

**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 address: ew.smith.sr@snet.net

Coordinator

Pamela Robbins

Municipal Agent

Kay Warren

5 Town Hall

Ashford, CT 06278

860-487-3744

kwarren1943@yahoo.com

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information and Referral
Food Stamps
Insurance
Medicare/Medicaid
Durable Medical Equipment
Loan
Tax Assistance
Social Security
Outreach
Volunteer Opportunities

Housing Referral
Energy
Weatherization
Transportation
Fixed Route/Dial-a-Ride
Wheelchair Access
Monthly Newsletter
Health Screening/Quarterly
Nutrition Education
Community Café ` Tuesday, Friday

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL, ACTIVITIES

Exercise, Bridge Lessons, Crafts, Line Dancing, Day Trips

**Bozrah Senior Center
111 Bishop Road
Bozrah, CT 06334**

860-886-0363

Or call Town Hall

860-889-2689

Friday's 10:00 a.m. - 1:00 p.m.

E-mail: bozrahseniors@aol.com

Director

Jane Seder

Municipal Agent

Barbara MacFadyen
860-889-2689

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Medicare/Medicaid
Durable Medical Equipment Loan
Outreach
Volunteer Opportunities
Housing Referral
Nutrition Education

Energy
Transportation
Wheelchair Access
Monthly Newsletter
Telephone Reassurance
Health Screening
Community Café ~ Fridays

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL, ACTIVITIES

Card Games, Bingo, Knitting, Walking Track on Premises

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. - 1:00 p.m.
Director: Tamsen H. Harris

Municipal Agents:

Brooklyn: Tamsen H. Harris 860-774-1243
Canterbury: Patricia Rice 860-546-9693
Eastford: Evelyn Green 860-974-0133 Ext 3
Killingly: Muriel Traut 860-779-5334
Pomfret: Elizabeth Morin 860-974-0191
Putnam: Doug Cutler 860-963-6800
Sterling: Russell Gray 860-564-2904
Thompson: Donna Grant 860-923-9561
Woodstock: Connie Maynard 860-928-0208

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral	Wheelchair Access
Benefits	Monthly Newsletter
Insurance	Health Screenings
Medicare/Medicaid	Nutrition Education
Tax Assistance	Community Café~ M-F
Social Security	Home Delivered Meals
Volunteer Opportunities	Senior Resources Satellite Office -
Housing Referral	Mondays - 9:30 - 12:00

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL, ACTIVITIES

Exercise Group, Yoga, Bible Study

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
roxst.jean@aim.com

Municipal Agent:

Sara Sabo
860-455-1327

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral	Fixed Route/Dial-a-Ride
Insurance	Wheelchair Access
Medicare/Medicaid	Monthly Newsletter
Durable medical Equipment Loan	Telephone Reassurance
Tax Assistance	Health Screening
Volunteer Opportunities	Health clinic
Energy	Nutrition Education
Weatherization	Community Café ~ Wed Lunch,
Transportation	Thursday Breakfast

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL, ACTIVITIES

Watercolors, Tai Chi, Massage, Exercise, Craft Classes, Weekly Lunch Breakfast, Speakers, Wellness Clinic, Cards, Games, Pool Table, Large Screen TV, Computers

Colchester Senior Center
95 Norwich Avenue
Colchester, CT 06415
860-537-3911

Monday - Friday - 8:00 a.m. - 4:30 p.m.

Website: www.colchesterct.net/seniorcenter.html

Email: csc@colchesterct.gov

Executive Director:

Patti White

E-mail: csc@colchesterct.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral - Medicare/ Medicaid Benefits Insurance Medicare/Medicaid Tax Assistance Social Security Outreach Volunteer Opportunities Housing Referral Energy Assistance	Weatherization Transportation Fixed Route/Dial-a-ride Wheelchair Access Monthly Newsletter Friendly Visiting Telephone Reassurance Health Clinic Nutrition Education Community Café ~M-F Food Stamps
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EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL, ACTIVITIES

Pet Therapy, Line Dancing, Exercise, Cards, Arts & Crafts, Painting class,
Intergenerational Programs (with all four schools), Informational Seminars, Tai Chi, Yoga, Table
Tennis, Low Vision Support Group

**Beckish Senior Center
188 Route 66
Columbia, CT 06237**

860-228-0759

Fax 860-228-1952

Monday - Friday 9:00 a.m. - 4:00 p.m.

