

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



APRIL 2013

BINGO

Friday, April 26 (Arbor Day), at **1PM** in the Nutrition Room. Refreshments provided by **Maefair Health Care Center of Trumbull**. In observance of Earth Day April 22 and Arbor Day April 26 our winners will also receive a Sapling (baby tree). Seating is limited and reservation required. Please call **203-452-5199** for reservations

SENIOR TRANSPORTATION

All reservations for rides to the senior center must be made at least a day in advance. There will be no same day reservations. The dispatcher prints out all routes the afternoon before your pick up date. You can no longer call the drivers in the mornings to add you to their list of pick-ups. All reservations must be made through the Dispatcher. If you need to make a cancellation please call in all cancellations no later than 8:45AM the day of your ride. Our dispatcher (Sharon Miller) is available for your transportation needs Monday through Friday, 9:00 AM until 3:00 PM. No one is available to book your ride after 3:00 PM.

AARP Tax-Aide

For the tax year 2012, AARP Tax-Aide certified volunteers will offer free income tax preparation at the Trumbull Senior Center from 9:00 AM until noon each Wednesday through April 10, 2013. No appointments are necessary. Just walk in.

What to bring:

- A copy of your 2011 tax return.
- Social Security Statement, SSA 109 ..
- All tax forms received for tax year 2012 (W-2, 1099, etc.).
- End of year investment statements (INT, DIV, STOCKS, BONDS).
- Documentation to support itemized deductions or credits claimed (medical, taxes, contributions, education expenses, etc.).
- Any other tax documents you might have.

NOTARY PUBLIC AVAILABLE

Monday thru Friday. Please call **203-452-5199** for an appointment.

INCLEMENT WEATHER

On days that it storms, or inclement weather is predicted, please tune your radio to Station WICC 600 AM for all class cancellations.

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News from the Social Services Office (203) 452-5198

- Senior And Totally Disabled Homeowner Tax Relief Program February 1, 2013 until May 15, 2013. For more details see the flyer in this issue. For information and questions you may call the Trumbull Tax Assessor's Office 203-452-5018.
- Energy assistance program will run until April 30, 2013
- The Food pantry is in need of paper products and toiletries.

Bocci Ball will start in May. If you are interested in joining the games please call John Lang at 203-445-8325

Trumbull Community Women is a group of women who live in town and what we all have in common is a love for our town, and the desire to be involved and active here. If you want to learn more about this group, visit our website at www.trumbullcommunitywomen.org or call Sheila Hayes at 203-220-8359. **Trumbull Historical Society** has "New Exhibit: The Evolution of Household Technology" See how advances in household technology has changed the lives of American families. View on April 7th from 2 PM – 4PM at the Trumbull Historical Society, 1856 Huntington Turnpike, Trumbull, CT.

TRUMBULL LIBRARY COMES TO YOU!


Homebound service is a free program provided through a partnership between the **Trumbull Library** and the **Trumbull Community Women** which enables homebound Trumbull residents to enjoy the Library's collections without having to visit the facility. Materials will be delivered & picked up once per month. If you are interested in becoming a **Homebound Service** participant, please call **203-452-5129**.

TRUMBULL ARTS COMMISSION PRESENTS

StingRay, Elvis Tribute - April 12, at 1:30 PM.

Jodi Keogan, Soprano - April 26 at 7:30 PM
For Tickets and information Call Emily at 203-452-5065

Susan B's Salon



Open in the Senior Center. Services include haircuts for men & women, manicures, & pedicures performed by licensed professional. Call for appointment call 203-270-7149



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AARP DRIVER SAFETY PROGRAM

Refresher course especially designed for drivers aged 50+. Fees are \$14 (\$12 for AARP members). The next class will be held Friday, March 22, 2013 from 9am-1 pm at the Senior Center. Pre-registration is required. Make checks payable to AARP and mail to: **Trumbull Senior Center 23 Priscilla Place, Trumbull, CT. 06611**

