



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

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



Travel Trivia with Tours of Distinction is Back!

Tuesday, June 30th at 1:00 PM

Join us for a fun game of travel trivia and tour the world from your home. Journey around World through a series of questions and images for your chance to win a \$50 Visa Gift Card!

Join Zoom Meeting

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

Meeting ID: 809 418 0302

Password: 12345

Brain Games with Danielle

Tuesday, June 30th at 9:30 AM

Join Danielle Ramos, CDP, Director of Community Relations for Cambridge Health & Rehabilitation Center, to participate in fun, stimulating brain games and trivia on Zoom!

Zoom Link: <https://zoom.us/j/97718169858>

Meeting ID: 977 1816 9858

Password: 1ryYN1

(Dial in password: 179961)

Don't have Zoom?

Dial In #: 1 929 205 6099 and enter in the Meeting ID and Dial In Password for the specific program that you would like to attend.

Caregiver Support Group

Tuesday, June 30th at 2:30 PM

Are you caring for a loved one and looking for support? 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.

Most importantly, you'll find out that you're not alone.

This group is currently facilitated by Katie Vodola, our former MSW Intern from Sacred Heart University and co-facilitated by our current MSW Intern, Ashley Grace.

To RSVP, please e-mail Katie at cvodola@trumbull-ct.gov

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