Ashford Senior Center
Earl W. Smith Building
25 Tremko Lane
Ashford, CT 06278
860-487-5122

Monday - Friday 9:00 a.m. - 3:00 p.m.
Website: www.ashfordtownhall.org
Email: ew.smith.sr@snet.net

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information and Referral
Food Stamps
Insurance
Medicare/Medicaid
Durable Medical Equipment
Social Security
Outreach
Volunteer Opportunities
CHOICES Counselor (certified)

Housing Referral
Energy
Weatherization
Transportation
Wheelchair Access
Monthly Newsletter
Health Screening/Quarterly
Nutrition Education
Community Café (Tues. and Fri.)

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Exercise, Bridge Lessons, Crafts, Day Trips
Bozrah Senior Center
59 Bozrah Street
Bozrah, CT 06334
860-886-0363
Or Call QC Home Care, LLC.
860-383-2290, ext 4
M - W - F  9:30 a.m. - 1:30 p.m.
Lori@QCHomeCare.Com

Director
Christine Baker

Municipal Agent
Barbara MacFadyen
860-889-2689

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER
Information & Referral
Food Stamp Assistance
Durable Medical Equipment
Outreach
Food Pantry (For Sr. Center Members or Town Residents)
Transportation
Volunteer Opportunities
Newsletter
Nutrition Education
Health Screenings (2nd Friday of Each Month)

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES
Card games, Bingo, Talks and Informational Sessions, Book Clubs,
Clothing Exchange, Book Exchange
Quinebaug Valley Senior Citizens Center
69 South Main Street
Brooklyn, CT 06234
860-774-1243
Fax 860-774-1296
Monday - Friday 9:00 a.m. - 2:00 p.m.
Program Director: Lisa Baxter
qvscc@sbcglobal.net

Municipal Agents:
Please contact your local Town Hall.

Towns Served:
Brooklyn, Canterbury, Eastford, Killingly, Plainfield, Pomfret, Putnam, Sterling, Thompson and Woodstock

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

- Medicaid (Title 19)
- Medicare Savings Program (MSP)
- Extra Help (LIS)
- Home Care Program for Elders
- Medicare
- CHOICES Counseling
- Eldercare Nurse
- Social Security Insurance
- Meals on Wheels
- Congregate Meals
- Energy Assistance
- Housing
- Farmers Market Coupons
- SNAP (Food Stamps)
- Transportation
- Veterans Assistance & Benefits
- CT Legal Services
- Consumer Law Project of Seniors
- Living Wills
- Senior Resources - Respite Care & Caregivers Support Programs

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

- Wii Bowling, Po-Ke-No, Knitting & Crocheting, Quilting, Art Classes, Fitness over Fifty, Pitch/Setback, Dominoes, Travel/Trips, Monthly Catered Dinners with Entertainment
Chaplin Senior Center
132 Chaplin Street
Chaplin, CT 06235
860-455-1327

Website: www.chaplinct.org
Monday - Thursday 9:00 a.m. - 2:00 p.m.

Director: Roxanne St. Jean
roxstjean@aim.com

Municipal Agent: Mary Healey
860-455-1327

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Insurance
Medicare/Medicaid
Durable medical Equipment Loan
Tax Assistance
Volunteer Opportunities
Energy
Weatherization
Transportation

Fixed Route/Dial-a-Ride
Wheelchair Access
Monthly Newsletter
Telephone Reassurance
Health Screening
Health clinic
Nutrition Education
Community Café ~ Wednesday Lunch, Thursday Breakfast

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Yoga, Tai Chi, Massage, Exercise, Craft Classes, Weekly Lunch, Breakfast, Speakers, Wellness Clinic, Cards, Games, Nintendo Wii, Pool Table, Large Screen TV, Computers
Colchester Senior Center
95 Norwich Avenue
Colchester, CT 06415
860-537-3911
Fax 860 537-5574
Monday - Friday - 8:00 a.m. - 4:30 p.m.
Website:  www.colchesterct.net
Email:  csc@colchesterct.gov

Director/Municipal Agent:
Patricia Watts
csc@colchesterct.gov

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Benefits Check Up Information & Referral
Community Café ~ M-F Medicare/Medicaid
Energy Assistance Monthly Newsletter
Food Stamps Nutrition Education
Friendly Visitor Renters Rebate
Hearing Clinic Social Security
Home Care Referral Tax Assistance
Housing Referral Telephone Reassurance

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

AARP Safe Driving Course, Art Classes, Beginning Computer Classes,
Bingo, Cards, Chair Massage, Exercise, Informational Seminars,
Intergenerational Programs, Line Dancing, Low Vision Support Group,
Lunch Outings, Mahjong, Special Meals, Tai Chi, Trips and Travel, Wii
Games, Yoga, Movies
Beckish Senior Center
188 Route 66
Columbia, CT 06237
860-228-0759
Monday - Friday 8:00 a.m. - 3:00 p.m.

