircuts for men & women  
Manicures & pedicures  
Licensed professional.  
For an appointment,  
call (203) 981-7061



**Price List:**  
Shampoo/set/blow dry: \$15.00  
Shampoo/cut: \$18.00  
Neck Trim: \$10.00  
Color/cut/set: \$50.00 +  
Perm/wash/cut/set/blow dry:  
\$65.00

### We have a new phone directory!

General inquiries: (203) 452-5199

Transportation: (203) 452-5137

Director's Line: (203) 452-5144



### WELLNESS NURSE

#### The Wellness Nurse (203) 452-5134

The Wellness Nurse, Stephanie Ramalhete, is available at the Senior Center on Tuesdays, Thursdays and Fridays from 9:00 AM—1:00 PM. She is also available at Stern Village on Wednesdays from 11:00 AM—1:00 PM

- Blood pressure checks
- Medication questions
- Weight
- Nutrition
- Assists with doctors appointments.

## PROGRAMS

### Knitting & Crochet Group

**Every Tuesday**

**10:00 AM**

Join us, all are welcome! Please bring your own supplies. Extra yarn is available. Donations welcomed.

### Upcoming Computer Classes:

Every Tuesday: 1:00 PM-3:00 PM

**January 9th**-Intro to Digital Photography

**January 16th**-Intro to Word Processing

**January 23rd**-Intro to Spreadsheets

**January 30th**-Intro to Presentation Software

All classes are open to PC users. To RSVP, please call (203) 452-5199.

### FAMILY CONFLICT GROUP

A 12 WEEK Group that will meet on The 1st and 3rd Thursdays of the month at **2:00 PM**.

This group is run by a licensed professional.

This group is for anyone feeling frustrated with their family relationships; such as not connecting with your children nor grandchildren as often as you would like. Or you have strained relationships that are affecting you.

### **January 11th and 25th**

For questions, please call Chanté P. Moreno, LMSW [cmoreno@trumbull-ct.gov](mailto:cmoreno@trumbull-ct.gov)

203-261-5110



### Computer Tutor: 1:1 Sessions

**Every Wed. and Thurs.**

**10:30 AM—12:00 PM**

- How to send emails/photos, use the internet, social media, anything!

You must RSVP. (203) 452-5199. \$5.00 for non-residents. If you have a laptop, please bring it in.

### Lunch and Movie

**Friday, January 19th**

**11:30 AM—1:00 PM**

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: **Kidnap**-A suspenseful thriller movie about a single mother and her action against wild kidnappers. Starring: Halle Berry To RSVP, please call (203) 452-5199.

### Monthly Birthday Party

**Friday, January 26th**

**11:30 AM**

Come celebrate our January birthdays! Cake and coffee will be served. This event is sponsored by SYNERGY Homecare.

To RSVP, call (203) 452-5199.

### The Book Club

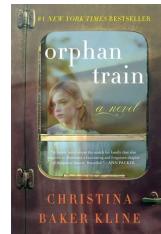
Monday, January 8th, 11:00 AM

#### **“The Orphan Train”**

**by Christina Baker Kline**

Books will be available to pick up at the Center the first week of January. Available in audio and large print.

Everyone is welcome.



### Daily Lunch Program

Join us for a hot lunch Monday-Friday at 11:45 AM. Reservations required 2 days in advance. Call (203) 378-3086. Suggested donation of \$3.25.



## GAMES

### Bingo

**Monday, January 8th**

**1:00 PM—3:00 PM**

**(bus leaves at 2:30 PM)**



Goodies and refreshments. To RSVP, please call (203) 452-5199.

### Super Bingo

**Friday, January 26th**

**1:00 PM—3:00 PM**

**(bus leaves at 2:30 PM)**

\$5.00 gift cards and refreshments!

RSVP by calling (203) 452-5199.

Sponsored by the Senior Commission and SYNERGY Homecare.

### Poker Mondays and Thursdays

**9:00 AM—3:30 PM**

Come join us for a fun game. Don't forget to bring your poker face!

### Texas Hold'em

**Wednesdays and Fridays**

**10:00 AM—3:30 PM**

Interested in playing Texas-Hold'em?

### Pinochle

**Wed, Thurs, Fri**

**12:30 PM**

Join a game and/or start your own!

### Mah-Jongg

**Wednesdays & Fridays 12:30 PM**

Mah-Jongg players afternoons in the library and the meeting room. New players are welcomed to join!

