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

## SEPTEMBER 2011

Reminder\*\*\* the Senior Center will be closed on Monday September 5<sup>th</sup> 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 33<sup>rd</sup> Annual Trumbull Arts Festival will take place on Sunday, September 18, 10 am – 4p.m. on The Town Hall Green.

- <u>REMINDER</u>: The new transportation hours will be Monday through Friday 9:00 AM until 1:00 PM. only.
- MEMBERSHIP RENEWAL PAST DUE.

## **CYRIL F. MULLINS FUNERAL HOMES**

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

•<u>The 2010 Renter's Rebate program</u> 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.

•<u>The Food Pantry</u> 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 & TODISCO, P.C.** 

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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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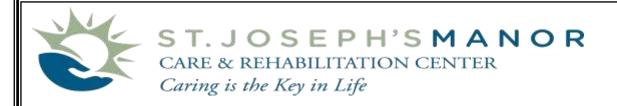
# **SEPTEMBER 2011 CALENDAR**

MONDAY			
SEPT 19	9:00 A.M	YOGA	FUNCTION ROOM
SEPT 12 & 26		STRENGTH & CARDIO CLASS	FUNCTION ROOM
	NOON	DUPLICATE BRIDGE	MEETING ROOM
	1:00 PM	BEGINNER'S LINE DANCE	FUNCTION ROOM
TOTAL CONTRACTOR	0.15 4.34	EIT FOR LIFE EVERGIGE OF AGG	ELINICETONI DOOM
TUESDAY	9:15 A.M.	FIT FOR LIFE EXERCISE CLASS	FUNCTION ROOM
	10:00 P.M.	KNIT AND CROCHET GROUP	COMPUTER ROOM
	10:00 A.M.	ART CLASS	MEETING ROOM
	10:30 A.M.	BALLROOM DANCE	FUNCTIONS ROOM
	11:00 A.M.	Wii GAMES	T.V. ROOM
	11:30 A.M.	ZUMBA LESSONS	FUNCTIONS ROOM
	12:30 P.M.	MEN'S POKER GROUP	CARD ROOM
		MEXICAN TRAIN DOMINOES	CARD ROOM
		LATIN LINE DANCE	FUNCTIONS ROOM
WEDNESDAY		YOGA	FUNCTION ROOM
	10:15 AM	JAZZERCISE	FUNCTION ROOM
	11:00 A.M.	TAP DANCE	FUNCTIONS ROOM
	NOON	PINOCHLE CLUB	MEETING ROOM
	12:30 P.M	COUNTRY WESTERN LINE DANCE	FUNCTION ROOM
THURSDAY	9:00 A.M.	STRENGTH & CARDIO	FUNCTION ROOM
		NURSE AVAILABLE	SOCIAL SERVICE
	10:00 A.M.	SLIM APPROACH	T.V. ROOM
		CHAIR EXERCISE WITH NURSE GAIL ONDY	T.V. ROOM
		DRAWING AND WATER COLOR CLASS	MEETING ROOM
	11:00 AM	JAZZERCISE	FUNCTIONS ROOM
	1:00 P.M.	CANASTA	CARD ROOM
		PINOCHLE	MEETING ROOM
FRIDAY	9:00 A.M.	NURSE AVAILABLE.	SOCIAL SERVICES
		AEROBICS	FUNCTION ROOM
	10:00 AM	OPEN ART CLASS WITH CHRIS	MEETING ROOM
	10:30 AM	TAI CHI	FUNCTION ROOM
	12:30 P.M.	MAH JONGG	MEETING ROOM
	1:30 PM	ART CLASS – PORTAITS ONLY	MEETING ROOM

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THE PARTICIPATION	The Institute on Aging	
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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

#### 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	<b>Thursday</b>	Friday
				1
				BBQ Chicken
5	6	7	8	9
<b>Closed Labor</b>	Chicken Taco	Pot Roast	Pulled Pork	Veggie Burger
Day				
12	13	14	15	16
Knockwurst	Chicken	Cheese Lasagna	Italian Beef	Lite Crunch
Sauerkraut	Quarter		Sandwich	Fish
19	20	21	22	23
Shepherd's Pie	Roast Turkey	<b>Veal Stew</b>	Spaghetti with	Parmesan
_	-		Meatballs	<b>Crusted Fish</b>
26	27	28	29	30
<b>Broccoli Quiche</b>	<b>Beef Burgundy</b>	Pork Loin	Seafood Salad	Penne Pasta with
	Egg noodles			Chicken Breast



2875 Main St., Bridgeport, CT 06606 203-336-0232

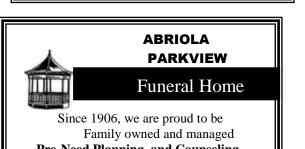
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## SENIOR CENTER SNACK BAR

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.





#### **Services Available**

Live in Home Care Certified Nurses Aids Homemakers Companions 24 Hour on Call Staff Toll –Free 1-860-437-3533

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## TRAVEL (ORNER

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 \$22.00p.p.

Free bets.

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	<b>Attorney At Law</b>

 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

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## **Middlebrook Farms**

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Pasta Dinner Dance
Friday, September 23, 400 PM – 7:00 PM
Stuffed Shells, Meatballs, Salad and Dessert
Tickets may purchased at the front Desk.
\$10.00 per person non refundable



## OLD TOWN RESTAURANT 60 Quality Street Trumbull 203-261-9436

Breakfast & Lunch
-Served Daily
Dinner Hours 7-11
Call Ahead For Take Out
Dine in Bar
Catering Available Up to 90 people
on/off premises

## **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.

John G. Pia 933 Hope Street jpia@associatedappliances.com Stamford, Ct. 06907 Associated Appliance

477 Main Street (Route 25), Monroe, CT 06468 www.associatedappliance.com 203-445-9546

## Susan B's Salon

Open in the lower level of the Senior Center Services include haircuts for men & women, manicures and pedicures.

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