

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

JULY 2011

Membership for fiscal year 2011/2012 is due by July 5, 2011. Activities open to members only, if you are not a member you will not be entitled to join in classes and activities. Membership for residents is \$5.00 and \$10.00 non-resident.

Volunteer Social Hour and Training.

July 15 (Friday) at 1:00 PM

All volunteers are invited to join us for a half hour training session, followed by a social hour. We ask that all volunteers attend this important training session. Please call 203-452-5199 to register. All volunteers are required to attend one initial training session. If you cannot make this session please call so we may schedule an alternate training session.

AARP Safe Drivers Course Friday, Sept. 9

Class time is 9 A.M. until 1:00 p.m. AARP member \$12.00 and non members \$14.00
Checks payable to AARP (No cash please).
For reservation please call 203-452-5199.

Ice Cream Social In The Court Yard

July 29 (Thursday) at 1:00 PM

Come enjoy the music and conversation in our courtyard. Music by Rich Jones.
Refreshments and Ice Cream \$1.00

Hawaiian Luau

July 22 (Friday) 1:00 PM

Food, music, fun and bingo games.
RSVP 203-452-5199 (Seating limited)
Free of Charge

Admission by ticket only

Join us for a summer celebration, a tribute to the Trumbull Stop and Shop (Quality Street) for their most generous monetary donation.

NOTARY PUBLIC AVAILABLE-Monday through Friday. Please call 203-452-5199 for an appointment. There is a \$5.00 for each transaction. Exemption for military.

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

ConnPACE ALERT- Due to changes in the Connecticut State budget, effective July 1, 2011, ConnPACE will no longer be available to individuals who are eligible for Medicare.

The ConnPACE Program will be available only to those individuals who meet all of the current ConnPACE eligibility requirements and are **NOT** eligible for Medicare. Most current ConnPACE members, therefore, will no longer qualify for ConnPACE because they are eligible for Medicare. Medicare Part D will be the only insurance that will cover your prescriptions. *It is important for you to know how this change in the law will effect you and the steps you take to avoid having to pay more for your prescriptions.* Please carefully review the letter sent to you by ConnPACE in June. For more information contact Social Services.

•**The 2010 Renter's Rebate program** applications will be taken through September 15. For Qualifications and documentation needed, please call the Social Services office. The program is available to all seniors and disabled persons who meet specific guidelines, and rent in the town of Trumbull. **NO WALK INS** please.

•**The Food Pantry** is available to any Trumbull residents in need. (by appointment only). Please call (203) 452-5198 for guidelines and/or appointments.

•**Trumbull Beach Bags** available at Social Services, Senior Center, Town Clerk and Recreation Department. Bags are \$10.00 each and all proceeds to benefit the Trumbull Social Services Food Pantry.

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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* Involuntary Conservatorships	* Probate
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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.	

	SHORT TERM REHABILITATION LONG TERM CARE RESPIRE (203) 459-5152 21 MAEFAIR COURT, TRUMBULL, CT. 06611
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 Stop & Shop Quality Street Trumbull, Ct

SO YOU CAN ENJOY YOUR LOVED ONES FREE Hearing Test – 20 Top Brands Walk-ins Welcome PRECISION HEARING Call 381-9555 Ryders Landing Stratford exit 53 Merritt Pkwy

JULY 2011 CALENDAR

MONDAY July 11 & 25 July 18	9:00 A.M. NOON 1:00 PM	NURSE AVAILABLE UNTIL 3:00 P.M..... YOGA..... STRENGTH & CARDIO CLASS..... DUPLICATE BRIDGE..... SMILE A WHILE AND SINGING WITH LORRIE. BEGINNER'S LINE DANCE.....	SOCIAL SERVICES FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTIONS 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. 10:00 AM 10:30 AM NOON 12:30 P.M.	NURSE AVAILABLE..... AEROBICS..... OPEN ART CLASS WITH CHRIS (BEGINNERS) TAI CHI..... TAI CHI..... MAH JONGG.....	SOCIAL SERVICES FUNCTION ROOM MEETING ROOM FUNCTION ROOM FUNCTIONS ROOM MEETING ROOM

