

# 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 Ferreira.....	Director/Editor.....	203-452-5199
Sharon Miller.....	Transportation Coordinator.....	203-452-5137
Rachel Yahwak.....	Senior Commission Chairperson....	203-268-0383

## JANUARY JANUARY 2014 JANUARY

### BINGO

**Friday, January 17**, at 1:00 p.m. in the Nutrition Room. Refreshments will be provided by *Northbridge Health Care Center* of Bridgeport. Come join in this free, fun-filled event. Seating is limited and advanced reservations required. Please call **203-452-5199** to make your reservation.

### MONTHLY BIRTHDAY PARTY SPONSORED BY MIDDLEBROOK FARMS OF TRUMBULL

Thursday, January 16, at 11:00 a.m. everyone is welcome to come celebrate our November, December, and January birthdays. Please RSVP 203-452-5199 (Let us know if it's your birthday).

### PIZZA AND A MOVIE

January 24 at noon (\$2.00 per person). **Diary Of A Mad Black Woman**. A couple with a good marriage that seemed solid actually begins to crumble when she discovers her husband's intentions for divorce. Stars: Kimberly Elise, Steve Harris, Tyler Perry| (Tickets on sale at the main office)



### **AARP Tax-Aide**

For the tax year 2013, AARP Tax-Aide certified volunteers will offer free income tax preparation at the Trumbull Senior Center from 9:00 a.m. until noon each Wednesday from February 5 through April 9, 2013. No appointments are necessary. Just walk in.

What to bring:

- A copy of your 2013 tax return.
- Social Security Statement, SSA 1099.
- All tax forms received for tax year 2013 (W-2, 1099, etc.).
- End of year investment statements (INT, DIV, STOCKS, BONDS).
- Documentation to support itemized deductions or credits claimed (medical, taxes, contributions, education expenses, etc.).
- Any other tax documents you might have.

### INCLEMENT WEATHER

On days that it storms or inclement weather is predicted, please tune your radio to station WICC 600 AM for all cancellations. If the schools are closed, programs and transportation will be canceled. When there is a delayed opening, the Senior Center and transportation will also be delayed.

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### NEWS FROM SOCIAL SERVICES OFFICE

**RENTER'S REBATE PROGRAM FOR ELDERLY AND DISABLED IN THE TOWN OF TRUMBULL**


**TRUMBULL MUNICIPAL GRANT**  
**REGULARLY SCHEDULED TRIPS**

There will be free bus service from the Senior Center to local stores. This service will be available for senior and disabled residents only. Pick up and return will be at the Senior Center (rear parking lot).

2:00 pm - 4:00 pm. - Thursday, Hawley Lane Mall and Big Y, Stratford, Trumbull.

1:00 pm - 2:00 pm. Friday, Trumbull Center and Quality Street, Trumbull.

12:00 p.m. - 1:30 pm. Saturdays, to Price Rite on Main Street, Bridgeport.

	Enjoy watching unique Trumbull programming on TV Charter channel 17 and AT&T channel 99.
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	<i>A Place for Caring</i> <b>SHORT-TERM REHAB LONG-TERM CARE RESPIRE</b>
21 MAEFAIR COURT, TRUMBULL, CT 06611 PH. 203-459-5152	
athenahealthcare.com/maefair Managed by Athena Health Care Systems	

<b>SENIOR CENTER TRIPS</b>
<b>Seniors Without Transportation</b>
<u>Wednesday, December 4:</u> Christmas Tree Shop. Bus leaves the Senior Center at 11:00 a.m. For reservations please call Sharon at 203-452-5137.
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<u>Wednesday, December 18:</u> Wal-Mart Bus leaves the Senior Center at 11:00 am.. For reservations please call Sharon at 452-5137.

