

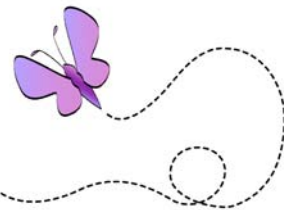


# TRUMBULL

## SENIOR CITIZEN NEWSLETTER

28 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
Ashley Grace.....	Administrative Assistant.....	203-452-5137
Rachel Yahwak.....	Senior Commission Chairperson.....	203-268-0383



### ~ MAY ~

#### May is Older Americans Month!

**THE SENIOR CENTER WILL BE CLOSED MAY 30th – MEMORIAL DAY**



#### MONTHLY MEMBERS MEETING

**Friday, May 6, at 11:00 AM – Snack Bar.** All members welcome! New and existing!

#### SENIOR DANCE

**Wednesday, May 11, at 1:00 PM-3:00 PM – Music by Al Song. Sponsored by Benchmark Senior Living.** Come join us for some fun with music and dancing! Refreshments will be served! Please RSVP 452-5199

#### MONTHLY BIRTHDAY PARTY

**Thursday, May 12, at 11:00 AM – Sponsored by Synergy Home Care.** Everyone is welcome to come celebrate our May birthdays. Please RSVP 452-5199.

#### SENIOR PROCLAMATION

**Friday, May 13, at 11:00 AM.** Proclamation with First Selectman Timothy Herbst. Refreshments/snacks will be provided by **Creative Culinary Services.**

#### SENIOR MONTH BINGO

**Friday, May 20, 2016, 1:00 PM – 2:30 PM Sponsored by Trumbull Senior Commission and Synergy Home Care.** Special prizes and refreshments. Seating is limited. Please RSVP 452-5199.

#### BIGELOW TEA PRESENTATION

**Wednesday, May 25, 2016, 2:00 PM-3:00 PM, Functions Room.** Enjoy drinking tea? Come join us for a fun, informative, and relaxing presentation about the history of Bigelow Tea and the health benefits of drinking tea! Please RSVP 452-5199

#### LUNCH AND A MOVIE

**Friday, May 27, 2016, 11:30 AM -2:00 PM.**

**Sponsored by Ludlowe Center for Health and Rehabilitation. Feature Film “The Big Stone Gap.”**

In a coal mining town, Ave Maria Mulligan, the town's self-proclaimed spinster, has resigned herself to a quiet life of single-hood and being useful. She works in her family's pharmacy, delivers the prescriptions herself, and directs the town's annual outdoor drama until one day she learns of a long-buried family secret that changes her life forever. **Starring: Ashley Judd, Whoopi Goldberg, Patrick Wilson.**

**REMINDER:** Trumbull Senior Center membership renewal is due July 1, 2016. The fee for residents is \$5.00 and non-residents is \$20.00. We will accept memberships starting June 1. Checks or money order only. If you are a current member, you may mail in your payment to the Senior Center. Please be sure to write your membership number on your check. New members that are renewing by mail, please call 203-452-5199 to have a membership form mailed to you.

#### NEW MEMBERSHIP AGE

The new membership age is now 55 years and older.

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

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## NURSING DEPARTMENT

A Geriatric Wellness Nurse, Teresa Cryan, is available at the Trumbull Senior Center on most Wednesdays and Thursdays, usually from 8:30am-3:00pm. She is also available at Stern Village Housing in Trumbull on most Mondays from 8:30am-3:00pm. Services offered:

- Assesses/records blood pressure readings and other health parameters
- Conducts educational programs on health-related topics
- Assists in making doctor appointments
- Leads seated exercise programs
- Coordinates guest speakers on senior wellness topics
- Consults on senior health-related concerns



## THE TRUMBULL ARTS COMMISSION

### Trumbull Arts Commission Seeks Literary Competition Entries

Writers from elementary grade 3 to adult of all ages are invited to submit previously unpublished works in the categories of fiction, non-fiction and poetry.

All winning entries will be published in the 2016 edition of "PENWORKS", the literary magazine of the Trumbull Arts Festival and will be honored at the awards ceremony held in the Community Room of the Trumbull Library on the day of the Arts Festival, Sunday September 11<sup>th</sup> at 10:0am.

