



TOWN OF
Trumbull
HUMAN SERVICES

SENIOR NEWS

23 PRISCILLA PLACE
TRUMBULL, CT 06611
(203) 452-5199

All Zoom programs can be dialed in or watched on Zoom.
For assistance, e-mail agrace@trumbull-ct.gov

Senior Center Serving Adults Age 55+

Trumbull Senior Center's New Zoom Class Schedules

Join some of your favorite exercise classes on Zoom including Yoga, Aerobics, Sit and Fit, and Tai Chi. Also, don't miss out on joining art classes as well including Watercolors, Sketch, and Painting.

Exercise Class Schedule and Zoom Information:

Yoga with Jeannie on Mondays at 10:30 AM

Begins Monday, June 15th

Join Zoom Meeting

<https://zoom.us/j/98692990853?pwd=Nmw0SGd zd3NqMDRhVytqUksrYS8xZz09>

Meeting ID: 986 9299 0853 / Password: 12345

Sit and Fit with Marylou on Tuesdays at 10:30 AM

Begins Tuesday, June 16th

Join Zoom Meeting

<https://zoom.us/j/96074002099?pwd=Znk2Z00zQm1naFNyejNqYTJYeXFKdz09>

Meeting ID: 960 7400 2099 / Password: 12345

Aerobics with Marylou on Wednesdays at 10:00 AM

Begins Wednesday, June 17th

Join Zoom Meeting

<https://zoom.us/j/95477095510?pwd=OFByTkR1dVdwc2ZMeUczVHBIZEVdDz09>

Meeting ID: 954 7709 5510 / Password: 12345

Tai Chi with David on Fridays at 10:00 AM

Begins Friday, June 19th

Join Zoom Meeting

<https://zoom.us/j/94503151847?pwd=RUgxQmJVQTB2YS8xZTFheEVqZ3Nudz09>

Meeting ID: 945 0315 1847 / Password: 12345



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Art Class Schedule and Zoom Information:

Drawing/Sketch with Chris on Mondays at 9:00 AM

Begins Monday, July 6th

Join Zoom Meeting

<https://zoom.us/j/98248435407?pwd=aVhjSHl6ejJVR1hIb1lmZEthROVsUT09>

Meeting ID: 982 4843 5407 / Password: 12345

Assignment: Draw some fruit in a basket or bowl (Will be reviewed in class)

Send your assignment PRIOR TO CLASS to cgoldbachartist@yahoo.com

Watercolors with Missy on Tuesdays at 10:00 AM

Begins Tuesday, June 23rd

Join Zoom Meeting

<https://zoom.us/j/93239532499?pwd=K2d4emtFNjRpdXhBSUxsT1hZRDFXZz09>

Meeting ID: 932 3953 2499 / Password: 12345

Painting with Chris on Fridays at 9:00 AM

Begins Friday, July 10th

Join Zoom Meeting

<https://zoom.us/j/8094180302?pwd=Q21kUmdKV1BnUFRwZDBuWm9UeWx3QT09>

Meeting ID: 809 418 0302 / Password: 12345

Assignment: Paint a scene of your backyard or out your window or a painting of what you are working on (Will be reviewed in class)

Send your assignment PRIOR TO CLASS to cgoldbachartist@yahoo.com

All Zoom programs can be dialed in or watched on Zoom.

Dial 1 929 205 6099 on your telephone and enter the Meeting ID and Password for the class you would like to join.