## FITNESS CLASSES

### Mondays:

**Stretch/Strengthen with Nancy-9:00 AM** Stretch, balance, aerobic and strength exercises. Optional: bring weights.

**International Folk Dance with Leng -10:00 AM** A wonderful exercise for your mind, body and spirit.

**Intermediate Line Dance with Shirley-12:45 PM** Line dance to different types of music.

**Yoga with Jeannie-2:00 PM**  
This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

### Tuesdays:

**Fit for Life Exercise with Marylou-9:15 AM** Low-impact aerobic exercise/dance (including a weights segment).

**Ballroom Dance with Mike Stavola-10:30 AM** Ballroom dance lessons with or without a partner.

**Zumba Lessons with Mike Stavola-11:30 AM** Have fun while you dance to energetic music!

### **Tai Chi Quan for Better**

### **Balance with Alma-1:30 PM**

Focuses on improving balance, reducing stress and clearing your mind.

### Wednesdays:

**Yoga with Jeannie -9:00 AM** This exercise focuses on breathing, stretching, balance and flexibility movements.

**Jazzercise with Marylou-10:10 AM** Combination of low-impact aerobic exercise and dance.

**Tap Dance with Shirley-11:00 AM**  
Experience required. Please bring your own tap shoes.

**Qigong with Julie-12:30 PM**  
Practice that focuses on lowering stress, improving immunity and strengthening internal and external balance.

### Thursdays:

**Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-9:00 AM** This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

**Strength Training with Jeannie-10:15 AM**

Build strength and muscle while feeling stronger and more flexible. Please bring a towel and mat.

**Feldenkrais with Cathy-11:30 AM**

Awareness through movement. Learn the importance of proper movement techniques while sitting.

### Fridays:

**Zumba Gold with Jeannie-9:00 AM** Dance to international music while toning the entire body.

**Tai Chi with David-10:15 AM**  
An ancient martial art that helps improve balance and relieve pain.

## ART CLASSES

### Mondays:

**Drawing with Christine-9:45 AM**  
This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

### Tuesdays & Thursdays:

**Watercolors with Sabine-9:30 AM** Watercolor class taught by Artist Sabine Bonnar. All levels are welcome. A supply list will be provided.

### Fridays:

**Acrylic/Oil Painting with Christine-10:00 AM**

A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcomed. Please bring your own supplies and subject matter. A supply list will be provided.

### Beading Class

Viola will return in the Spring for the monthly beading class!

### Let's Go Green!

Sign up to receive our newsletter by e-mail.

Email: [jfranco@trumbull-ct.gov](mailto:jfranco@trumbull-ct.gov).



# COMMUNITY NEWS



## Why do I need a flu vaccine every year?

A flu vaccine is needed every season for two reasons. First, the body's immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccines reviewed each year and sometimes updated to keep up with changing flu viruses. For the best protection, everyone 6 months and older should get vaccinated annually.

## **ITS NOT TO LATE FOR THE FLU SHOT!!!**

Peak flu season is now until March

It helps keep you from getting sick with the flu

Flu vaccination can reduce the risk of flu-associated hospitalization

Flu vaccination is an important preventive tool for people with chronic health conditions

Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

(CDC.gov 2017)

## **Inclement Weather Policy Trumbull Senior Center**



If Trumbull Public Schools are **closed** due to bad weather, all activities/classes/ transportation/lunches are cancelled and the Center will be **closed**.

If the Trumbull Public Schools are **delayed**, the Center **morning** activities are delayed. Be sure to check all closings and delays for the delayed opening time.

**Trumbull Senior Center Closings and Delays are publicized on T.V. channels 12, 8, 6 and 3; on WICC 660 and WEBC 108 on the radio; and on the and Town of Trumbull website.**

For a text alert on our delayed or closing status sign up at:

**NBC:**

<https://www.nbcconnecticut.com/news/local/Sign-Up-For-Winter-Weather-Closing-Alerts-106521708.html>  
OR

**WSFB CHANNEL 3:**

<https://my.textcaster.com/asa/Default.aspx?ID=c1616077-39d9-4682-b0ca-63a1ee174441>

If travel becomes hazardous during the course of the day due to bad weather, staff may cancel activities for the remainder of the day. If this occurs, all bus passengers will be driven home. No passenger will be left stranded. Members and instructors are encouraged to check for cancellations or delays during inclement weather.

*thank you!*

To all of the volunteers that helped out at our Holiday Parties . We could not have done it without you! And thank you to Smile-A-While for their wonderful performances!

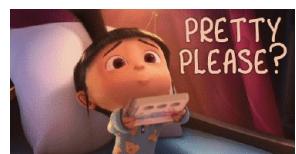
Big thanks to Stop and Shop in Trumbull for their fabulous food donations!

We also would like to thank the Tashua Knolls Senior Mens' Club for their donation the Center.

