

Western CT Area Agency On Aging Direct Services



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



*Western Connecticut
Area Agency on Aging*

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 at: 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 CT 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- Center for Independent Living	203-729-3299
State of CT Home Care Program Referral	800-445-5394
Infoline	2-1-1
Protective Services for Elderly (PSE)	860-258-5800

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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 \$47,647 a year or liquid assets more than \$126,674. The program has a 20% co-payment toward the cost of services unless waived.

CHOICES Program



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 CT. The WCAAA 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, long-term support options, public senior housing, transportation services, health services, support groups, volunteering opportunities and much more. If we do not already have the information, we will research and get answers.

Community First Choice (CFC)

CFC is a program in Connecticut that offers in-home services and supports to individuals in the community. Participants can be of any age but must have active Medicaid and meet Institutional Level of Care. CFC is a self-directed program, and this means that each participant, or someone who they choose to appoint, budgets and manages their own services. The services that are offered through the program support needs in bathing, dressing, toileting, transferring and eating—or Activities of Daily Living—among many other needs. For further information, inquiring individuals may call 1-888-992-8637 to reach a Dept. of Social Services representative or call 203-465-1000 to reach a local WCAA representative. To refer yourself or another individual to the CFC Program please call 211.

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, Nunawauk Meadows in Newtown, George B. Lewis I & II in Naugatuck, Tarringford 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 and persons with disabilities. 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. Regular Resident Senior Coordinator (RSC) meetings are held monthly to update RSCs on programs and changes in eligibility guidelines and to discuss difficult cases, all this with the purpose to better serve their residents. Although assessing...

...seniors for benefits is the major objective of the RSCs, some activities include distribution of farmer's market coupons, assisting with applications for renters' rebates, energy assistance, SNAP, and much more. Participants are always involved in making choices about their services.

Independence Northwest (IN)



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 provided are: 1) *Advocacy*, 2) *Peer Counseling*, 3) *Independent Living Skills* & 4) *Information and Referral*. As a partner of Western CT Area Agency on Aging, 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



WCAAA offers three free, interactive, evidence-based six-week Live Well workshops for Chronic Disease, Diabetes or Chronic Pain Self-Management. Participants learn skills to understand and take control of their long term health conditions. They explore tools to deal with pain, fatigue, difficult emotions, anxiety and stress; learn easy exercises to help improve or maintain strength, balance and energy; and learn tips for healthful eating. Diabetes workshop participants create sample menus and learn about being active, blood sugar goals, taking medications, communicating with healthcare providers and avoiding complications. Chronic Pain workshops also cover stress management, difficult emotions, planning and pacing and simple exercises.

Money Follows the Person Program (MFP)

The Money Follows the Person Program is state and federally funded program that 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 with State of CT Department of Social Services waivers, resources and 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. (NFCSP)

The National Family Caregiver Support 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.

Senior Medicare Patrol (SMP)



WCAAA’s Senior Medicare Patrol (SMP) program educates beneficiaries, family members and caregivers on Medicare fraud, errors, and abuse through our network of volunteers and staff counselors. Specially trained SMP team volunteers and counselors educate professionals working with our elderly and disabled to ensure those on Medicare are empowered to address issues of health care fraud (e.g., identity theft, robocalls, DNA genetic testing scams). By learning to protect personal information and detect and report suspect activity, SMP volunteers are the eyes and ears within our communities and serve as the first line of defense against Medicare fraud.

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 and more to help veterans remain at home.

WCAAA - Home Care Program (Waterbury) ABI (selected towns)

This 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) or 18+ disabled with ABI, 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 1-800-445-5394 Option 2 or complete the online application. For information, call the Western CT Area Agency on Aging, Home Care Program at 203-465-1000. Referrals for the ABI Program are made by DSS; call 1-800-445-5394, option 2 for information & application.

ALTERNATE HOUSING

Agency funding provides assisted rehabilitative housing for homeless seniors including shelter, food & 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.** Address: 20 Aaron Samuel Dr., Danbury, CT 06810 | *Phone:* 203-791-1050 ULT | ******* *Receives WCAAA funding.*

ADULT DAY CARE (ADC)

Some adult day care centers receive WCAAA funding for 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 WCAAA grant opportunities. Adult Day Centers are certified by the State of CT and work with each participant to determine individualized care plans.

