

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
Diane Donahue.....Program Coordinator.....203-452-5199
Sharon Miller.....Transportation .Dispatcher.....203-452-5137
Linda Ciocci.....Senior Commission Chairperson.....203-268-0265

DECEMBER 2011

Reminder* the Senior Center will be closed on Monday, December 26 and Monday, January 2 for the holidays.**

● **CHRISTMAS PARTY- DEC. 16 AT 1 PM.**

Chicken Dinner and music by Richard Jones.

Advanced tickets only, tickets **will not** be available at the door. Tickets may be purchased at the main office **\$5.00 per person**. For more information please call 203-452-5199.



Season's
Greetings To

All Of Our Friends

● From the Staff of the ●

◆ Trumbull Senior Center ♥

● Trumbull Senior Commission ●

◆ Jean Fereira ♥ Sharon Miller ◆

● Diane Donahue ● Dominick Galletti ●

◆ Joe Guerini ● Becky Manotne ◆ Bob Sherwood ◆

● Donald Darling ● Richard Jones ◆ Jennifer Gillis ●

Beth Aerson

Gail Ondy

Judy Lock

Gail Johnson

And All Of Our Volunteers

● **MEETING ROOM WILL BE CLOSED**

for AARP Income Tax training

Wednesday, December 7

Thursday, December 8

Friday, December 9

Thursday, January 5

Friday, January 6

● **CHRISTMAS BINGO GAME-**

December 9, at 1 PM in the nutrition room.

Refreshments and plenty of prizes. Come enjoy an afternoon of fun and games. Games are free of charge and you must be a member. You must call 203-452-5199 and make reservations in advance (provide your membership number at the time of reservation).

● **NOTARY PUBLIC AVAILABLE-**

Monday through Friday. Please call 203- 452-5199 for an appointment. There is a \$5.00 fee for each transaction. There is an exemption for military.



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News from the Social Services Office (203-452-5198)

• **MEDICARE'S ANNUAL ENROLLMENT PERIOD IS MOVING UP!** Starting this year, the new annual enrollment period for **MEDICARE PART D** and **MEDICARE ADVANTAGE PLAN** begins October 15, 2011 and ends on December 7, 2011. **MARK YOUR CALENDARS!**

• **Energy Assistance** – Trumbull Social Services is currently taking applications for the 2011-2012 Energy Assistance Program. Applications are taken by appointment only for Trumbull Residents. No WALK-INS. Please call 203 -452-5198 for an appointment schedule and required documentation.

BRAUNSTEIN & TODISCO, P.C. <i>Attorneys at Law</i>	<i>Providing Professional Personal Service</i>
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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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DECEMBER 2011 CALENDAR

MONDAY Dec. 5, & 19 Dec. 12 No Classes on Mon. Dec. 26 & Mon. Jan. 2	9:00 AM NOON 1:00 PM	YOGA..... STRENGTH & CARDIO CLASS..... DUPLICATE BRIDGE..... BEGINNER'S LINE DANCE.....	FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
TUESDAY 	9:15 AM 10:00 PM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM	FIT FOR LIFE EXERCISE CLASS..... KNIT AND CROCHET GROUP..... ART CLASS..... BALLROOM DANCE WITH MIKE STAVOLA... Wii GAMES..... ZUMBA LESSONS WITH MIKE STAVOLA..... MEN'S POKER GROUP..... MEXICAN TRAIN DOMINOES.....	FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTIONS ROOM T.V. ROOM FUNCTIONS ROOM CARD ROOM CARD ROOM
WEDNESDAY 	9:00 AM 9:30 AM 10:00 AM 10:10 AM 11:00 AM NOON 12:30 PM	YOGA..... NURSE AVAILABLE UNTIL 4 :00 PM..... CHAIR EXERCISE WITH RITA..... JAZZERCISE..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....	FUNCTION ROOM SOCIAL SERVICE TV ROOM FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
THURSDAY 	9:00 AM 9:30 AM 10:00 AM 11:00 AM 11:00 AM 1:00 PM 1:00 PM	STRENGTH & CARDIO..... NURSE AVAILABLE..... SLIM APPROACH..... DRAWING AND WATER COLOR CLASS... CHAIR EXERCISE WITH NURSE GAIL ONDY.... JAZZERCISE..... CANASTA..... PINOCHLE..... LATIN LINE DANCE... WITH MIKE STAVOLA...	FUNCTION ROOM SOCIAL SERVICE T.V. ROOMMEETING T.V ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM
FRIDAY 	9:00 AM 10:00 AM 10:30 AM 12:30 PM 1:30 PM	AEROBICS..... OPEN ART CLASS WITH CHRIS..... TAI CHI..... MAH JONGG..... ART CLASS – PORTAITS ONLY.....	FUNCTION ROOM MEETING ROOM FUNCTION ROOM MEETING ROOM MEETING ROOM

