

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

MARCH 2011

Activities open to 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 close. If the schools have a delayed opening, the senior center will also have a delayed opening.

AARP TAX-AID, free program that provides income tax preparation assistance for low and middle-income taxpayers age 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.

•Copies of 2009 returns, checkbook, so that any refund due can be direct deposited, all 2010 income report forms, 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.



St. Patrick's Day Dinner Dance
Friday, March 18
4:30 PM – 7:30 PM
Corned Beef, Cabbage and Carrots
Advanced \$10.00 per person- Non refundable



Bingo Game

Friday, March 25 at 1 PM
Free Prizes & Refreshments

AARP Safe Driver Course Friday, March 11

9 AM until 1:00 PM. AARP members \$12.00 and non members \$14.00. Checks must be made out to AARP (No cash Please). For more information please call 203-452-5199.

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News from the Social Services Office

- **The Elderly and Totally Disabled Homeowner Tax Relief Program** is currently running from now until May 13, 2011. The income guidelines for qualification are as follows: State Income- Single - \$32,300.00. Married - \$39,500.00. Town Income - \$61, 0000.00. If you are interested in applying for the program, call Social Services at (203) 452-5198 or the Assessor's Office at (203) 452-5016.
- **Energy Assistance** applications are still being taken (by appointment only). To learn more about the qualifications and/or set up an appointment, please call Social Services at (203) 452-5198. **No walk-ins.** Home visits upon request.
- **The Trumbull Food Pantry** is available to all residents in need. Please call in advance for an appointment.


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
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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.	

**TRUMBULL ARTS COMMISSION
PRESENTS**

"The Kerry Boys"
Friday, March 25 at 7:30 PM
Irish songs and humor.
Pre purchase of tickets is suggested! \$ 5.00
per person

Susan B's Salon

Open in the lower level of the Senior Center
Services include haircuts for men &
women, manicures and pedicures.
Licensed professionals.
For salon hours, prices and
appointments please call 203-452-5199



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March 2011 CALENDAR



<p>MONDAY Mar.7 & 21 Mar. 14 & 28</p> <p>Mar. 7 & 21</p> 	<p>9:00 A.M. 10:30 A.M. 10:30 A.M. NOON 1:00 P.M.</p>	<p>NURSE AVAILABLE UNTIL 3:00 P.M..... YOGA..... STRENGTH & CARDIO CLASS..... BRIDGE GAME..... CHORAL GROUP (SING-A-LONG)..... WOMEN'S POKER GAME..... DUPLICATE BRIDGE..... BEGINNER'S LINE DANCE.....</p>	<p>SOCIAL SERVICES FUNCTION ROOM FUNCTION ROOM SNACK BAR FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTION ROOM</p>
<p>TUESDAY</p> 	<p>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.</p>	<p>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..... TAI-CHI.....</p>	<p>FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTIONS ROOM T.V. ROOM FUNCTIONS ROOM CARD ROOM CARD ROOM FUNCTIONS ROOM FUNCTIONS ROOM</p>
<p>WEDNESDAY</p> 	<p>9:00 A.M. 11:00 A.M. NOON 12:30 P.M</p>	<p>YOGA..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....</p>	<p>FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION ROOM</p>
<p>THURSDAY</p> 	<p>9:00 A.M. 10:00 A.M. 11:00 A.M. 1:00 P.M. 2:00 P.M.</p>	<p>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..</p>	<p>FUNCTION ROOM SOCIAL SERVICE T.V. ROOM FUNCTIONS ROOM T.V. ROOM MEETING ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM</p>
<p>FRIDAY</p> <p>Spring</p> 	<p>9:00 A.M. NOON 12:30 P.M.</p>	<p>NURSE AVAILABLE..... AEROBICS..... WOMEN'S AND MEN'S POKER CLUB..... MAH JONGG.....</p>	<p>SOCIAL SERVICES FUNCTION ROOM CARD ROOM MEETING ROOM</p>

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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

MARCH 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 Honey Mustard Chicken	2 Roast Beef Sandwich	3 Spaghetti and Meatballs	4 Chicken Pot Pie
7 Philly Cheese Steak	8 Roast Turkey	9 Baked Parmesan Fish	10 Stuffed Chicken Kiev	11 Spinach Quiche
14 Chicken Patty	15 Beef Stroganoff	16 Baked Manicotti	17 Corned Beef	18 Fish Sticks
21 Cheese Burger	22 BBQ Chicken Quarter	23 Butter Crunch Fish	24 Tuna Noodle Casserole	25 Egg Plan Rolattin1
28 Pierogies	29 Veal Scaloppini	30 Meat Loaf	31 Pork Stir Fry	

NOTARY PUBLIC AVAILABLE-Monday through Friday. We advise you call 203- 452-5199 for an appointment. The fee is \$5.00 for each transaction. Exemption for military personnel

Sing-A-Long with Lorrie
March 7th and 14th at 10:30 AM In the Functions Room
Enjoy guitar music and sing-along to favorite tunes.

Trumbull Senior Commission will meet on Friday, March 25 at 10:30 AM in the TV Lounge.

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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.



March 29, 2011 **Mohegan Sun Casino - Food Coupon, and Free Play.** **\$22.00 p.p.**
Bus Departs Stern Village at 8:30 AM
Bus Departs Penny Lane at 8:45 AM
Return home from casino at 4:30 PM



May 3, 2011 **Foxwood Casino - Food Coupon and Keno free play.** **\$23.00 p.p.**
Bus Leaves Stern Village at 7:30 AM
Bus Departs Penny Lane at 7:45 AM
Return home from casino at 3:30 PM

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 SMACK 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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