

# 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

August 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.**

● **BROWN BAG LUNCH**

First Selectman Timothy Herbst will join us for an open discussion on **FRIDAY, AUGUST 5, 11:00 AM**. Please call 452-5199 to RSVP. Reservations a must.

● **GOOD OLE SUMMER DAZE BINGO GAME**

**FRIDAY, AUGUST 19, 1:00 PM**. Come join us for an afternoon of fun and games. Free admission. Refreshments will be served.

● **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.

● **MEMBERSHIP FOR FISCAL YEAR**

If you are not a member you will not be entitled to join in classes and activities. Membership for residents is \$5.00 and \$10.00 non-resident.

● **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.

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

Friday, September 16, 11 AM- 3 PM. at the Town Hall Green. *Senior Center Members Only*. Seating limited, tickets must be picked up at the Trumbull Senior Center (membership card required when picking up tickets)

● **ARTS COMMISSION PRESENTS-**

The 33<sup>rd</sup> Annual Trumbull Arts Festival Sunday, September 18, 10 am – 4p.m. on The Town Hall Green.

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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.

•**Trumbull Beach Bags** available at Social Services, Senior Center, Town Clerk and Recreation Department. Bags are \$10.00 each and all proceeds to benefit the Trumbull Social Services Food Pantry.

**Attention Senior Transportation Riders**

Effective August 1, 2011, the dispatcher will be available to book your rides daily, 9:00 AM Until 1:00 PM. For questions and more information call Sharon at 203-452-5199. Thank you for your time and consideration.

**BRAUNSTEIN &  
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\* Estate Planning

\* Involuntary Conservatorships

\* Probate

\* Powers of Attorney and Advance Directives

\* Wills, Trusts & Estates

Amy E. Todisco\*

[amy@btlawfirm.com](mailto: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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## AUGUST 2011 CALENDAR

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

| YOUR SOURCE FOR SENIOR SERVICES                                                                                |                                                    |
|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------|
|                             | <b>Skilled Nursing Care</b>                        |
|                                                                                                                | <b>Grasmere by the Sea Adult Day Services</b>      |
|                                                                                                                | <b>The Roy and Aline Friedman Home Care Agency</b> |
|                                                                                                                | <b>Compassionate Care Companions</b>               |
|                                                                                                                | <b>Outpatient Rehab Therapy</b>                    |
|                                                                                                                | <b>The Institute on Aging</b>                      |
| <b>175 Jefferson Street, Fairfield, CT 06825 • 203-365-6400 • <a href="http://www.jhe.org">www.jhe.org</a></b> |                                                    |

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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

**AUGUST 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<br>Cheeseburger             | 2<br>Seafood salad<br>on lettuce    | 3<br>Broccoli Quiche              | 4<br>BBQ Chicken<br>Breast   | 5<br>Manicotti<br>Meat Sauce               |
| 8<br>Chicken Patty            | 9<br>Baked Filet of<br>Sole         | 10<br>Stuffed<br>Cabbage          | 11<br>Chunky Turkey<br>Salad | 12<br>Knockwurst<br>Sauerkraut &<br>Onions |
| 15<br>Philly<br>Cheesesteak   | 16<br>Eggplant<br>Parmesan          | 17<br>Hawaiian<br>Chicken         | 18<br>Boneless Pork<br>Chop  | 19<br>Peir 17 Fish                         |
| 22<br>Spaghetti with<br>Sauce | 23<br>Turkey, Ham<br>and Swiss Hero | 24<br>Braised Liver<br>and Onions | 25<br>Potato Crunch<br>Fish  | 26<br>Chicken Salad<br>with Grapes         |
| 29<br>Roast Turkey            | 30<br>Roast Beef                    | 31<br>Chicken Teriyaki            |                              |                                            |



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Open Daily 10 AM – 12:30 p.m.

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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. \$35.00 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.**
- August 9 (Tuesday) New York Botanical Gardens- Spanish Paradise: Gardens Of The Alhambra. \$48.00 p.p**  
Travel to southern Spain in just one afternoon. 9:00 AM departure and return time 3:30 PM. (Lunch on your Own). There are two dining venues both serving the outstanding Cuisine of Abigale Kirsch. The Garden Café serves both hot and Cold dishes. The Leon Levy Visitor Center Café serves salads Sandwiches, pastries and snacks.

**Hon. John P. Chiota Attorney At Law**

|                                                                                                   |                                                                                                       |
|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 1700 Post Road, Suite C-7<br>P.O. Box 844<br>Fairfield, CT. 06824<br>203-259-7084<br>203-259-7085 | Trumbull Town Hall<br>5866 Main Street<br>Trumbull, Ct 06611<br>203-452-5068<br>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](http://www.trumbullps.tv)

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**August SHOPPING TRIPS**

For those individuals without transportation.  
**Wednesday, August 17, Trumbull Mall** Bus Leaves Senior Center at 10:30 AM. Bus returns to the center at 2:20 PM  
For reservations call Sharon, Senior Transportation at 203-452-5137.

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**Wednesday, August 24, Captains Cove** Bus leaves Senior Center at 10:30 AM. Bus returns to the center at 2:30 PM.  
For reservations call Sharon, 203-452-5137.

**John G. Pia** 933 Hope Street  
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