YOUR SOURCE FOR SENIOR SERVICES	
	<ul style="list-style-type: none"> Skilled Nursing Care Grasmere by the Sea Adult Day Services The Roy and Aline Friedman Home Care Agency Compassionate Care Companions Outpatient Rehab Therapy The Institute on Aging
175 Jefferson Street, Fairfield, CT 06825 • 203-365-6400 • www.jhe.org	

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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

DECEMBER 2011 Senior Community Café

Meals served Monday, Tuesday, Wednesday and Friday at noon. For reservations call 10:00 a.m.–noon
For Lunch Reservations Call 203-378-3086. Reservations must be made 2 days in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
			3 CLOSED	1 Seafood salad
5 Glazed Chicken Breast	6 Meat Loaf	7 Pork Stir Fry	8 CLOSED	9 White Fish Filet
12 Eggplant Rollatini	13 Turkey Sandwich	14 Roast Beef	15 CLOSED	16 Chicken Kiev
19 Knockwurst	20 Codfish Cake	21 Chicken Cordon Bleu	22 CLOSED	23 Homemade Turkey Loaf
26 Closed	27 Spaghetti with Marinara Sauce	28 Honey Glazed Spiral Ham	29 Closed	30 Braised Liver and Onion



2875 Main St., Bridgeport, CT 06606
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SHORT TERM REHABILITATION ~ LONG TERM CARE
4-Star Rating by Medicare.gov
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Senior Center Snack Bar
 Open Daily 10 AM – 12:30 p.m.
 Lunch and breakfast served Monday-Thursday. Closed Friday, 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.

December 7, (Wednesday) Newport Playhouse “Never Get Smart With An Angel” \$73.00 p.p.

This funny play is a winner all the way! Salvatore, Carmine, Paolo and Dorothy will keep you laughing- and, of course, Sal’s deceased wife who is an “angel,” but not angelic! Lunch includes an extensive, hearty buffet that does not skip on quality or quantity. Everything prepared on the premises.

THE TRUMBULL ARTS COMMISSION PRESENTS

**“Eight to the Bar” January 22, 2011 at 1 PM Cabaret
Center at 23 Priscilla Place
A mix of swing, jump, blues, jazz, rockabilly,
fifties-style Classic and r&b
Cabaret seating, bring your own refreshments. Pre purchase of
tickets is necessary, \$5.00 per person. Call Emily at the Arts
Commission office at 203-452-5065.**

Hon. John P. Chiota Attorney At Law

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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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News from the Wellness Nurse, Gail Ondy- Tips for a healthy and happy winter.

Warm hats, gloves, and boots help keep you warm for the winter weather. Keeping your head covered helps keep the body heat inside.

Enjoy the holiday activities- especially at the Senior Center. It will boost your holiday spirit. Wishing you all a Happy Holiday.

***THE NURSE WILL NOT BE AVAILABLE FROM NOVEMBER 16 THROUGH NOVEMBER 29.**

BEGINNER COMPUTER CLASSES

- Basics such as E-mail and internet. All classes will take place on Mondays at 10:45 a.m. for 5 weeks of 1 hour classes.
- The cost is \$25.00. Class size limited.
- To register call Simone at 203-218-7668. Private lessons also available.

AARP – SAFE DRIVERS COURSE

Friday, November 18, 9AM-1 PM.

AARP members \$12.00 and non-members \$14.00. NOVEMBER'S CLASS IS FREE TO ALL VETERAN'S. Payment by check only, payable to AARP. For reservation please call 203-452-5199.

DECEMBER SHOPPING TRIPS

For those individuals without transportation.

Wednesday, December 7 - Walmart Bus Leaves Senior Center at 11:00AM. Bus returns to the center at 3:00 PM **For reservations call Sharon, Senior Transportation at 203-452-5137.**

Wednesday, December 21- Trumbull Mall Bus leaves Senior Center at 11:00 AM. Bus returns to the center at 3:00 PM. **For reservations call Sharon, 203-452-5137.**

OLD TOWN RESTAURANT

**60 Quality Street Trumbull
203-261-9436**

Breakfast & Lunch

-Served Daily

Dinner Hours 7-11

Call Ahead For Take Out

Dine in Bar

**Catering Available Up to 90 people
on/off premises**

Susan B's Salon

Open in the lower level of the Senior Center
Services include haircuts for men & women, manicures and pedicures.

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For salon hours, prices and

appointments please call 203-452-5199



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...Keeping Trumbull Tuned In

Check the weekly schedule at www.trumbullps.tv

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