- ***Daybreak of Waterbury:**

161 Interstate Lane, Waterbury, CT 06705 | *Phone:* 203-757-0106, *Fax:* 203-596-9264 | *Town served:* Waterbury | Medical Model

- ***Litchfield Hills Adult Day Center:**

407 Bantam Road, Litchfield, CT 06759 | *Phone:* 860-567-2402, *Fax:* 860-567-2405 | *Towns served:* Litchfield County | Social Model

- ***Old Glory Days:**

107 Church Hill Road #GL-1, Sandy Hook, CT 06484 | *Phone:* 203-648-5983 | *Fax:* 203-491-2900 | *Towns served:* Newtown, Southbury, Oxford, Monroe, Bethel, Danbury, Brookfield | Social Model

** Receives WCAAA funding*

CHORE SERVICES



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.

- **Central Naugatuck Valley Chore Program:**

New Opportunities | 232 N. Elm St, Wtby, CT 06702

Phone: 203-575-4268 | *Fax:* 203-755-8254 | *Details:* Provides housecleaning, yard work, shopping & minor home maintenance services to assist frail elders to remain in their homes.

Towns served: Central Naugatuck Valley Region | *Receives WCAAA funding.*

- **Chore Service:**

Town of Sharon | P.O. Box 522, Lakeville, CT 06039

Phone: 860-435-9177 | *Fax:* 860-492-0730 | *Details:* Assists elderly & handicapped persons to stay safely & independently in the community through assistance with light housekeeping & other minor chores, including snow removal.

Towns served: Canaan, Cornwall, Falls Village, Kent, Norfolk, Salisbury, & Sharon. | *Receives WCAAA funding.*

- **City of Torrington Chore Program:**

Sullivan Sr. Ctr. | 88 East Albert Street, Torrington, CT 06790

Phone: 860-489-2211 | *Fax:* 860-489-2580 | *Details:* 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 & Harwinton | *Receives WCAAA funding.*

- **Friends of Newtown Seniors Chore Program:**

57 Queen Street, Newtown, CT 06470 | *Phone:* 203-430-0633 |

Details: Light and heavy chore service, Receives WCAAA funding

•Helping Hands Chore Services:

115 Spencer St, Winsted, CT 06098 | *Phone:* 860-379-4900|
Fax: 860-379-1476 | *Details:* Provides assistance with light housekeeping, laundry, light yard work, errands, etc.

Towns served: Barkhamsted, Colebrook, New Hartford, Winsted and Norfolk. | *Receives WCAAA funding.*

•New Milford Chore Service:

40 Main Street, New Milford, CT 06776 | *Phone:* 860-355-6075
Details: New Milford Chore Service operates a donation based chore service to assist New Milford senior citizens with heavy household repairs and chores, enabling them to safely live with dignity and independence in their home.

Towns served: New Milford | *Receives WCAAA funding.*

•Litchfield Hills Chore Service:

PO Box 294 Litchfield, CT 06759 | *Phone:* 860-567-6121
Details: Provides general light & heavy housekeeping, cleaning, laundry, cooking & some yard maintenance for homebound, disabled seniors. *Towns served:* Litchfield, Morris, Goshen, Warren, Washington & Roxbury | *Receives WCAAA funding.*

CHORE SERVICES continued

•**New Opportunities Inc. Money Management:** 232 N. Elm St., Waterbury, CT 06702 | *Phone:* 203-757-7738

Details: Frail, at-risk elders needing bill paying assistance are helped by screened, trained & bonded volunteers. Visually impaired seniors & those without local family support are special targets for money mgmt. services. | *Towns Served:* Beacon Falls, Bethlehem, Bethel, Brookfield, Canaan, Cheshire, Danbury, Litchfield, Middlebury, Naugatuck, New Milford, Newtown, Prospect, Sherman, Southbury, Thomaston, Torrington, Wtby, Watertown, Winsted, Wolcott, & Woodbury. | *Receives WCAAA funding.*

**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.*

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 Western CT Area Agency on Aging at: 203-757-5449 or 800-994-9422.