Director/Municipal Agent:
Bernadette Derring
Beckish@Columbiact.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Food Stamps
Insurance Counseling
Medicare/Medicaid
Employment Bank
Tax Assistance
Outreach
Volunteer Opportunities
Energy Assistance
Weatherization
Podiatrist
Free Hearing Screenings
Transportation
Fixed Route/Dial-a-Ride
Wheelchair Access
Monthly Newsletter
Friendly Visiting
Health Screening
Health Clinic
Nutrition Education
Congregate Meals (3x/week M-W-F)
Community Café ~ M–W– F
Home Delivered Meals
AARP Safe Driving (every other month)

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Coventry Senior Center
172 Lake Street
Coventry, CT 06238
Mailing Address: 1712 Main Street
Coventry, CT 06238
Website: www.coventryct.org
860-742-3525
Fax 860-742-3506
M,W,Th, Fri 9:00 am - 2:00 pm
Tuesday 9:00 am - 12:00 pm

Senior Center Coordinator:
Sarah Taylor West
swest@coventryct.org

Municipal Agent:
Courtney Chan
860-742-5324
Fax 860-742-8911
cchan@coventryct.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Blood Pressure and Blood Sugar Screening
CHOICES Counseling
Foot Care Clinics
Chair Massage
Reflexology

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Fitness Room, Wellness Presentations, Monthly Lunches, Exercise Group, Cards and Billiards Groups, Wii Bowling, Knitting Group, Yoga, Arts and Crafts Classes, Holiday Parties
Cromwell Senior Center
41 West Street
Cromwell, CT 06416
860-632-3447
Fax 860-632-3446
Monday - Friday 8:30 a.m. - 4:00 p.m.
Website: www.cromwellct.com

Director: To Be Announced
Municipal Agent: Catherine Jackson
cjackson@cromwellct.com
860-632-3475

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER
Information & Referral
Tax Assistance
Outreach
Volunteer Opportunities
Housing Referral
Energy
Transportation
Daily Recreational Programs
Insurance Counseling
Fixed Route/Dial-a-Ride
Wheelchair Access
Monthly Newsletter
Health Screening
Health Clinic
Nutrition Education
Community Café ~ M-F
Home Delivered Meals

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES
Book Worm Reading Club, Bridge, Yoga, Tai Chi, Meditation, Oil Painting, Choral Group, Quilting Group, Bowling League, Golf League, Monthly Dinners, Billiards, Bingo, Educational Seminars, Educational Language Classes, Day Trips, Overnight Trips, International & Cruise Tours, Weekly Movie, Computer Classes, Exercise, Arts & Crafts, Talks & Informational Sessions, T.V., Men’s Groups
Durham

No Senior Center

Municipal Agent:
    Janet Muraca
    860-349-3153
    Fax 860-349-0547
Website:  www.townofdurhamct.org
E-mail:  jmuraca@townofdurhamct.org

Activities for seniors are held at various times in town locations throughout the year.

Please call for a program of Activities.
East Haddam Senior Center
15 Great Hillwood Road
P.O. Box 623
Moodus, CT 06469
Website:  www.easthaddam.org/EHSC
Email:  seniors@easthaddam.org
Monday - Friday  8:00 a.m. - 3:00 p.m.
860-873-5034

Municipal Agent:
East Haddam, Moodus, Hadlyme
Joanne Roczniaik

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Benefits
Employment Bank
Income Tax Assistance
Volunteer Opportunities
Housing Referral
Energy
Safe Driving Classes

Transportation
Wheelchair Access
Monthly Newsletter
Health Screening
Nutrition Education
Community Café - M - F
Home Delivered Meals
CHOICES Counselors

EDUCATIONAL, RECREATIONAL &SOCIALIZATIONAL ACTIVIES

Seminars, Cards, computers, Puzzles, T’ai Chi, Weight Training, Parties, Mah Jong, Quilting, Wii Bowling, Exercise Equipment, Pilates, Swimming, Billiards
East Hampton Senior Center
105 Main Street
East Hampton, CT 06424
860-267-4426
Fax 860-267-7682
Website:
www.seniorcenterehct.blogspot.com
Email: ehctsrctr@yahoo.com
Monday - Thursday - 8:30 a.m. - 4 p.m.
Friday - 9:00 a.m. - 4 p.m.

