

TRUMBULL

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



December 2014



HOLIDAY BINGO

Friday, December 19 at 1 PM - Refreshments will be provided by **Maefair Health Care for Health and Rehabilitation**. Seating is limited and advanced reservation required. Please call **203-452-5199** to make your reservation.

INCLEMENT WEATHER



On days that it storms or inclement weather is predicted, please tune your radio to station WICC 600 AM for all weather advisories and/or cancellations. If Trumbull schools are cancelled, programs and transportation will be also be cancelled. When there is a delayed opening, the Senior Center and transportation will also be delayed and the early morning classes will be cancelled.

Monthly Birthday Party with Denise Leob Sponsored by Northbridge Health Center

Thursday, December 11 at 11:00 AM. Everyone is welcome to come celebrate our December birthdays.

LUNCH & MOVIE- Thursday, Dec.11, at noon.
Please RSVP - Call 203-452-5199. A FREE lunch will be sponsored by **Ludlowe Center for Health and Rehabilitation**. A holiday classic, "Holiday Inn" starring **Bing Crosby, Fred Astaire, Marjorie Reynolds, Virginia Dale.** (No walk Ins)



Season's Greetings

The Senior Center will be open until 1 PM, Wednesday, December 24 and closed, Thursday, December 25 and Friday, December 26.



Happy Holidays●

●To all our friends here at the Senior Center. From the Staff
Jean Ferreira● Sharon Miller●
●Bob Sherwood ● Joe Guerini●
● Dominick Galletti● Richard Jones●
●Coleen Figliuzzi● Jennifer Gillis ● Andy Mastrone ●Teresa Cryan and Sammy Lopez●
Kim Aquino
Emily Areson
Gail Johnson
And all of the Volunteers



HOLIDAY PARTY & VISIT FROM SANTA

December 12, 1:00 PM

The Smile- A- While group will provide an afternoon of holiday music, entertainment, and cheer. Refreshments will be served. Seating is limited and admission by ticket only. For more information call Jean at (203) 452-5199

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

Social Services is currently taking appointments for the 2014-2015 Winter Heating Season (Energy Assistance). Applications are taken by appointment only- no walk-ins will be accepted. Please feel free to schedule an appointment time and listing of required documentation.

PICKLEBALL DEMONSTRATION

Pickleball is a sport that combines elements of badminton, tennis, table tennis and volleyball. It is played on a court with a hard paddle and a plastic ball. **If you would like to join us for regularly scheduled games, call us with your name and phone number.**

AARP SAFE DRIVERS COURSE

Friday, January 23 , 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 (No cash please). For more information and to reserve your seat please call Jean or Sharon at (203)452-5199.



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SENIOR CENTER TRIPS

Wednesday, December 17

Trumbull Mall - 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

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DECEMBER 2015 CALENDAR

MONDAY 	9:00 AM - 9:30 AM 10:30 AM 12:30 PM 1:00 PM	STRENGTH..... BOCCE DRAWING CLASS..... CHAIR EXERCISE WITH RITA..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM BOCCE COURT MEETING ROOM TV 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..... MUSIC AND MOVEMENT WITH NANCY..... BILLIARD ROOM OPEN -8 BALL- PARTNERS	FUNCTIONS ROOM MEETING ROOM COMPUTER ROOM FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM FUNCTIONS ROOM BILLIARDS ROOM
WEDNESDAY 	9:00 AM 9:30 AM 10:10 AM 10:30 AM - 11:00 AM 12:30 PM	YOGA..... NURSE AVAILABLE JAZZERCISE..... CHAIR EXERCISE WITH RITA..... ACBL DUPLICATE BRIDGE..... TAP DANCE..... COUNTRY WESTERN LINE DANCE.....	FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM TV ROOM MEETING 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	PILATES..... NURSE AVAILABLE..... SLIM APPROACH..... WATER COLOR CLASS..... JAZZERCISE..... CHAIR EXERCISE with NURSE TERESA..... CANASTA..... LATIN LINE DANCE WITH MIKE STAVOLA.....	FUNCTIONS ROOM SOCIAL SERVICE TV ROOM MEETING ROOM FUNCTIONS ROOM TV ROOM CARD 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 ROOM OPEN -8 BALL- PARTNERS	FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM BILLIARDS ROOM



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203-378-3086


DECEMBER 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 Spaghetti and Meatballs	2 Glazed Chicken	3 Breaded Fish Filet	4 Salisbury Steak	5 Pork Stir Fry
8 Crab Cakes	9 Chicken Parmesan	10 Meat Loaf	11 Knockwurst	12 Veal Cutlet
15 Pork Loin	16 Chicken Kiev	17 Swedish Meatballs	18 Shepard's Pie	19 Fish Filet
22 Turkey Tetrazzini	23 Stuffed	24 Eye of The Round	25 CLOSED FOR HOLIDAY	26 CLOSED FOR HOLIDAY
29 Roasted Turkey	30 Sliced Ham	31 Swiss Steak		



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SUSAN B'S SALON

Open in the Senior Center.
Services include haircuts for men & women, manicures, & pedicures performed by a licensed professional. Call for appointment call (203)981-7061

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Travel Corner



For your travel convenience, the Senior Center will provide a travel representative who will be able to assist you with available day trips or any other requests. Richard Dezenzo will be available on the first and third Monday of every month from 10 AM -11:00 AM. For more information, please call 203-452-5199.

-**Foxwood Casino** Friday, January 9. Bus leaves early enough to play bingo. Includes Buffet and free bet. (pick up at Stern Village and Penny Lane). The Rainmaker casino will be open on Friday

Cost \$25.00

- **Radio City Holiday Show** - December 8th - Luncheon - grilled salmon, broiled chicken, rigatoni Bolognese, pumpkin ravioli - Depart from Fairfield Senior Center 9:15 am arrive back 6:30 pm Call Jill Meyer - 203-256-316 and tell her you are from the Trumbull Senior Center.

Cost - \$145

-**Botanical Garden Holiday Train Show** - December 11th - at the Enid A. Haupt Conservatory. Entrees - choice of chicken parmesan, fish, pasta. Depart Stratford - 8:15AM, Fairfield 8:30AM, Westport - 8:45AM. Call Jill Meyer - 203-256-3166 and tell her you are from the Trumbull Senior Center.

Cost \$127

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