



TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

Brain Games with Danielle

Tuesday, October 20th
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)

Wellness Wednesdays

Wednesday, October 21st
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

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

Fall Prevention on Zoom

Thursday, October 22nd
1:00 PM

Join Neil Anand, Owner of ComForCare, for an informative Zoom presentation on fall prevention and ComForCare's comprehensive approach to manage fall risk.

Meeting ID: 809 418 0302
Password: 12345

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

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

Cut Cable and Start Streaming!

Tuesday, October 20th
1:00 PM

Are you tired of paying so much to your cable company each month? What better time to learn how to stream networks and programs online that are cost-effective. Join Marty Isaac for an informative presentation on how to cut the cord and start streaming.

Meeting ID: 809 418 0302
Password: 12345

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

Name That Tune Returns!

Thursday, October 22nd
10:00 AM

Join Melissa Hripak, Director of Admission and Marketing, at St. Joseph's Center, for a fun Zoom game of Name That Tune! Winner will receive a prize!

Meeting ID: 809 418 0302
Password: 12345

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

Caregiver Support Group

Thursday, October 22nd at 2:30 PM
Open to the Public

Join this group and share your feelings in a safe environment among others who are going through the same experiences. You can learn about resources, caregiving strategies and other valuable tools to provide support.

To RSVP and receive Zoom Link information, please email Ashley Grace at agrace@trumbull-ct.gov.



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Senior Center Serving Adults Age 55+

Trumbull Senior Center's Drive Thru Only Events



Donuts & Cider Drive Thru
Thursday, October 29th
1:00 PM

Join us for some delicious donuts & apple cider as we head into the Fall season.

Sponsored by St. Joseph's Center.

Genesis ™

Halloween costumes are surely welcome.

You must RSVP for this event by calling (203) 452-5199 and leaving your name and telephone number.

You will receive a phone call prior to the event to give you the time slot to arrive.