



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

Brain Games with Danielle **Tuesday, September 1st 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)

What is Meditation? **Thursday, September 3rd** **11:00 AM**

Join Meditation and Yoga Teacher, Deborah Swann, on Zoom to learn about Meditation and its many benefits.

Zoom Link: <https://us02web.zoom.us/j/86459477518?pwd=OUE0R1pqRVpKTnVQbXhxd1R4QXRQQT09>

Meeting ID: 864 5947 7518

Passcode: 263609

Trumbull Senior Center's Drive Thru Only Events

Drive Thru Ice Cream Social

Tuesday, September 15th at 1:00 PM

Sponsored by Alene's Ice Cream Truck



*Alene's
ICE CREAM*

You MUST RSVP by calling (203) 452-5199 and leave your name and telephone number for the event that you would like to attend.