

**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](http://www.ashfordtownhall.org)**

**Email address: [ew.smith.sr@snet.net](mailto:ew.smith.sr@snet.net)**

**Coordinator**

Judy Lucas

**Municipal Agent**

Kay Warren

5 Town Hall

Ashford, CT 06278

860-487-3744

[kwarren1943@yahoo.com](mailto: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](mailto:bozrahseniors@aol.com)**

**Director**

Jane Seder

**Municipal Agent**

Barbara MacFadyen  
860-889-2689

**SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER**

Information & Referral  
Food Stamp Assistance  
Durable Medical Equipment  
Outreach  
Transportation

Community Café  
Volunteer Opportunities  
Newsletter  
Nutrition Education  
Health Screenings

**EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES**

Card games, Bingo, Talks and Informational Sessions, Book Clubs

**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.**

**Director: Tamsen H. Harris**  
**Email: [qvsc@sbcglobal.net](mailto:qvsc@sbcglobal.net)**

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

**EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL, ACTIVITIES**

Exercise, Arts & Crafts, Day Trips, Card Games,  
Talks & Informational Sessions,

**Chaplin Senior Center**  
**132 Chaplin Street**  
**Chaplin, CT 06235**  
**860-455-1327**

**Website: [www.chaplinct.org](http://www.chaplinct.org)**

**Monday - Thursday 9:00 a.m. - 2:00 p.m.**

**Director:**

Roxanne St. Jean  
[roxst.jean@aim.com](mailto:roxst.jean@aim.com)

**Municipal Agent:**

Sara Sabo  
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**

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

**Website: [www.colchesterct.net/seniorcenter.html](http://www.colchesterct.net/seniorcenter.html)**

**Email: [csc@colchesterct.gov](mailto:csc@colchesterct.gov)**

**Executive Director:**

Patti White

E-mail: [csc@colchesterct.org](mailto: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**

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

**Director:**

Donna Gray, MA

**Municipal Agent:**

**E-Mail: [beckish.sr.ctr@snet.net](mailto:beckish.sr.ctr@snet.net)**

**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  
Congregate Meals 2x/week

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

**EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL, ACTIVITIES**

Exercise, Arts & Crafts, Line Dancing, Day Trips, Card Games, Knitting, Talks & Informational Sessions, Billiards, Computers, T.V., Men's Groups, Women's Groups, Quilting, Overnight Trips, Book Clubs, Yoga, Manicures, Woodcarving, Informal Coffee with Center Director, AARP Driving Course (2/year)

**The Coventry Senior Center**  
**Community Center**  
**Patriots Park**  
**174 Lake Street**  
**Coventry, CT 06238**

**Website:** [www.coventryct.org](http://www.coventryct.org)

Mailing address: 1712 Main Street  
Coventry, CT 06238

**Senior Center Coordinator**

Joan Oros

[joros@coventryct.org](mailto:joros@coventryct.org)

**Municipal Agent:**

Courtney Chan

**860-742-5324**

**Fax 860-742-8911**

**E-mail:**

[cchan@coventryct.org](mailto:cchan@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](http://www.cromwellct.com)**

**Director:**

Theresa Strong  
[tstrong@cromwellct.com](mailto:tstrong@cromwellct.com)

**Municipal Agent:**

Catherine Jackson  
[cjackson@cromwellct.com](mailto: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](http://www.townofdurhamct.org)

E-mail: [jmuraca@townofdurhamct.org](mailto: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](http://www.easthaddam.org/EHSC)

Email: [seniors@easthaddam.org](mailto: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](http://www.seniorcenterehct.blogspot.com)**

**Email: [ehctsrctr@yahoo.com](mailto:ehctsrctr@yahoo.com)**

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

**Friday - 8:30 a.m. - 3 p.m.**

**Director/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  
Energy Assistance

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 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, Arts & Crafts, Line Dancing, Bingo, Knitting, Computers, T.V., Quilting, Overnight Trips, Bowling Leagues, Wii Competitions.

**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](http://www.eltownhall.com)**

**Director/Municipal Agent:**  
**Cathy Wilson**  
**Email: [e.lyme.senior@snet.net](mailto:e.lyme.senior@snet.net)**

**SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER**

Information & Referral	Weatherization
Food Stamps	Transportation
Insurance Counseling/Medicare/ Medicaid	Wheelchair Access
Tax Assistance	Monthly Newsletter
Outreach	Health Screening
Volunteer Opportunities	Nutrition Education
Housing Referral	Community Café ~ M-F
Energy Assistance	Home Delivered Meals
Medicare Part D Information	Insurance 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, Card Games, Talks & Informational Sessions, T.V., Quilting, Book Clubs, Golf Leagues.

# Franklin Seniors

## 7 Meetinghouse Hill Rd.

### North Franklin, CT 06254

860-642-3936 (Town Hall)

**Director/Municipal Agent:**

**April Griffin**

**[rabgriff@yahoo.com](mailto: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.griswold-ct.org/seniorcenter.html](http://www.griswold-ct.org/seniorcenter.html)**

**Director/Municipal Agent:**

**Tina Falck**

**[griswoldseniors@yahoo.com](mailto: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
Food Stamp Assistance	Social Security Information
Tax Assistance	Weatherization Assistance
Home Delivered Meals	

**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, Bingo, Knitting, Talks & Informational Sessions, Computers, T.V., Book Clubs, Wii Bowling Leagues.

