

# 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  
Gail Poklemba .....Office Clerk.....203-452-5199  
Donna Marcus.....Transportation.....203-452-5137  
Linda Ciocci.....Senior Commission Chairperson.....203-268-0265

MAY 2011

**Senior Center will be closed on Monday, May 30, Memorial Day.**

Activities open to members only. Membership for residents is \$5.00 and \$10.00 non-residents. Membership renewal is due July 1, 2011.

### Senior Citizen Month Activities

- May 1 (Sun.)- 1:00 PM - 4:00 PM Open House**  
Enjoy senior crafters, art exhibit and entertainment. Hors d'oeuvres will be served.
- May 6 (Fri.)- 1:00 PM - Mystery Bingo Game.**  
Free prizes, Hot dogs, popcorn and dessert. Seating limited. Admission by ticket only.
- May 13 (Fri.)- 11:00 AM- Senior Citizen Proclamation and Brunch with the First Selectman.**  
Join the First Selectman, Senior Citizen Commission and Director for brunch. Seating limited. Please RSVP
- May 20 (Fri.) -4:00 PM – 7:00 P.M. Senior Prom**  
Music by DJ Tom Mohyde.  
Chicken Dinner. \$10.00 RSVP
- May 27 (Fri)- 11:00 AM – 1:00 PM. Picnic in the Courtyard.** Hotdogs/hamburgers potato salad and dessert. (\$2.00)  
Please RSVP

**The Trumbull Senior Commission** will meet on Friday, April 29 at 10:00 AM in the TV Lounge

### **AARP Safe Drivers Course Friday, May 13**

9 A.M. until 1:00 p.m. AARP member \$12.00 and non members \$14.00 Checks must made out to AARP (No cash please). For more information please call 203-452-5199.

### **Sing-A-long With Lorrie**

Monday, May 2 and Monday, May 16 at 10:30 AM. Come join Lorrie for a morning of guitar and familiar songs.

**NOTARY PUBLIC AVAILABLE-Monday through Friday.** We advise you call 203-452-5199 for an appointment. The fee is \$5.00 for each transaction. Exemption for military personnel

### SENIOR CENTER SNACK BAR

Open Monday - Friday, 11 AM – 12:30 PM  
Lunch & breakfast served daily. Eggs, sausage, hotdogs, hamburgers, egg salad/ tuna salad sandwich and salad platters prepared daily.

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

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News from the Social Services Office

- The 2010 Renter's Rebate program will begin taking applications on Monday, May 16<sup>th</sup>. The program will run from May 16- September 15. For Qualifications and documentation needed, please call the Social Services office at (203) 452-5198. The program is available to all seniors and disabled persons who meet specific guidelines, and rent in the town of Trumbull. Appointments are necessary, NO WALK INS please. Home visits are available upon request.
- The Food Pantry is available to any Trumbull residents in need. (by appointment only). Please call (203) 452-5198 for guidelines or appointments.
- Please make a note on your calendar that June 15 is World Elder Abuse Awareness day, and stay tuned for awareness and events in your area.

**Everything You Need To Know About Arthritis**  
**by Dr. Michael Cassetta**  
**Wednesday, May 11<sup>th</sup> at 12:20 p.m.**  
**Join Nurse, Gail Ondy in the Snack bar at the Trumbull Senior Center,**  
**located at 23 Priscilla Place, Trumbull CT**  
**Refreshments will be served.**

<b>BRAUNSTEIN &amp; TODISCO, P.C.</b> <i>Attorneys at Law</i>	<i>Providing Professional Personal Service</i>
<b>Committed to Protecting the Dignity, Financial and Legal Rights of Seniors</b>	
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<b>* Involuntary Conservatorships</b>	<b>* Probate</b>
<b>* Powers of Attorney and Advance Directives</b>	<b>* Wills, Trusts &amp; Estates</b>
Amy E. Todisco* <a href="mailto:amy@btlawfirm.com">amy@btlawfirm.com</a> One Elliot Place • Fairfield, CT 06824-5154 Phone: (203) 254-1118 • Fax (203) 254-2453 • <a href="http://www.btlawfirm.com">www.btlawfirm.com</a> *President, Connecticut Chapter National Academy of Elder Law Attorneys, Inc 2009-2010 Connecticut Bar Association Elder Law Committee, Executive member.	

	<b>SHORT TERM REHABILITATION LONG TERM CARE RESPIRE (203) 459-5152 21 MAEFAIR COURT, TRUMBULL, CT. 06611</b>
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<b>SO YOU CAN ENJOY YOUR LOVED ONES</b> FREE Hearing Test – 20 Top Brands Walk-ins Welcome <b>PRECISION HEARING</b> Call 381-9555 Ryders Landing Stratford exit 53 Merritt Pkwy
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# MAY 2011 CALENDAR