Senior Services Coordinator/
Municipal Agent
Jo Ann H. Ewing

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER
Information & Referral
Insurance Counseling
Medicare/Medicaid
Durable Medical Equipment Loan
Tax Assistance
Social Security
Outreach
Volunteer Opportunities
Housing Referral
Weatherization
Transportation
Fixed Route/Dial-a-Ride
Wheelchair Access
Monthly Newsletter
Health Screening
Nutrition Education
Community Café ~ M-F
Home Delivered Meals

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVIES
East Lyme Senior Center
37 Society Road
Niantic, CT 06357
860-739-5859
Fax 860-691-2409
Monday - Friday 8:30 a.m. - 4:30 p.m.
Website: www.eltownhall.com

Director/Municipal Agent:
Cathy Wilson
cwilson@eltownhall.com

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER
Information & Referral
Food Stamps
Insurance Counseling/Medicare/ Medicaid
Tax Assistance
Outreach
Volunteer Opportunities
Housing Referral
Energy Assistance
Medicare Part D Information
Weatherization
Transportation
Wheelchair Access
Monthly Newsletter
Health Screening
Nutrition Education
Community Café ~ T-F
Home Delivered Meals
Benefits Check Up

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVIES
Senior Fitness, Yoga, Chair Yoga, Weight Lifting Class, Tai Chi, Walking,
Tap Dance, PACE Class (People with Arthritis Can Exercise), Bingo,
Social Bridge, Duplicate Bridge, Scrabble, Mah Jong, Computer Classes,
Art Classes, Day Trips, Overnight Trips, Dances, Cribbage, Healing Touch,
Mature Driver Safety Classes, Loss Support Group, Talks & Informational
Sessions, T.V., Quilting, Golf Leagues, Pickleball, Doubles’ Tennis,
Canasta, Dominoes, Laughter Yoga.
Franklin Senior Center
5 Tyler Drive
North Franklin, CT 06254
860-642-3936
Tuesday 9:00 a.m. - 1:00 a.m.
Hours vary on Wednesday

Director/Municipal Agent:
April Griffin
rabgriff@yahoo.com
860-642-3936

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Assistance with filling out forms
Benefits
Insurance
Medicare/Medicaid
Durable Medical Equipment Loan
Social Security
Outreach
Volunteer Opportunities

Housing Referral
Energy
Weatherization
Transportation
Wheelchair Access
Monthly Newsletter
Health Screening
Nutrition Education
Community Café ~Tuesdays

EDUCATIONAL, RECREATIONAL & SOCIALIZATION ACTIVITIES

Bingo, Trips, Quilting/Sewing, Wii Games, Social Time (Coffee), Various Speakers and Entertainment (activities vary weekly)
Griswold Senior Center
22 Soule Street
Jewett City, CT 06351
860-376-2604

Monday - Friday 8:00 a.m. - 3:15 p.m.
Website: www.griswold-ct.org/seniorcenter.html

Director/Municipal Agent:
Tina Falck
griswoldseniors@yahoo.com

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral  Tax Assistance
Medicare/Medicaid/Medicare Part D  Transportation
Durable Medical Equipment Loan  Wheelchair Access
Outreach  Monthly Newsletter
Volunteer Opportunities  Friendly Visiting
Housing Referral  Telephone Reassurance
Energy Assistance  Health Screening
Nutrition Education  Community Café ~ M-F
Home Delivered Meals  Choices Counseling
Support Groups as needed  Blood Pressure Clinics
Insurance assistance  Foot Care Clinics
Food Stamp Assistance  Social Security Information

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Groton Senior Center
102 Newton Road
Groton, CT 06340
860-441-6785
Fax 860-441-6789
Website: www.Groton-ct.gov

Monday - Friday 8:30 a.m. - 4:30 p.m.

Director: Mary Jo Riley
           Mrileygroton-ct.gov

Municipal Agent: Marge Fondulas
                 Mfondulasgroton-ct.gov
                 860-441-6760

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral       Monthly Newsletter
Insurance                   Gatekeeper Program
Outreach                     Friendly Visiting
Volunteer Opportunities      Health Screening
Transportation               Dental Clinic
Fixed Route/Dial-a-Ride      Health Clinic
Wheelchair Access           Nutrition Education
Home Delivered Meals         Community Café ~ (own cafeteria)
Hair Salon                  Foot Care Clinic

Nurse Managed Wellness Clinic

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVIES

Arthritis PACE Exercise, Aerobics, Arts ‘n Crafts, Bowling, Bridge, Ceramics, Computer Classes, Line Dancing, Mind Aerobics, Piano Lessons, Quilting, Sunshine Chorus, Tap Dancing, Tai Chi, Yoga, Legal Programs, Mah Jong, Book Classes, Low Vision Living, Fitness Center
Haddam

No Senior Center

Municipal Agent:
Louise Chambers
860-345-8531 x208
Hampton Seniors Club  
164 Main Street  
Hampton, CT 06247  
860-455-9132  
Website:  www.hamptonct.org  