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- The Institute on Aging**

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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

July 2011

Senior Community Café

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Roast Turkey	5 Lemon Pepper Fish	6 Honey Roasted Chicken	7 Philly Cheesesteak	8 Cheese Ravioli
11 Knockwurst And Sauerkraut	12 Baked Ziti	13 Turkey Tetrazzini	14 Crispy Fish	15 BBQ Chicken
18 Turkey Buger	19 Sweetish Meatballs	20 Broccoli Quiche	21 Boneless Pork Chops	22 Salmon Filet
25 Pot Roast	26 Chicken Patty	27 Tuna Salad	28 Stuffed Pepper	29

 **2875 Main St., Bridgeport, CT 06606**
203-336-0232
Athenahealthcare.com/northbridge
SHORT TERM REHABILITATION ~ LONG TERM CARE
4-Star Rating by Medicare.gov
Managed by Athena Health Care Systems

SENIOR CENTER SNACK BAR
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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.

- July 12 (Tuesday)** **Captain Jacks and Foxwood - Lunch at Captain Jacks.** **\$60.00 p.p.**
(Wakefield RI) for a Lobster bake or Prime Rib lunch. Includes Shrimp Cocktail, Chowder and clam cakes. Then onto Foxwoods Casino where you will receive a Food Coupon and Keno Free Play. Departs Stern Village at 9:00AM & Penny La. at 9:15 AM
- September 17 (Saturday)** **Feast of San Gennaro, New York, Mulberry St.** **\$35.00 p.p.**
Children and grandchildren are welcome. There is no age limit for this excursion. Over 300 vendors who set up shop along the Festival Streets selling a variety of goods and merchandise. There are arcade games, food, pastries, music and entertainment.
- August 29, (Monday)** **Rhode Island Lighthouse Cruise aboard the Millennium.** **\$60.00 p.p.**
Arrive at the Old Country Buffet for a full course buffet. Includes a variety of salads, soups, hot entrees, desserts and beverage. After lunch board the Millennium Ferry for a narrated cruise, including ten lighthouses and Newport Harbor. Cruise under the historic bridges. After the cruise you'll return home from a fun filled day sailing Narragansett Bay. Depart Stern Village at 9:00 AM & Penny La. commuter lot at 9:30 AM.

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

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Walk the Trails (walk club)

Simone Cameron will lead us on a walk through various trails in the town of Trumbull We will meet at the senior center and will be transported to walk site. We would like to walk every Wednesday morning. If you would like to join us, please call so we can get an interest list. If we get over 10 interested members we will start the class immediately.

BEGINNER COMPUTER CLASSES - Learn the basics such as e-mail and internet. All classes will take place on Monday @ 10:45 a.m. for 5 weeks of 1 hour classes. The cost is \$25.00 and class size is limited to 5 students. To register call Simone at 203-218-7668. Private lessons also available.

SLIM APPROACH

Come join a group of gals trying to keep slim and fit by sharing ideas and recipes. Our goal is to reach our ideal weight. So come join us. Laugh, love and live! Thursdays 10:00 AM in the TV room.

Watch Trumbull News on Channel 17 or 99...



...Keeping Trumbull Tuned In

Check the weekly schedule at www.trumbullps.tv

July SHOPPING TRIPS

For those individuals without transportation. **Wednesday, August 17, Trumbull Mall** Bus Leaves Senior Center at 10:30 AM. Bus returns to the center at 2:20 PM
For reservations call Sharon, Senior Transportation at 203-452-5137.

Wednesday, August 24, Captains Cove Bus leaves Senior Center at 10:30 AM. Bus returns to the center at 2:30 PM.
For reservations call Sharon, 203-452-5137.

OLD TOWN RESTAURANT

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For salon hours, prices and
appointments please call 203-452-5199



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