Director:

Donna Gray

Municipal Agent:

Ken Avery

E-Mail: beckish.sr.ctr@snet.net

860-228-0759

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Benefits
Food Stamps
Insurance
Medicare/Medicaid
Employment Bank
Tax Assistance
Social Security
Outreach
Volunteer Opportunities
Housing Referral

Energy
Weatherization
Transportation
Fixed Route/Dial-a-Ride
Wheelchair Access
Monthly Newsletter
Friendly Visiting
Health Screening
Health Clinic
Nutrition Education
Community Café ~ Wednesday
+ Fridays

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL, ACTIVITIES

Monthly Speakers, Exercise Program, Men's group, Cards, Bridge, Soup & Sandwich (once a month), Woodcarving, Crafts, Art Workshop, Quilting, Billiards, Cribbage, Get Up & Go Club, Day Trips, Occasional Overnight Trips, Book Club, Set Back, Informal Coffee with Center Director

Coventry
Community Center
Patriots Park
124 Lake Street
Coventry, CT 06238
Website: www.coventryct.org

PLANS TO BUILD SENIOR CENTER

Municipal Agent:

Courtney Chan
860-742-5324
Fax 860-742-8911
E-mail: cchan@coventryct.org
Website: www.coventryct.org

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:

Theresa Strong

Municipal Agent:

Catherine Jackson
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

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

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 Services
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 Roczniak

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
Quarterly Newsletter
Health Screening
Nutrition Education
Community Café ~ M-F
Home Delivered Meals

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Seminars, Cards, Computers, Puzzles, Tai 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 - 8:30 a.m. - 3 p.m.

Director/Municipal Agent:

JoAnn H. Ewing

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral	Weatherization
Benefits	Transportation
Insurance	Fixed Route/Dial-a-Ride
Medicare/Medicaid	Wheelchair Access
Durable Medical Equipment Loan	Monthly Newsletter
Tax Assistance	Health Screening
Social Security	Nutrition Education
Outreach	Community Café ~ M-F
Volunteer Opportunities	Home Delivered Meals
Housing Referral	
Energy Assistance	

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Medicare Informational Seminars, Financial Assistance, Health Information Clinics, Entertainment, Birthday Parties, Walking Clubs, Intergenerational Program (Generations Investing Friendships Together), Hand Chimes, Belltones Singing Group, Exercise, Cards, Day Trips

East Lyme Senior Center
37 Society Road
Niantic, CT 06357
860-739-5859
Fax 860-739-7003

Monday - Friday 8:30 a.m. - 4:30 p.m.
Website: www.eltownhall.com

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

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral	Weatherization
Benefits	Transportation
Food Stamps	Wheelchair Access
Medicare/Medicaid	Monthly Newsletter
Tax Assistance	Health Screening
Outreach	Nutrition Education
Volunteer Opportunities	Community Café ~ M-F
Housing Referral	Home Delivered Meals
Energy Assistance	Insurance Information
Medicare Part D Information	ConnPACE Info

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

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.

Franklin Seniors
7 Meethouse Hill Rd.
North Franklin, CT 06254
860-642-3936 (Town Hall)

Director/Municipal Agent:

April Griffin

rabgriff@yahoo.com

860-423-6883

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

Housing Referral
Energy
Weatherization
Transportation
Wheelchair Access
Monthly Newsletter
Health Screening
Nutrition Education
Community Café ~days offered (2)

EDUCATIONAL, RECREATIONAL & SOCIALIZATION ACTIVITIES

Bingo, Trips, Quilting/Sewing, Wii Games, Social Time (Coffee), Various Speakers + 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.griswoldrg/seniorcenter.html

Director/Municipal Agent:

Tina Falck

griswoldseniors@yahoo.com

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

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

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Mind Aerobics, Daily Card Games, Daily Fitness Program, Art Classes, Line Dancing, Chorus, Billiards, RSVP, Monthly Day Trips & Overnight Trips, Quilting, Swedish Weaving, Crafts.

