



THE CENTER AT
**PRISCILLA
PLACE**

SENIOR NEWS
23 PRISCILLA PLACE
TRUMBULL, CT 06611
(203) 452-5199

Senior Center Serving Adults Age 55+

Questions about COVID-19

Join Ann Dyke, Injury Prevention Coordinator from Yale New Haven Healthcare, for another informative health Q & A on Zoom! Ann is currently an RN at Bridgeport Hospital and has all the latest information about the virus and the impact it is having within our hospitals and communities.



Time: Wednesday, April 29th at 11:00 AM

Join Zoom Meeting:

<https://us04web.zoom.us/j/75874601659?pwd=eFRrTUNYRHpYNEF0bXVlIaIVSUT09>

Meeting ID: 758 7460 1659

Password: 1EsNtT

Tai Chi with Alma is on Zoom!

Tai Chi with Alma Weinberg is free, accessible, and open to the public.

Beginners are welcome!

Classes are being offered over Zoom on **Mondays and Wednesdays from 2:00 pm – 2:45 pm** in April and then move to **Tuesdays and Thursdays from 2:00 pm – 2:45 pm** as of May 5th.

Complete list of dates are as follows:

April 27, 29;

May 5, 7, 12, 14, 19, 21, 26, 28

Registration is required. Please visit https://hsstaichi_alma.eventbrite.com to register.

Participants can attend as many or as few of the dates listed as they like.

Feldenkrais with Cathy is on Zoom!

Cathy Paine is teaching Feldenkrais classes online via Zoom on
Tuesdays and Saturdays at 10:00 AM.

These classes are free, or pay what you are able – no judgements!

If you would like information about these classes please respond to Cathy at
cpaine@optimum.net and include your name and email address.

The Feldenkrais Method® of somatic education uses gentle movement and directed attention to help people learn new and more effective ways of living the life they want. You can increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement. Since how you move is how you move through life, these improvements will often enhance your thinking, emotional regulation, and problem-solving capabilities.