

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
Gail PoklembaOffice Clerk.....203-452-5199
Sharon Miller.....Transportation.....203-452-5137
Linda Ciocci.....Senior Commission Chairperson.....203-268-0265

JUNE 2011

Activities open to members only. Membership for residents is \$5.00 and \$10.00 non-residents. Membership renewal is due July 1, 2011.

Health Fair

Sponsored by Ludlow Health and Rehabilitation
Center

June 17, 11:00 AM – 1:00 PM

June is National Safety Month and we would like
to join us for our health fair.

Our dietitian will provide tips and recipes for
diabetics and low sodium for those with high blood
pressure. We have recipe books, food samples and
more.

•There will be a station to monitor blood pressure
and/or glucose monitoring.

•Constellation Home care will be on hand to
provide information on safety in and around the
home.

•Risk assessment for potential cardiac problems.

•Lyme Disease information and prevention by
Wellness Nurse Gail Ondy.

Please call (203) 452-5199 for Reservation

The Trumbull Senior Commission will meet on
Friday, June 24 at 10:00 AM in the TV Lounge

AARP Safe Drivers Course Friday, July 8
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 more
information please call 203-452-5199.

Picnic In The Court Yard

June 30(Thursday) at noon.

Music and entertainment

Hotdogs/Hamburger with all the trimmings.

\$2.00 hamburger * \$1.00 hotdog * Soda .75

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.

Summer Time Bingo Game

June 24 (Friday) 1:00 P.M.

Free Prizes and refreshments.

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203-334-5090

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News from the Social Services Office

- The 2010 Renter's Rebate program will begin taking applications on Monday, May 16th. The program will run from May 16- September 15. For Qualifications and documentation needed, please call the Social Services office at (203) 452-5198. The program is available to all seniors and disabled persons who meet specific guidelines, and rent in the town of Trumbull. Appointments are necessary, NO WALK INS please. Home visits are available upon request.
- The Food Pantry is available to any Trumbull residents in need. (by appointment only). Please call (203) 452-5198 for guidelines or appointments.
- June 15 is World Elder Abuse Awareness Day, "If you see something, say something". Please stop by the Senior Center to view our display and receive a purple ribbon to wear in support of elder abuse. Our voices Combined together can help put an end to this serious manner.

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	
*Medicaid ("Title 19") Eligibility, Planning and Protection of Asset Strategies	* Estate Planning
* Involuntary Conservatorships	* Probate
* Powers of Attorney and Advance Directives	* Wills, Trusts & Estates
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
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JUNE 2011 CALENDAR

MONDAY June 6 & 20 June 13 & 27	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

YOUR SOURCE FOR SENIOR SERVICES	
	<p>Skilled Nursing Care</p> <p>Grasmere by the Sea Adult Day Services</p> <p>The Roy and Aline Friedman Home Care Agency</p> <p>Compassionate Care Companions</p> <p>Outpatient Rehab Therapy</p> <p>The Institute on Aging</p>
<p>175 Jefferson Street, Fairfield, CT 06825 • 203-365-6400 • www.jhe.org</p>	

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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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US
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PERMIT #88

Trumbull Senior Center
23 Priscilla Place
Trumbull, CT 06611


Tel # 203-378-3086

June 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 Turkey and Ham Sandwich	2 Eggplant Parmesan	3 Meatloaf
6 Roast Turkey	7 Lemon Pepper Fish	8 Honey Roasted Chicken	9 Philly Cheesesteak	10 Cheese Ravioli
13 Knockwurst And Sauerkraut	14 Baked Ziti	15 Turkey Tetrazzini	16 Crispy Fish	17 BBQ Chicken
20 Turkey Buger	21 Sweetish Meatballs	22 Broccoli Quiche	23 Boneless Pork Chops	24 Salmon Filet
27 Pot Roast	28 Chicken Patty	29 Tuna Salad	30 Stuffed Pepper	

 **2875 Main St., Bridgeport, CT 06606**
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Athenahealthcare.com/northbridge
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Managed by Athena Health Care Systems

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hamburgers, egg salad sandwich, tuna
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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 - includes** **\$60.00 p.p.**
Lunch at Captain Jacks (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.
Bus Leaves Stern Village at 9:00 AM
Bus Departs Penny Lane at 9:15 AM
- August 16 (Tuesday)** **Mohegan Sun Casino, Free Play, buffet** **\$23.00p.p**
coupon.
- September 17 (Saturday)** **Feast of San Gennaro, New York, Mulberry St.** **\$35.00p.p.**
Over 300 Venders who set up shop along the
Festival Streets selling a wide variety of goods
and merchandise. There are also arcade games
food, pastries, music and entertainment.
Bus leaves 8:30 a.m. and returns at 5:00 p.m.

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

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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.

“CARING FOR ALLERGIES SINUSES IN A NATURAL WAY”

June 17 at 10:00 A.M.

Cost \$10.00 For Reservations Call Simone at 203-218-7668

Class size limited.

Watch Trumbull News on Channel 17 or 99...



...Keeping Trumbull Tuned In

Check the weekly schedule at www.trumbullps.tv

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203-261-9436

Breakfast & Lunch

-Served Daily

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Catering Available Up to 90 people
on/off premises

July SHOPPING TRIPS

Wednesday, July 13 ,Christmas Tree Trip-

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, July 27, K-Mart/ Odd Lot – Bus

leaves Senior Center at 10:30 AM. Bus returns to the center at 2:30 PM.

For reservations call Sharon, Senior Transportation at 203-452-5137.

John G. Pia 933 Hope Street
jpia@associatedappliances.com Stamford, Ct. 06907

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fdhwrtyh

open in the lower level of the Senior Center
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Licensed professionals.

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



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