**Groton Senior Center
42 Smith Lane
Noank, CT 06340**

860-536-5730

Fax 860-441-6789

Website: www.groton.town.ct.us

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

Director:

Mary Jo Riley

mriley@town.groton.ct.us

Municipal Agent:

Marge Fondulas

mfondulas@town.groton.ct.us

860-441-6760

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Insurance
Outreach
Volunteer Opportunities
Transportation
Fixed Route/Dial-a-Ride
Wheelchair Access
Home Delivered Meals

Monthly Newsletter
Gatekeeper Program
Friendly Visiting
Health Screening
Dental Clinic
Health Clinic
Nutrition Education
*Community Café ~(own cafeteria)

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

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
860-445-9132

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

No Senior Center

Municipal Agent:
Priscilla Donnelly
860-642-4580

Ledyard Senior Center

12 Van Tassell Drive

Gales Ferry, CT 06335

860-464-0471

Fax 860-464-2124

Monday - Friday 8:30 a.m. - 2:30 p.m.

Website: <http://www.town.ledyard.ct.us/seniorcenter.html>

Email: ledsenior@snet.net

Director/Municipal Agent:

Margaret Lathrop

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Tax Assistance
Outreach
Volunteer Opportunities
Senior Discount/ID
Housing Referral
Energy
Transportation

Wheelchair Access
Monthly Newsletter
Health Screening
Nutrition Education
Community Café ~ M, Tu, Th, F
Home Delivered Meals
Host Alzheimer's Focus Group

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Yoga, Tai Chi, Dancing, Exercise, Ceramics, Art Drawing, Arts & Crafts, Bingo, Cards, Trips (Local & Out of Town), Hairdresser, Library, Bazaar, Special Events

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

Email: jjencks@lisbonct.com

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral	Transportation
Benefits	Fixed Route/Dial-a-Ride
Food Stamps	Wheelchair Access
Insurance	Monthly Newsletter
Medicare/Medicaid	Gatekeeper Program
Durable Medical Equipment Loan	Telephone Reassurance
Tax Assistance	Health Screening
Social Security	Health Clinic
Outreach	Nutrition Education
Volunteer Opportunities	Community Café ~ M-F
Senior Discount/ID	Home Delivered Meals
Energy	Homemaker
Weatherization	Home Health Aide

EDUCATIONAL, RECREATIONAL, & SOCIALIZATION ACTIVITIES

Wii plus Wii bowling and golf leagues, pool tables, exercise, crafts, knitting, crocheting, bingo, art groups, art classes, computer lab, games, cards, rummicube, chair caning, carving, basket weaving, men's group, order today lunches, speakers, seminars, day and overnight trips.

Lymes' Senior Center
PO Box 597
26 Town Woods Road
Old Lyme, CT 06371
860-434-4127

Fax 860-434-4127

Monday - Friday 10:00 a.m. - 4:00 p.m.

Email: lymesenior@sbcglobal.net

Director:

Sherry A. Meyer

Municipal Agent: Town of Old Lyme

Don Tapper

860-434-5334

Municipal Agent: Town of Lyme

Linda Winzer

Website: www.twnlyme.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Food Stamps
Medicare/Medicaid
Durable Medical Equipment Loan
Tax Assistance
Social Security
Volunteer Opportunities
Housing Referral
Energy

Fixed Route/Dial-a-ride
Wheelchair Access
Quarterly Newsletter
Health Screening
Health Clinic
Nutrition Education
Community Café ~ M-F
Home Delivered Meals
Support Group - Depression

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

VNA on Site, Exercise, Bridge, Crafts, Tai Chi, Computers, Bingo, Senior Club,
AARP Save Driving Courses, Summer Concert Series, Day and Overnight Trips

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.

Saturday 8:30 a.m. - 1:00 p.m.

Website: www.mansfieldct.org

E-mail: SeniorCntr@mansfieldct.org

Senior Services Coordinator:

Patricia Richardson

Municipal Agent:

Kevin Grunwald 860-429-3315

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral	Podiatrist
Counseling	Reflexologist
Benefits	Nutrition Education
Food Stamps	Health Talks
Insurance	Community Café ~ 6x/week
Medicare/Medicaid	Home Delivered Meals
Durable Medical Equipment Loan	Support Groups:
Tax Assistance	Alzheimer's, Low Vision,
55 Alive Safe Driving Courses	Cancer Group, MS Support,
Social Security	Grandparent Raising Grandchildren
Volunteer Opportunities	Reduced tickets to many Jorgensen
Wheel Chair Access	Events
Monthly News Letter	Free Public Bus Passes to
Health Screening	Mansfield Residents
Health Clinic	

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Monthly Birthday Lunches, Monthly Special Events with Entertainment, Quilting, Knitting, Mah Jong, Bridge (3 varieties), Bingo, Chorus, Weekly Movie, Book Discussion Group, Genealogy Group, Red Hat Group, Travel Trips, Jewelry Making, Annual Intergenerational Dinner with EO Smith, Computer Classes, Drawing Classes, Jazz, Modified Ballet, Wii Bowling, Setback, Scrabble, Brain Aerobics, Specialized Exercise Programs, Yoga, Tai Chi, Tap Dancing, French & Spanish Conversational Classes, Art Classes.

