

TRUMBULL SENIOR CITIZEN NEWSLETTER

23 Priscilla Place, Trumbull, CT • Open Monday through Friday 9:00 AM – 4:00 PM

Tim Herbst.....First Selectman.....203-452-5005
Jean Ferreira.....Director/Editor.....203-452-5199
Ashley Grace.....Administrative Assistant.....203-452-5137
Rachel Yahwak.....Senior Commission Chairperson.....203-268-0383

MARCH 2016

The Senior Center will be CLOSED Friday, March 25 Good Friday.

LUNCH AND A MOVIE

Friday, March 18, 2016, 11:30 AM -2:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation. Feature Film “ Before We Go”

Two strangers stuck in Manhattan for the night grow into each other's most trusted confidants when an evening of unexpected adventure forces them to confront their fears and take control of their lives.

Stars: Chris Evans, Alice Eve, Emma Fitzpatrick | See full cast & crew »

AARP Tax-Aide

For the tax year 2015, AARP Tax-Aide certified volunteers will offer free income tax preparation at the Trumbull Senior Center from 9:00 AM-NOON each Wednesday from February 3 through April 13, 2016. No appointments - just walk in.

What to bring:

- A copy of your 2014 tax return.
- Social Security Statement, SSA 1099.
- All tax forms received for tax year 2015 (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.).

NEW MEMBERSHIP AGE

The new membership age is now 55 years and older.

LEPRECHAUN BINGO

Thursday, March 17, 2016, 1:00 PM

Come and join us for some leprechaun fun to celebrate St. Patrick's Day! We will host a “Leprechaun Bingo,” complete with an actual leprechaun! Prizes are available to win! **Sponsored by Synergy Home Care and Maefair Healthcare Center.** Please stop by/call front desk to sign up!

MONTHLY BIRTHDAY PARTY

Friday, March 11, at 11:00 AM - Sponsored by Northbridge Health Care Center of Bridgeport.

Everyone welcome to come celebrate our February birthdays. Please RSVP 203-452-5199 (let us know if it is your birthday).

AARP SAFE DRIVER'S COURSE

Friday, March 4, 9:00 AM until 1:00 PM. Members pay \$15.00 and non-members \$20.00. Reservations by check only. Please make checks payable to AARP. For information and reservations call (203) 452-5199.

INCLEMENT WEATHER

On days of inclement weather, tune your radio to WICC 600 AM for cancellations and delays. If Trumbull schools are cancelled or have a delayed opening, The Senior Center and Transportation will do the same. If there is a morning delay, the early morning classes will be cancelled.



CYRIL F. MULLINS FUNERAL HOMES

Family owned and operated since 1937 – Funeral Trusts including Title 19

Cyril F. Mullins II, Holly Mullins- Hart, Robert B. Clark

399 White Plains Rd., Trumbull

203-372-6543

mullinsfh.com

1640 Boston Ave. Bridgeport

203-334-5090

PLEASE PATRONIZE OUR SPONSORS

NEWS FROM SOCIAL SERVICES OFFICE - TOWN OF TRUMBULL

Tel# 203-452-5198

- The Social Services office is taking applications for the 2015-2016 Energy Assistance Program.
- Program eligibility required. Documentation and appointment times may be obtained by calling the office, Monday through Friday between the hours of 9 AM and 4 PM.
- Applications will be taken by scheduled appointments only!! NO WALK-INS WILL BE ACCEPTED.

THE TRUMBULL ARTS COMMISSION PRESENTS

"Primavera Duo" -March 6
Traditional and new Italian Music
\$10.00 PER TICKET-NO REFUNDS



FREE LECTURE-March 13
"Glory Days of the Ritz Ballroom"
Sponsored by the Trumbull Library - "One Book, One Town"

