



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+*

## **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>



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## **Supporting LGBT Older Adults**

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

**Free Program & Open to the Public**

**sage**

Advocacy &  
Services for  
LGBT Elders

**STILL  
OUT IN  
FRONT**  
50 YEARS OF PRIDE

**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](mailto:agrace@trumbull-ct.gov)**



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