



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, December 15th**  
**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)**

**Holiday Cooking Demo**  
**Wednesday, December 16th**  
**11:00 AM**

Join ShopRite Dietician, Siddhi Sheth, for a fun, virtual, holiday cooking demo on Zoom.

**Join Zoom Meeting:**

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

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

**Meeting ID:** 809 418 0302  
**Passcode:** 12345

**Wellness Wednesdays**  
**Wednesday, December 16th at 2:00 PM**

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

**Join Zoom Meeting:**

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

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

**Meeting ID:** 809 418 0302  
**Passcode:** 12345

**Community Meditation**  
**Caregivers join in!**

**Topic Metta Loving Kindness**

**Thursday, December 17th at 7:00 PM**

Join us for Community Meditation, led by Deborah Swann.

**Join Zoom Meeting:**

[https://us02web.zoom.us/j/87010015761?](https://us02web.zoom.us/j/87010015761?pwd=WjA2aXpieDV5ZnNUOEIDV2ZlWUdIQT09)

[pwd=WjA2aXpieDV5ZnNUOEIDV2ZlWUdIQT09](https://us02web.zoom.us/j/87010015761?pwd=WjA2aXpieDV5ZnNUOEIDV2ZlWUdIQT09)

**Meeting ID:** 870 1001 5761  
**Passcode:** 603982

**Poetry Reading on Zoom**

**Thursday, December 17th at 1:00 PM**

Calling all Poets! Do you enjoy reading/writing poetry? We are excited to announce our first ever Trumbull Senior Center's Poetry Reading on Zoom! Read and share your favorite poem. To sign up to read a poem, please call (203) 452-5199 and leave your name and telephone number. We will contact you with your individual time slot to read. For those that are interested in just listening in, feel free to join us! All are welcome.

**Join Zoom Meeting:**

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

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

**Meeting ID:** 809 418 0302  
**Passcode:** 12345

**Zoom Lessons**  
**Friday, December 17th**  
**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. Please call Ashley Sylvester or Alyssa Pagano to schedule an appointment. (203) 452-5135 and/or e-mail Ashley Sylvester at [asylvester@trumbull-ct.gov](mailto:asylvester@trumbull-ct.gov)

**Join Zoom Meeting:**

[https://zoom.us/j/95676440327?](https://zoom.us/j/95676440327?pwd=eDFrcmxCYUV2cjldHlVaDJkclpaZz09)

[pwd=eDFrcmxCYUV2cjldHlVaDJkclpaZz09](https://zoom.us/j/95676440327?pwd=eDFrcmxCYUV2cjldHlVaDJkclpaZz09)

**Meeting ID:** 956 7644 0327  
**Passcode:** 12345