

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 Dispatcher.....	203-452-5137
Rachel Yahwak.....	Senior Commission Chairperson.....	203-268-0383



JUNE 2013



SENIOR CENTER TRANSPORTATION

The senior transportation department continues to provide effective curb-to-curb services for members without transportation or who are unable to drive. Services include medical and dental appointments, weekly grocery shopping, and rides to the Senior Center nutrition program. Members who want to use the transportation services may call Sharon @ 203-452-5137 from 9:00AM to 3:00PM to make reservations.



Monthly Birthday Party

Middlebrook Farms at Trumbull will sponsor a monthly birthday parties every second Friday of each month at the Senior Center . Everyone with a June birthday is invited to be our guest of honor on June 14th at 11:00AM in the snack bar. Everyone is welcome to come in and have a piece of cake. Please call and RSVP and if it's your birthday please let us know.

NOTARY PUBLIC AVAILABLE Monday through Friday. Please call **(203) 452-5199** for an appointment.

Lunch and learn

Precision Hearing

Friday, July 12, 2013

Seminar begins at 11:00 AM and lunch at noon. Please see enclosed flyer for details

BINGO GAME

June 21 (Friday) at 1:00 PM

Join us for plenty of prizes and fun. Seating limited. Please call Sharon or Jean at (203) 452-5199 to reserve your seat.

AARP SAFE DRIVERS COURSE

July 19 (Friday) 9:00 AM until 1:00 PM

Members pay \$12.00 and non-members \$14.00 Reservation by check only. Please make checks payable to AARP (No cash please). For more information and to reserve your seat please call Jean or Sharon at (203)452-5199.

REMINDER

Membership will be due for renewal in July. We will accept payments beginning June 1st. This years' Newsletter will be mailed at no cost. Membership Fees are \$5.00 residents and \$20.00 non-residents, payable by **Check or money order only!** Thank you for your cooperation.

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AMERICAN CONTRACT BRIDGE LEAGUE

Gloria Sieron will run ACBL Sanctioned Duplicate Bridge games every Wednesday, beginning July 3, 2013 in the meeting room. Games will take place from 10:30 AM until 3:00 PM. There will be an \$8.00 charge for ACBL dues and refreshments. For more information please contact Mr. Jatin Mehta at (203) 261-3427.

TRUMBULL LIBRARY COMES TO YOU!

Homebound service is a free program provided through a partnership between the **Trumbull Library** and the **Trumbull Community Women** which enables homebound Trumbull residents to enjoy the Library's collections without having to visit the facility. Materials will be delivered & picked up once per month. If you are interested in becoming a **Homebound Service** participant, please call **203-452-5129**.

Susan B's Salon

Open in the Senior Center. Services include haircuts for men & women, manicures, & pedicures performed by licensed professional. Call for appointment call 203-270-7149

SENIOR CENTER TRIPS

Seniors without Transportation

Wednesday, June 12 : Lunch at Captains Cove
Bus leaves the Senior Center at 11:00 AM. For reservations please call Sharon at 452-5137.

Wednesday, June 19 : Christmas Tree Shop
Bus leaves the Senior Center at 11:00 AM. For Reservations please call Sharon at 203-452-5137.

Wednesday, June 26 : Lunch at Jimmys
Bus leaves the Senior Center at 11:00A M. For reservations please call Sharon, at (203) 452-5137.



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June 2013

MONDAY 	9:00 AM 9:30 AM 10:30 AM NOON 1:00 PM	YOGA (June 3 - June 17 & June 31)..... BANDS AND PILATE (June 10 & June 24)..... MEN'S POKER GAME..... DRAWING CLASS..... SMILE-A-WHILE DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTION ROOM
TUESDAY 	9:15 AM 10:00 AM 10:00 AM 10:30 AM 11:30 AM 12:30 PM	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.....	FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTION ROOM FUNCTION ROOM CARD ROOM FUNCTIONS 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.....	FUNCTIONS ROOM SOCIAL SERVICE TV ROOM FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM
THURSDAY 	9:00 AM 9:30 AM 10:00 AM 10:00 AM 10:15 AM 11:00 AM 1:00 PM 1:00 PM 1:00 PM	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 FUNCTION ROOM TV ROOM CARD ROOM MEETING ROOM FUNCTION ROOM
FRIDAY FLAG DAY 	10:00 AM 10:30 AM 12:30 PM	ADVANCED OIL PAINTING CLASS TAI CHI..... MAH JONGG.....	MEETING ROOM FUNCTION ROOM MEETING ROOM



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203-378-3086

JUNE 2013

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
				
3 Turkey Loaf	4 American Chop Suey	5 Roast Beef	6 Open Faced Turkey	8 Grill Chicken Strips
10 Ziti Meatballs	11 Meatloaf	12 Chicken Ala King	13 Pork Loin	14 Lemon Pepper Fish
17 Grilled Chicken Breast	18 Stuffed Pepper	19 Swedish Meatballs	20 Pulled Pork	21 All Beef Hotdog
24	25 Beef Burgundy	26 Baked Lasagna	27 Philly Cheese Steak	28 Pier 17 Fish



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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.

June 18, 2013- “Savor the Flavor” Federal Hill – Little Italy- Visti to Scilio’s Baker \$79.00 p.p.
then to Gepetto’s Pizzeria for a 5 course meal House Salad, Rhode Island Style Calamari, Penne Pasta with Vodka Sauce, Four Varieties of Gepetto’s famous grilled pizzas and homemade Tiramisu and Beverage.
Then to Venda’s Ravioli Emporium to shop

August 5 , 2013- Foxwoods Casino – Includes food voucher and free bet. Bus leaves early \$23.00
enough to play bingo.

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