



Senior Center Serving Adults Age 55+

Brain Games with Danielle

Tuesday, October 6th
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)

The MIND Diet

Thursday, October 8th
10:00 AM

Join ShopRite Dietitian, Siddhi Sheth, for a Zoom meeting on the MIND Diet, a diet designed to prevent dementia and loss of brain function as you age. Not only will she discuss benefits of the diet, but also foods to eat and foods to avoid.

Meeting ID: 809 418 0302 / **Password:** 12345
Join Zoom Meeting

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

Wellness Wednesdays

Wednesday, October 7th—(MOVED TO THURSDAY, OCTOBER 8TH)
1:00 PM

Come talk about how you are coping with the pandemic, share experiences and connect with other members. Also, receive important Senior Center news and updates.

Meeting ID: 809 418 0302 / **Password:** 12345
Join Zoom Meeting

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



Supporting LGBT Older Adults

Tuesday, November 10th at 1:00 PM 1CEU

Free Program & Open to the Public



We refuse to be invisible

This webinar provides an introduction to the specific needs and experiences of LGBT older adults. Participants will learn the definition of terms such as Lesbian, Gay, Transgender, and others. After this introduction to useful terminology, participants will contextualize the lives of LGBT older adults through case studies and videos of real individuals, in order to understand why some LGBT older adults may choose not to come out. Finally, participants will be connected to local and national resources, and receive some best practices to integrate into their work.

**To RSVP and receive link information, please e-mail
your contact information to Ashley Grace at
agrace@trumbull-ct.gov**



Trumbull Senior Center

23 Priscilla Place

Trumbull, CT 06611

(203) 452-5199

*This program meets the continuing education criteria for
CT Social Work Licensure renewal for 1 CEU*