

**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	
Housing Referral	

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL, ACTIVITIES

Talks & Information Sessions, 1 Special Dinner Per Month With Entertainment

Chaplin Senior Center

132 Chaplin Street

Chaplin, CT 06235

860-455-1327

Fax 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:

Ken Avery
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 ~ Wed Lunch,
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

Fax 860-537-5574

Website: www.colchesterct.net/seniorcenter.html

Director/Municipal Agent:

Cathy Russi

E-mail: csc@colchesterct.org

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

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

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Pet Therapy. Line Dancing, Exercise, Cards, Arts & Crafts, Painting class,
Intergenerational Programs (with all four schools)

**Beckish Senior Center
188 Route 66
Columbia, CT 06237
860-228-0759**

Fax 860-228-8685

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

Director:

Donna Gray

Municipal Agent:

Terry Young

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 ~ Thursdays

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL, ACTIVITIES

Monthly Speakers, Exercise Program, Men's group, Cards, Bridge, Soup & Sandwich (once a month), Woodcarving, Crafts, Bingo, Art Workshop, Quilting, Billiards, Cribbage, Get Up & Go Club, Day Trips, Occasional Overnight Trips, Book Club, Self Defense, 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 860-632-3435

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

Website: www.cromwellct.com

Director:

Theresa Strong

Municipal Agent:

Mary Lou Murphy
860-635-5953

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

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

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, Oil Painting, Choral Group, Quilting Group, Bowling League, Golf League, Monthly Dinners, Billiards, Bingo, Educational Seminars, 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
Tax Assistance
Volunteer Opportunities
Housing Referral
Energy

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, Water Colors, Exercise Equipment, Intergenerational Bingo, Swimming, Billiards

East Hampton Senior Center

105 Main Street

East Hampton, CT 06424

860-267-4426

Fax 860-267-7682

Website: www.easthamptonct.org

Email: ehctsrctr@yahoo.com

Monday, Tuesday and Thursday - 8:30 a.m. - 4 p.m.

Wednesday—8:30 a.m. - 6:30 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	Photo ID's
	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

**Franklin Seniors
5 Tyler Square
Franklin, CT 06254
860-642-6055 (Town Hall)**

Director/Municipal Agent:

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral	Housing Referral
Benefits	Energy
Food Stamps	Weatherization
Insurance	Transportation
Medicare/Medicaid	Wheelchair Access
Durable Medical Equipment Loan	Monthly Newsletter
Tax Assistance	Health Screening
Social Security	Nutrition Education
Outreach	Community Café ~days offered (1)
Volunteer Opportunities	

Griswold Senior Center
22 Soule Street
Jewett City, CT 06351
860-376-2604

Monday - Friday 8:00 a.m. - 3:30 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
Medicare/Medicaid
Durable Medical Equipment Loan
Outreach
Volunteer Opportunities
Housing Referral
Energy
Nutrition Education
Support Group: Bereavement

Transportation
Wheelchair Access
Monthly Newsletter
Friendly Visiting
Telephone Reassurance
Health Screening
Dental Clinic
Community Café ~ M-F

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Mind Aerobics, Daily Card Games, Fitness Program, Art Classes, Line Dancing, Chorus,
Monthly Day Trips & Overnight Trips

Groton Senior Center

102 Newtown Road

Groton, CT 06340

860-441-6785

Fax 860-441-6789

Website: www.grotonrec.com

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

Director:
Mary Jo Riley

Municipal Agent:
Marge Fondulas
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
Benefits
Food Stamps
Insurance
Medicare/Medicaid
Durable Medical Equipment Loan
Tax Assistance
Social Security
Outreach
Volunteer Opportunities
Senior Discount/ID
Energy
Weatherization

Transportation
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
Homemaker
Home Health Aide

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.

Website: www.mansfieldct.org

E-mail: SeniorCntr@mansfieldct.org

Director:

Patricia Hope

E-mail: hopep@mansfieldct.org

Municipal Agent:

Kevin Grunwald 860-429-3315

Jean Ann Kenny 860-429-0262 x103

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

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

Wheelchair Access
Monthly Newsletter
Telephone Reassurance
Health Screening
Health Clinic
Nutrition Education
Community Café ~ 5x/week
Home Delivered Meals
Support Groups:
Alzheimer's, Low Vision,
Cancer Group, Diabetic (at times)

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Monthly Birthday Celebration, Monthly Large Program with Entertainment, Quilting, Knitting, Silversmithing, Art Watercolors, Mah Jong, Bridge (3 varieties), Bingo, Chorus, Weekly Movie, Book Discussion Group, 55 Alive Safe Driving Classes, Genealogy Group, Red Hat Group, Travel Trips, Jewelry Making, Annual Intergenerational Dinner with EO Smith, 3 Dinners by Allied Health Students at UConn, Bazaars, Auctions, Computer Classes, Specialized Exercise Programs, Yoga, Tai Chi, Tap Dancing, French & Spanish Conversational Classes²

**Middlefield Senior Center
405 Main Street
Middlefield, CT 06455**

860-349-7121

Fax 860-349-8537

Monday - Wednesday 8:00 a.m. - 3:00 p.m.

