The mission of the Western Connecticut Area Agency on Aging, Inc., is to develop, manage and provide comprehensive services for seniors, caregivers and individuals with disabilities through person-centered planning in order to maintain their independence and quality of life.

A quick guide to services for seniors, caregivers and individuals with disabilities available in Northwestern CT.
ABOUT THIS BOOKLET

This booklet is about WCAAA and the direct services available in the 41 towns of Western CT, most of which are targeted for seniors age 60+. Exclusions are noted in each section. Services may be available state wide and information can be obtained by calling the WCAAA, 1-800-994-9422, or the municipal agent in your town. Direct services provided with federal Older Americans Act Funds are free for seniors, age 60+ and, in some situations, persons below age 60. Donations are encouraged as all donations received through direct services are used to serve more seniors. However, no senior can be denied a service for failure to pay or donate. We are very grateful for every level of cash donation as are our grantees/contractors. Some programs, such as state financed Alzheimer Respite services, are available to Connecticut residents of all ages and do require a co-pay. Waivers may be sought for very low income status in most of these circumstances. Please feel free to contact the WCAAA for comments/questions on the information provided in this booklet, especially as issues relate to direct services.

HELPFUL PHONE NUMBERS

Western CT Area Agency on Aging 203-757-5449
Toll-free 800-994-9422
WCAAA CT Home Care Program 203-465-1000
Independence Northwest 203-729-3299
Center for Independent Living

State of CT Home Care Program Referral 800-445-5394
Infoline 2-1-1
Protective Services for Elderly (PSE) 860-258-5800

WATERBURY
Waterbury Senior Center
1985 East Main Street
Waterbury, CT 06705
Phone: 203-574-6746
South Waterbury Seniors
160 Piedmont Street
Waterbury, CT 06706
Phone: 203-592-2081

Mt. Olive
Senior Center Inc.
82-100 Pearl Street
Waterbury, CT 06704
Phone: 203-596-1895

Hispanic Coalition
135 East Liberty Street
Waterbury, CT 06706
Phone: 203-754-6172

Watertown/Oakville
Falls Avenue Senior Center*
311 Falls Avenue
Oakville, CT 06779
Phone: 860-945-5250

WINSTED*
Blanche McCarthy
Winsted Senior Center
80 Holabird Avenue
Winsted, CT 06098
Phone: 860-379-4252

WOLCOTT*
Charles Rietdyke Senior Center
211 Nichols Road
Wolcott, CT 06716
Phone: 203-879-8133

WOODBURY
Woodbury Senior Center
281 Main Street South
Woodbury, CT 06798
Phone: 203-263-2828
SOUTHBURY*
Southbury Senior Center
561 Main Street South
Southbury, CT 06488
Phone: 203-262-0651

Jewish Federation
444 Main Street, North
Southbury, CT 06488
Phone: 203-267-3177, Ext. 310

THOMASTON
McMahon Senior Center
158 Main Street
Thomaston, CT 06787
Phone: 860-283-4421

TORRINGTON*
Sullivan Senior Center
88 East Albert Street
Torrington, CT 06790
Phone: 860-489-221

WARREN
Primetimers Senior Center
12 Kent Road
Warren, CT 06754
Phone: 860-868-7067

WASHINGTON/WASHINGTON DEPOT
Washington Senior Center
6 Bryan Hall Plaza
Washington Depot, CT 06794
Phone: 860-868-0735

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Alzheimer Respite Care Program

Respite Care is a short term option designed to provide a break from the physical and emotional stress from caregiving. Respite care services may include: adult day care, home health aide, homemaker, companion, skilled nursing, or short term assisted living or nursing home care. Funds may be used for day or night respite. A mandatory assessment must be completed before respite services are provided. Eligibility requirements include: person must have Alzheimer’s or irreversible dementia, income cannot exceed $44,591 a year or liquid assets more than $118,549. The program has a 20% co-payment toward the cost of services unless waived.

Assistive Technology Center

Sponsored by Connecticut Tech ACT project. The Assistive Technology Center is dedicated to increasing access and awareness of assistive devices available to people of all ages and disabilities to reduce or remove barriers and increase independence in performing tasks of daily living. The WCAA provides free personalized or group demonstrations to help make an informed decision about which device will work best to help you or someone you know to live, work, or play more independently.

