



A Senior Living Community

Office Hours

Monday-Friday 9 am-5 pm
Saturday 10 am-2 pm Manager on Duty
Sunday 11 am-3 pm Manager on Duty

Staff

Barbara J. Camillo Executive Director
Mindy Stollman Office Manager
Leticia Croke Director of Prog./Activities
Danita Alberti Director of Assisted Living
David Simmonds Food/Beverage Director
Bob Wyskiel Physical Plan Director
John Paradise Hskpg./Laundry Director
Robert Spadaccino Transportation Director

Transportation

Sun., 9 am Religious Services
Mon., 9:15 am Fairfield Drs.
Mon., 1:15 pm Bridgeport Drs.
Tue., 9:15 am... Trumbull, Monroe Drs.
and Quest
Tue., 1:15 pm Bridgeport Drs.
Wed., 9:15 am Hawley Lane Drs.
Big Y, Anthony's, Kohl's, & Target
Wed., 12:30 or 1:15 pm... Activity Trips
Thu., 9:15 am Bridgeport Drs.
Thu., 1:15 pm Fairfield Drs.
Fri., 9:15 am Trumbull Senior Center
Stratford Dr. Wall Mart & Shop Rite
Fri., 1:15 pm Route 111: Drs.,
Stop & Shop, CVS, Big Y, & Walgreen
Sat. 9 am-12 pm..... Quest, Stop & Shop
and Trumbull Mall

Beauty Salon:

Wednesdays, Thursdays, Fridays, & Saturdays

6949 Main Street Trumbull CT 06611
Phone: 203-261-0006 Fax: 203-452-0549
www.springmeadowstrumbull.com

**The Spring Meadows
Voice
FEBRUARY 2012**

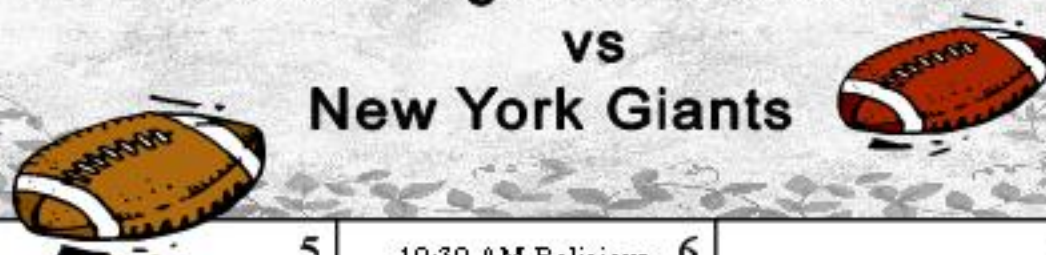
Valentine Treasures!

Valentine treasures are people who have often crossed your mind, family, friends and others who in your life have shined the warmth of love or a spark of light that makes you remember them. No matter how long since you've actually met, each one is a luminous gem who gleams and glows in your memory bringing special pleasures, and that's why this Valentine comes to each one of you, our residents, you're one of those sparkling treasures! We want you to know that we hold each of you in our hearts and wish only the best for you. Thank you for being part of this great family we call Spring Meadows.

We invite you to join us for our Valentine's Day Party on Tuesday, January 14th, at 7:30 pm. Please weave your way through the decorations in the Meadows and discover the many sweet surprises we have in store for you. See you there!

A Presidential Salute

From George Washington to Barack Obama, the United States has had 44 Presidents - all men of different strengths who have made different impacts on our country. The team at Spring Meadows encourages our residents to take a moment on Presidents' Day on February 20th, and honor all presidents for the profound contribution they have made to secure our nation's freedom.