Thank you to our Senior Commission for sponsoring our holiday luncheons.

## **WISH LIST**

- PORTABLE CD PLAYER
- BLUE TOOTH SPEAKER
- DECAF COFFEE
- UNOPENED COOKIES AND CAKES



## The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides to doctors, lawyers, shopping, appointments, nursing home visits. Call to inquire. (203) 452-5137. Registration is required.

### **Connecticut Post Mall and Cracker Barrel Restaurant**

#### **Thursday, January 18th**

Join us for a trip to the Connecticut Post Mall in Milford. Enjoy lunch at the Cracker Barrel Restaurant and be sure to check out their gift shop! Transportation is free; you are responsible for the cost of your shopping and lunch.

To RSVP, please call (203) 452-5137.  
Maximum 14 people.

#### **Bus Schedule**

Bus will leave the Center at 10:30 AM.  
Connecticut Post Mall from 11:00 AM—12:30 PM  
Cracker Barrel Restaurant from 1:00 PM—2:30 PM

### **The Shuttle Loop: Get a choice!**

Must RSVP: (203) 452-5137

#### **Estimated pick up time between 9:00 am-10:00 am**

Stores within the “Loop” include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

#### **• Thursday, January 11th**

There is a minimum of 4 passengers and a maximum of 14 passengers per trip.

### **Need a Ride to the Doctor?**

We offer rides to and from medical appointments Mondays, Tuesdays, and Thursday. We travel to Trumbull, Bridgeport and Stratford. All riders must be independent; care givers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle. Senior Center Membership is not required but all riders must fill out a registration form. Donations are gratefully accepted. Donations can be made to the Trumbull Senior Center at 23 Priscilla Place, Trumbull CT, 06611

### **Middlebury Consignment Thursday, January 25th**

Do you love to shop? Join us for a trip to Connecticut's premiere consignment shop, Middlebury Consignment. After shopping, enjoy a delicious lunch at the Café. Transportation is free; you are responsible for the cost of your shopping and lunch.

To RSVP, please call (203) 452-5137.  
Maximum 14 people.

#### **Bus Schedule**

Bus will leave the Center at 10:00 AM.  
Middlebury Consignment from 11:00 AM-2:30 PM  
Bus will return to the Center by 3:30 PM.

### **Stop and Shop Schedule: Call for a pick up**

- Stern Village Residents: Wednesdays
- Trumbull Residents: Tuesdays

Shopping is from 10:00 AM -11:00 AM.

You will be picked up between 9:00 AM-9:45 AM.

Wheelchair accessible, aides or caregivers are welcome.

Must RSVP: (203) 452-5137



### **Our fabulous bus drivers:**

Jeanne Horvath

Vincent Pavone

Bill Schiappa

Andy Mastrone

**Shop with us at the Food Pantry. Please call for inquiries and eligibility. 203-452-5198**

**Transportation is available for pantry shoppers.  
(riders must be at least 18 years of age)**

## DAY AND OVERNIGHT TRIPS: Stop by the Center for detailed flyers

Take a look at our day and overnight trips. Anyone is welcome; membership or residency not required.

Driver trips: all amenities are included in the price.

Email Jeannie Franco with any questions [jfranco@trumbull-ct.gov](mailto:jfranco@trumbull-ct.gov) or call (203) 452-5199.

Payment and trip policy form is required before signing up.

### Escape the Cold Enjoy Some “Sun”!

Treat yourself to a luxurious stay  
at... Mohegan Sun!

*Getaway Tours*

**Date: January 24-25**

**Cost: \$163.00 PP Double, \$228.00**

**PP Single, \$153.00 PP Triple**

Includes: Transportation, Hotel Accommodations, Buffet Vouchers, \$20.00 Free Slot Play, Taxes and Baggage Handling, Driver's Gratuity



### The 37th Annual CT Flower & Garden Show

**Date: February 22nd**

**Cost: \$86.00**

*Getaway Tours*

Includes: Transportation, Luncheon at the Chowder Pot, Admission to the CT Flower Show, Driver's Gratuity



### Westchester Broadway Theatre Presents: “100 Years of Broadway”

*Gateway Tours*

**Date: February 1st**

**Cost: \$99.00**

Includes: Transportation, Lunch and Show, Driver's Gratuity

### UCONN Women's Basketball at Gampel Pavilion Getaway Tours

**Date: Saturday, January 27**

**Cost: \$60.00 Per Person**

Includes: Transportation, Ticket to the UCONN Women's Basketball Game,



### St. Patrick's Celebration at the Aqua Turf

*Featuring the  
Maclean Avenue Band*

**Date: March 20th**

**Cost: \$79.00**

*Getaway Tours*

Includes: Transportation, Lunch and Glass of Wine or Beer, Entertainment, Driver's Gratuity



