“Enhancing the quality of life for older adults, individuals with disabilities, and their caregivers in North Central Connecticut by ensuring that they have access to quality, cost effective services.”
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Preparation of this directory was financed with Title III Older Americans Act funds through the Connecticut State Unit on Aging.
INTRODUCTION

The North Central Area Agency on Aging, Inc. (NCAAA) is the regional organization that provides planning and financial support to agencies serving older residents of North Central Connecticut. As one of five Area Agencies on Aging in the state – and 655 in the country, NCAAA works with the Aging Network, which includes older persons, government officials, service providers, planning agencies, advocacy groups, and private-sector organizations. Based in Hartford, NCAAA serves a 38-town area. NCAAA is a private, non-profit advocacy organization serving the needs of older adults and their families in the North Central Connecticut area.

NORTH CENTRAL SERVICE AREA
FFY 2020 TITLE III PROGRAMS

The North Central Area Agency on Aging, Inc. (NCAAA) receives federal funding under Title III of the Older Americans Act through the Connecticut State Department on Aging, to encourage the development of a comprehensive and coordinated system of service delivery for older persons. Awards and contracts for State and Community Programs on Aging under Title III are categorized as follows:

Part A: General Provisions
Part B: Supportive Services and Senior Centers
Part C: Nutrition Services
   Sub-part I: Congregate Nutrition Services
   Sub-part II: Home Delivered Nutrition Services
Part D: Disease Prevention & Health Promotion Services
Part E: Caregiver Support Services

The local agencies supported by NCAAA provide a wide range of services including but not limited to: access services, adult day care, Alzheimer’s programs, community education/counseling, community services, health services, in home services, legal services, nutrition programs, and supportive services for caregivers.

Following is a directory of programs and services funded by NCAAA under Title III for the program year, October 2019 through September 2020. The towns served by each program in addition to the services offered are noted with each program description. It also includes the Alzheimer’s projects supported by state funds for the period July 2019 through June 2020.

Information about specific programs can be obtained by contacting that program directly using the phone number listed with each program description. Questions and/or comments regarding the information contained in the directory or difficulties obtaining services through the programs listed should be directed to Crystal Bailey, Grants Manager at 860-724-6443 ext. 246 or via email at crystal.hill@ncaaact.org.
## SUPPORTIVE SERVICES AND SENIOR CENTERS

### ACCESS SERVICES
Access services are funded under Part B of Title III and are support programs associated with providing older persons with access to services including information and referral, health services, outreach, and transportation.

### Health Services

<table>
<thead>
<tr>
<th>Organization</th>
<th>Towns</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catholic Charities, Inc.</td>
<td>Berlin, Bristol, Burlington, New Britain, Plainville, Plymouth, Southington</td>
</tr>
<tr>
<td>Central CT Health District</td>
<td>Berlin, Newington, Rocky Hill, Wethersfield</td>
</tr>
<tr>
<td>Community Health Center of New Britain</td>
<td>Avon, Berlin, Bloomfield, Bristol, Canton, Farmington, New Britain, Newington, Plainville, Plymouth, Southington, Wethersfield</td>
</tr>
</tbody>
</table>

- **Family Life Education**
- **Mental Health Counseling**
- **Physical Activities**
- **Outreach**

### Elderly Outreach Counseling Services
Provides individuals with behavioral health counseling as well as education and access to community resources and entitlement programs that will ease their financial burdens and promote independent living. Counseling and supportive services are provided to families caring for elderly relatives.

### Smiles for Life
Provides dental cleanings and referrals for further necessary treatment to area dentists. Dental health educational information is also provided. Appointments are scheduled through town senior centers.

### CHC New Britain Senior Dental Program
Provides preventive care as well as restorative and prosthetic dental services.
Community Health Services, Inc.  
500 Albany Avenue  
Hartford, CT 06120  
Phone: 860-249-9625  

Bloomfield Dental Clinic
Hartford
Windsor

CHS Senior Smiles Dental Program  
Provides full dental services to patients age 60 and over. A sliding scale based upon household income, according to Federal poverty level guidelines, is offered. The clinic is open Monday and Wednesday from 8:00 a.m. to 8:00 p.m. and Tuesday and Thursday from 8:00 a.m. to 5:00 p.m.

