



TOWN OF
Trumbull
HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

PROGRAM NEWS

IN PERSON EXERCISE CLASSES ARE HERE!

Beginning Thursday, June 3rd!

- **Stretch and Move with Nancy . REGISTRATION IS REQUIRED**
Mondays at 9:00 AM
- **Zumba Gold and Toning with Pauline REGISTRATION IS REQUIRED**
Mondays at 11:15 AM
- **Yoga Nidra with Deborah Swann REGISTRATION IS REQUIRED**
Fourth Tuesday of each month at 1:00 PM
Tuesday, June 22nd
Please bring a yoga mat and small throw blanket.
Optional: small pillow for head rest.
- **Outdoor Tai Chi with David REGISTRATION IS REQUIRED**
Wednesdays at 10:00 AM
- **Strength with Nancy REGISTRATION IS REQUIRED**
Thursdays at 10:15 AM
Please bring your own weights.

Trumbull Town policy states all guests must wear a mask in town buildings.

**Our auditorium is equipped with air purifiers*

Registration is now open. For more information and to RSVP, please call the office at (203) 452-5199.