



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

SEPTEMBER 2015

Lenny and Joe's Fish Tale In New Haven

Lunch at Lenny and Joe's Fish Tale

Wednesday, September 16, 10:30 AM -2:00 PM

Enjoy lunch with a water view and time to visit the Gift shop located on premise. This trip is open to all members (limited seating). Please call 203-452-5199 to RSVP.

Monthly Birthday Party

Friday, September 11 at 11:00 AM.

Sponsored by Northbridge Health Care Center, Everyone is welcome to come celebrate our September birthdays. No reservation needed.

SENIOR CENTER PICNIC

Monday, September 14, 11 AM to 2 PM
on the Town hall Green.

Join us at our annual picnic sponsored by the Trumbull Rotary club. Lunch will be served between Noon and 1 PM. Open to Senior Center members (by ticket only). Seating is limited and tickets available at the Senior Center.

REMINDER- Senior Center Membership renewal is past due. The fee for Trumbull residents is \$5.00 and out of town residents \$20. Please

AARP SAFE DRIVER'S COURSE

Friday, September 18, 9:00 AM until 1:00

PM. Members pay \$15.00 and non-members \$20.00 Reservation by check only. Please make checks payable to AARP. For more information and to make reservation call (203) 452-5199.

SEPTEMBER BINGO GAME

Friday, September 25 at 1 PM.

Sponsored by Mayfair Health Care Rehabilitation. Bingo prizes provided William Raveis of Trumbull. Seating is limited and advanced reservation is required. Please call 203-452-5199 to RSVP.

Lunch and a movie

September 18, 11:30 AM – 2:00 PM.

Sponsored by Ludlowe Center for Health and Rehabilitation. Ludlow Center sponsors our monthly movie and lunch. This month's feature film is ". Seating limited, please RSVP 203-452-5199

Alzheimer's Disease information Session

Friday, September 4, 2015 10:45 AM –Noon

Join us for an educational and informative session on age related memory changes. See enclosed flyer.

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NEWS FROM SOCIAL SERVICES OFFICE - TOWN OF TRUMBULL

Tel# 203-452-5198

- Senior and totally disabled Renter's Rebate Program applications are being accepted by Social Services between May 1, 2015 through October 1, 2015. Annual income guidelines: single, \$34,600 or couples, \$42,200. Eligibility requirements applicants must be 65 years of age or older before January 1, 2014 or on Social Security Disability. Applicants must provide the following financial documents: **proof of 2014 income**, Social Security benefit statement for 2014 (1099 form), Bank interest/dividends for 2014, pension statements or 2014 and 2014 tax return (if filed). **Proof of expenses that were paid:** rent receipts from housing complex for entire year and statements for the following utilities (electric, gas, water and fuel). **Applications by appointment only (no walk-ins).**

Tuesday, September 1st

I'Liguri (Italian-American) 7:00 PM

Sponsored by Abriola Parkview Funeral Home

Tuesday, September 8th

the Barons (Oldies) 7:00 PM

Sponsored by the Mallet Trust

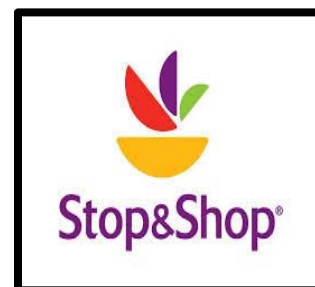


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SEPTEMBER 2015 CALENDAR

MONDAY  Labor Day	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	YOGA..... NURSE AVAILABLE JAZZERCISE..... TAP DANCE.....	FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM FUNCTIONS ROOM
THURSDAY 	9:00 AM 9:30 AM 10:00 AM 10:00 AM 10:15 AM 11:00 AM 1:00 PM 1:00 PM 2:00 PM	PILATES..... NURSE AVAILABLE..... SLIM APPROACH..... WATER COLOR CLASS..... JAZZERCISE..... CHAIR EXERCISE with NURSE TERESA..... PINOCHLE..... LATIN LINE DANCE WITH MIKE STAVOLA..... PICKLE BALL.....	FUNCTIONS ROOM SOCIAL SERVICE TV ROOM MEETING ROOM FUNCTIONS ROOM TV ROOM CARD ROOM FUNCTIONS ROOM FUNCTIONS 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..... MAH JONGG..... BILLIARD GAME (8 BALL- PARTNERS)	FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM BILLIARDS ROOM



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SEPTEMBER 2015

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 BBBQ CHICKEN BREAST	2 SPAGHETTI WITH MEAT SAUCE	3 TUNA SALAD AND POTATO SALAD	4 VEAL STEW AND BUTTERED NOODLES
7 CLOSED LAGOR DAY	8 GRILLED CHICKEN BREAST	9 CHEESE LASAGNA	10 ROAST TURKEY	11 PARMESAN CRUSTE POLLACK
14 SHEPARD'S PIE GROUND BEEF	15 SLICED PORK	16 GRILLED CHIDKEN CAESAR SALAD	17 RAVIOLI IN MEAT SAUCE	18 GINGER GRILLED BEEF STRIPS
21 SALISBURY STEAK	22 BROCCOLI BAKE	23 CHICKEN SALAD	14 PULLED PORK	25 LEMON PEPPER FISH
28 LEMON GRILLED CHICKEN	29 FISH FILET	30 CHEESEBURGER		



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203.373.1013


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Travel Corner

All the listed tours are with T & A Tours, LLC - Please contact them at 203-483-6330 or 1-800-967-1993

Saturday, October 12, 9/11 Memorial Museum , Garage Restaurant Jazz Lunch \$120

Visit the 9/11 Memorial Museum explaining the story of 9/11 through multi-media displays, archives, narratives and a collection of monumental and authentic artifacts. Lunch and live jazz music at the Garage Restaurant in Greenwich Village and admission to the 9/11 Museum and Memorial.

Sunday, September 26 - Providence WaterFire & Ten 31 Studios, Olive Tap, History Tour \$124

Visit to Ten 31 Studios-Behind the Masks, a performance art company specializing in creations of costumes and living statues. Lunch at Pizzico Restaurant and inspiring bon fire display of WaterFire lit on the Providence Rivers (subject to change).

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Class takes place on Mondays at 12:30 PM

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Monday, September 21

Bus leaves early enough to play Bingo.

We will be at the Casino 9:30 Am until 4:30 PM.

Pick up at Stern Village (7:30 AM)

Penny Lane (7:45 AM)

Buffet and free play \$25.00 p.p.

Please call 203-452-5199