



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

Senior Center Serving Adults Age 55+

Brain Games with Danielle
Tuesday, September 29th
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)

Tree of Hope Project
Tuesday, September 29th
Open to the Public

Join Sheraton Caregivers and experience an art therapy session in the comfort of your home. Art Therapist, Audra D'Agostino, will lead this group to give us space to relax, be grateful, and focus on the good. Gather any drawing materials you have on hand – paper, pencils, colored pencils. Let us honor those around us who give us strength and support in creating a "Tree of Hope."

Join Zoom Meeting
<https://us02web.zoom.us/j/81555662061?pwd=WHptYnl1WmNSa1VUN28ycE1VeDZnZz09>
Meeting ID: 815 5566 2061 / **Passcode:** 12345

QI-GONG is BACK! On Zoom
Every Wednesday
1:00 PM

Updated: Join Zoom Meeting
<https://us02web.zoom.us/j/88254235052?pwd=dHkyenVYNWhhd0loOTBUc2ZwZGY4dz09>
Meeting ID: 882 5423 5052
Passcode: 925106