Sunday	Monday	Tuesday	Wednesday
A Touchdown to Super Bowl XLVI New England Patriots vs New York Giants 			1 10 AM Resident Council Meeting (Meadows) 12:30 PM Trip Sign-Up: Restaurant of Choice 2:45 PM Rosary (Meadows) 3 PM Hearing Aid Services 7:30 PM Horse Racing (M)
5 9 AM Religious Services 2 PM Highlights (2008 Game Super Bowl 42 (Meadows)) 5:30 PM Super Bowl 46 Party (Meadows)	6 10:30 AM Religious Services, Mass (Meadows) 11 AM Discussion Group 11:15 AM Leslie's Jewelry and Candy (Pub) 11:30 AM Billiard (BR) 2:30 PM Zumba Class (M) 7:30 PM Documentary: The U.S. vs. John Lennon (M)	7 10:15 AM Exercise Class 11:00 AM What's News (Café/Library) 2 PM Bingo (Club Room) 3:15 PM Table Games 7:30 PM Opera (Meadows)	8 10:15 AM Exercise Class 11 AM Culinary Concoction 1:15 PM Trip Sign Up: Free Tour at the PEZ Candy Factory 2:45 PM Rosary (Meadows) 3 PM Hearing Aid Services 7:30 PM Horse Racing (M)
12 Lincoln's Birthday 9 AM Religious Services 2:00 PM Performance by the Monroe Dance Academy (Meadows) 7 PM Movie (Meadows)	13 10 AM Religious Services 11 AM Group Discussion 11:30 AM Billiard (BR) 2:30 PM Yoga Class (M) 3:30 PM Movie Selection Meeting (CL) 7:30 PM Documentary: Blindsight (Meadows)	14 Happy Valentine's Day 10:15 AM Exercise Class 11:00 AM What's News 2 PM Bingo (Club Room) 3:15 PM Shuffleboard (M) 7:30 PM Valentine's Day Celebration with Michael Rea (Meadows)	15 10:15 AM Exercise Class 11 AM Culinary Delights 1:00 PM Trip Sing-Up: Seniors Valentine's Dance 2:45 PM Rosary (Meadows) 3 PM Hearing Aid Services 7:30 PM Horse Racing (M)
19 9 AM Religious Services 2 PM Movie (Meadows) 7 PM Movie (Meadows)	20 Presidents Day 10 AM Religious Services 11 AM Group Discussion 11:30 AM Billiard (BR) 2:30 PM Zumba Class with Floreen Nichols (M) 7:30 PM Documentary: Simon Schama: The Power of Art 1 (Meadows)	21 10:15 AM Exercise Class 11:00 AM What's News (Café/Library) 2 PM Bingo (Club Room) 3:15 PM Table Games	22 Ash Wednesday Washington's Birthday 10:15 AM Exercise Class 11 AM Culinary Concoction 1:15 PM Trip Sign-Up: Assisted Living Outing -- PM Distribution of Ashes 3 PM Hearing Aid Services 7:30 PM Horse Racing (M)
26 9 AM Religious Services 2 PM Comedy (Meadows) 7 PM Movie (Meadows)	27 10 AM Religious Services 11 AM Group Discussion (Café/Library) 11:30 AM Billiard (BR) 2:30 PM Yoga Class (M) 7:30 PM Documentary: Simon Schama: The Power of Art 2 (Meadows)	28 10:15 AM Exercise Class 11 AM What's News (Café/Library) 2 PM Bingo (Club Room) 3:15 PM Shuffleboard (Meadows) 7:30 PM Opera (Meadows)	29 10:15 AM Exercise Class 11 AM Culinary Delights 1:15 PM Trip Sing-Up: Olive Garden Restaurant 2:45 PM Rosary (Meadows) 3 PM Hearing Aid Services 7:30 PM Horse Racing (M)