# Groton Senior Center

## 102 Newton Road

### Groton, CT 06340

860-441-6785

Fax 860-441-6789

Website: [www.groton.town.ct.us](http://www.groton.town.ct.us)

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

**Director:**

**Mary Jo Riley**

[mriley@town.groton.ct.us](mailto:mriley@town.groton.ct.us)

**Municipal Agent:**

**Marge Fondulas**

[mfondulas@town.groton.ct.us](mailto: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**  
**860-455-9132**

**Website: [www.hamptonct.org](http://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**

**Fax: 860-642-3041**

**Mon. - Thurs. 9:00 a.m.-4:00 p.m.**

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

**Website: [www.lebanontownhall.org](http://www.lebanontownhall.org)**

**Email address: [seniorcenter@lebanontownhall.org](mailto:seniorcenter@lebanontownhall.org)**

**Municipal Agent:  
Priscilla Donnelly  
860-642-4580**

**SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER**

Bingo  
Crafts  
Computer Class  
Exercise Class  
Haircuts  
Line Dancing  
Manicure  
Massage

Pedicure  
Poker  
Pool  
Quilting  
Setback  
Walk around the Green  
Watercolors  
Yoga

# Ledyard Senior Center

## 12 Van Tassell Drive

### Gales Ferry, CT 06339

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](mailto:ledsenior@snet.net)

Director/Municipal Agent:

Carol Geiler

#### 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](mailto:jjencks@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  
Senior Discount/ID  
Energy  
Weatherization  
Housing Referrals  
Friendly Visiting

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

#### **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, T.V., Women's Groups.

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

**Fax 860-434-4127**

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

**Email: [lymesenior@sbcglobal.net](mailto: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](http://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 Assistance  
Weatherization Assistance

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  
Monthly Newsletter

**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, T.V.,  
Talks & Informational Sessions, Card 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.

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

Website: [www.mansfieldct.org](http://www.mansfieldct.org)

E-mail: [SeniorCntr@mansfieldct.org](mailto: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](mailto: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](http://www.cityofmiddletown.com)

**Director:**

**Raymond Santostefano**

E-mail: [raymond.santostefano@cityofmiddletown.com](mailto:raymond.santostefano@cityofmiddletown.com)

**Municipal Agent:**

**Emma Figueroa**

**860-343-5424**

**SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER**

Information & Referral

Benefits

Food Stamps

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

Nutrition Education

Community Café ~ M-F

Home Delivered Meals

Support Group:

Grandparents, Foot Care

**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](http://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 (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](http://www.ci.new-london.ct.us)**

**Director/Municipal Agent:**

**Elizabeth Witter**

**Email: [ewitter@ci.new-london.ct.us](mailto: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  
Senior Discount/ID  
Housing Referral  
Home Delivered Meals

Transportation  
Wheelchair Access  
Monthly Newsletter  
Friendly Visiting  
Rental Rebate  
Smith Memorial Fund  
Nutrition Education  
Community Café ~ offered 5 days  
Social Security Information

## **EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVIES**

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 9:00 a.m. - 3:00 pm.

Website: <http://nsseniorcenter.org>

Director/Municipal Agent:

Teresa Pensis

Email: [north.stonington@snet.net](mailto:north.stonington@snet.net)

## SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

Information & Referral  
Durable Medical Equipment  
Outreach  
Medicare/Medicaid  
Tax Assistance  
Social Security  
Volunteer Opportunities  
Housing Referral  
Energy Assistance  
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 ACTIVITIES

Monthly Entertainment with a Theme, Craft Classes, Scrabble, Uno, Bingo, Pitch, Movies, Arthritic Tai Chi, Quilting, Sewing, Exercise, Art Classes, Mystery Lunch & Day Trips, Knitting, Talks & Informational Sessions, Computers, T.V., Men's Groups, Women's Groups, Overnight Trips, Self Defense Classes.

# 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](http://www.norwichct.org)

Director:  
Mike Wolak

E-mail: [mwolak@cityofnorwich.org](mailto:mwolak@cityofnorwich.org)

Municipal Agent/Outreach Administrator:

Natalie Lindberg

Email: [nlindberg@cityofnorwich.org](mailto:nlindberg@cityofnorwich.org)

860-889-5960

## 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

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## 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 from disabled/SR's 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 - 8:00 a.m. - 1:00 p.m.**

**Website: [www.ecsenior.org](http://www.ecsenior.org)**

**Director:**

**Paula Ferrara**

**E-mail: [estuary.council@snet.net](mailto: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](http://www.plainfieldct.org)**

**Director/Municipal Agent:**

**Myra Ambrogi**

**Email: [mambrogi@plainfieldct.org](mailto: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, 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](http://www.portlandct.org)

Director/Municipal Agent:

Mary Flood

E-mail: [mflood@portlandct.org](mailto: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](http://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](http://www.ctsprague.org)**

**Director:**  
**Marie Davis**

**E-mail: [seniorcoordinator@ctsprague.org](mailto: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](http://www.the-pnc.org)**

**Director:**

**Vicki Anderson**

**E-mail: [Vicki@the-pnc.org](mailto: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

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**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.thecomo.org](http://www.thecomo.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](mailto: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](http://www.waterfordct.org)**

**Director/Municipal Agent:**

**Sally Richie**

**Email: [sritchie@waterfordct.org](mailto: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 Lessard**

**Municipal Agent:  
Sharon Lessard**

**Email: [slessard@westbrookct.us](mailto:slessard@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**

**Monday - Thursday by appointment**

**Website: [www.willingtonct.org](http://www.willingtonct.org)**

**Director of WAM Social Services:**

**Tara Bergeron Martin  
[wfyss@willingtonct.org](mailto:wfyss@willingtonct.org)**

**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](http://www.McSweeneySeniorCenter.org)**

**E-mail: [McSweeney@snet.net](mailto:McSweeney@snet.net)**

**Director: Kit Eves**

## **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