### 2018 Trips

- Museum of American Revolution Philadelphia
- Log Cabin in Holyoke, MA.
- West Point Dress Parade
- New York Botanical Garden Georgia O'Keefe
- Harlem Tour
- Lobster & Casino
- Locks and Lunch along Hudson
- Whale Watch from Boston

### Over Night Trips with Collette Tours

**Tour: Albuquerque Balloon Fiesta**

**Departing: Thursday, October 11th, 2018**

**Returning: Tuesday, October 16th, 2018**

**Triple: \$2,649.00**

**Double: \$2,679.00**

**Single: \$3,379.00**



### Westchester Broadway Theatre Presents: A Chorus Line

**Thursday, March 22nd**

**\$104.00 per person**

**Friendship Tours**

**Includes:**

Roundtrip Motor coach, lunch and a show, all taxes and gratuities including driver.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Center will be closed for New Year's Day!</b>  <b>Happy New Years!</b>	<b>1</b> 9:00 Wellness Nurse 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 1:30 Tai Chi Quan	<b>2</b> 9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> 11:00 Tap Dance 12:30 Pinochle & Mahjong <b>12:30 Qigong</b>	<b>3</b> 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> 11:30 Feldenkrais 12:30 Pinochle	<b>4</b> 9:00 Dance & Tone 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
<b>9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge <b>11:00 Book Club</b> 12:45 Line Dance <b>1:00 Bingo</b> 2:00 Yoga</b>	<b>8</b> 9:00 Wellness Nurse 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 1:30 Tai Chi Quan	<b>9</b> 9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> <b>10:30 Cyril. Mullins</b> 11:00 Tap Dance 12:30 Pinochle & Mahjong <b>12:30 Qigong</b>	<b>10</b> 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> 11:30 Feldenkrais 12:30 Pinochle <b>2:00 Family Conflict</b>	<b>11</b> 9:00 Dance & Tone 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
<b>The Center will be closed for Martin Luther King Day.</b>	<b>15</b> 9:00 Wellness Nurse 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	<b>16</b> 9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> 11:00 Tap Dance 12:30 Mahjong & Pinochle <b>12:30 Qigong</b>	<b>17</b> 9:00 Balance & Core 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> <b>10:30 Computer Tutor</b> 11:30 Feldenkrais 12:30 Pinochle <b>5:00 Law Discussion</b>	<b>18</b> 9:00 Dance & Tone 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Monthly Birthday</b> <b>11:30 Lunch and Movie</b> 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
<b>9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga</b>	<b>22</b> 9:00 Wellness Nurse 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	<b>23</b> 9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> 11:00 Tap Dance <b>11:00 Golf Discussion</b> 12:30 Pinochle and Mahjong <b>12:30 Qigong</b>	<b>24</b> 9:00 Balance & Core 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach <b>10:15 Strength Training</b> <b>10:30 Computer Tutor</b> 11:30 Feldenkrais 12:30 Pinochle <b>2:00 Family Conflict</b>	<b>25</b> 9:00 Dance & Tone 9:00 Wellness Nurse <b>9:00 AARP Safe Drivers</b> 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Monthly Birthday</b> 12:30 Mahjong 12:30 Pinochle <b>1:00 Super Bingo</b> 1-4 Billiards Game
<b>9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga</b>	<b>29</b> 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 1:30 Tai Chi Quan	<b>30</b> 9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise <b>10:30 Computer Tutor</b> 11:00 Tap Dance 12:30 Pinochle and Mahjong <b>12:30 Qigong</b>	<b>31</b>	<b>January</b>



