



# 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, November 17th  
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, November 18th**  
**New Time:** 2:00 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](https://zoom.us/j/8094180302?pwd=Q21kUmdKV1BnUFRwZDBuWm9UeWx3QT09)

## Zoom Lessons

**Friday, November 20th at 12:00 PM**

Confused about Zoom and need a bit of guidance? Meet us on Zoom and get answers to your questions. Learn how to participate in classes and programs. For in person instruction, bring your laptop, tablet, or smart phone. If you do not have a device, let us know so we can help you find one; grants are available for Trumbull Residents. [Appointments are necessary.](#)

Please call Ashley Sylvester or Alyssa Pagano to schedule an appointment. (203) 452-5135 and/or e-mail Ashley Sylvester at [ashley.sylvester@trumbull-ct.gov](mailto:ashley.sylvester@trumbull-ct.gov)

**Join Zoom Meeting:**  
[https://zoom.us/j/95676440327?  
pwd=eDFrcmxCYUV2cjIzdHIVaDJkclpaZz09](https://zoom.us/j/95676440327?pwd=eDFrcmxCYUV2cjIzdHIVaDJkclpaZz09)  
**Meeting ID:** 956 7644 0327  
**Passcode:** 12345

## Genealogy on Zoom

**Tuesday, November 17th  
1:00 PM**

Have you always been interested in learning about your ancestry and family history? Join us for an informative presentation about genealogy on Zoom. This program is being sponsored by Right at Home.

**Meeting ID:** 809 418 0302

**Password:** 12345

**Join Zoom Meeting:**

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

## Caregiver Support Group

**Thursday, November 19th at 2:30 PM**  
**Open to the Public**

Join this group and share your feelings in a safe environment. Learn about resources, caregiving strategies and other valuable tools to provide support. All caregivers are welcome. To RSVP, please email Ashley Grace at [agrace@trumbull-ct.gov](mailto:agrace@trumbull-ct.gov).

## QIGONG with Julie

Rescheduled from Wednesday, November 18th  
TO

Friday, November 20th at 1:30 PM

**ONE TIME USE ONLY** Zoom link/information:

[https://us02web.zoom.us/j/82603054526?  
pwd=TWVTMW5oemVRWHNmKy9lcXA0anBRUT09](https://us02web.zoom.us/j/82603054526?pwd=TWVTMW5oemVRWHNmKy9lcXA0anBRUT09)

**Meeting ID:** 826 0305 4526

**Passcode:** 231603

## Community Meditation

**Caregivers join in!**

**Topic: Gratitude**

**Thursday, November 19th at 7:00 PM**

Join us for Community Meditation on Zoom, led by Deborah Swann. No experience is necessary.

**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)



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Senior Center Serving Adults Age 55+

## Trumbull Senior Center's Drive Thru Only Events

**Thursday, November 19th at 11:30 AM**

**Join us for a drive thru Thanksgiving luncheon  
sponsored by New England Young at Heart.**



**Spots are still available.**

**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.**