CHOICES, Medicare Counseling

The CHOICES Program (CT Health Insurance assistance, Outreach, Information and referral, Counseling and Eligibility Screening) is designated as the official State Health Insurance Program (SHIP) for Connecticut. The WCAA serves as one-stop, no wrong door resource center for free, confidential, unbiased information on programs and services for seniors, caregivers and individuals 18+ with disabilities. Our staff links people to the appropriate community resources, and also provides advocacy and assistance for those who have no one to help. We assist with information about: Medicare, Medicaid, Medigap, Medicare Fraud, long term support options, public senior housing, transportation services, health services, support groups, volunteering opportunities and much more. If the WCAA does not already have the information, our staff will research and get answers.

COLEBROOK
Colebrook Senior Community Center
2 Schoolhouse Road
Colebrook, CT 06021
Phone: 860-738-9521

DANBURY*
Danbury Senior Center
10 Elmwood Place
Danbury, CT 06810
Phone: 203-797-4686

FALLS VILLAGE
Falls Village Senior Center
108 Main Street
Falls Village, CT 06031
Phone: 860-824-4863

HARWINTON
Harwinton Senior Center
209 Weingart Road
Harwinton, CT 06791
Phone: 860-689-1951

LITCHFIELD
Litchfield Senior Center
421 Bantam Road
Litchfield, CT 06759
860-567-8302

MIDDLEBURY*
Middlebury Senior Center
Shepardson Community Bldg.
1172 Whittemore Road
Middlebury, CT 06762
Phone: 203-577-4166

MORRIS
Morris Senior Center
109-21 East Street
Morris, CT 06763
Phone: 860-567-7437

NAUGATUCK*
Naugatuck Senior Center
300 Meadow Street
Naugatuck, CT 06770
Phone: 203-720-7069

NEW FAIRFIELD*
Senior Sunshine Center of New Fairfield
33 State Route 37
New Fairfield, CT 06812
Phone: 203-312-5665

NEW HARTFORD
New Hartford Senior Center
530 Main Street
New Hartford, CT 06057
Phone: 860-379-3980

NEW MILFORD*
Richmond Senior Center
40 Main Street
New Milford, CT 06776
Phone: 860-355-6076

NEWTOWN*
Newtown Senior Center
14 Riverside Road
Senior centers exist in most of our 41 towns; some are designated Focal Points where seniors and their caregivers can access a variety of services. Most provide assistance with completing applications for various benefit programs and help to solve problems. Some senior centers offer hot meals funded through WCAA, fitness and other interesting activities, as well as transportation directly or through other agencies. Focal Points designated in the Western CT area are noted * but information about any senior center in the Western CT area may be obtained by calling WCAA directly at 203-757-5449 or 1-800-994-9422.

BANTAM
Litchfield Community Center
421 Bantam Road
Litchfield, CT 06759
860-567-0328

BARKHAMSTED
Barkhamsted Senior Center
190 West River Road
Barkhamsted, CT 06063
Phone: 860-738-1264

BEACON FALLS
Beacon Falls Senior Center
57 North Main Street
Beacon Falls, CT 06003
Phone: 203-729-4627

BETHEL
Bethel Senior Center
1 School Street
Bethel, CT 06801
Phone: 203-792-3048

BETHLEHEM
Bethlehem Senior Center
36 Main Street
Bethlehem, CT 06751
Phone: 203-266-5702

BRIDGEWATER
Bridgewater Senior Center
132 Hut Hill Road
Bridgewater, CT 06752
Phone: 860-355-3090

BROOKFIELD*
Brookfield Senior Center
100 Pocono Road
Brookfield, CT 06804
Phone: 203-775-5308

CANAAN
Falls Village Senior Center
108 Main Street
Falls Village, CT 06031
Phone: 860-824-4863

CHESHIRE
Cheshire Senior Center
240 Maple Avenue
Cheshire, CT 06410
Phone: 203-272-3165

Community First Choice
Community First Choice is a new program in Connecticut offered to active Medicaid clients. This program allows individuals to receive supports and services in their home. These services may include, but are not limited to, help preparing meals and doing household chores and assistance with activities of daily living (bathing, dressing, transferring, etc.) and educational services to help increase independence, and learn how to manage in-home staff.

