

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
.....Program Coordinator.....203-452-5199
Sharon Miller.....Transportation Dispatcher.....203-452-5137
Linda Ciocci.....Senior Commission Chairperson.....203-268-0265

SEPTEMBER 2011

Reminder*** the Senior Center will be closed on Monday September 5th in observance of *Labor Day*.

SPECIAL THANKS TO CHRISTINE DONNELLY FOR HER CONTRIBUTION OF PLANTERS.

● **DINNER DANCE WITH DJ TOM MOHYDE**

FRIDAY, SEPTEMBER 23, 4:00 PM. Stuffed Shell Dinner, \$10.00 per person (No Refunds and seating limited). Advanced tickets only, no tickets will be available at the door.

● **AARP SAFE DRIVERS COURSE**

FRIDAY, SEPTEMBER 9, 9:00AM – 1:00 PM.
AARP member \$12.00 and non members \$14.00
Checks payable to AARP (No cash please). For reservation please call 203-452-5199.

● **SENIOR CENTER PARKING LOT** The Senior Center parking lot is provided for those individuals attending Center Activities. We have received many complaints that individuals are leaving their cars on premise while on day trips. Thank you for your cooperation.

● **NOTARY PUBLIC AVAILABLE-**

Monday through Friday. Please call 203- 452-5199 for an appointment. There is a \$5.00 fee for each transaction. There is an exemption for military.

● **CHAIR EXERCISE WITH RITA**

Join us for our very first class. September 12 at noon. Refreshments will be served and there will be time to meet the instructor and at other participants. Please call 203-452-5199 to RSVP for this first class.

● **ROTARY CLUB SPONSORS SENIOR SENIOR CENTER PICNIC**

Friday, September 16, Friday, 11 AM- 2 PM.- Town Hall Green. Food will be served between Noon until 1 PM *Senior Center Members Only*. Seating limited, tickets must be picked Up at the Trumbull Senior Center.

● **ARTS COMMISSION PRESENTS-**

The 33rd Annual Trumbull Arts Festival will take place on Sunday, September 18, 10 am – 4p.m. on The Town Hall Green.

● **REMINDER:** The new transportation hours will be Monday through Friday 9:00 AM until 1:00 PM. only.

● **MEMBERSHIP RENEWAL PAST DUE.**

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News from the Social Services Office (203-452-5198)

•**The 2010 Renter's Rebate program** applications will be taken through September 15. For Qualifications and documentation needed, please call the Social Services office. The program is available to all seniors and disabled persons who meet specific guidelines, and rent in the town of Trumbull. NO WALK INS please.
•**The Food Pantry** is available to any Trumbull residents in need. (by appointment only). Please call (203) 452-5198 for guidelines and/or appointments.

ITALIAN LESSONS

We would like to offer Italian lessons. If anyone is interested, please call and have your name put on our interest list (203-452-5199). We need an instructor to teach lessons. If you are interested in teaching Italian at the center please call and ask for the Director, Jean.

**BRAUNSTEIN &
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Attorneys at Law

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Amy E. Todisco*

amy@btlawfirm.com

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*President, Connecticut Chapter National Academy of Elder Law Attorneys, Inc 2009-2010
Connecticut Bar Association Elder Law Committee, Executive member.



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SEPTEMBER 2011 CALENDAR

| | | | |
|--|---|--|---|
| MONDAY SEPT 19 SEPT 12 & 26 | 9:00 A.M. NOON 1:00 PM | YOGA..... STRENGTH & CARDIO CLASS..... DUPLICATE BRIDGE..... BEGINNER'S LINE DANCE..... | FUNCTION ROOM FUNCTION ROOM MEETING 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. 11:00 AM 1:00 P.M. | STRENGTH & CARDIO..... NURSE AVAILABLE..... SLIM APPROACH..... CHAIR EXERCISE WITH NURSE GAIL ONDY.. DRAWING AND WATER COLOR CLASS... JAZZERCISE..... CANASTA..... PINOCHLE..... | FUNCTION ROOM SOCIAL SERVICE T.V. ROOM T.V. ROOM MEETING ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM |
| FRIDAY | 9:00 A.M. 10:00 AM 10:30 AM 12:30 P.M. 1:30 PM | NURSE AVAILABLE..... AEROBICS..... OPEN ART CLASS WITH CHRIS..... TAI CHI..... MAH JONGG..... ART CLASS – PORTAITS ONLY..... | SOCIAL SERVICES FUNCTION ROOM MEETING ROOM FUNCTION ROOM MEETING ROOM MEETING ROOM |

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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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Trumbull Senior Center
23 Priscilla Place
Trumbull, CT 06611

Tel # 203-378-3086

SEPTEMBER 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 BBQ Chicken |
| 5 Closed Labor Day | 6 Chicken Taco | 7 Pot Roast | 8 Pulled Pork | 9 Veggie Burger |
| 12 Knockwurst Sauerkraut | 13 Chicken Quarter | 14 Cheese Lasagna | 15 Italian Beef Sandwich | 16 Lite Crunch Fish |
| 19 Shepherd's Pie | 20 Roast Turkey | 21 Veal Stew | 22 Spaghetti with Meatballs | 23 Parmesan Crusted Fish |
| 26 Broccoli Quiche | 27 Beef Burgundy Egg noodles | 28 Pork Loin | 29 Seafood Salad | 30 Penne Pasta with Chicken Breast |



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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.



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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.

- September 17 (Saturday) Feast of San Gennaro, New York, Mulberry St. \$36.00 p.p.**
Children and grandchildren are welcome. There is no age limit for this excursion. Over 300 vendors who set up shop along the Festival Streets selling a variety of goods and merchandise. There are arcade games, food, pastries, music and entertainment.
- October 14 (Friday) Mohegan Sun Casino, \$15.00 meal coupon and three \$5.00 Free bets. \$22.00p.p.**
- December 7, (Wednesday) Newport Playhouse “Never Get Smart With An Angel” \$73.00 p.p.**
This funny play is a winner all the way” Salvatore, Carmine, Paolo, Dorothy will keep you laughing- and, of course, Sal’s Deceased wife who is an “angel,” but not angelic! Lunch includes An extensive, hearty buffet that does not skip on quality or quantity. Everything prepared on the premises.

Hon. John P. Chiota Attorney At Law

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|---|---|
| 1700 Post Road, Suite C-7 P.O. Box 844 Fairfield, CT. 06824 203-259-7084 203-259-7085 | Trumbull Town Hall 5866 Main Street Trumbull, Ct 06611 203-452-5068 johnpchiota@yahoo.com |
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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.

 **Pasta Dinner Dance**
Friday, September 23, 4:00 PM – 7:00 PM
Stuffed Shells, Meatballs, Salad and Dessert
Tickets may purchased at the front Desk.
\$10.00 per person non refundable

Watch Trumbull News on Channel 17 or 99...



...Keeping Trumbull Tuned In
Check the weekly schedule at www.trumbullps.tv

August SHOPPING TRIPS

For those individuals without transportation.
Wednesday, September 14 ,Wal-Mart Bus Leaves Senior Center at 11:00 AM. Quick stop for lunch. Bus returns to the center at 3:00 PM
For reservations call Sharon, Senior Transportation at 203-452-5137.

Wednesday, September 28, Trumbull Mall
Bus leaves Senior Center at 12:30 AM. Bus returns to the center at 3:00 PM.
For reservations call Sharon, 203-452-5137.

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