



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

Brain Games with Danielle Tuesday, September 15th 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)

COVID-19 Scams

Thursday, September 17th
10:00 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.

Meeting ID: 809 418 0302
Password: 12345
Zoom Link:
[https://zoom.us/j/8094180302?
pwd=Q21kUmdKV1BnUFRwZDBuWm9UeWx3QT09](https://zoom.us/j/8094180302?pwd=Q21kUmdKV1BnUFRwZDBuWm9UeWx3QT09)

QI-GONG is BACK!

On Zoom

Begins Wednesday, September 16th
1:00 PM

Join Zoom Link:

[https://us02web.zoom.us/j/81732605147?
pwd=clcvUk1KVmk4NFRrNmYvVmU3NWIndz09](https://us02web.zoom.us/j/81732605147?pwd=clcvUk1KVmk4NFRrNmYvVmU3NWIndz09)

Meeting ID: 817 3260 5147
Passcode: 145037

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

Wellness Wednesdays Wednesday, September 16th 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.

Meeting ID: 809 418 0302
Password: 12345

Zoom Link:
[https://zoom.us/j/8094180302?
pwd=Q21kUmdKV1BnUFRwZDBuWm9UeWx3QT09](https://zoom.us/j/8094180302?pwd=Q21kUmdKV1BnUFRwZDBuWm9UeWx3QT09)

Community Meditation

Thursday, September 17th
7:00 PM

Trumbull Senior Center is offering Community Meditation on Zoom, the third Thursday of each month, led by Deborah Swann. No experience is necessary – just an open mind!

Meeting ID: 870 1001 5761
Passcode: 603982

Zoom Link:
[https://us02web.zoom.us/j/87010015761?
pwd=WjA2aXpieDV5ZnNUOEIDV2ZLWUDlQT09](https://us02web.zoom.us/j/87010015761?pwd=WjA2aXpieDV5ZnNUOEIDV2ZLWUDlQT09)





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Senior Center Serving Adults Age 55+

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

Spots are still available. Call today!

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