<b>MONDAY</b> May 2, 16 & 30 May 9 & 23  May 2 & 16	9:00 A.M. ..... ..... 10:30 A.M. 10:30 A.M. NOON ..... 1:00 P.M.	NURSE AVAILABLE UNTIL 3:00 P.M..... YOGA..... STRENGTH & CARDIO CLASS..... BRIDGE GAME..... CHORAL GROUP (SING-A-LONG)..... WOMEN'S POKER GAME..... DUPLICATE BRIDGE..... BEGINNER'S LINE DANCE.....	SOCIAL SERVICES FUNCTION ROOM FUNCTION ROOM SNACK BAR TV ROOM CARD ROOM MEETING ROOM FUNCTION ROOM
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	9:00 A.M. ..... 10:00 A.M. ..... ..... 1:00 P.M. ..... ..... 2:00 P.M.	STRENGTH & CARDIO..... NURSE AVAILABLE..... SLIM APPROACH..... CHAIR EXERCISE WITH NURSE GAIL ONDY.. DRAWING AND WATER COLOR CLASS... JAZZERCISE..... CANASTA..... PINOCHLE..... BALLROOM/SOCIAL DANCE LESSONS..	FUNCTION ROOM SOCIAL SERVICE T.V. ROOM T.V. ROOM MEETING ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM FUNCTIONS ROOM
<b>FRIDAY</b>	9:00 A.M. ..... 10:00 AM 10:30 AM NOON 12:30 P.M.	NURSE AVAILABLE..... AEROBICS..... OPEN ART CLASS WITH CHRIS (BEGINERS) TAI CHI..... WOMEN'S AND MEN'S POKER CLUB..... MAH JONGG.....	SOCIAL SERVICES FUNCTION ROOM MEETING ROOM FUNCTION ROOM CARD ROOM MEETING ROOM

YOUR SOURCE FOR SENIOR SERVICES	
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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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23 Priscilla Place  
Trumbull, CT 06611


Tel # 203-378-3086

May 2011

Senior Community Café

Meals served Monday through Friday at noon. For reservations call 10:00 a.m. – noon

Monday	Tuesday	Wednesday	Thursday	Friday
2 Turkey loaf	3 Stuffed Cabbage	4 Seafood Salad	5 Roast Chicken Brest	6 Veal Cutlet
9 Chicken Patty	10 Boneless Pork Chop	11 Beef Burgundy Over egg noodles	12 Spinach Lasagna	13 Lemon Pepper Fish
16 Philly Cheese steak	17 Crispy Chicken	18 Spaghetti and Meatballs	19 BBQ Pork Ribs	20 Lemon Pepper Fish
23 Broccoli Quiche	24 Stuffed Shells	25 Grilled Chicken Strips	26 Meatloaf	27 Hot Dog
30 Closed	31 Pepper Steak			



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**SENIOR CENTER SNACK BAR**

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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.

**July 12, 2011**      **Captain Jacks and Foxwood - includes**      **\$60.00 p.p.**  
**Lunch at Captain Jacks (Wakefield RI) for a**  
**Lobster bake or Prime Rib lunch. Includes**  
**Shrimp Cocktail, Chowder and clam cakes.**  
**Then onto Foxwoods Casino where you will**  
**receive a Food Coupon and Keno free play.**  
**Bus Leaves Stern Village at 9:00 AM**  
**Bus Departs Penny Lane at 9:15 AM**

**May 19, 2011**      **West Farms Mall Shopping Trip offered by**      **\$ Free**  
**Trumbull Senior Transportation. In**  
**celebration of Senior Citizens month we**  
**will offer a free shopping trip to all of our Town**  
**Residents to the West Farms Mall in Hartford**  
**Connecticut. The bus will leave the**  
**Senior Center at 9:30 a.m. and will return at**  
**2:30 p.m. Estimated arrival home should be**  
**approximately 3:30 p.m. Seating is limited**  
**please RSVP as soon possible.**

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

**Gentile, Chiota & Gutheris, LLC**    Trumbull Probate Court

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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**Middlebrook Farms**

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**AARP Four Hour Driving Course-** A Safety drivers course is scheduled for Friday, July 8, 2011 from 9:00 AM until 1:00 PM. You are encouraged to bring snacks for this long day or you may purchase refreshments at the Senior Café. Reservations will be made by check only, payable to AARP (\$12.00 for AARP members and \$14.00 for non members). For more information (203-452-5199).

**THE SENIOR BOOK GROUP** - Which meets every third Tuesday of the month (noon) at the Fairchild Nichols Memorial Library has a few opening. For those interested in joining this club you may call the library at 203-452-5196.

**SMILE A WHILE ENTERTAINMENT GROUP** – is in need of retired senior citizens to sing show tunes and for individuals who can do Latin dance and Flamenco. Please call Jean or Sharon at 203-452-5199.

### **MAY SHOPPING TRIPS**

**Wednesday, May 4, 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 203-452-5197.**

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**Wednesday, May 25, Wal-Mart** – Bus leaves Senior Center at 10:30 AM. Bus returns to the center at 2:30 PM.  
**For reservations call Sharon, Senior Transportation at 203-452-5197.**

#### **OLD TOWN RESTAURANT**

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#### **Susan B's Salon**

Open in the lower level of the Senior Center  
Services include haircuts for men &  
women, manicures and pedicures.  
Licensed professionals.  
For salon hours, prices and  
appointments please call 203-452-5199



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