

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

★★★★ May 2014 ★★★★★

SENIOR CITIZEN MONTH ACTIVITIES

PROCLAMATION AND TEA PARTY Friday, May 2, at 10:45 A.M.

Proclamation and Tea Party with First Selectman Timothy Herbst. Join us in the celebration of Older Americans. Bigelow Tea will make a presentation on the history and benefits of tea. Seating limited. **Please call Jean or Sharon (203-458-5199) to RSVP. See enclosed flyer.**

CARD PARTY Friday, May 16, at 11:00 A.M.

Reserve a table for your group (seating Limited) Board games welcome. Refreshments, snacks, and table prizes will be provided. Please call 203-452-5199 to RSVP. **See enclosed flyer.**

SENIOR MONTH BINGO
Join us on Friday, May 30th, at 1 P.M. in the nutrition room (seating limited). Refreshments provided by **Maefair Health Care Center of Trumbull**. Advanced reservation required. Please call Jean or Sharon 203-452-5199. **See enclosed flyer.**

NOTARY PUBLIC AVAILABLE
Monday thru Friday. Please call 203-452-5199 for an appointment.

SENIOR CITIZEN MONTH ACTIVITIES

TECHNOLOGY WORKSHOP Friday, May 23, 201, at 1:00 P.M.

Sponsored by State Representatives Dave Rutigliano, Tony Hwang, Larry Miller, and Senator Anthony Musto in partnership with AT&T. Keeping Seniors Connected with Family and Friends. A fun and free discussion about how seniors can use their mobile devices to stay connected. For more information see the enclosed flyer.

MONTHLY BIRTHDAY PARTY
Sponsored by Middlebrook Farms of Trumbull Thursday, May 22, at 11:00 a.m., everyone is welcome to come celebrate our May birthdays. Please RSVP 203-452-5199 (let us know if it's your birthday).

PIZZA AND A MOVIE (\$2.00 per person)
Thursday, May 29, at, 1 P.M. **First Wives Club** Reunited by the death of a college friend, three divorced women seek revenge on the husbands who left them for younger women. Starring Goldie Hawn, Bette Midler and Diane Keaton

Reminder- Senior Center Membership due for renewal July 1, 2014

The center will be closed, Monday, May 26, Memorial day.

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NEWS FROM SOCIAL SERVICES OFFICE - TOWN OF TRUMBULL –Tel# 203-452-5198

- **ELDERLY AND TOTALLY DISABLED HOMEOWNER TAX RELIEF PROGRAM** – The Trumbull Tax Assessor's Office is accepting applications for Tax Relief Benefits starting February 3,

Bocci Ball -Will start on May 12, at 9 A.M. and will continue every Monday. If you are interested in joining, please call John Lang at 203-445-8325



Enjoy watching unique Trumbull programming on TV Charter channel 17 and AT&T channel 99.



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SENIOR CENTER TRIPS

Wednesday, May 21:Wal-Mart Bus leaves the Senior Center at 11:00 a.m. For reservations please Call Sharon at 203-452-5137

Wednesday, May 28 : Christmas Tree Shop Bus leaves the Senior Center at 11:00 a.m. For reservations please call Sharon at 203-452-5137

PRECISION HEARING- STRATFORD 203-381-9555

Ryders Landing • Stratford • Exit 53 Merritt Pkwy

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

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MAY 2014 CALENDAR

MONDAY 	9:00 a.m. - - - 9:30 a.m. 10:30 a.m. 12:30 p.m. 1:00 p.m.	YOGA (May.5,& 19)exercise mat needed..... BANDS AND PILATES (May. 12 & 26)..... BOCCE (SEASONAL)..... MEN'S POKER GAME..... DRAWING CLASS..... SMILE-A-WHILE ON BREAK UNTIL MAY..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM FUNCTIONS ROOM BOCCE COURT CARD ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM
TUESDAY 	9:00 a.m. 9:15 a.m. - 10:00 a.m. 10:30 a.m. 11:30 a.m. 12:30 p.m.	BOCCI BALL..... 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.....	BACK YARD COURT FUNCTIONS ROOM COMPUTER ROOM MEETING ROOM FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM FUNCTIONS ROOM
WEDNESDAY 	9:00 a.m. 10:00 a.m. 10:00 a.m. 10:10 a.m. 10:30 a.m. 11:00 a.m. 12:00 p.m. 12:30 p.m.	YOGA NURSE AVAILABLE 10- 2..... CHAIR EXERCISE WITH RITA..... JAZZERCISE..... ACBL DUPLICATE BRIDGE..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....	FUNCTIONS ROOM SOCIAL SERVICE TV ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM
THURSDAY 	9:00 a.m. - 9:30 a.m. 10:00 a.m. 10:00 a.m. 10:15 a.m. 11:00 a.m. 1:00 p.m. 1:00 p.m. 1:00 p.m.	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 FUNCTIONS ROOM TV ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM
FRIDAY 	10:00 a.m. 10:30 a.m. 10:30 a.m. 12:30 p.m.	ADVANCED OIL PAINTING CLASS DRAMA CLUB ON BREAK UNTIL MAY..... TAI CHI..... MAH JONGG.....	MEETING ROOM LIBRARY FUNCTIONS ROOM MEETING ROOM

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MAY 2014


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
			1 Salisbury Steak	2 Butter Crunch Fish
5 Baked Chicken Breast	6 American Chop Suey	7 Grilled Chicken Strips	8 Open Faced Turkey	9 Roast Beef
12 Ziti with Meatballs	13 Chicken Ala King over rice	14 Pork Loin	15 Meatloaf	16 Lemon Pepper Fish
19 Chicken Marsala	20 Stuffed Pepper	21 All Beef Long Dog	22 Pulled Pork	23 Turkey Tetrzzini Noodles
26 Memorial Day Closed	27 Sliced Ham	28 Baked Lasagna	29 Philly Cheese Steak	30 Pier 17 Fish



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manicures, & pedicures performed by a
licensed professional. Call for appointment
call (203)981-7061

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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 10 (Tuesday) – Fox Casino bus will be early enough for all of our bingo players
Buffet, free play and bus. \$23.00 pp

Trumbull Arts Commission Celebrates Cinco De Mayo

May 9, "Fiesta del Norte", at The Center, 23 Priscilla Place at, 7:30 P.M. An interactive Mariachi band. The band performs traditional Mexican folk and popular music on authentic instruments. Cabaret seating. Bring your own refreshments: \$5.00 tickets, 203-452-5065

Middlebrook Farms

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