Thursday & Friday 8:00 a.m. - 12:00 p.m.

Website: www.munic.state.ct.us/MIDDLEFIELD/serv_senior.htm

Email: tom.sensoc@sbcglobal.net

**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

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

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVIES

Brain Aerobics, Workshops, Chair/Mat Yoga, Bridge, Exercise Classes, Bingo
Card, Bocce, Footcare

Middletown Senior Center

150 Williams Street

Middletown, CT 06457

860-344-3513

Fax 860-343-5427

Website: www.cityofmiddletown.com

Director:

Tom Hardin

E-mail: tom.hardin@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	Gatekeeper Program
Insurance	Monthly Senior column in Newspapers
Medicare/Medicaid	Pharmacy Seminars
Tax Assistance	Flu Shot Clinic
Social Security	Health Clinic (Health Fair)
Outreach	Nutrition Education
Volunteer Opportunities	Community Café ~ M-F
Housing referral	Home Delivered Meals
Transportation	Support Group:
Health Screening & Blood Pressure	Grandparents, Foot Care
Hearing Test	

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

Driving Refresher Classes, Bowling, Men's Breakfasts, Movies, Super/Entertainment, Dances, Bocce, Ping-Pong, Ceramics, Knitting, Aerobics, Line Dancing, Tai Chi, Dancercise, memoir Writing, Yoga, Senior Net Computer Training Program, Greenhouse Community Garden, Bingo, Cards, Birthday Parties, Guest Speakers, Contests, Day Bus Trips, Crafts, Oil Painting, Large Talent Show, Chartered Bus Trips, Community Service Projects, Cooking

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	Monthly Newsletter
Benefits	Friendly Visiting
Medicare/Medicaid	Telephone Reassurance
Tax Assistance	Health Screening
Social Security	Nutrition Education
Volunteer Opportunities	Community Café ~ Wednesdays
Housing Referral	Home Delivered Meals—Friday
Energy	Support Group: Depression
Weatherization	
Transportation	
Wheelchair Access	

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. - 3:00 p.m.

Website: www.escenior.org

Director:

Paula Ferrara

E-mail: estuary.council@snet.net

Municipal Agents:

Chester: Rosie Binger 860-526-0013

Clinton: Miguel Escalera 860-669-9333

Deep River: Nell Johnson 860-526-6093

Essex: Lynne Beetz 860-767-4340

Killingworth: Diane Gladstone 860-663-4002

Lyme: Linda Winzer 860-434-7733

Old Lyme: Don Tapper 860-434-5334

Old Saybrook: Joanne Messner 860-395-3188

Westbrook: Dorothy Goss 860-399-3048

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 Ambrogi

Email: mambrogi@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

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.portland.org

Director/Municipal Agent:

Beth Morrissette

E-mail: bmorrissette@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 Loan Limited	Out of District Medical Transportation
Tax Assistance	Wheelchair Access
Out of District Medical Transportation	Monthly Newsletter
Outreach	Postal Alert
Volunteer Opportunities	Health Screenings
Housing Referral	Health Clinics
Home Delivered Meals	Nutrition Education
Food Bank	Mammograms
Wellness Checks	Support Groups: TOPS-Weight Loss, Narcotics Anon. MOMS
	Foot Care Clinics

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, Rummy Cube, Bocce, Movies, Bus Trips - Day & Overnights, Mini Day Trips, Cruises, Shopping Trips, 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

Pawcatuck Neighborhood 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
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, Dance classes, hiking, Exercise for People with Arthritis, Cranial Conundrums, Creative Writing, Meditation, Quilting, Yarnworks, Variety of Card Games, Evening Dances, 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:

**Dottie La Grua, MS, RD,CD
E-mail: dlagrua@westbrookct.us**

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

Website: www.McSweeneySeniorCenter.org

E-mail: McSweeney@snet.net

Director: Rose Fowler

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 - F
Lunch 11:30, Breakfast
8:30—9:30
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