Horace Bushnell Congregate Homes  
51 Vine Street  
Hartford, CT 06112  
860-549-4877

Hartford Health Education

Healthy Living Program  
Provides program sessions to promote health: managing chronic diseases; smoking cessation; weight loss and control; stress management; falls prevention; physical activity and improved nutrition.

Parkville Senior Center  
11 New Park Avenue  
Hartford, CT 06106  
Phone: (860) 232-7867

Hartford Physical Activity

Healthy Activity Resources  
Provides Health, Fitness, Interest and recreational activities

Physical Activity

Parkville Senior Center

Physical activity programs focus on key areas important to health and fitness of older adults such as stretching and flexibility, low impact aerobics, strength training, and balance.

Town of Hebron  
15 Gilead Street  
Hebron, CT 06248  
Phone: (860) 228-1700

Hebron Physical Activity

Physical Activity

Physical activity programs focus on key areas important to health and fitness of older adults such as stretching and flexibility, low impact aerobics, strength training, and balance.

Town of New Britain Health Department  
88 Prospect Street  
New Britain, CT 06051  
Phone: 860-826-3466

New Britain Physical Activity

Zumba Gold  
Provides an exercise program specifically designed for seniors, beginners and others who may require modifications to an exercise routine. The classes combine different dance styles including merengue,
Town of Plainville Senior Center
200 East Street
Plainville, CT 06062
Phone: 860-747-5728

Berlin, Bristol, Farmington, Plainville, New Britain, Plymouth, Southington

Physical Activity Dental Clinic Foot Care

Plainville Health Promotion
Offers a comprehensive fitness center. A mobile dental clinic and routine foot care are also available for senior center members and Plainville residents.

Information & Referral

North Central Area Agency on Aging, Inc.
151 New Park Avenue, Box 75
Hartford, CT 06106
Phone: 860-724-6443 or 1-800-994-9422

North Central Region Information & Assistance

CHOICES Program
Provides free comprehensive information and assistance, outreach, counseling and eligibility screening services regarding a variety of aging issues, such as health insurance, and federal, state, and local benefits and/or support programs.

Parkville Senior Center
11 New Park Avenue
Hartford, CT 06106
860-232-7867

Hartford Outreach Social Support Benefits Counseling

Social Services Initiative
Provides information and assistance services and connects them to needed services and benefits.
Outreach

**Enfield Food Shelf**
96 Alden Avenue, P.O Box 699
Enfield, CT 06082
Phone: 860-741-7321

**Friendly Caller Program**
Provides social interaction and friendship to Enfield seniors

**Town of Enfield Neighborhood Services**
100 High Street
Enfield, CT 06082
Phone: 860-253-6396

**Neighborhood Services Elderly Outreach**
Provides one stop access, information and referral services addressing a wide variety of needs to seniors in the Town of Enfield.

**Town of Enfield Social Services**
110 High Street
Enfield, CT 06092
860-253-6394

**Isolated Senior Outreach**
Provides social/emotional and community information to homebound seniors.

**Town of Enfield Social Services**
110 High Street
Enfield, CT 06092
860-253-6394

**Enfield Cares Project**
Registry system that provides support prior, during, and after natural disasters and emergencies

