



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+

Managing Caregiving Stress During COVID-19

Tuesday, July 21st at 1:00 PM

Open to the Public

Join Shelia O'Brien from O'Brien Care Management for informative Zoom presentation to help Caregivers manage their stress during this difficult time.

Sponsored by Sunrise Senior Living.

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

Meeting ID: 809 418 0302

Password: 12345

Dial in by calling 1 929 205 6099 and entering Meeting ID and Password

Brain Games with Danielle

Tuesday, July 21st 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

Guest Speaker: Wellness Nurse Tori

Wednesday, July 22nd

1:00 PM

Come talk about how you are coping with the COVID-19 pandemic, share experiences and connect with other senior center members via Zoom. Also, receive important Senior Center news and updates.

Anyone is welcome to join.

Zoom Link: <https://zoom.us/j/91639716410?pwd=ZytVZklOUVcvb3pHN1IKUmcvTVZVdz09>

Meeting ID: 916 3971 6410

Password: 12345

COVID-19 Scams

Thursday, July 23rd

11:00 AM

Join People's United Bank for a virtual Zoom call to learn about current COVID-19 scams and how to properly protect yourself and your assets.

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

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Senior Center Serving Adults Age 55+

Trumbull Senior Center's *1st Ice Cream Social Drive Thru* **Friday, July 31st at 12:30 PM**

We are excited to announce our 1st Ice Cream Social,
Drive Thru only event!
Join us, come say hello, and grab some ice cream from
Alene's Ice Cream Truck.

*This is a drive thru event only. You do not need to get out of your vehicle.
You will drive through the back parking lot to receive the ice cream of your
choice.*

You **MUST RSVP** for this event.
Please call (203) 452-5199 and leave a message with your
name and telephone number for your reservation.
Reservations are still available.



Alene's
ICE CREAM