**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: a_astle@middlefield-ct.com

**Director/Municipal Agent:
Antoinette Astle**

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

Brain Aerobics, Workshops, Chair/Mat Yoga, Bridge, Exercise Classes, Bingo
Card, Bocce, Foot care, Seasonal Parties, BBQs, Knitting/Crocheting, Computer and Internet,
Wii.

Middletown Senior Center 150 Williams Street Middletown, CT 06457

860-344-3513

Fax 860-343-5427

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

Website: www.cityofmiddletown.com

Director:

Raymond Santostefano

E-mail: raymond.santostefano@cityofmiddletown.com

Municipal Agent:

Emma Figueroa

860-343-5424

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

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

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Driving Refresher Classes, Bowling, Wii Bowling, Movies, Ping-Pong, Ceramics, Knitting, Aerobics, Line Dancing, Tai Chi, Memoir Writing, Yoga, Senior Computer Training Program, Greenhouse Community Garden, Bingo, Cards, Birthday Parties, Guest Speakers, Contests, Day Bus Trips, Oil Painting, Chartered Bus Trips, Community Service Projects, Senior Chorus

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

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Computer Classes, Workshops, Exercise, Yoga, Massage Therapy, Bingo, Cards, Arts & Crafts Lessons, Painting & Drawing Classes, Sign Language, Spanish classes, Tap Dance, Country & Line Dancing, Walking Group & Trips

New London Senior Center 120 Broad Street New London, CT 06320

860-447-5232

Fax 860-701-7681

Monday - Friday 8:00 a.m. - 3:30 p.m.

Website: <http://newlondon.qscend.com>

**Director/Municipal Agent:
Elizabeth Witter**

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral	Transportation
Benefits	Wheelchair Access
Medicare/Medicaid	Monthly Newsletter
Durable Medical Equipment Loan	Friendly Visiting
Tax Assistance	Rental Rebate
Volunteer Opportunities	Smith Memorial Fund
Senior Discount/ID	Nutrition Education
Housing Referral	Community Café ~ offered 5 days
Home Delivered Meals	

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Ceramics, Knitting, Trips, Special Programs, Sunday Movie Program, Arts & Crafts

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 9:00 a.m. - 4:00 pm.

Website: <http://nsseniiorcenter.org>

Director/Municipal Agent:

Kim Varas

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Benefits
Medicare/Medicaid
Tax Assistance
Social Security
Volunteer Opportunities
Housing Referral
Energy
Weatherization
Transportation
Wheelchair Access

Monthly Newsletter
Friendly Visiting
Telephone Reassurance
Health Screening
Nutrition Education
Community Café ~ Wednesdays
Home Delivered Meals—Friday
Support Group: Depression

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVIES

Monthly Entertainment with a Theme, Craft Classes, Scrabble, Uno, Bingo, Pitch, Movies, Arthritic Tai Chi, Quilting, Sewing, Exercise, Art Classes, Mystery Lunch & Day Trips

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

Director:

Mike Wolak

E-mail: mwolak@cityofnorwich.org

Municipal Agent/Outreach Administrator:

Natalie Lindberg

860-889-5960

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
Photo/ID
Housing Referral
Energy

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

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 - 8:00 a.m. - 1:00 p.m.

Website: www.ecsenior.org

Director:

Paula Ferrara

E-mail: estuary.council@snet.net

Municipal Agents:

Chester: Rosie Binger 860-526-0013

Clinton: Ann Schmidt 860-669-6802

Deep River: Nell Johnson 860-526-1130

Essex: Maria Warnagiris 860-767-4348

Killingworth: Diane Gladstone 860-663-1765

Lyme: Linda Winzer 860-434-7733

Old Lyme: Don Tapper 860-434-2120

Old Saybrook: Joanne Messner 860-395-3190

Westbrook: Sharon Lessard 860-399-3048

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Meals on Wheels

Congregate Lunch

Congregate Breakfast

Preventative Health and Benefit Counseling

Health Screening

Support Groups

Free Legal Advice

Foot Care

Haircuts

Exercise Classes

Dance Classes

EDUCATIONAL, RECREATIONAL & SOCIALIZATION ACTIVITIES

Caregiver Education, Computer Courses, AAA Driving Courses, Art Classes, Craft Classes, Writers' Group, Computer Club, Monthly Artist of the Month Receptions, Book Club, Card Games, Mah Jong, Wii Bowling, Ping Pong.