President:  
Thomas F. Curry  
PO Box 44  
Hampton, CT 06247  
860-455-9976  

Municipal Agent:  
Mario Fiondella  
PO Box 143  
Hampton, CT 06247  
860-455-9055
Lebanon Senior Center
37R West Town Street
Lebanon, CT 06249
860-642-3040

Mon. - Thurs. 9:00 a.m. - 4:00 p.m.
Friday - 9:00 a.m. - 3:00 p.m.
Website: www.lebanontownhall.org
Email: seniorcenter@lebanontownhall.org

Director and Municipal Agent
Darcy Battye
860-642-2042

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

<table>
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<tr>
<th>Haircuts</th>
<th>Massage Therapy</th>
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<td>Hearing Screenings</td>
<td>Reflexology</td>
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<td>Lunch</td>
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<tr>
<td>Manicures</td>
<td>VNA Blood Pressure Screening</td>
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<tr>
<td>Pedicures</td>
<td>Wellness Trips</td>
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EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Afternoon Teas, bingo, Computers, computer Class, Exercise Room, Knitting social, Lending Library, Line Dancing, Newspapers, Pinochle, Poker, Pool, Setback, Tai Chi, television, Yoga, Zumba Gold
Ledyard Senior Center  
12 Van Tassell Drive  
Gales Ferry, CT 06335  
860-464-0478  
Fax 860-464-2124  
Monday - Friday 8:30 a.m. - 2:30 p.m.

Website:  http://www.Ledyardct.org  
Email:  senior.director@ledyardct.org

Director/Municipal Agent  
Lauren Rapp

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER
AARP Drivers Safety Course  Rental Rebate Program  
Health Screening  Speakers  
Tax Assistance  Transportation  
Hair Salon  Monthly Newsletter  
Local Shopping  Wheelchair Access  
Meals on Wheels Distribution Center

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVIES

Exercise, Arts & Crafts, Bingo, Cards, Games and Puzzles, Book Discussion Group, Bowling, Bridge, Chorus, Community Lunches, Cooking Classes, Entertainment (Vocal/Theater/Instrumental), Expressive Dance, Movies, Quilting Group, Regional Day Trips, Senior Club, Sewing, Speakers, Special Events & Luncheons
Lisbon Senior Center
11 Newent Road
Lisbon, CT 06351
860-376-2329
Fax 860-376-6891

Monday - Friday 9:00 a.m. - 3:00 p.m.

Director/Municipal Agent

Judy M. Jencks
jencks@lisbonct.com

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Food Stamps
Insurance Counseling
Medicare/Medicaid
Durable Medical Equipment Loan
Tax Assistance
Social Security
Outreach
Volunteer Opportunities
Energy
Weatherization
Housing Referrals
Friendly Visiting
Bi-Monthly Newsletter
Transportation
Fixed Route/Dial-a-Ride
Wheelchair Access
Monthly Newsletter
Gatekeeper Program
Telephone Reassurance
Health Screening
Health Clinic
Nutrition Education
Home Delivered Meals
Homemaker
Home Health Aide
Driving Classes

EDUCATIONAL, RECREATIONAL, & SOCIALIZATIONAL ACTIVITIES

Wii plus Wii Bowling Leagues, Pool Tables, Exercise, Crafts, Knitting, Crocheting, Bingo, Art Groups, Art Classes, Games, Cards, Rummicube, Chair Caning, Carving, Basket Weaving, Men's Groups, Speakers, Seminars, T.V., Women's Groups, WiFi, Book Clubs, Exercise Equipment, Quilting, Travel, Entertainment, Fund Raising, Library, Pickleball
Lymes’ Senior Center
26 Town Woods Road
Old Lyme, CT 06371
860-434-4127
Fax 860-434-4127
Monday - Friday 9:00 a.m. - 3:00 p.m.

Email: seniorcenter@oldlyme-ct.gov

Coordinator:
Stephanie Lyon
seniorcenter@oldlyme-ct.gov

Municipal Agent: Town of Old Lyme
Don Tapper
860-434-5334

Municipal Agent: Town of Lyme
Cathy Tisdale
Website: www.twnlyme.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER
Information
Tax Assistance
Volunteer Opportunities
Fixed Route/Dial-a-ride
Wheelchair Access
Monthly Newsletter
Health Screening
Health Clinic
Nutrition Education
Community Café ~ M-F
Home Delivered Meals

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVIES
VNA on Site, Exercise, Bridge, Crafts, Tai Chi, Computers, Bingo, Senior Club, AARP Save Driving Courses, Summer Concert Series, Day and Overnight Trips, T.V., Talks & Informational Sessions, Card Games, Creative Writing, Painting Class, Wii Games.
Mansfield Senior Center
303 Maple Road
Mansfield, CT 06268
860-429-0262
Fax 860-429-3208
Monday - Friday 8:30 a.m. - 4:30 p.m.
Website:  www.mansfieldct.org
E-mail: SeniorCntr@mansfieldct.org