Housing Services Programs
Our housing programs serve the following senior housing sites through assistance of Resident Service Coordinators: Grace Meadows in Southbury, Greenwoods Garden and Chestnut Grove in Winsted, Nunnawauk Meadows in Newtown, George B. Lewis I & II in Naugatuck, Torringford West in Torrington and Truman Terrace, Country Ridge and Buckingham Terrace in Watertown. Some of these sites have available direct supportive services for eligible seniors, persons with disabilities. Participants are involved in making choices about their services. After a home assessment, services provided may be a personal response systems, chore, homemaker, foot care, adult day care, meals, home health aide, medication monitoring or transportation.

Independence Northwest
IN is an independent living resource for people with disabilities living in Northwest Connecticut. IN works with people with all types of disabilities and all age groups. Empowerment is a key objective of the organization. Four core services are advocacy, peer counseling, independent living skills and information and referral. As a partner of WCAA, IN is an initial point of entry for those persons with disabilities, seeking information, guidance or services.

Live Well, Chronic Disease & Diabetes Self Management Programs
Live Well participants learn skills to understand and take control of
long term health conditions. Learn about tools to deal with pain, fatigue, difficult emotions, anxiety, stress, easy exercises to help improve or maintain strength and energy, and ways to improve your nutrition, and appropriate use of medications and more.

Money Follows the Person Program
The Money Follows the Person Program enables Medicaid clients living in long term care facilities such as nursing homes to move back to the community. Transition Coordinators provide one-on-one help to connect clients to community living services including: community support programs and resources, housing or other living arrangements, rental assistance, accessibility modifications, assistive technology, personal care, money management and emergency backup.

National Family Caregiver Support Program (NFC)
The NFC Program provides information, assistance, individual counseling, caregiver training, respite care and supplemental services such as home health aide, homemaker, companion, adult day care, minor home repair or medically necessary items not paid for by other sources. Services are aimed at keeping seniors in their home. Although there are no income or asset limits, new clients and those whose incomes are below poverty level are given high priority status. This program also offers “Powerful Tools for Caregivers”, a workshop that offers family members, friends or neighbors the tools they need to take care of themselves while caring for others.

Private Care Management
The WCAAA routinely receives requests for private care management services. Seniors who are eligible for other programs such as the Connecticut Home Care Program, Alzheimer Respite or National Family Caregiver are immediately referred so that those benefits are maximized. When no other funds are available, the WCAAA staff can contract for care management including in-home assessment and development of care plans. Our rates are very competitive.

Waterbury Senior Shuttle
City of Waterbury, Office of Community Development
24 Leavenworth Street, Waterbury, CT 06702
Phone: 203-346-2607, Fax: 203-346-3910
Seniors who are Waterbury residents may participate in demand-response transportation services for medical appointments, grocery shopping. Requires 24-hour advance reservation.
Town served: Waterbury

VETERANS BENEFITS

Independence Northwest
1183 New Haven Road, Naugatuck, CT 06770
Phone: 203-729-3299, Fax: 729-2839
Provides assistance to elderly veterans to access VA health care benefits through outreach and education to provide veterans and their spouse additional income through access to Soldiers, Sailors and Marine Fund benefits as well as the pension claims process.
Towns served: 41 towns of Northwestern CT

WELL BEING

Provides older adults with programs and services aimed at enhancing their physical and mental well-being through exercise, recreation and social interaction. Call the provider for more information.

