

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

FEBRUARY 2011

The Senior Center will be closed President's Day, Monday February 21.

Activities open to Senior Center Members Only. Membership for residents is \$5.00 and \$10.00 non-residents.



INCLEMENT WEATHER- On days that it storms, or inclement weather is predicted, please tune your radio to WICC 600 AM for cancellations. When Trumbull Schools close, the senior center will also close. If the schools have a delayed opening, the senior center will also have a delayed opening.

AARP TAX-AID, a free program that provides income tax preparation assistance for low and middle-income taxpayers for those 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 including:

- Copies of 2009 returns, checkbook, so that any refund due can be direct deposited, all 2010 income report forms that have been received, 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 2010. Counselors are available every Wednesday 9:00 AM - Noon, until April 13. No Appointment necessary.



Volunteer Luncheon

A volunteer luncheon is scheduled for Friday, February 25 at 1:00 pm. to honor our loyal volunteers. If you are an active, registered volunteer and have participated in at least 3 or more events or activities for the year 2010, Please call to RSVP and make Menu Choice.

Volunteers, please remember to fill out a volunteer application form and sign the volunteer book (located in the main office) for every event or activity you attend.

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News from the Social Services Office

- **Energy Assistance Program-** We are taking applications for 2010/2011. All applications will be taken by appointment only. Call Social Services to schedule an appointment and to obtain this season's guidelines and documentation criteria. To schedule an appointment you may call (203) 452-5198 (NO WALK-INS). Home visits are available.
- The Trumbull Food Pantry is available to all residents in need. Please call in advance for an appointment.

Texas Hold'em Games -Sponsored by Nick Ruospo
Nick would like to hold Tournaments every month. Men and women are welcome. For reservations and more information please call Nick Rusopo at 203-374-6202

Bingo Game
Friday, February 18 at 1 PM
Free Prizes and Refreshments

OLD TOWN RESTAURANT
60 Quality Street Trumbull
203-261-9436
-Served Daily-
Breakfast Lunch Dinner
Hours 7-11 Call Ahead For Take Out
Dine in Bar ON/Off Catering Available
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**AARP Safe Driver CourseFriday,
March 11**
Classes take place 9 AM until 1:00 PM. If you are an AARP member, class fee is \$12.00 and non members \$14.00. Class size is limited and pre-registration is necessary. Checks must be made out to AARP (No cash Please).
For more information please call 203-452-5199.

TRUMBULL ARTS COMMISSION PRESENTS

"Songs From the Heart"
Friday, February 18 at 7:30 PM
Michael Jovovich & Dr. Joe Utterback
Tony La Vorgna, Brian Carolian & Nick Macri

Susan B's Salon


Now open in the lower level of the Senior Center. Services include haircuts for women and men, manicures and pedicures. All hair dressers are licensed professionals. For more information, salon hours, prices and appointments please call 203-452-5199 .



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FEBRUARY 2011 CALENDAR

MONDAY Feb. 7, Feb. 14 & 28 	9:00 A.M. 10:30 A.M. NOON 1:00 P.M.	NURSE AVAILABLE UNTIL 3:00 P.M..... YOGA..... STRENGTH & CARDIO CLASS..... BRIDGE GAME..... WOMEN'S POKER GAME..... DUPLICATE BRIDGE..... BEGINNER'S LINE DANCE.....	SOCIAL SERVICES FUNCTION ROOM FUNCTION ROOM SNACK BAR CARD ROOM MEETING ROOM FUNCTION ROOM
TUESDAY  Groundhog Day	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. 1:00 P.M.	FIT FOR LIFE EXERCISE CLASS..... KNIT AND CROCHET CLASS..... ART CLASS..... BALLROOM DANCE..... Wii GAMES..... ZUMBA LESSONS..... MEN'S POKER GROUP..... MEXICAN TRAIN DOMINOES..... LATIN LINE DANCE..... TAI-CHI.....	FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTIONS ROOM T.V. ROOM FUNCTIONS ROOM CARD ROOM CARD ROOM FUNCTIONS ROOM FUNCTIONS ROOM
WEDNESDAY 	9:00 A.M. 11:00 A.M. NOON 12:30 P.M	YOGA..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....	FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
THURSDAY 	9:00 A.M. 10:00 A.M. 11:00 A.M. 1:00 P.M. 2:00 P.M.	STRENGTH & CARDIO..... NURSE AVAILABLE..... SLIM APPROACH..... TAI CHI..... CHAIR EXERCISE WITH NURSE GAIL ONDY.. DRAWING AND WATER COLOR CLASS... JAZZERCISE..... CANASTA..... PINOCHLE..... COMPETITION BALLROOM DANCE LESSONS..	FUNCTION ROOM SOCIAL SERVICE T.V. ROOM FUNCTIONS ROOM T.V. ROOM MEETING ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM
FRIDAY 	9:00 A.M. NOON 12:30 P.M.	NURSE AVAILABLE..... AEROBICS..... WOMEN'S AND MEN'S POKER CLUB..... MAH JONGG.....	SOCIAL SERVICES FUNCTION ROOM CARD ROOM MEETING ROOM

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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

Senior Community Café

Tel # 203-378-3086

February 2011

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pot Roast With Gravy	2 Eggplant Rolatini	3 Knockwurst	4 White Fish Filet
7 Turkey Loaf With Gravy	8 Beef Stroganoff	9 Cheese Ravioli	10 Stuffed Chicken Kiev	11 BBQ Ribbets
14 Closed Martin Luther King Day	15 Turkey Chilli	16 Fish Sandwich	17 Salisbury Steak	18 Baked Ziti
21 Closed President's Day	22 Roast Beef Gravy	23 Cod Fish Cake	24 Chicken Parmesan	25 Veggie Burger
28 Philli Cheesesteak				

Trumbull Senior Commission Meeting, Friday, February 25 at 10:30 a.m. in the Television Lounge.

NOTARY PUBLIC AVAILABLE

Monday through Friday. We advise you call 203- 452-5199 for an appointment. The fee is \$5.00

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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.

February 15 (Tuesday) -Mohegan Sun Casino- Includes Buffet and Free Bet. \$22.00

March 15, (Tuesday)

-Saint Patrick's Show Fest Lively Irish Musical Show Featuring Trooper Dan Clark and Delicious Family Style Feast.
9:00 AM Depart from Trumbull for a delightful day as you journey to Southeastern Massachusetts. Your first stop will be at the Fabulous Vanity Fair Outlets for a coffee break and view of latest fashions. Then you are off for a wonderful St. Patrick's Day luncheon show at Whites of Westport. Know for delicious cuisine, White's will feature Trooper Dan for traditional Irish music and song. You will return home at 5:00 PM. Your entrees are served family style- heaping platters are passed around the table! Enjoy Traditional Corn Beef and Cabbage and Roast Turkey with homemade stuffing. All served with home made family style soup, Potato, vegetable, dessert and beverage.
Includes Gratuity.

\$60.00



Hon. John P. Chiota Attorney At Law

Gentile, Chiota & Gutheris, LLC Trumbull Probate Court

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

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.

	<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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