Transportation

**Human Resources Agency New Britain**
180 Clinton Street
New Britain, CT 06053
Phone: 860-225-8601

**HRA Elderly Transportation Program**
Provides rides for shopping, medical appointments, the Bristol Senior Center, and various other locations.
<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Location</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>City of Hartford Health &amp; Human Services</strong>&lt;br&gt;Public Transportation Division&lt;br&gt;131 Coventry Street&lt;br&gt;Hartford, CT 06112&lt;br&gt;Phone: 860-757-4724</td>
<td>Hartford</td>
<td>Transportation</td>
</tr>
<tr>
<td><strong>Hartford Dial-A-Ride/Inter Town Grocery Shuttle</strong>&lt;br&gt;Provides demand-response and pre-scheduled transportation services to older and disabled residents of Hartford. Service is provided to medical appointments, senior community cafés, senior centers, grocery shopping and religious services. Operates seven days a week. A weekly inter-town grocery shuttle is also offered.</td>
<td>Hartford</td>
<td>Transportation</td>
</tr>
<tr>
<td><strong>Community Renewal Team, Inc. (CRT)</strong>&lt;br&gt;555 Windsor Street&lt;br&gt;Hartford, CT 06120&lt;br&gt;Phone: 860-895-6605</td>
<td>Berlin&lt;br&gt;New Britain&lt;br&gt;Southington</td>
<td>Transportation</td>
</tr>
<tr>
<td><strong>RSVP Medical Transportation Program</strong>&lt;br&gt;Provides “door through door” medical transportation service through its Retired Senior Volunteer Program (RSVP) for senior citizens. CRT’s RSVP service will provide free rides (with suggested donations) that provide pick-up, appointment duration, and return-home support for convenience, companionship, safety and ease. CRT’s trained volunteers will be available Monday-Friday, 9 a.m. to 3 p.m.</td>
<td>Berlin&lt;br&gt;New Britain&lt;br&gt;Southington</td>
<td>Transportation</td>
</tr>
<tr>
<td><strong>Hockanum Valley Community Council</strong>&lt;br&gt;27 Naek Road, Suite 5a&lt;br&gt;Vernon, CT 06066&lt;br&gt;Phone: 860-872-9825</td>
<td>Ellington&lt;br&gt;South Windsor&lt;br&gt;Tolland&lt;br&gt;Vernon</td>
<td>Transportation</td>
</tr>
<tr>
<td><strong>Early Morning and Senior Inter-Town Transportation</strong>&lt;br&gt;Provides transportation primarily for medical purposes. Other trips may take place on a space available basis.</td>
<td>Ellington&lt;br&gt;South Windsor&lt;br&gt;Tolland&lt;br&gt;Vernon</td>
<td>Transportation</td>
</tr>
<tr>
<td>Organization</td>
<td>Towns</td>
<td>Service Description</td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>-------------------------------</td>
<td>-------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Senior Transportation Services</strong></td>
<td>Berlin, Bristol, New Britain</td>
<td>Provides door-to-door transportation to medical appointments, including dentists and opthalmologists.</td>
</tr>
<tr>
<td></td>
<td>Plainville, Southington</td>
<td><strong>Senior Medical Transportation Program</strong></td>
</tr>
<tr>
<td>P. O. Box 187 – 40 Maple Street</td>
<td></td>
<td>Provides door-to-door services to residents for non-emergency medical appointments on a scheduled basis for individuals age 60 years and older.</td>
</tr>
<tr>
<td>Ellington</td>
<td></td>
<td><strong>Ellington Medical Appointment Transportation Services</strong></td>
</tr>
<tr>
<td>P. O. Box 187 – 40 Maple Street</td>
<td></td>
<td>Provides seniors an opportunity to attend a senior center activity, outing or restaurant in the evening and/or weekend.</td>
</tr>
<tr>
<td><strong>Town of Windsor, Senior Services</strong></td>
<td>Windsor</td>
<td>Evening and Weekends Senior Transportation</td>
</tr>
<tr>
<td>599 Matianuck Avenue</td>
<td></td>
<td>Provides seniors an opportunity to attend a senior center activity, outing or restaurant in the evening and/or weekend.</td>
</tr>
</tbody>
</table>
**LEGAL**
Legal services programs are funded under Part B of Title III and provide funds to agencies that have expertise in specific areas of law affecting older persons in economic and social need and that have the capacity to provide support to other aging advocacy efforts.

<table>
<thead>
<tr>
<th>Greater Hartford Legal Aid, Inc.</th>
<th>North Central Region</th>
<th>Legal Assistance</th>
<th>Senior Law Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>999 Asylum Avenue, 3rd Floor</td>
<td></td>
<td></td>
<td>Provides the following services:</td>
</tr>
<tr>
<td>Hartford, CT 06105</td>
<td></td>
<td></td>
<td>Full legal representation, brief services and legal advice to elderly individuals and groups; Information and referral through outreach and pamphlets; Law reform activities; Involvement of the private bar through its pro bono referral service; and Legislative Advocacy.</td>
</tr>
<tr>
<td>Phone: 860-541-5000</td>
<td></td>
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</tr>
</tbody>
</table>

**IN HOME SERVICES**
A wide range of in-home services is provided for older persons under Title III-B to improve their quality of life and prevent premature institutionalization. These services give preference to the elderly in greatest social and economic need, particularly low income, frail, homebound, and minority elderly. Preference is also given to programs that demonstrate innovative approaches to in-home service delivery.