**Plainfield Senior Center
482 Norwich Road
Plainfield, CT 06374**

860-564-1819

Fax 860-564-1427

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

Website: www.plainfieldct.org

Director/Municipal Agent:

Myra Ambroggi

Email: mambroggi@plainfieldct.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Tax Assistance
Social Security
Volunteer Opportunities
Transportation
Home Delivered Meals

Wheelchair Access
Monthly Newsletter
Health Screening
Health Clinic
Nutrition Education
Community Café ~ M - F

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Arts and Crafts, Exercise Program, Monthly Social & Trips, Chorus,
Special Events, Senior Club.

Portland Senior Center 7 Waverly Avenue Portland, Ct 06480

860-342-6760

Fax 860-342-6762

Monday - Friday 9:00 a.m. - 4:00 p.m.

Website: www.portlandct.org

Director/Municipal Agent:

Mary Flood

E-mail: mflood@portlandct.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral	Energy Assistance
Benefit Programs	Weatherization
Community Café ~ M - F	Transportation
Medicare/Medicaid	Red Cross/Dial-a-Ride
Durable Medical Equipment Loans Limited	Out of District Medical Transportation
Income Tax Assistance	Wheelchair Access
Outreach	Monthly Newsletter
Volunteer Opportunities	Health Screenings
Housing Referral	Health Clinics
Meals on Wheels	Nutrition Education
Food Bank	Mammograms
Wellness Checks	Support Groups: TOPS-Weight Loss,
Foot Care Clinics	Narcotics Anon. MOMS, Traumatic
	Brain Injury

EDUCATIONAL, RECREATIONAL & SOCIALIZATION ACTIVITIES

Yoga Classes, Safe Driving Classes/AARP, Computer Classes, Aerobics, Bingo,
Sojourn Teddy Bears, Crafts, Stretch Flex & Tone Exercises, Bowling, Line Dance, Ball Room Dance, Knitting,
Cards, Bocce, Movies, Bus Trips - Day & Overnights, Shopping, Watercolor Classes, ART Van, Bridge, Wii, Crib-
bage, Tai Chi,
Hartford Stage, Guest Speakers

**Preston Senior Center
42 Long Society Road
Preston, CT 06365**

860-889-0770

Or

Town Hall 860-887-5581 ext 6

Tuesday and Thursday - 1:00 p.m. - 4:00 p.m.

Senior Center Congregate Meals: Mondays 9:00 a.m. -

**Municipal Agent:
Fran Minor**

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

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 215
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

Bus Trips

Scotland

No Senior Center

Municipal Agent:
Alice Bury
860-546-9572

Sprague Senior Center
PO Box 677
1 Main Street
Baltic, CT 06330
860-822-3000 Ext 203
Fax 860-822-3013
Website: www.ctsprague.org

Director:
Marie Davis

E-mail: seniorcoordinator@ctsprague.org

Municipal Agent:
Margaret Delaney
860-822-3000 ext 210

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Benefits
Medicare/Medicaid
Durable Medical Equipment Loan
Housing Referral
Energy
Weatherization
Transportation

Quarterly Newsletter
Postal Alert
Health Screening
Nutrition Education
Community Café ~ M - F
Wheelchair Access
Home Delivered Meals

**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

Director:

Vicki Anderson

E-mail: Vicki@the-pnc.org

Stonington Municipal Agent:

Carol Umphlett

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: Alcoholics Anonymous,
Narcotics Anonymous, CODA

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Multi-Medium Art Class, Tai Chi Class, Scrapbooking Class, Bingo, Entertainment, Line Dancing, Informational Speakers, Red Hat Senior Trips

Stonington Community Center

298 Cutler Street

Stonington, CT 06378

860-535-2476

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

Please call for additional hours

Website: www.thecommo.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Congregate Meals
Transportation
Crafts
Stonington Golden Agers