YMCA Senior Program
Waterbury YMCA
136 West Main Street, Waterbury, Ct 06702
Phone: 203-754-2181, Fax 203-754-9095
Towns served: Waterbury, Wolcott, Prospect and Watertown

Naugatuck YMCA Senior Programs
284 Church Street, Naugatuck, CT 06770
Phone: 203-729-9622, Fax 203-723-0083
Towns served: Naugatuck and surrounding towns
TRANSPORTATION continued

Inter-town Demand Response Transportation for Senior Citizens
Housatonic Area Regional Transit District
62 Federal Road, Danbury, CT 06810
Phone: 203/744-4070, Fax 203-740-0764
Provides demand response inter-town affordable senior transportation. Requires 24-hour reservation.
Towns served: Danbury, Bethel, Brookfield, Ridgefield, New Fairfield, New Milford and Newtown

Naugatuck Seniors Transportation Project
Borough of Naugatuck HRD
229 Church Street, Naugatuck, CT 06770
Phone: 203-729-5285, Fax 203-729-8663
Town provides transportation for seniors and persons with disabilities from home to medical appointments and grocery shopping.
Towns served: Borough of Naugatuck

New Milford Senior Transportation
40 Main Street, New Milford, CT 06776
Phone: 860-355-6075
Transportation is available for seniors to non-emergency medical appointments in targeted towns/surrounding area.
Towns served: New Milford, Roxbury, Kent and Washington Depot

New Opportunities, Inc. Senior Companion Program
232 North Elm Street, Waterbury, CT 06702
Phone: 203-575-9799
Through WCAA funding, transportation is available for low income senior companion volunteers to the homes of frail, home-bound elders.

Northwestern Connecticut Rural Transit
Municipal Building, 140 Main Street, Torrington, CT 06790
Phone: 860-489-2535, 866-906-RIDE (7433)
The Transit District provides a variety of transportation services for seniors throughout Northwestern area based on a reservation system and fixed route circuit. Services vary by town and routes may change. Seniors should call for updated information on times of pick-up and routes.
Towns served: Litchfield Hills and NW region (17 towns)

Alternate Housing
Agency funding provides assisted rehabilitative housing for senior homeless men and women including shelter, food and services for up to two years with a goal of transitioning residents into permanent, independent housing as soon as they are ready. Towns served: 41 towns of Western Connecticut area.
Renewal House, Inc.
20 Aaron Samuel Drive, Danbury, CT 06810
Phone: 203-791-1050 ULT

ADULT DAY CARE
Agency funding provides meals, therapeutic interventions, transportation, and aides who work with participants through a variety of health, social and medically related programs to enhance their daily living activities & prevent premature nursing home placement. Please call your chosen adult day care center below to discuss financing of adult day care days including WCAA grant opportunities. Adult day care centers are certified by the State of CT and work with each participant to determine individualized care plans.

Almost Home Adult Day Care
52 Federal Road, Danbury, CT 06810
Phone: 203-743-6456, Fax: 203-797-9974
Towns served: Greater Danbury Area

Senior Care of CT Adult Day Care
900 Straits Turnpike, Middlebury, CT 06762
Phone: 203-598-7642, Fax: 203-598-0435
Towns served: Greater Waterbury

Daybreak of Waterbury
161 Interstate Lane, Waterbury, CT 06705
Phone: 203-757-0106, Fax: 203-596-9264
Town served: Waterbury
The WCAAA provides funding for minor home maintenance & home repair to assist seniors in our 41 towns stay in their community homes through Older Americans Act and state funds. Although not classified as a chore service, the money management service provided through New Opportunities is also covered in this section.

**CNV Chore Program**
New Opportunities, Inc.
232 North Elm Street, Waterbury, CT 06702
Phone: 203-575-4268, Fax: 203-755-8254
Provides housecleaning, yard work, shopping and minor home maintenance services to assist frail elders to remain in their homes.
Towns served: Central Naugatuck Valley Region

**Chore Service**
Town of Sharon
P.O. Box 522, Lakeville, CT 06039
Phone: 860-435-9177, Fax: 860-492-0730
Assists elderly and handicapped persons to stay safely and independently in the community through assistance with light housekeeping and other minor chores, including snow removal.
Towns served: Canaan, Cornwall, Falls Village, Kent, Norfolk, Salisbury, and Sharon

**Assisted Medical Transportation Program**
City of Torrington, Sullivan Senior Center
88 East Albert Street, Torrington, CT 06790
Phone: 860-489-2211, Fax 860-489-2529
Provides affordable door-to-door medical transportation for seniors with disabilities or physical limitations. Requires reservation.
Towns served: Torrington, Litchfield, Harwinton and Winsted

