



TOWN OF Trumbull HUMAN SERVICES

Trumbull Senior Center News
23 PRISCILLA PLACE
TRUMBULL, CT 06611
(203) 452-5199

To RSVP for programs, please (203) 452-5199

Senior Center Serving Adults Age 55+

Inflation Reduction Act Forum with Congressman Jim Himes **Monday, September 12th at 2:00 PM**

Join Congressman Jim Himes on Monday, September 12th at 2:00 PM at the Trumbull Senior Center to discuss the newly passed Inflation Reduction Act. Congressman Himes will discuss how you may benefit from these new provisions and give you an opportunity to ask any questions you may have regarding the new Inflation Reduction Act.

To RSVP for this event, please call (203) 452-5199.



Sweets & Treats for Trumbull Seniors

September 26, 2022
10am-1pm



A fall festival to celebrate the seniors of our community. Each session will include musical performances by local children, games and prizes, and gift bags with "sweets" from local bakers and "treats" from local businesses.

- **Who:** All members of the Trumbull Senior Center
- **When:** Monday, September 26th
- **Time:** One hour sessions (10-11am, 11-12pm, 12-1pm)
- **Where:** Trumbull Senior Center, 22 Priscilla Place
- **Cost:** FREE for all attendees who register
- **How to register:** Attendees must sign up for a session by calling the Trumbull Senior Center (203-452-5199)

Special thanks to sponsors:

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Sweets & Treats for Seniors is a project organized by **IMPACT Trumbull**, a Trumbull 501c3 nonprofit that completes monthly community service projects.

For more information, check out www.impacttrumbull.org

IMPACT Trumbull

2012 • 10 YEARS • 2022

Flex Your Healthy Eating Style **Thursday, September 15th at 10:30 AM**

Join Registered Dietitian Nutritionist Carmen Weber for a discussion about the Flexitarian way of eating. Carmen will talk about other popular diets, challenges of them, and why the Flexitarian "diet" can work for everyone. She'll also highlight how this way of eating is not only healthy for people, but for our planet as well. Time permitting, we'll play a simple game to review the discussion and/or possibly have a small tasting of a food that fits this healthy eating style.

To RSVP, please call (203) 452-5199.
To reserve lunch after the presentation, please call (203) 452-5199 ext 3.

**CELEBRATE
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LEARNING ABOUT**

THE U.S. CONSTITUTION

SUJATA GADKAR-WILCOX
ASSOCIATE PROFESSOR OF LEGAL STUDIES,
QUINNIPIAC UNIVERSITY

TRUMBULL SENIOR CENTER
SEPTEMBER 19, 2022 AT 10:30AM