Senior Services Coordinator
Cindy Dainton

Municipal Agent
Kathy Ann Easley
860-429-3315

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER
Information & Referral
Counseling
Benefits
Food Stamps
Insurance
Medicare/Medicaid
Durable Medical Equipment Loan
Tax Assistance
AARP Safe Driving Courses
Social Security
Volunteer Opportunities
Wheelchair Access
Monthly Newsletter
Health Screenings

Health Clinics
Podiatrist
Nutrition Education
Health Talks
Community Café ~ 5x/week
Home Delivered Meals
Support Groups:
Low Vision
Caregivers
MS Support
Grandparents Raising Grandchildren
Free Public Bus Passes to Mansfield Residents

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVIES
Monthly Birthday Lunches, Monthly Special Events with Entertainment, Quilting, Knitting, Mah Jong, Bridge (2 varieties), Bingo, Chorus, Monthly Movie, Book Discussion Group, Genealogy Group, Red Hat Group, Travel Trips, Jewelry Making, Annual Intergenerational Dinner with E.O. Smith High School & UConn, Computer Classes, Wii Bowling, Scrabble, Specialized Exercise Programs, Yoga, T’ai Chi, Tap Dancing, French Conversational Class
Middlefield Senior Center
405 Main Street
Middlefield, CT 06455
860-349-7121
Fax 860-349-8537
Monday - Thursday 8:00 a.m. - 3:00 p.m.
Friday 8:00 a.m. - 1:00 p.m.
Email:

Director/Municipal Agent:

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Tax Assistance
Volunteer Opportunities
Housing Referral
Energy
Transportation
Out of County Medical and Recreation Bus Trips
IRS Tax Preparation
Safe Driving Classes

Fixed Route/Dial-a-Ride
Wheelchair Access
Health Screening
Health Clinic
Nutrition Education
Community Café ~ M-W-F
Medical Equipment
Loan Program
CHOICES Counselor

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Workshops, Chair/Mat Yoga, Bridge, Exercise Classes, Book discussions, Cards, Bocce, Foot care, Seasonal Parties, BBQs, Knitting/Crocheting, Computer and Internet, Book Discussions, Movies, Setback
Middletown Senior Center  
150 Williams Street  
Middletown, CT 06457  
860-638-4540  
Fax 860-343-5427  
Monday - Friday 8:30 a.m. - 4:30 p.m.  
Website: www.cityofmiddletown.com

Director:  
Debbie Stanley (Acting)  
Debbie.stanley@cityofmiddletown.com

Municipal Agent:  
Laura Runte  
860-638-4542

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Benefits
Insurance
Medicare/Medicaid
Tax Assistance
Social Security
Outreach
Volunteer Opportunities
Housing referral
Transportation
Health Screening & Blood Pressure
Hearing Test
Wheelchair
Monthly Newsletter
Pharmacy Seminars
Health Fair
Food Stamps
Nutrition Education
Community Café ~ M-F
Home Delivered Meals
Support Group:
Grandparents, Foot Care

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

AARP Safe Driving Course, Wii Bowling, Movies, Ping-Pong, Ceramics, Knitting, Aerobics, Line Dancing, Tai Chi, Yoga, Senior Computer Training Program, Bingo, Cards, Birthday Parties, Guest Speakers, Contests, Day Bus Trips, Oil Painting, Community Service Projects, Senior Chorus, Learn Spanish, Alzheimer’s Support Group, Monthly Entertainment, Monthly Dinners, Reflexology, Senior Haircuts, Hearing Screenings.
Montville Senior Center
12 Maple Avenue
Uncasville, CT 06382
860-848-0422
Fax 860-367-9103
Monday - Friday 8:00 a.m. - 4:30 p.m.
Website: www.montville-ct.org

Director/Municipal Agent:
Kathleen Doherty-Peck

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Benefits
Food Stamps
Insurance
Medicare/Medicaid
Durable Medical Equipment Loan
Tax Assistance
Social Security
Outreach
Volunteer Opportunities
Nutrition Education
Home Delivered Meals
Senior Discount/ID
Housing Referral
Energy
Weatherization
Transportation
Fixed Route/Dial-a-Ride
Wheelchair Access
Monthly Newsletter
Health Screening
Health Clinic
Center Lunch Program

EDUCATIONAL, RECREATIONAL &SOCIALIZATIONAL ACTIVIES

New London Senior Center
120 Broad Street (Rear)
New London, CT 06320
860-447-5232
Fax 860-701-7681
Monday - Friday 8:00 a.m. - 3:30 p.m.
Website:  www.ci.new-london.ct.us