• **Central Naugatuck Elderly Nutrition:**

New Opportunities, Inc. | 232 North Elm Street, Waterbury, CT 0670
| *Phone:* 203-757-7738

• **Housatonic Valley Elderly Nutrition:**

CW Resources | 15 Great Pasture Rd., Suite #8, Danbury, CT 06810 | Phone: 203-628-7540

• **Litchfield Hills/Northwest Elderly Nutrition Project:**

City of Torrington Sullivan Sr. Ctr. | 88 East Albert St., 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 Country Kitchen* 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

- Food Truck Congregate Sites:**
- Plaza on the Green
 - East Gate Apartments:
 - Enterprise Apartments
 - Josephine Towers
 - Mt. Olive S.C.
 - Prospect Towers
 - Robin Ridge Apartments
 - Willow Plaza

Harwinton Senior Center 860-689-1951

Kent, Templeton Farms Recreation Building 860-927-3403

Lakeville, Town Grove Recreation Building 860-435-5186

Middlebury Senior Center 203-577-4166

CONGREGATE MEALS continued

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
Newtown	
Newtown Senior Center	203-270-4310
Nunnawauk Meadows Congregate Housing	203-426-2594
Redding, Heritage Senior Center	203-938-9275
Sherman	
Senior Center	860-354-2414
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	
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 Senior Center	203-263-2828
Annoula's Dinner*	203-586-1148

** Senior Dine Program location. Please call for information and to make your reservation 24 hours in advance.*

******Also call your local site for changes ******

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.

•ELDERLY EMERGENCY FUEL PROGRAM

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. | Receives WCAAA Funding

•CACD FUEL

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. Receives WCAAA Funding

GRANDPARENTS RAISING GRANDCHILDREN

Grandparents are provided with information and assistance to make informed decisions regarding the legal status of their roll as caregivers of grandchildren. CLS also organizes outreach events and provides direct legal counseling as well as representation for grandparents raising grandchildren; some funding for one-time equipment such as beds, other necessities for grandparents legally raising grandchildren.

•Naugatuck YMCA, “Time Out to Play”

284 Church Street, Naugatuck, CT 06770 | *Phone:* 203-729-9622 | *Fax* 203-723-0083 | *Details:* Programming assists grandparents raising grandchildren by providing activities before and after school/camp for grandparents’ respite. Support groups are also available. | *Towns served:* Borough of Naugatuck | *Receives WCAAA Funding.*

CT LEGAL SERVICES

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.

*Connecticut Legal Services, Inc. (CLS)

Legal Services for the Elderly

Address: 85 Central Avenue, Waterbury, CT 06722

Phone: 203-756-8074 | *Fax* 203-754-0504

Towns served: 41 towns of Northwestern CT.

Consumer Law Hotline: 1-800-296-1467

Statewide Legal services 1-800-453-3320

**Receives WCAAA funding*

MENTAL HEALTH

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.

Project Hope-Family Intervention Center (FIC) | 22 Chase River Rd., Wtby, CT 06704 | *Phone: 203-753-2153 | Fax 203-756-6032 | Towns served: Central Naugatuck Valley. Receives WCAAA funding & Provides Outreaching Services as well.*

OUTREACH

BRASS Waterbury Outreach

- **Waterbury Sr. Ctr.** | 1985 East Main Street, Wtby, CT 06705 | *Phone: 203-757-5449 | Fax: (203) 574-8636 | Details: 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.*
- **Comprehensive Outreach Project for Elders (COPE)** New Opportunities, Inc. | 232 North. Elm Street, Waterbury, CT 06702 | *Phone: 203-575-4244 | Fax 303-755-8254 | Details: 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 St., Waterbury, CT 06706 | *Phone: 203-754-6172 | Details: This multi-purpose 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 | Details: Agency provides outreach for elderly veterans & direct appli-*

cation assistance to ensure that eligible veterans obtain local, state & federal benefits | *Towns served:* 41 towns of Northwestern CT.

TRANSPORTATION

- **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 | *Details:* Provides affordable door-to-door medical transportation for seniors with disabilities or physical limitations. Requires reservation | *Towns served:* Torrington, Litchfield, Harwinton and Winsted | *Receives WCAAA Funding.*
- **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 | *Details:* 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 | *Receives WCAAA Funding.*
- **Geer Transportation Program** 99 South Canaan Road, Canaan, CT 06018 | *Phone:* 860-824-7067 | *Details:* Non-emergency medical transportation is available with a variety of lift equipped vehicles | *Towns served:* Canaan, Salisbury, Sharon, Falls Village and Cornwall | *Receives WCAAA Funding.*
- **Hispanic Coalition of Greater Waterbury:** 135 E. Liberty St, Wtby, CT 06706 | *Phone:* 203/ 754-6172 | *Details:* Sr. center provides transportation service for any purpose especially for Spanish speaking seniors who require English language asst. In some situations, a translator may be available to accompany seniors with limited English speaking ability. For seniors age 60+years | *Town served:* Waterbury | *Receives WCAAA Funding.*

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•**Naugatuck Sr. Transp. Project** | Borough of Naugatuck HRD | 229 Church St., Naugatuck, CT 06770 | *Phone:* 203-729-5285 | *Fax* 203-729-8663 | *Details:* Provides transp. for the elderly & disabled persons from home to medical appts. & shopping | *Towns served:* Borough of Naugatuck | *Receives WCAA Funding* .