Tai Chi
Yoga
Pottery
CHOICES Counseling
Shuffleboard

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
Mail: 15 Rope Ferry Road
Center: 24 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 Richie

Email: sritchie@waterfordct.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Transportation
Community Café ` M - F
Home Delivered Meals
Bi-Monthly Newsletter
Home Visits
Insurance Counseling CHOICES
Volunteer Program
Wheelchair Accessible

Assistance with Applications for:
Medicare and Medigap
ConnPace
QMB, ALMB, QI
Housing
Food Stamps
Medicaid
Energy Assistance
Renter's Rebate

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Fitness Classes, Strength Training, Balance Program, Hiking, Get out of the House Group,
Exercise for People with Arthritis,
Cranial Conundrums, Creative Writing, Meditation, Quilting, Variety of Card Games, Evening
Seminars, Special luncheons and Dinners, Trips, Support Groups, Health Information Programs,
Blood Pressure Checks, and Nutrition Education.

**Westbrook Senior Center
Mulvey Municipal Center
866 Boston Post Road
Westbrook, CT 06498**

860-399-3187

Fax 860-399-3015

Monday, Tuesday & Wednesday 9:00 a.m. - 4:00 p.m.

Thursday 9:00 a.m. - 7:00 p.m.

Friday 9:00 a.m. - 12:00 p.m.

**Director:
Sharon Lassard**

**Municipal Agent:
Dorothy Goss
860-399-3048
E-mail: dgoss@westbrookct.us**

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Benefits
Medicaid/Medicare
Outreach
Volunteer Opportunities
Energy
Weatherization

Wheelchair Access
Newsletter/Quarterly
Friendly Visiting
Telephone Reassurance
Nutrition Education
Community Café ~ 1 day a week
Support Group

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Cards, Bingo, Craft Group, Computer Classes, Educational Classes, Guest Speakers

**Willington Senior Center
60 Old Farms Road
Willington, CT 06279
860-429-8321**

Monday - Friday 9:30 a.m. - 1:30 p.m.

**WAM Senior Services
(Willington, Ashford & Mansfield)
40 Old Farms Road
Willington, CT 06279
860-487-3128
Fax 860-487-3125**

Tuesday - Thursday by appointment

Website: www.willingtonct.org

Director of WAM Social Services:

Municipal Agent:

**Gigi Booth
860-429-0516**

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral	Transportation
Food Stamps	Fixed Route/Dial-a-Ride
Medicare/Medicaid	Wheelchair Access
Durable Medical Equipment Loan	Monthly Newsletter
Tax Assistance	Friendly Visiting
Outreach	Health Screening
Volunteer Opportunities	Nutrition Education
Housing Referral	Community Café ~ offered 5 days
Energy	Home Delivered Meals
Weatherization	Homemaker Referrals
Food Share	Home Health Aide Referrals

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Monthly Speakers, Entertainment, Bust 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, ect.

McSweeney Regional Senior Center

47 Crescent Street

Willimantic, CT 06226

860-423-4524

Fax 860-450-1665

Monday - Thursday 8:30 a.m. - 4:00 p.m.

Website: www.McSweeneySeniorCenter.org

E-mail: McSweeney@snet.net

Director:

Municipal Agents:

Ashford: Kay Warren 860-48-3744

Chaplin: Rusty Lanzit 860-455-0073

Columbia: Terry Young 860-228-0759

Coventry: Courtney Chan

Lebanon: Priscilla Donnelly 860-642-4580

Mansfield: Kevin Grunwald 860-429-3314

Scotland: Alice Bury 860-546-9572

Willimantic: Cindy St. Martin 860-465-3065

Willington: Gigi Booth 860-429-0516

Windham: Cindy St. Martin 860-465-3065

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral
Medicare/Medicaid
Durable Medical Equipment Loan
Tax Assistance
Outreach
Volunteer Opportunities
Housing Referral
Transportation
Fixed Route/Dial-a-Ride
Recreational Trips

Wheelchair Access
Monthly Newsletter
Friendly Visitor
Health Screening
Dental Clinic
Heath Clinic
Nutrition Education
Community Café ~ M - Thurs.
Lunch 11:30
Home Delivered Meals
Support Group - Parkinsons

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVIES

Dining Room is a gathering place for all activities, Coffee/Tea always available, Card Games, Scrabble, Movies, Newspapers, Health Education Programs, Special Events