Director/Municipal Agent
Elizabeth Witter
ewitter@ci.new-london.ct.us

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Insurance Counseling
Medicare/Medicaid
Durable Medical Equipment Loan
Tax Assistance
Volunteer Opportunities
Housing Referral
Home Delivered Meals
Transportation
Wheelchair Access
Monthly Newsletter
Friendly Visiting
Rental Rebate
Nutrition Education
Community Café ~ offered 5 days
Social Security Information
Support Group for Individuals with
Visual Impairments

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Ceramics, Knitting, Day & Overnight Trips, Special Programs, Sunday Movie Program, Arts & Crafts, Exercise, Line Dancing, Card Games, Bingo, Talks & Informational Sessions, Computers, T.V., Quilting, Bowling Leagues.
North Stonington Senior Center  
Mail: 40 Main Street  
391 Norwich-Westerly Road  
North Stonington, CT 06359  
860-535-8188  
Fax 860-535-3021  
Monday - Friday 9:30 a.m. - 2:30 pm.  
Website: http://nsseniorcenter.org

Director/Municipal Agent:  
Teresa Pensis  
north.stonington@snet.net

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER


EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVIES

Rose City Senior Center
8 Mahan Drive
Norwich, CT 06360
860-889-5960
Fax 860-885-1160
Monday - Friday 8:00 a.m. - 4:00 p.m.
Website: www.norwichct.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

- Information & Referral
- Food Stamps
- Insurance Counseling
- Medicare/Medicaid
- Durable Medical Equipment Loan
- Tax Assistance
- Social Security
- Outreach
- Volunteer Opportunities
- Photo/ID
- Housing Referral
- Energy Assistance
- Weatherization
- Transportation (Shopping, Medical Appts.)
- Fixed Route/Dial-a-Ride
- Wheelchair Access
- Monthly Newsletter
- Gatekeeper Program
- Telephone Reassurance
- Health Screening
- Health Clinic
- Nutrition Education
- Community Café ~ M - F
- Home Delivered Meals
- Support Groups: Visually Impaired (1st Tues of the Month)

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Exercise, Arts & Crafts, Line Dancing, Day Trips, Card Games, Bingo, Knitting, Talks & Informational Sessions, Billiards, Computers, T.V., Quilting, Intergenerational Programs, TRIAD Programs, Med Ride II (out-of-town transportation for individuals with a disability and Seniors from Norwich to Montville)
Estuary Council of Seniors, Inc.
220 Main Street
Old Saybrook, CT 06475
860-388-1611
Fax 860-388-6770
Monday - Friday 8:00 a.m. - 4:00 p.m.
Saturday - 9:00 a.m. - 1:00 p.m.
Website:  www.ecsenior.org

Director:
Paul Doyle

Municipal Agents:
Chester:  Rosie Bininger  860-526-0013 ext 213
Clinton:  Cheryl Church  860-669-7347
Deep River:  Town Selectman  860-526-6020
Essex:  Dean Jacques  860-767-4340 ext 201
Killingworth:  Diane Gladstone  860-663-1765 ext 510
Old Saybrook:  Susan Consoli  860-395-3190

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER
Meals on Wheels  Medical Transport  Foot Care
Congregate Lunch  Friendly visitors  Haircuts
Preventive Health  Support Groups  Exercise Classes
Health Screenings  

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES
Caregiver Education, AARP Mature Drivers, Art Classes, Craft Classes, Writers Group, Computer Club, Monthly Artist of the Month Receptions, Book Club, Card Games, Mah Jong, Wii Bowling, Ping Pong, Board Games, Medical Lectures, Zumba, Quilting, Line Dancing, Billiards
Robert A. Granato Senior Center
27 Chase Street
Pawcatuck, CT 06379
860-599-3285
Fax 860-599-5167
Monday - Friday 8:30 a.m. - 4:00 p.m.
Website: [www.the-pnc.org](http://www.the-pnc.org)

Director: Vicki Anderson  
Stonington Municipal Agent: Carol Umphlett

Vicki@the-pnc.org  
860-535-2476

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

- Information & Referral
- Food Stamps
- CHOICES Counselor
- Employment Bank
- Tax Assistance
- Social Security
- Weatherization
- Wheelchair Access
- Friendly Visitor
- Health Screenings
- PNC Senior club
- Volunteer Opportunities
- Community Café ~ 2 days per week
- Housing Referral
- Energy Assistance
- Transportation for Seniors
- Monthly Newsletter
- Serve Food Cooperative
- Health Clinics
- Support Groups: AA, NA, CODA

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

- Multi-Medium Art Class, Tai Chi Class, Scrapbooking Class, Bingo, Entertainment, Line Dancing, Informational Speakers, Red Hat Senior Trips
Plainfield Senior Center
482 Norwich Road
Plainfield, CT 06374
860-564-1819
Fax 860-564-1427
Website: www.plainfieldct.org
Monday - Friday 8:30 a.m. - 4:30 p.m.