Greater Bridgeport Senior Community Café  
Trumbull Café 203-378-3086

1% or Skim milk provided  
Margarine available  
Multigrain Bread  
served daily

# JANUARY, 2018

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$3.25**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Closed New Year's Day</b> 	2 Cauliflower & Potato Soup Chicken Breast in Marinara Spaghetti Green Beans  Fruit Cup	3 Garden Salad Shepherd's Pie Peas  Fresh Fruit	4 White Bean Soup BBQ Pork Sweet Potato Puree Steamed Broccoli  Fruit Cup	5 Garden Salad Baked Fish White Rice Carrots  <b>Happy Birthday</b> Marble Cake
8 Minestrone Soup  Beef Stew Mashed Potato Broccoli  Fruit Cup	9 Garden Salad  Cheese Ravioli with Spinach and Tomato Sauce Roasted Cauliflower  Fresh Fruit	10 Sweet Pea Soup  Turkey and Gravy Stuffing Green Beans  Fruit Cup	11 Garden Salad  Baked Fish with Tomatoes Yellow Rice Sweet Peas  Oatmeal Raisin Cookies	12 Tortellini and Spinach Soup Honey Garlic Chicken Macaroni Salad Roasted Carrots  Fruit Cup
15  <b>CLOSED</b>	16 <b>MLK Day Special</b> Broccoli and Cheese Soup Pork Loin Yellow Rice Beets  Fruit Cup	17 Garden Salad  Herbed Chicken Potato Gratin Sweet Peas  Fresh Fruit	18 Turkey Vegetable Soup  Red Lentil Chili Corn Bread Corn Salsa  Chocolate Cake	19 Garden Salad  Spaghetti and Meatballs Green Beans  Fruit Cup
22 Tomato Soup  Turkey and Ricotta Lasagna Mixed Vegetables  Brownie	23 Garden Salad  Smothered Chicken Mashed Potato Peas and Carrots  Fresh Fruit	24 Chicken Garden Soup  Creamy Spinach and Tomato Tortellini Sweet Peas  Fruit Cup	25 Garden Salad  Pepper Steak Vegetable Lo Mein String Beans  Fresh Fruit	26 Beef Barley Soup  Lemon Baked Fish Brown Rice Mixed Vegetables  Fruit Cup
29 Garden Salad Meatloaf and Gravy Mashed Potatoes Green Peas  Fresh Fruit	30 Egg Drop and Green Soup Asian Chicken Scallion White Rice Steamed Broccoli  Fruit Cup	31 Garden Salad Three Cheese Baked Ziti Roasted Cauliflower  Marble Cake	<b>A HAPPY NEW YEAR</b>	

## What Does Social Services Do?

- Home Care Referrals
- Housing referrals and application assistance
- Long Term Care questions
- Medicare Counseling
- Benefit assistance such as SNAP, Medicaid, Energy, and prescription assistance
- Food Pantry assistance
- Financial Assistance: Call to inquire for criteria and eligibility.

Bring your questions, ask us if we can help you or someone you know.

## Energy Assistance:

Social Services will begin taking applications for the 2017--2018 Winter Heating/Energy Assistance Program beginning Monday, October 2, 2017. The Connecticut Energy Assistance Program (CEAP) can assist households with their primary heating source (oil, gas, electric) costs during the winter months. If the household's primary heating costs are included in rent, you may also apply for assistance. **THIS PROGRAM IS INCOME AND ASSET BASED.** Please call Social Services directly @ 203-452-5198 for program guidelines, required documentation and to schedule an appointment. Home bound visits are available upon request.



**Did you lose money to a scammer who had you pay using Western Union between January 1, 2004 and January 19, 2017? If so, you can now ask for your money back – and you have until February 12, 2018 to file your claim.**

From the Federal Trade Commission website:

The US Department of Justice (DOJ) is handling the refunds – or “remission,” as they call it. Here’s what you need to know:

If you already reported your fraud loss to Western Union, the FTC, or another government agency, you might get a claim form in the mail from Gilardi & Co, which is the company DOJ hired to handle the claims. You can file your claim online – just use the Claim ID and the PIN that are on the form you get in the mail.

If you didn’t already report your loss, or you don’t get a claim form in the mail, go online to file your claim. Start at [FTC.gov/WU](http://FTC.gov/WU) to get to the claims website.

If you’re putting in a new claim, or changing the pre-filled amount on the claim form you got in the mail, you’ll be asked for documentation. Upload – or send copies of – the receipts or transfer send forms you have, and give as many details as you can remember about the transfer. If you don’t have documentation, you can still complete the form and give as much information as you have. DOJ will use the information you give them to try to validate your Western Union money transfer.

The claim forms ask for your Social Security number (SSN). That’s because, before they can send you a check, DOJ is required to see whether you owe money to the US government. For that they need your SSN. That’s why we’re suggesting filing your claim on the secure website.

You do not have to pay to get your money back. Don’t pay anyone who says they can file a claim for you. And nobody will ever call you to ask for your bank account or credit card number. It’s free to file your claim form, and you can only do it online or by mail. Find the claim form and the only real address that accepts claims at [FTC.gov/WU](http://FTC.gov/WU).

And then: patience. It will take DOJ up to a year to validate all the claims it gets and return money to people. Check [FTC.gov/WU](http://FTC.gov/WU) for updates.”

For additional information go to: <https://www.consumer.ftc.gov/blog/2017/11/getting-your-money-back-western-union>