•**New Milford Sr. Transp. | Wheels of New Milford** | 40 Main St., New Milford, CT 06776 | *Phone:* 860-355-6075 | *Details:* Provides transp. for seniors to non-emergency medical appts. in targeted towns / surrounding area | *Towns served:* New Milford, Roxbury, Kent & Washington Depot | *Receives WCAA Funding*.

•**New Opportunities, Inc. Senior Companion Program** | 232 N. Elm St., Wtby., CT 06702 | *Phone:* 203-575-9799 | *Details:* Provides transp. for low income sr. companion volunteers to the homes of frail, homebound elders | *Receives WCAA Funding*.

•**Northwestern CT Rural Transit** | Northwestern CT Transit District | Municipal Bldg., 140 Main St., Torrington, CT 06790 | *Phone:* 860-489-2535, 866-906-RIDE (7433) | *Details:* Provides transp. service for seniors throughout Northwestern CT based on a RSVP system | *Towns served:* Litchfield Hills & NW CT Planning reg. | *Receives WCAA Funding*.

VETERANS BENEFITS

•**Independence Northwest** | 1183 New Haven Rd., Naugatuck, CT 06770 | *Phone:* 203-729-3299 | *Receives WCAA funding*.
Details: Provides assistance to elderly veterans to access VA health care benefits through outreach & education to provide veterans & their spouse additional income through access to Soldiers, Sailors & Marine Fund benefits as well as the pension claims process. Their goal is to assist veterans & their spouse live independently in the community | *Towns served:* 41 towns of Northwestern CT.

WELL BEING

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

Naugatuck YMCA Sr. Prog. | 284 Church St., Naugatuck, CT 06770 | *Phone:* 203-729-9622 | *Fax* 203-723-0083 | *Towns served:* Naugatuck and surrounding towns | *Receives WCAA funding.*

SENIOR CENTERS & Focal Points

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 with an asterisk*.

BANTAM

Litchfield Comm. Ctr.
421 Bantam Rd., Litchfield, CT
06759 | *Phone:* 860-567-0328

BARKHAMSTED

Barkhamsted Sr. Ctr.
190 W. River Rd., Barkhamsted,
CT 06063 | *Phone:* 860-738-1264

BEACON FALLS

Beacon Falls Sr. Ctr.
57 N. Main St. Beacon Falls, CT
06403 | *Phone:* 203-723-2344

BETHEL

Bethel Sr. Ctr.
1 School St., Bethel, CT 06801
Phone: 203-794-8537

BETHLEHEM

Bethlehem Sr. Ctr.
36 Main St., Bethlehem, CT
06751
Phone: 203-266-6699 X 303

BRIDGEWATER

Bridgewater Sr. Ctr. | 132 Hut
Hill Rd., | Bridgewater, CT
06752 | *Phone:* 860-355-3090

BROOKFIELD*

Brookfield Sr. Ctr. | 100 Pocono Rd., Brookfield, CT 06804 |
Phone: 203-775-5308

KENT

Kent Social Services | 41 Kent Green Blvd, P.O Box 678, Kent, CT 06757 | *Phone:* 860-9271586, or 860-927-3403

CANAAN

Falls Village Sr. Ctr. | 108 Main St. | Falls Village, CT 06031
Phone: 860-824-4863

LITCHFIELD

Litchfield Sr. Ctr. | 421 Bantam Rd., Litchfield, CT 06759
Phone: 860-567-8302

CHESHIRE

Cheshire Sr. Ctr. | 240 Maple Ave. | Cheshire, CT 06410 | *Phone:* 203-272-3165

MIDDLEBURY*

Middlebury Sr. Ctr., Shepardson Comm. Bldg. | 1172 Whittemore Rd., Middlebury, CT 06762 | *Phone:* 203-577-4166

COLEBROOK

Colebrook Sr. Comm. Ctr. | 2 Schoolhouse Rd. | Colebrook, CT 06021 | *Phone:* 860-738-9521