**Beacon Falls Senior Center Transportation**
Town of Beacon Falls, Town Hall
10 Maple Avenue, Beacon Falls, CT 06403
Phone: 203-729-4340, Fax 203-720-1078
Provides transportation for seniors and persons with disabilities based on a reservation system for shopping and medical appointments within the town.
Town served: Beacon Falls

**Geer Transportation Program**
99 South Canaan Road, Canaan, CT 06018
Phone: 860-824-7067
Non-emergency medical transportation is available with a variety of lift equipped vehicles.
Towns served: Canaan, Salisbury, Sharon, Falls Village and Cornwall

**Hispanic Coalition of Greater Waterbury**
135 East Liberty Street
Waterbury, CT 06706
Phone: 203/ 754-6172
Senior center provides transportation service for any purpose especially for Spanish speaking seniors who require English language assistance. In some situations, a translator may be available to accompany seniors with limited English speaking ability. For seniors age 60+ years.
Town served: Waterbury
Comprehensive Outreach Project for Elders (COPE)
New Opportunities, Inc.
232 North Elm Street, Waterbury, CT 06702
Phone: 203-575-4244, Fax 303-755-8254
Provides seniors information and assistance to promote knowledge and use of social services including completing applications.
Towns served: All towns in the Central Naugatuck Valley

Hispanic Coalition of Greater Waterbury
135 East Liberty Street
Waterbury, CT 06706
Phone: 203-754-6172
This multipurpose senior center assists Spanish speaking elders with applications for entitlement and benefit programs, door-to-door transportation and organized activities. Recent benefit is an adult day care center set of activities.
Towns served: Waterbury and neighboring towns with emphasis on Hispanic seniors

Independence Northwest, Inc., Veterans Project
1183 New Haven Road #4
Naugatuck, CT 06770
Phone: 203-729-3299
Agency provides outreach for elderly veterans & direct application assistance to ensure that eligible veterans obtain local, state & federal benefits.
Towns served: 41 towns of Northwestern CT

Geer Transportation Program
99 South Canaan Road, Canaan, CT 06018
Phone: 860-824-7067
Provides non-emergency medical transportation
Towns served: Canaan, Salisbury, Sharon, Falls Village and Cornwall

City of Torrington Chore Program
Sullivan Senior Center
88 East Albert Street, Torrington, CT 06790
Phone: 860-489-2211, Fax: 860-489-2580
Provides light housekeeping services for low income, frail, at-risk, disabled elders so that they can remain independent at home in their community.
Towns served: Torrington and Harwinton

Helping Hands Chore Service
115 Spencer Street, Winsted, CT 06098
Phone: 860-379-4900 Fax: 860-379-1476
Assists elderly and handicapped persons to stay safely and independently in the community through assistance with light housekeeping, laundry, light yard work, errands, etc.
Towns served: Barkhamsted, Colebrook, New Hartford, Winsted and Norfolk

Rebuilding Together
122 Stilson Hill Road, New Milford, CT 06776
Phone: 860-350-2290, Fax: 860-355-1801
Provides minor home repair and renovation for seniors and other low income homeowners in Litchfield County targeted for warmth, safety and/or environmental necessity.
Towns served: Litchfield County area.

Handy Dandy Handyman, Inc
26 Shamrock Drive Brookfield, CT. 06804
Phone: 203-740-1243
Provides seniors with various “handyman” type chores to maintain seniors in their homes including yard work, minor exterior or interior home repairs.
Towns served: Bethel, Bridgewater, Brookfield, Danbury, New Fairfield, New Milford and Newtown

Towns served: Litchfield, Morris, Goshen, Warren, Washington and Roxbury
Litchfield Hills Chore Service  
PO Box 294 Litchfield, CT 06759  
Phone: 860-567-6121  
Provides general light and heavy housekeeping, cleaning, laundry, cooking and some yard maintenance for homebound, disabled seniors.