**BOTH EVENTS ARE CABARET SEATING - BRING YOUR OWN REFRESHMENTS
FOR TICKETS AND MORE INFORMATION, CALL 203-452-5065**



A Place for Caring

**SHORT-TERM REHAB
LONG-TERM CARE
RESPIRE**

**21 MAEFAIR COURT, TRUMBULL, CT 06611
PH. 203-459-5152**

athenahealthcare.com/maefair
Managed by Athena Health Care Systems



PRECISION HEARING - STRATFORD

203-381-9555

Ryders Landing • Stratford • Exit 53 Merritt Pkwy

**CALL FOR YOUR FREE NO-OBLIGATION TRIAL OF OUR
NEWEST TECHNOLOGY IN YOUR OWN HOME AND SURROUNDINGS**

PLEASE PATRONIZE OUR SPONSORS

March

ACTIVITY CALENDAR

MONDAY 	9:00 AM - 9:30 AM 10:00 AM 12:30 PM 1:00 PM	STRETCH/ STRENGTH BOCCE DRAWING CLASS..... SMILE -A-WHILE..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM BOCCE COURT MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM
TUESDAY 	9:15 AM 10:00 AM - 10:30 AM 11:30 AM 12:30 PM 1 – 4 PM	FIT FOR LIFE EXERCISE CLASS..... OIL PAINTING CLASS KNIT AND CROCHET GROUP..... BALLROOM DANCE WITH MIKE STAVOLA..... ZUMBA LESSONS WITH MIKE STAVOLA..... MEXICAN TRAIN DOMINOES..... BILLIARD GAME (8 BALL PARTNERS).....	FUNCTIONS ROOM MEETING ROOM COMPUTER ROOM FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM BILLIARDS ROOM
WEDNESDAY 	9:00 AM 9:30 AM 10:10 AM 11:00 AM 1:00 PM	YOGA..... NURSE AVAILABLE JAZZERCISE..... TAP DANCE..... CLASSIC LINE DANCE WITH AL SONG.....	FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM FUNCTIONS ROOM FUNCTIONS ROOM
THURSDAY 	9:00 AM 9:30 AM 10:00 AM 10:00 AM 10:15 AM 11:00 AM 11:30 AM 1:00 PM	PILATES..... NURSE AVAILABLE..... SLIM APPROACH..... WATER COLOR CLASS..... JAZZERCISE..... CHAIR EXERCISE with NURSE TERESA..... LATIN LINE DANCE WITH MIKE STAVOLA..... PINOCHLE.....	FUNCTIONS ROOM SOCIAL SERVICE TV ROOM MEETING ROOM FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM CARD ROOM
FRIDAY 	9:00 AM 10:00 AM 10:30 AM 12:30 PM 1 - 4 PM	ZUMBA GOLD..... ADVANCED OIL PAINTING CLASS TAI CHI..... MAHJONG..... BILLIARD GAME (8 BALL- PARTNERS)	FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM BILLIARDS ROOM



EXCELLENCE
in our home and yours

Rehabilitation • Home Care • Day Services • Long Term Care • Hospice
 Advocacy & Education • Long Term Care Protection

THE JEWISH HOME **40** YEARS

Jewish Senior Services
excellence in our home and yours

BEST NURSING HOMES **USNews** 2014

175 Jefferson Street, Fairfield CT • 203-365-6400 • www.jseniors.org

BrightStar Care[®]
A HIGHER STANDARD OF HOME CARE

Personal Care
 Companion Care
 Nursing Oversight
 Hourly & Live-In Available

203 810 4800 • www.brightstarcare.com
Independently Owned and Operated

PLEASE PATRONIZE OUR SPONSORS

203-378-3086




MARCH

Senior Community Café

Meals served Monday through Friday at NOON.

For reservations: call (203-378-3086) 10AM-NOON

Lunch Reservations must be made TWO (2) days in advance.


Monday	Tuesday	Wednesday	Thursday	Friday
	1. Rib-B-Q Macaroni Salad	2. Meatloaf Garlic Mashed Potatoes	3. Roast Turkey with Stuffing	4. Corn Chowder Pasta Primavera
7. Pulled Pork with Mashed Potatoes Coleslaw	8. Sweet and Sour Grilled Chicken Breast Au Jus	9. Ravioli with Meat Sauce	10. Beef Stew with Rice and Green Beans	11. Yankee Bean Soup Eggplant Rolatini
14. Sloppy Joe Sweet Potato Veggies 7 Grain Bread	15. Stuffed Shells with Meat Sauce Romaine Salad Garlic Bread	16. Garlic Baked Chicken with Spinach and Parmesan Cheese	17. Corned Beef and Cabbage with Carrots 	18. Baked Fish with Lemon Dill Sauce and Hot Buttered Beets
21. Hamburger with Steak Fries	22. Balsamic Roasted Chicken Breast	23. Sliced Ham Cranberry Sauce	24. Lasagna Rolette with Meat Sauce	25. CLOSED
28. Chicken Pot Pie with Carrots	29. Wonton Soup Pork Egg Rolls	30. Chicken Breast Baked Potato	31. Roast Beef Sesame Noodles	

ATTENTION: Interested in Learning New Computer Skills?



We are looking to sign up members to learn new basic computer skills.
If you are interested: please call and/or stop by the front desk to sign up!





2875 Main Street, 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



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

SUSAN B'S SALON

Open in the Senior Center
Services include haircuts for men & women,
manicures & pedicures performed by a
licensed professional. For an appointment,
call (203)981-7061

PLEASE PATRONIZE OUR SPONSORS

Travel Corner

For information and reservations, please call the Trumbull Senior Center at 203-452-5199.

Monday, March 28 Foxwoods Casino- Arrive early enough to play **\$23.00 P.P.** bingo. Bus stops at Stern Village and the Penny Lane Commuter Parking Lot. Includes Buffet and \$15.00 slot Play.

TRUMBULL COMMUNITY TELEVISION Enjoy Unique Trumbull TV Charter 194 & Frontier 99 Become a Facebook friend to receive fun & educational short video clips!

Like us on **facebook**



SYNERGY HomeCare
The Most Trusted Name in Home Care
We Offer Alzheimer's & Dementia Care
Companionship • Light Housekeeping
Medication Reminders • Personal Care
Transportation for Errands & Shopping
Call Today for your FREE CARE Assessment.
(203) 923-8866
www.synergyhomecare.com
Nationally Recognized - Locally owned by Jay and Laurie Kiley

Middlebrook Farms
At Trumbull
A Benchmark Senior Living Community
2750 Reservoir Avenue
Trumbull, CT
203-268-2400
www.benchmarkquality.com

OLD TOWNE RESTAURANT
60 Quality Street Trumbull
(Town Hall Plaza)
203-261-9436
BREAKFAST • LUNCH • DINNER
-Served Daily-
HOURS: 8 am – 10pm
Call Ahead For Take Out services
Dine in Bar • on/off premise catering available
Up to 50 people on/off premises



PARENTE-LAURO FUNERAL HOME INC.
Family owned & Operated Since 1940
Michael J. Parente • Michele Parente
·Pre-Arrangement & Pre-Payment Counseling
·Title 19 Irrevocable Trust Funds & Revocable Trust Funds.
·Full Cremation Services
Serving The Entire Fairfield County Area
203-579-1494 parente-lauro.com 559 Washington Avenue Bridgeport, CT

PLEASE PATRONIZE OUR SPONSORS