MORRIS

Morris Sr. Ctr. | 109-21 E. Street, Morris, CT 06763 |
Phone: 860-567-7437

CORNWALL

Cornwall Social Srv. | 26 Pine St, Cornwall, CT 06753 | *Phone:* 860-672-2603

NAUGATUCK*

Naugatuck Sr. Ctr. | 300 Meadow St., Naugatuck, CT 06770 |
Phone: 203-720-7069

DANBURY*

Danbury Sr. Ctr. | 10 Elmwood Pl., Danbury, CT 06810 | *Phone:* 203-797-4686

NEW FAIRFIELD*

Sr. Sunshine Ctr. of New Fairfield | 33 State Rt. 37 | New Fairfield, CT 06812 | *Phone:* 203-312-5665

GOSHEN

Agent for the Elderly | 42A N. St, Goshen, CT 06756 | *Phone:* 860-491-4673

NEW MILFORD*

Richmond Sr. Ctr. | 40 Main St., New Milford, CT 06776 |
Phone: 860-355-6075

HARWINTON

Harwinton Sr. Ctr. | 209 Weingart Rd., Harwinton, CT 06791 |
Phone: 860-689-1951

NEWTOWN*

Newtown Sr. Ctr. 8 Simpson St | Newtown, CT, 06470 | *Phone:* 203-270-4310

<p>PROSPECT Prospect Sr. Ctr. 6 Center, Prospect, CT 06712 <i>Phone:</i> 203-758-5300</p>	<p>WASHINGTON / WASHINGTON DEPOT Washington Sr. Ctr. 6 Bryan Hall Plaza, Washington Depot, CT 06794 <i>Phone:</i> 860-868-0735</p>
<p>REDDING Heritage Ctr. 37 Lonetown Rd., W. Redding, CT 06896 <i>Phone:</i>203-938-9725 Ext. 13</p>	<p>WATERBURY <i>Waterbury Sr. Ctr.</i> 1985 E. Main St., Wtby, CT 06705 <i>Phone:</i> 203-574-6746</p>
<p>RIDGEFIELD Founders Hall Sr. Ctr. 193 Danbury Rd, Ridgefield, CT 06877 <i>Phone:</i> 203-431-7000</p>	<p><i>Hispanic Coalition</i> 135 E. Liberty St. Wtby, CT 06706 <i>Phone:</i> 203-754-6172</p>
<p>ROXBURY Roxbury Sr. Ctr. 7 South St., Roxbury, CT 06783 <i>Phone:</i> 860-210-0201</p>	<p><i>Willow Plaza Comm. Ctr.</i> 60 Elmwood Ave., Wtby, CT 06710 <i>Phone:</i> 203-575-1545</p>
<p>SALISBURY Salisbury Sr. Services 27 Main St. Salisbury, CT 06068 <i>Phone:</i> 860-435-5191</p>	<p>WATERTOWN/Oakville Falls Ave. Sr. Ctr.* 311 Falls Ave., Oakville, CT 06779 <i>Phone:</i> 860-945-5250</p>
<p>SHERMAN Sherman Sr. Ctr. 8 Route 37 Ctr, Sherman, CT 06784 <i>Phone:</i> 860-354-2414</p>	<p>WINSTED* Blanche McCarthy Winsted Sr. Ctr. 80 Holabird Ave. Winsted, CT 06098 <i>Phone:</i> 860-379-4252</p>
<p>SOUTHBURY* Southbury Sr. Ctr. 561 Main St South, Southbury, CT 06488 <i>Phone:</i> 203-262-0651</p>	

JEWISH FEDERATION

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 Southbury, CT 06488 |
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WOLCOTT*

Charles Rietdyke Sr. Ctr. | 211
 Nichols Rd., Wolcott, CT
 06716 | Phone: 203-879-8133

THOMASTON

McMahon Sr. Ctr. | 158 M.
 Street, Thomaston, CT
 06787 | Phone: 860-283-
 4421

WOODBURY

Woodbury Sr. Ctr.
Mailing Address: 281 Main St.
 South, Woodbury, CT 06798 |
 Phone: 203-263-2828
Physical Address: 265 Main St.
 South, Woodbury, CT 06798

TORRINGTON*

Sullivan Sr. Ctr. | 88 East
 Albert St. Torrington, CT
 06790 | Phone: 860-489-221

WARREN

Warren Social Srv. | 50 Cem-
 etery Rd, Warren, CT,
 06754 | Phone: 860-868-
 7881

Focal Points designated in the Western CT area are noted with an asterisk*. For detailed information on programing and services offered, please contact the senior center directly.

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.



*Western Connecticut
Area Agency on Aging*

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