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JANUARY 2014 CALENDAR

<b>MONDAY</b> 	9:00 a.m.  9:30 a.m. 10:30 a.m. 12:30 p.m. 1:00 p.m.	YOGA (Jan.6 )..... ..exercise mat need..... BANDS AND PILATE (Jan. 13 & 27)..... BOCCE..... MEN'S POKER GAME..... DRAWING CLASS..... SMILE-A-WHILE ..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM FUNCTIONS ROOM OUTSIDE, BOCCE AREA CARD ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM
<b>TUESDAY</b> 	9:15 a.m. 10:00 a.m. 10:00 a.m. 10:30 a.m. 11:30 a.m. 12:30 p.m.	FIT FOR LIFE EXERCISE CLASS..... KNIT AND CROCHET GROUP..... OIL PAINTING CLASS ..... BALLROOM DANCE WITH MIKE STAVOLA..... ZUMBA LESSONS WITH MIKE STAVOLA..... MEXICAN TRAIN DOMINOES..... MUSIC AND MOVEMENT WITH NANCY.....	FUNCTIONS ROOM COMPUTER ROOM MEETING ROOM FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM FUNCTIONS ROOM
<b>WEDNESDAY</b> 	9:00 a.m. 9:30 a.m. 10:00 a.m. 10:10 a.m. 10:30 a.m. 11:00 a.m. 12:00 p.m. 12:30 p.m.	YOGA ..... NURSE AVAILABLE UNTIL 4:00 pm..... CHAIR EXERCISE WITH RITA..... JAZZERCISE..... ACBL DUPLICATE BRIDGE..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....	FUNCTIONS ROOM SOCIAL SERVICE TV ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM
<b>THURSDAY</b> 	9:00 a.m.  9:30 a.m. 10:00 a.m. 10:00 a.m. 10:15 a.m. 11:00 a.m. 1:00 p.m. 1:00 p.m. 1:00 p.m.	PILATES..... MEN'S POKER GAME..... NURSE AVAILABLE..... SLIM APPROACH..... WATER COLOR CLASS..... JAZZERCISE..... CHAIR EXERCISE WITH NURSE GAIL ONDY..... CANASTA..... PINOCHLE..... LATIN LINE DANCE WITH MIKE STAVOLA.....	FUNCTIONS ROOM CARD ROOM SOCIAL SERVICE TV ROOM MEETING ROOM FUNCTIONS ROOM TV ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM
<b>FRIDAY</b> 	10:00 a.m. 10:30 a.m. 10:30 a.m. 12:30 p.m.	ADVANCED OIL PAINTING CLASS ..... DRAMA CLUB..... TAI CHI..... MAH JONGG.....	MEETING ROOM LIBRARY FUNCTIONS ROOM MEETING ROOM

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**203-378-3086**


**JANUARY 2014**

**Senior Community Café**

Meals served Monday through Friday at noon. For reservations call 10:00 AM–NOON  
Lunch Reservations (203-378-3086) must be made TWO (2) days in advance.


Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> CLOSED NEW YEARS DAY	<b>2</b> PHILLY CHEESESTEAK	<b>3</b> ORANGE CHICKEN
<b>6</b> CHICKEN BREAST	<b>7</b> SWEEDISH MEATBALLS & NOODLES	<b>8</b> PORK STIR FRY	<b>9</b> VEAL PARMESAN WITH ZITI	<b>10</b> WHITE FISH FILET
<b>13</b> OPEN FACE TURKEY SANDWICH	<b>14</b> ROAST BEEF AND POTATO	<b>15</b> CRAB CAKES	<b>16</b> VEAL CUTLET	<b>17</b> BAKED CHICKEN BREAST
<b>20</b> CLOSED MARTIN LUTHER KING	<b>21</b> BAKED COD FISH	<b>22</b> SLICED HAM	<b>23</b> SPAGHETTI WITH MEATBALLS	<b>24</b> ROAST PORK
<b>27</b> ITALIAN BEEF OPEN FACE SANDWICH	<b>28</b> KNOCKWUR ST	<b>29</b> CHICKEN BRUCHETTA	<b>30</b> LASAGNA MARINATA SAUCE	<b>31</b> TURKEY POT PIE

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**Susan B's Salon**  
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Services include haircuts for men & women,  
manicures, & pedicures performed by a  
licensed professional. Call for appointment  
call (203)981-7061.



**Abriola Parkview  
Funeral Home**  
419 White Plains Road  
Trumbull, CT 06611  
203.373.1013

**Travel Corner**

The Senior Center contracts with independent travel agencies. Upon registration you will be informed of the tour company to which your check must be made payable. All trips have limited seating and are on a first come, first served basis. For more information call 203-452-5199.

March 14 - St Patrick's Day Celebration at the Log Cabin

TBA

April 29 (Tuesday) – Mohegan Sun casino, buffet and free play

\$23.00 pp

**ATTENTION BOOKWORMS!**  
If you like to read and would be interested in forming a book club at the Senior Center, please call Jean (203-452-5199) or sign up at the Senior Center

**BEGINNER COMPUTER LESSONS**  
With Simone Cameron  
Four sessions \$20.00 To register Call Simone 203-2187668  
Private lessons available.

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[www.benchmarkquality.com](http://www.benchmarkquality.com)

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