Director/Municipal Agent:
Myra Ambrogi
mambrogi@plainfieldct.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Volunteer Opportunities
Transportation
Home Delivered Meals
Wheelchair Access
Monthly Newsletter
Health Screening
Health Clinic
Nutrition Education
Community Café ~ T - F

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Arts and Crafts, Exercise Program, Monthly Social & Trips, Chorus, Pool Tables, Library, Special Events, Senior Club, Computer, TV and Wii
Portland Senior Center
7 Waverly Avenue
Portland, Ct 06480
860-342-6760
Fax 860-342-6762
Mon, Wed, Thurs, Fri  9:00 a.m. - 4:00 p.m.
Tues  9:00 a.m. - 7:00 p.m.
Website:  www.portlandct.org

Director/Municipal Agent:
Mary Flood
mflood@portlandct.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information and Referral                              Meals on Wheels
CHOICES Counseling                                      Food Bank
Congregate Meals: Mon, Thu, Fri                         Wellness Checks
Durable Medical Equipment Loans                        Foot Care
Income Tax Assistance                                    Transportation
Volunteer Opportunities                                   Flu Clinics
Rental Rebate Program                                    Monthly Newsletter
55+ Driving Classes                                      Energy Assistance
Health Screenings                                        Nutrition Education
Assistance with Benefit Applications                    Congregate Meals
Support Groups: TOPS (Weight Loss),                     
               NA, MOMs

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Light Aerobics, Sojourn Bears Group, Bingo, Ballroom Dance, Bowling, Shopping, T’ai Chi, Yoga, Watercolors, Dining Out Club, Wii, Fireside Tales, Waverly Salon, Computer Classes, Tap Dance, Stretch and Flex, Billiards, Cards, Needlework, Bus Trips ARTVan (Museum Trips), Bridge, Hartford Stage, Camp Waverly, Walking Group
Pomfret Senior Center
Mashmoquet Road, Route 44
Pomfret Center, CT 06259
860-928-7459

Tues - Wed 12:00 p.m. - 5:00 p.m.

Website: www.pomfretct.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

TEEG is on-site to provide any information or referrals, AARP Safe Driving Class, Blood Pressure Clinic-Day Kimball Hospital

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

TEEG Learn at Lunch on Tuesdays, Fitness class on Wednesdays, Cards, Games, Dominoes, Bingo, Monthly trivia game, Bi-monthly movies, Thursday quilting class, Pool Table

Municipal Agent:
Bonnie Duncan
Garry Brown
860-974-0343
Preston Senior Center
42 Long Society Road
Preston, CT 06365
860-889-0770

Tues & Thurs - 1:00 p.m. - 4:00 p.m.
Senior Center Congregate Meals:
Mondays 9:00 a.m. - 12:30 pm 1:00 p.m.

Municipal Agent:
Fran Minor 860 887-5581 ext 6

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Benefits
Insurance
Medicare/Medicaid
Durable Medical Equipment Loan
Tax Assistance
Outreach
Volunteer Opportunities
Senior Discount/ID
Housing Referral
Newsletter

Energy
Weatherization
Transportation
Wheelchair Access
Postal Alert
Health Screening
Nutrition Education
Community Café ~ Mondays
Home Delivered Meals
Food Stamps

EDUCATIONAL, RECREATIONAL, & SOCIALIZATIONAL ACTIVITIES
Salem Fire Department
270 Hartford Road
Salem, CT 06420

Second Tuesday of Each Month
10:30 a.m. - 12:00 p.m.

Website: www.salemct.gov

Municipal Agent:
Susan Spang
860-859-3873 ext 100
Fax: 860-859-1184

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Medicare/Medicaid
Heating Assistance
Applications
Quarterly Newsletter
Health Screening

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES
Scotland

No Senior Center

Municipal Agent:
Alice Bury
860-546-9572
Sprague Senior Center
1 Main Street
Baltic, CT 06330
860-822-3000 Ext 203
Fax 860-822-3013
Website: www.ctsprague.org

Coordinator
Edward (Buddy) Meadows
seniorcoordinator@ctsprague.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

- CHOICES Counseling
- Heating Assistance
- Transportation for Shopping and Medical
- TVCCA Meals
- Health Screenings
- Wheelchair Access
- Newsletters

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Presentations by Baltic Volunteer Fire Department, Wii, Bingo Po-Ke-No, Entertainment with Fundraising meals, S.M.I.L.E. meetings
Union

No Senior Center

Municipal Agent/Volunteer Position:

Cecilla Bray
860-974-0340

163 Carion Road
Union, CT 06076
Voluntown

No Senior Center

Municipal Agent:

Beth Taylor
Voluntown Town Hall
PO Box 96
Voluntown, CT 06384
Email: bTaylor@voluntownct.org
860-376-4089
Fax 860-376-3295
Waterford Senior Services
15 Rope Ferry Road
Waterford, CT 06385
860-444-5839
Fax 860-440-5720
Monday - Friday 8:00 a.m. - 4:00 p.m.