Applications can be downloaded at [www.trumbull-ct.gov](http://www.trumbull-ct.gov), or picked up at the Senior Center. The deadline is May 27<sup>th</sup>.



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## ACTIVITY CALENDAR

<b>MONDAY</b>  MEMORIAL DAY	9:00 AM - 9:45 AM 10:00 AM 12:30 PM 1:00 PM	STRETCH/STRENGTHEN..... BOCCE ..... DRAWING CLASS..... SMILE -A-WHILE..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM BOCCE COURT MEETING ROOM FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM
<b>TUESDAY</b> 	9:15 AM 9:30 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..... BILLIARDS GAME (8 BALL PARTNERS).....	FUNCTIONS ROOM MEETING ROOM COMPUTER ROOM FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM BILLIARDS ROOM
<b>WEDNESDAY</b> 	9:00 AM 10:10 AM 11:00 AM 1 – 4 PM	YOGA..... JAZZERCISE..... TAP DANCE..... BILLIARDS GAME (8 BALL PARTNERS).....	FUNCTIONS ROOM FUNCTIONS ROOM FUNCTIONS ROOM BILLIARDS ROOM
<b>THURSDAY</b> 	9:00 AM 9:30 AM 10:00 AM 10:15 AM 11:00 AM 11:30 AM 1:00 PM	PILATES..... WATER COLOR CLASS..... SLIM APPROACH..... JAZZERCISE..... CHAIR EXERCISE with NURSE TERESA..... LATIN LINE DANCE WITH MIKE STAVOLA..... PINOCHLE.....	FUNCTIONS ROOM FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM TV ROOM FUNCTIONS ROOM CARD ROOM
<b>FRIDAY</b> 	9:00 AM 10:00 AM 10:30 AM 12:30 PM 1 - 4 PM	ZUMBA GOLD..... OIL PAINTING CLASS ..... TAI CHI..... MAHJONG..... BILLIARDS GAME (8 BALL- PARTNERS) .....	FUNCTIONS ROOM MEETING ROOM FUNCTIONS ROOM MEETING ROOM BILLIARDS ROOM

### POTTERY CLASS

4 Week Class-Meets Every Thursday  
 May 5<sup>th</sup> – June 2<sup>nd</sup> 1:00PM-1:45PM in Art  
 Room

Please RSVP 203-452-5199



### BOCCE BALL

- Begins in the beginning of May
- If you are interested: please contact John Lang at (203) 445-8325

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**203-378-3086**


**MAY**


**Senior Community Café**

Meals served Monday through Friday at NOON.

For reservations: call (203-378-3086) 10AM-NOON

Lunch Reservations must be made TWO (2) days in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
2. Baked Chicken Breast w/ Gravy Mashed Potatoes	3. American Chop Suey w/ Elbow Macaroni	4. Riblet w/ Tater Tots Red and White Slaw	5. Open Faced Turkey Sandwich w/ Gravy and Stuffing	6. <b>Mother's Day Special</b> Roast Beef w/ Gravy and Veggies
9. Ziti w/ Meatballs Garlic Bread Pudding	10. Pork Loin w/ Apple Au Jus Brown Rice Braised Red Cabbage	11. Chicken Scampi w/ Linguini Cauliflower Peppers	12. Meatloaf w/ Onion Gravy Roasted Potatoes Beets	13. Vegetable Soup Lemon Pepper Fish Green Beans Multi Grain Bread
16. Chicken Marsala w/ Buttered Noodles	17. Lazyman Stuffed Pepper w/ Mashed Potatoes	18. Salisbury Steak w/ Gravy and Rice Green Beans	19. Lasagna w/ Marinara Sauce Garden Salad	20. Turkey Tetrizzini over Wide Egg Noodles
23. Roasted Whole Chicken Leg Au Jus	24. Sliced Pork Loin w/ Pineapple Sauce Scalloped Potatoes	25. All Beef Long Dog w/ Onions Pasta Primavera	26. Philly Cheese Steak w/ Onions and Peppers	27. Pier 17 Fish Rice Pilaf Veggies
30. <b>CLOSED</b> 	31. Bruschetta Chicken w/ Linguini Veggies			



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**SUSAN B'S SALON**

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Services include haircuts for men & women, manicures & pedicures performed by a licensed professional. For an appointment, call (203)981-7061

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# Travel Corner

For information and reservations, please call the Trumbull Senior Center at  
203-452-5199.

