



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+

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?](https://us02web.zoom.us/j/86459477518?pwd=OUE0R1pqRVpKTnVQbXhxd1R4QXRUQT09)

[pwd=OUE0R1pqRVpKTnVQbXhxd1R4QXRUQT09](https://us02web.zoom.us/j/86459477518?pwd=OUE0R1pqRVpKTnVQbXhxd1R4QXRUQT09)

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.