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APRIL 2013 CALENDAR

MONDAY 	9:00 AM 9:30 AM NOON 1:00 PM	YOGA .(March 4 & March 18)..... BANDS AND PILATE (March 11 & March 25).... MEN'S POKER GAME..... DRAWING CLASS..... DUPLICATE BRIDGE..... INTERMEDIATE LINE DANCE.....	FUNCTIONS ROOM FUNCTIONS ROOM CARD ROOM MEETING ROOM MEETING ROOM FUNCTION ROOM
TUESDAY 	9:30 AM 10:00 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM	FIT FOR LIFE EXERCISE CLASS..... KNIT AND CROCHET GROUP..... OIL PAINTING CLASS BALLROOM DANCE WITH MIKE STAVOLA.... Wii GAMES ZUMBA LESSONS WITH MIKE STAVOLA..... MEXICAN TRAIN DOMINOES..... MUSIC AND MOVEMENT WITH NANCY.....	FUNCTION ROOM COMPUTER ROOM MEETING ROOM FUNCTION ROOM TV ROOM FUNCTION ROOM CARD ROOM FUNCTIONS ROOM
WEDNESDAY 	9:00 AM 9:30 AM 10:00 AM 10:10 AM 11:00 AM NOON 12:30 PM	YOGA NURSE AVAILABLE UNTIL 4:00 PM..... CHAIR EXERCISE WITH RITA..... JAZZERCISE..... TAP DANCE..... PINOCHLE CLUB..... COUNTRY WESTERN LINE DANCE.....	FUNCTIONS ROOM SOCIAL SERVICE TV ROOM FUNCTION ROOM FUNCTION ROOM MEETING ROOM FUNCTION 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 1:00 PM	STRENGTH..... MEN'S POKER GAME..... NURSE AVAILABLE..... SLIM APPROACH WATER COLOR CLASS JAZZERCISE..... CHAIR EXERCISE WITH NURSE GAIL ONDY... CANASTA..... PINOCHLE..... LATIN LINE DANCE WITH MIKE STAVOLA....	FUNCTIONS ROOM CARD ROOM SOCIAL SERVICE TV ROOM MEETING ROOM FUNCTION ROOM TV ROOM CARD ROOM MEETING ROOM FUNCTION ROOM
FRIDAY 	10:00 AM 10:30 AM 12:30 PM	ADVANCED OIL PAINTING CLASS TAI CHI..... MAH JONGG.....	MEETING ROOM FUNCTION ROOM MEETING ROOM



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Trumbull Senior Center
23 Priscilla Place
Trumbull, CT 06611

203-378-3086

APRIL 2013


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 BBQ Pork Loin	2 Baked Lasagna	3 Turkey Burger	4 Veal Cutlet	5 Chicken A La King
8 Roasted Turkey	9 Meat Loaf	10 Baked Knockwurst	11 Stuffed Cabbage	12 Seafood Salad
15 Roast Beef	16 Rigatoni	17 Pork Loin	18 Turkey Loaf	19 Baked Fish
22 Cheese Ravioli	23 Pepper Steak	24 Honey Roasted Chicken Breast	25 Lemon Pepper Fish	26 Sliced Ham
29 Eye of the Round	30 Roasted Chicken Quarter			

Fund Raiser - Thanks for your continued support by donating recyclable bottles and cans to benefit our beautification fund. We also are receiving a large amount of can tabs that are collected for the Shriners to benefit their Burn Unit. The Center sincerely appreciates your ongoing donations.



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Travel Corner

The Senior Center contracts with independent travel agencies. Upon registration you will be informed of the tour company to which your check must be made payable. All trips have limited seating and are on a first come, first served basis. For more information call **203-452-5199**.

Thursday, April 18 - Mohegan Sun Casino - \$15.00 bet and \$15 food Voucher \$23.00 P.P.

June, 2013- “Savor the Flavor” **Federal Hill – Little Italy-** Visti to Scilio’s Baker **TBA** then to Gepetto’s Pizzeria for a 5 course meal House Salad, Rhode Island Style Calamari, Penne Pasta with Vodka Sauce, Four Varieties of Gepetto’s famous grilled pizzas and homemade Tiramisu and Beverage. Then to Venda’s Ravioli Emporium to shop

Senior Center Shopping Trips

Thursday, April 11, Dollar Store at the Dock in Stratford - Seating limited, call (203) 452-5199 for reservations. The bus departs at 11 AM

Thursday, April 25, Target at the Trumbull Mall- Seating limited, call (203) 452-5199 for reservations. The bus departs Senior Center at 11 AM.

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