Website:  www.waterfordct.org

Director/Municipal Agent:
Sally Ritchie
sritchie@waterfordct.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Transportation
Community Café - T - TH
Home Delivered Meals
Bi-Monthly Newsletter
Home Visits
Insurance Counseling CHOICES
Volunteer Program
Wheelchair Accessible

Assistance with Applications for:
Medicare and Medigap
QMB, ALMB, QI
Housing
SNAP
Medicaid
Energy Assistance
Renter’s Rebate

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Zumba Gold, Fitness Classes, Strength Training, Fall Prevention Program, Hiking, Get out of the House Group, Exercise for Individuals with Arthritis, Cranial Conundrums, Creative Writing, Quilting, Variety of Card Games, Evening Seminars, Special Luncheons and Dinners, Trips, Support Groups, Health Information Programs, Blood Pressure Checks, Nutrition Education, Nurse Managed Wellness Clinic
Westbrook Senior Center
866 Boston Post Road
Westbrook, CT 06498
860-399-2029

Mon, Tues & Wed 9:00 a.m. - 4:00 p.m.
Thurs 9:00 a.m. - 7:00 p.m.
Fri 9:00 a.m. - 12:00 p.m.

Director:
Courtney Burks
cburks@westbrookct.us

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Volunteer Opportunities
Wheelchair Access
Newsletter
Community Café - 1x per week
Breakfast - 1x per week
Picnics - 1st & 3rd Wednesday of the Months of June - September

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Book Chat, Card Playing, Coffee Social, Dinner & A Movie 2x Monthly,
Dominoes, Exercise, Guest Speakers, Line Dancing, Monthly Birthday Party, Parties, Pool, T’ai Chi, Yoga
Willington Senior Center
60 Old Farms Road, Willington, CT 06279
860-429-8321

Willington Youth, Family & Social Services
40 Old Farms Road, Willington, CT 06279
860-487-3118
Fax 860-487-3125

Both Centers: Mon - Fri 9:30 a.m. - 1:30 p.m.
Website: www.willingtonct.org

Director of Willington Youth, Family & Social Services:
Tara Bergeron
wyfss@willingtonct.org

Municipal Agent:
Gigi Booth
860-429-0516

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER
Information & Referral
Food Stamps
Medicare/Medicaid
Durable Medical Equipment
Loan
Tax Assistance
Outreach
Volunteer Opportunities
Housing Referral
Energy
Weatherization
Food Share
Transportation
Fixed Route/Dial-a-Ride
Wheelchair Access
Monthly Newsletter
Friendly Visiting
Health Screening
Nutrition Education
Community Café ~ offered 4 days
Home Delivered Meals
Homemaker Referrals
Home Health Aide Referrals

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES
Monthly Speakers, Entertainment, Bus Trips & Local Trips, Exercise classes, Wellness Nurse & Clinic (including Blood Pressure Readings), PC classes, Pool, Crafts, Cards, “Lunch Bunch” and varying special programming such as Tea Parties, Dinner and a Movie, Line & Square Dancing, Walking Club, Quilting Bee, Dances, etc.
Windham Senior Center
47 Crescent Street
Willimantic, CT 06226
860-423-4524
Fax 860-450-1665
Mon - Wed 8:00 a.m. - 5:00 p.m.
Thurs 8:00 a.m. - 7:30 p.m.
Fri 8:00 a.m. - 2:00 p.m.
E-mail: Windhamseniorcenter@gmail.com

Human Services Director
Mary A. DeMarco

Municipal Agent:
Cindy St. Martin
860-465-3065

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

- Handicapped Accessible
- Insurance Counseling
- CHOICES Program
- Renter’s Rebate
- Farmer’s Market Nutrition Program
- Dial - A-Ride
- Medical Transportation
- Community Café (M–F)
- Home Delivered Meals
- Limited health Services (VNA, Hearing, Podiatrist)

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Exercise Programs: T’ai Chi, Yoga, Healthy Heart, Zumba Gold, Bingo, Billiards. AARP Driving Classes, AARP Tax Preparation, Picnics, Card Games, Board Games, Movies, Wii, Recreational Trips, Walking Groups, Arts & Crafts, Gardening, Information Seminars - nutrition, safety, legal services, etc.