Habitat for Humanity  
PO Box 1, Salisbury, CT 06068  
Phone: 860-435-4747  
Provides critical home repairs to seniors such as interior/exterior work that improves the safety of homeowner.  
Towns served: Canaan, Cornwall, Falls Village, Norfolk, Salisbury and Sharon

New Opportunities Inc. Money Management  
232 North Elm Street, Waterbury, CT 06702  
Phone: 203-757-7738  
Frail, at-risk elders needing bill paying assistance are helped by screened, trained and bonded volunteers. Visually impaired seniors and those without local family support are special targets for money management services.  
Towns Served: Beacon Falls, Bethlehem, Bethel, Brookfield, Canaan, Cheshire, Danbury, Litchfield, Middlebury, Naugatuck, New Milford, Newtown, Prospect, Sherman, Southbury, Thomaston, Torrington, Waterbury, Watertown, Winsted, Wolcott, and Woodbury

SPECIAL NOTE: Frequently there are special state or federal funds for home modification to maintain seniors in their homes. These have included HUD & USDA (federal) and Dept. of Housing (state). A reverse mortgage can be investigated.

LEGAL SERVICES

Connecticut Legal Services, Inc. (CLS)  
Legal Services for the Elderly  
85 Central Avenue, Waterbury, CT 06722  
Phone: 203-756-8074, Fax 203-754-0504  
Consumer Law Hotline: 1-800-296-1467  
Statewide Legal services 1-800-453-3320  
Seniors may receive legal assistance in issues related to a variety of legal rights but housing issues and Medicaid are priorities. Seniors should be aware that this project does not generally provide direct assistance in drafting wills or divorce situations.  
Towns served: 41 towns of Northwestern CT

MENTAL HEALTH

Project Hope  
Family Intervention Center (FIC)  
22 Chase River Road, Waterbury, CT 06704  
Phone: 203-753-2153, Fax 203-756-6032  
This agency provides outreach, workshops, evaluation, counseling and referrals for people age 60+ who suffer from alcoholism, drug addiction or emotional issues. WCAAA funds support a limited number of mental health counseling sessions.  
Towns served: Central Naugatuck Valley

OUTREACH

BRASS Waterbury Outreach  
Waterbury Senior Center  
1985 East Main Street, Waterbury, CT 06705  
Phone: 203-757-5449  
While the Waterbury Senior Center’s focus is a wide range of health, wellness and social activities, the WCAAA staff is located at the senior center to help seniors with benefits’ information and assistance to promote knowledge and use of social services including completing applications.
**FUEL AND UTILITY ASSISTANCE**

WCAAA’s emergency fuel or utility assistance program is for seniors with limited number of payments and funds are used as a last resort, after all other funding sources are expended. In general, seniors may receive a one time benefit from these funds.

New Opportunities Inc.
232 North Elm Street, Waterbury, CT 06702
Phone: 203-575-9233, Fax: 203-575-8254
Towns served: Central Naugatuck Valley and Litchfield Hills Region

Community Action Committee of Danbury
66 North Street, Danbury, CT 06810
Phone: 203-748-5422, Ext. 105, Fax: 203-790-9693
Towns served: Housatonic Valley and part of Northwest region

**Senior Medicare Patrol (SMP)**

The WCAAA’s CHOICES program provides education on the issues of fraud and abuse through our network of volunteer and staff counselors. The trained SMP counselors educate volunteers and professionals in the community to ensure that seniors are empowered to address issues of health care fraud, errors, abuse and other related health care scams such as identity theft and internet scams without fear.

**Veteran Directed Home and Community Based Services**

This program allows qualifying veterans to be an employer, to hire and supervise their own workers to help with their daily needs. An assessment is completed to determine eligibility, level of need and assist with care plan development. Services may include: assistance with personal care, household tasks, minor home repairs, skilled nursing, accompaniment to medical appointments, non-medical transportation, medical supplies, participation in adult day care.

