



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+

Staff will be unavailable on Monday, October 12th in observance of Columbus Day; however, our regularly scheduled Monday Zoom classes are still occurring.

Brain Games with Danielle
Tuesday, October 13th
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)

Travel Trivia Returns!
Thursday, October 15th
1:00 PM

Join Tyler Zajacz, President of Tours of Distinction, for a fun game of Travel Trivia on Zoom.

Winner will win a free gift card!

Join Zoom Meeting

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

Meeting ID: 809 418 0302

Password: 12345

Community Meditation

Thursday, October 15th at 7:00 PM

Join us for Community Meditation on Zoom, the third Thursday of each month, led by Deborah Swann. No experience is necessary – just an open mind!

Topic: Letting Go

Meeting ID: 870 1001 5761

Passcode: 603982

Join Zoom Meeting

[https://us02web.zoom.us/j/87010015761?
pwd=WjA2aXpieDV5ZnNUOEIDV2ZLWUdIQT09](https://us02web.zoom.us/j/87010015761?pwd=WjA2aXpieDV5ZnNUOEIDV2ZLWUdIQT09)

Support Programs

Friday, October 16th at 1:00 PM

Katie Regan, Director of Community Services for SWCAA, will lead an informational session highlighting Caregiver Support Programs, Technology Grants, and In home Services and Support Programs that are available in our region.

Meeting ID: 809 418 0302 / Password: 12345

Join Zoom Meeting

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

QI-GONG is BACK! On Zoom

Every Wednesday

1:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/88254235052?pwd=dHkyenVYNWWhhd0loOTBUc2ZwZGY4dz09>

Meeting ID: 882 5423 5052

Passcode: 925106