



Senior Center Serving Adults Age 55+

Virtual Cooking Demo with ShopRite Seasonal Produce

Thursday, July 9th at 10:00 AM

Join ShopRite Dietician, Siddhi Sheth, for a virtual cooking demo on Zoom! Siddhi will discuss cooking with seasonal produce, the benefits of eating seasonal produce, tips for finding foods in season, and will also perform a cooking demo using seasonal items.

Join Zoom Meeting

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

Meeting ID: 809 418 0302

Password: 12345

13 Maximum of Zoom Participants. Please RSVP to agrace@trumbull-ct.gov

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)



Wellness Wednesdays Wednesday, July 8th at 1:00 PM

Come talk about how you are coping with the COVID-19 pandemic, share experiences, find out more information about Senior Center updates and connect with other senior center members via Zoom.

Anyone is welcome to join.

Join Zoom Meeting

[https://zoom.us/j/91639716410?
pwd=ZytVZkI0UVcvb3pHN1lKUmcvTVZV
dz09](https://zoom.us/j/91639716410?pwd=ZytVZkI0UVcvb3pHN1lKUmcvTVZVdz09)

Meeting ID: 916 3971 6410

Password: 12345

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.