**WCAAA CT Home Care Program (Wby) & ABI (selected towns)**

The Connecticut Home Program helps seniors and other persons with a disability remain in their homes with proper supports. Persons needing services must be age 65 years+ (CHCP) unless disabled, require assistance in at least two areas of their daily functioning and meet financial eligibility requirements. Referrals are accepted by telephone; call the State of CT Alternate Care Unit, at 1-800-424-4904 or complete the online application. For more information, call the WCAAA Home Care Program at 203-465-1000. Referrals for the ABI Program are made by DSS; call 1-800-445-5394, Ext 4. Agency funding provides assisted rehabilitative housing for elderly,
**ELDERLY NUTRITION**

**Home Delivered Meals:** Three nutrition providers/caterers prepare and deliver hot and cold meals to seniors who are unable to shop for and/or prepare their own meals or travel to a site where a meal is being served. Donations are suggested. Home delivered support may be one hot or one hot and one cold meal available 3-5 days per week depending on need and “script” by a medical provider. Special meals are usually available if prescribed by a physician. If you are in need of home delivered meals, please call WCAAA at 203-757-5449 or 800-994-9422.

**Central Naugatuck Elderly Nutrition:** New Opportunities, Inc.  
232 North Elm Street, Waterbury, CT 06702  
Phone: 203-757-7738

**Housatonic Valley Elderly Nutrition:** CW Resources  
15 Great Pasture Road, Suite #8, Danbury, CT 06810  
Phone: 203-628-7540

**Litchfield Hills/Northwest Elderly Nutrition Project:** City of Torrington Sullivan Senior Center  
88 East Albert Street, Torrington, CT 06790  
Phone: 860-489-4151

**Congregate Meals:** Congregate meals are served in a group setting like senior center or housing complex. Hot meals provide an opportunity to socialize with others through recreation, education and social activities. Most congregate meal sites require a reservation in advance and seniors must be aware that meals may not always be appropriate for diabetics who need to manage daily food intake. * indicates restaurant site.

**Bethlehem, Nick’s Restaurant***  
203-266-7317

**Brookfield Senior Center**  
203-775-5308

**Cheshire Senior Center**  
203-272-0047

**Danbury Senior Center**  
203-797-4686

**Falls Village Senior Center**  
860-824-4863

**Harwinton Senior Center**  
860-689-1951

**Kent, Templeton Farms Recreation Building**  
860-927-3403

**Lakeville, Town Grove Recreation Building**  
860-435-5186

**Litchfield, First Congregational Church**  
860-567-5746

**Middlebury Senior Center**  
203-577-4166

**Morris Senior Center**  
860-567-3210

**Naugatuck**  
George B. Lewis I Congregate Housing  
203-729-3387

George B. Lewis II Congregate Housing  
203-729-0508

Naugatuck Senior Center  
203-720-7069

**New Fairfield Senior Center**  
203-312-5665

**New Milford Senior Center**  
860-355-6075

**New Hartford Senior Center**  
860-379-3980

**Newtown**  
Newtown Senior Center  
203-270-4310

Nunnawauk Meadows Congregate Housing  
203-426-2594

**Norfolk, Meadowbrook Housing**  
860-542-5434

**Prospect Senior Center**  
203-758-5300

**Redding, Heritage Senior Center**  
203-938-9275

**Sherman, American Pie Company Restaurant***  
860-350-0662

**Southbury**  
Grace Meadows Congregate Housing  
203-267-5419

Southbury Senior Center  
203-262-0631

** Thomaston, Clare Hall**  
203-283-5174

**Torrington**  
Sullivan Senior Center  
860-482-4151

Torrington West Apartments Congregate Housing  
860-489-7328

**Waterbury**  
Brass House Restaurant*  
203-755-4910

Hispanic Coalition  
203-754-6172

Monteiro Restaurant*  
203-573-0645

Amalfi’s Restaurant*  
203-755-5554

Waterbury Senior Center  
203-574-6746

John Bale Book Store*  
203-757-2279

**Watertown, Fall Avenue Senior Center**  
860-945-5250

**Winsted, McCarthy Senior Center**  
860-379-4252

**Wolcott, Rietdyke Senior Center**  
203-879-8133

**Woodbury, Ellenli’s Restaurant***  
203-757-7738

**Woodbury Senior Center**  
203-263-2828

Annoula’s Restaurant*  
203-586-1148

New Morning Market*  
203-263-2828

* Senior Dine Program location. Please call for information and to make your