



# THE CENTER AT PRISCILLA PLACE

## *Upcoming Programs* *Please join us!*

To RSVP for any programs  
call (203) 452-5199

### *Senior Center Serving Adults Age 55+*

#### **Caregiver Support Group**

##### *New Facilitator, Counselor*

**Monday, December 9th 2pm**

Join this group and share your feelings in a safe environment among others who are going through the same experiences. You can learn about resources, caregiving strategies and other valuable tools to provide support. To RSVP, please call Cornelia Morris at (203) 452-5193.

#### **Baby Boomers & the Denial of Aging** *Open to the Public*

**Monday, December 9th 10:30 AM**

Join Arthur Gottlieb, LCSW, for an informative and helpful discussion about the challenges Baby Boomers may experience while accepting the physical and mental limitations associated with an aging body and mind. For more information and to RSVP, please call (203) 452-5199.

#### **Breakfast and Brain Games**

**Tuesday, December 10th 9:30 AM**

Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, for breakfast and to participate in fun, stimulating brain games. For more information and to RSVP, please call (203) 452-5199.

#### **Stroke Prevention**

**Wednesday, December 11th 10:30 AM**

Join Dr. Lee Forest, from Fairfield Family Physicians, for an educational presentation about identifying symptoms of a stroke and prevention. Dr. Forest is a graduate from New York College of Osteopathic Medicine. To RSVP, please call (203) 452-5199.

#### ***Lunch and Learn***

#### **Fall Prevention**

**Wednesday, December 18th 11:00 AM**

Join Kate Lynn Campbell, Physical Therapist, from Fox Rehabilitation for a lecture that will provide information pertaining to how to prevent falls with the right exercise prescription. Attendees will learn how balance can be improved with exercise and even immediately to reduce the risk of falls. The program is casual, interactive and includes some movement. To RSVP, please call (203) 452-5199.

#### **Family Conflict Group**

##### **NEW FACILITATOR**

**Thursday, December 12th**

**Thursday, December 26th**

**10:00 AM—11:00 AM**

For any questions, please contact **Cornelia Morris** [cmorris@trumbull-ct.gov](mailto:cmorris@trumbull-ct.gov)  
**Phone Number: (203) 452-5193**