



# 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](mailto: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=ZytVZkI0UVcvb3pHN1IKUmcvTVZVdz09>

**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>

**Meeting ID: 809 418 0302**

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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**