Thursday	Friday	Saturday
<p>Groundhog Day 2</p> <p>10:15 AM Exercise Class 11 AM Wellness (WC) 11:30 AM Game of Choice (Café/Library) 2:30 PM Swinging American Standards and Classics - Entertainment by "The Survivors Band" 7:30 PM Classic Movie (M)</p>	<p>3</p> <p>10 AM Chat, Knit & Sew 11 AM Musical: My Favorite Broadway: The Leading Ladies part 1 (Meadows) 2:30 PM Bingo (CR) 4 PM Happy Hour (Pub) 4:30 PM Candle Lighting 7:00PM Piano Recitals by Larry Batter (Meadows)</p>	<p>4</p> <p>10 AM Exercise (1AL) 11 AM Word Game (CL) 1:30 PM Pokeno (CR) 3 PM Afternoon Social (P) 7:30 PM Movie (Meadows)</p>
<p>9</p> <p>10:15 AM Exercise Class 11:30 AM Game of Choice (Café/Library) 2:30 PM February Birthday Party with Kim Breden (Meadows) 7:30 PM Classic Movie</p>	<p>10</p> <p>10 AM Chat, Knit & Sew 11 AM Musical: My Favorite Broadway: The Leading Ladies part 2 (Meadows) 2:30 PM Bingo (CR) 4 PM Happy Hour (Pub) 4:30 PM Candle Lighting 7 PM Music and Dancing with Vinnie Carr (Meadows)</p>	<p>11</p> <p>10 AM Exercise (1AL) 11 AM Spelling Bee (CL) 1:30 PM Pokeno (CR) 3 PM Afternoon Social (P) 7:30 PM Movie (Meadows)</p>
<p>16</p> <p>8:15 AM Mohegan Sun Trip 10:15 AM Exercise Class 11 AM Wellness with Danita (2nd Fl. WC) 11:30 AM Game of Choice (Café/Library) 2:30 PM Welcome to the Neighborhood (Club Room) 7:30 PM Classic Movie (M)</p>	<p>17</p> <p>10 AM Chat, Knit & Sew 11 AM Musical: Tony Bennett's Wonderful World 2:30 PM Bingo (CR) 4 PM Happy Hour (Pub) 4:30 PM Candle Lighting 7PM Music Entertainment with John Paollillo (M)</p>	<p>18</p> <p>10 AM Exercise (1AL) 11 AM Word Game (CL) 1:30 PM Pokino (CR) 3 PM Afternoon Social (Pub) 7:30 PM Movie (Meadows)</p>
<p>23</p> <p>10:15 AM Exercise Class 11:30 AM Game of Choice (Café/Library) 2:30 PM Performance by the Pitch Pipers (Meadows) 7:30 PM Classic Movie (M)</p>	<p>24</p> <p>10 AM Chat, Knit & Sew 11 AM Musical: Broadway Melody of 1940 (Meadows) 2:30 PM Bingo (CR) 4 PM Happy Hour (Pub) 4:30 PM Candle Lighting 7PM Music Entertainment with Patsy and Tony Castle</p>	<p>25</p> <p>10 AM Exercise (1AL) 11 AM Word Game (CL) 1:30 PM Pokino (CR) 3 PM Afternoon Social (Pub) 7:30 PM Movie (Meadows)</p>

At times, modifications occur after this calendar is printed, please be sure to check the daily schedules on channel 3 for the most current information.

Thank you.

T
T
W
T
C
A
T
N
N

A Super Bowl Bash

When it's time to throw a party, the team at Spring Meadows knows there's one crucial ingredient we can't do without - our residents! That's why we're hoping that you make a point to join us for our Super Bowl party. NFL teams have played hard all year long, and now it's time for the grand finale. Please join us in the Meadows on Sunday, February 5th, one hour before kickoff for Super Bowl XLVI - live from Indianapolis, IN at the beautiful Lucas Oil Stadium. Sit back and enjoy some gridiron action right here in the comfort of your home. Watch the New England Patriots and New York Giants battle for football's greatest prize. We'll provide plenty of snacks and drinks to complete the year's ultimate sports party. As long as you love a good party, you'll definitely enjoy our Super Bowl bash.

Don't miss it!

Weather Predictor

As the groundhog pokes his head out of his winter burrow to check the weather status, the nation holds its breath in anticipation. Will there be an early spring or dreaded six more weeks of winter?

While early German Pennsylvania settlers are credited with bringing the observance to the US, Groundhog Day is actually a very old tradition with European roots quite similar to Candlemas Day. The weather was very important on this day too. As an old English song says, "If Candlemas be fair and bright, Come, Winter, have another fight; If Candlemas brings clouds and rain, Go, Winter, and come not again. "This February 2nd, Lets all hope for an early spring!

A Real Gem

We would like to wish a very happy birthday to all of our residents who were born in the month of February. As time passes, we realize what jewels we have. Birthdays offer us a great opportunity to celebrate not just a birthday, but people whom we've come to treasure. The next time you see them, be sure to offer your congratulations and well wishes to:

William Trede 11th
Vera Stoops 13th
Mary Kane 18th
Chuck Kimball 18th
Robert Morrill 22nd
Marie Maggio 24th
Shirley Beresin 25th
Lucy Casola 26th

A birthday celebration with Kim Breden will be held on Thursday, February 9th, at 2:30 pm.

Everyone is invited!

Welcome, New Neighbors

Mimi Zaslou, Gertrude Stizver and Alice Ferrigno
We invite you to join us on Thursday, February 16 at 2:30 pm for our new resident get-together.

A Hand-Y-Way to Stay Healthy

The centers for disease control say that washing your hands is your best defense against contagious illnesses, including cold and flu.

Here are some hand-washing guidelines.

Clean your hands before, during, and after preparing food, before and after eating, whenever you use the rest room;

you should also clean your hands if you use them to cover your mouth when you sneeze or cough.

When you wash your hands, lather them with soap and scrub them vigorously for 10-15 seconds.

This combination of soap with scrubbing action is key to getting rid of the germs