Senior Travel will resume in the Summer Months.

## AARP SAFE DRIVERS COURSE

Friday, May 27<sup>th</sup>, 9:00 AM – 1:00 PM.

Members pay \$15.00 and non-members \$20.00. Reservations made by check only. Please make checks payable to AARP (no cash please). For more information and to reserve your seat, please call the Trumbull Senior Center at 203-452-5199.



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## **NEWS FROM SOCIAL SERVICES OFFICE - TOWN OF TRUMBULL**

**Tel# 203-452-5198**

### **ELDERLY AND TOTALLY DISABLED RENTER'S RELIEF PROGRAM**

**APPLICATIONS ACCEPTED FROM APRIL 1 TO OCTOBER 1, 2016**

- **ELIGIBILITY REQUIREMENTS:**

Applicant must be age 65 or older before January 1, 2015 or on Social Security Disability.  
(\*\*\*\***Current proof of disability from Social Security must be provided**\*\*\*\*)

**Applicant must have been a renter in Connecticut during 2015.**

- **ANNUAL INCOME GUIDELINES:**

Cannot Exceed:

**SINGLE**

\$35,000

**COUPLE**

\$42,900

**PROOF OF INCOME FOR 2015:**

- 1) Social Security benefit statement for 2015 (1099) form
- 2) Bank interest statement and dividends for 2015
- 3) Pension Statement for 2015
- 4) Federal Tax Return for 2015 if filed

If you need proof of Social Security benefits you can get a benefit verification letter by calling 1-800-772-1213 (this will take 10 days) or register online at [www.socialsecurity.gov](http://www.socialsecurity.gov) and create an account where you can then print a benefits verification letter.

- **PROOF OF EXPENSES PAID IN 2015:**

- 1) Rent Receipts signed by landlord or rent ledgers from housing complex for the whole year.
- 2) Statements/bills from electric, gas, water, and fuel showing amounts and dates paid for the whole year.

\*\*\*Call United Illuminating at (800) 722-5584 and request a "PAYMENT PRINTOUT" for the year 2015\*\*\*

**Please call Social Services to schedule an appointment – NO WALK-INS PLEASE!**

**Home visits are available for the Home Bound**

**For questions and appointment scheduling please call (203) 452-5198**

### **Senior and Totally Disabled Homeowner Tax Relief Program**

The Trumbull Tax Assessor's Office is accepting applications for tax relief benefits starting February 1, 2016 through May 13, 2016 on a walk-in basis. Social Services is available for scheduled appointments as well as home bound visits and can be reached at 203-452-5198.

Homeowners on the tax relief program, who are due to renew with their 2015 income receive renewal reminder letters in the mail. New applicants are welcome.

The state and town tax relief programs are based on age, residency and income qualifications. The town income limit is \$70,000. The state income limit is \$42,900 (married) and \$35,200 (single).

For further information, please call the Trumbull Tax Assessor's Office at 203-452-5018 or visit our website at [www.trumbull-ct.gov](http://www.trumbull-ct.gov).

# Letter From The Director

May 17<sup>th</sup>, 2016

To All My Friends,

It is with happiness and heavy heart that I announce that I am retiring. I am sad that my time has come for me to retire and leave a job that I love and know so well for so long. I am happy for the wonderful times and great friends I have made. I will miss everyone and will think of you often.

My prayers and wishes for all of my friends, senior center members, and staff for your continued success, health and happiness.

Jean Fereira

**The Director's Last Day Will Be May 17<sup>th</sup>.  
Everyone is welcome to join us on her final day!**

**Join the Director for Coffee Hour  
Tuesday, May 17<sup>th</sup>, 11:00AM - 01:00PM  
Snack Bar**