<table>
<thead>
<tr>
<th>AHM Youth and Family Services</th>
<th>Andover</th>
<th>Chores</th>
<th>AHM Chores Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 Pendleton Drive</td>
<td>Hebron</td>
<td></td>
<td>An intergenerational program whereby teens provide chore services to seniors. Youth workers provide services such as light house cleaning, weeding gardening and other chores.</td>
</tr>
<tr>
<td>Hebron, CT 06248</td>
<td>Marlborough</td>
<td></td>
<td></td>
</tr>
<tr>
<td>860-228-9488</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Catholic Charities, Inc.</th>
<th>Berlin</th>
<th>Family Life Education</th>
<th>Elderly Outreach Counseling Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Britain Family Service Center</td>
<td>Bristol</td>
<td>Mental Health Counseling Outreach</td>
<td>Provides individuals with behavioral health counseling as well as education and access to community resources and entitlement programs that will ease their financial burdens and promote independent living.</td>
</tr>
<tr>
<td>90 Franklin Square</td>
<td>Burlington</td>
<td>New Britain</td>
<td></td>
</tr>
<tr>
<td>New Britain, CT 06051</td>
<td>Plainville</td>
<td>Plymouth</td>
<td></td>
</tr>
<tr>
<td>Phone: 860-225-3561</td>
<td>Southington</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organization</td>
<td>Address</td>
<td>City</td>
<td>Services</td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>----------------------------------------------</td>
<td>------------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td>City of Hartford</td>
<td>131 Coventry Street, Hartford, CT 06112</td>
<td>Hartford</td>
<td>Benefits, Counseling, Homemaker, Social Support</td>
</tr>
<tr>
<td></td>
<td>Phone: 860-757-4730</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Communication Advocacy Network (CAN)</td>
<td>151 New Park Avenue, Suite 101, Hartford, CT 06106</td>
<td>North Central Region</td>
<td>Outreach, Chore, Homemaker, Transportation, Home Repair &amp; Renovation, Public Education, Shopping Services</td>
</tr>
<tr>
<td></td>
<td>Phone: (860) 566-9489</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community Companion &amp; Homemaking Services</td>
<td>90 South Park Street, Willimantic, CT 06226</td>
<td>Andover, Hebron, Marlborough</td>
<td>Homemaker</td>
</tr>
<tr>
<td></td>
<td>Phone: 860-456-3626</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HEART (Hartford Elderly Assessment Response Team) &amp; Home Help</td>
<td>Provides homemaker and chore services to seniors 60 years of age and older. Social support and benefits counseling services are also provided.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Deaf Elderly Outreach Center</td>
<td></td>
<td>Provides referrals, advocacy and coordination of geriatric-based services to deaf and hard of hearing clients.</td>
</tr>
<tr>
<td></td>
<td>Homemakers for Andover, Hebron and Marlborough</td>
<td></td>
<td>Provides homemaker services to individuals based on their ability to contribute an affordable amount. Homemaker services include general cleaning, shopping, laundry, meal preparation, medication reminder, transportation to doctor’s appointments and respite for the caregivers of very frail elderly.</td>
</tr>
</tbody>
</table>
CT Coalition of Mutual Assistance Assoc.
2074 Park Street, Suite 103
Hartford, CT 06106
860-236-6452

Marlborough
Somers
South Windsor
Stafford
Tolland
Vernon

Bloomfield
East Hartford
Hartford
Manchester

Language Translation
Social Support Medical Transportation

Social Support, Medical Transportation and Language Translation for Elderly Refugees and Immigrants

Hockanum Valley Community Council, Inc.
29 Naek Road, Suite 5a
Vernon, CT 06066
Phone: (860) 872-9825

Bolton
East Hartford
Glastonbury
Manchester
South Windsor
Stafford
Vernon

In Home

Elder Services
Provides supportive services: mental health counseling, food pantry, case management and dial-a-ride

Hockanum Valley Community Council, Inc.
29 Naek Road, Suite 5a
Vernon, CT 06066
Phone: 860-872-9825

Benefits Counseling
Food Pantry
Mental Health Counseling
Recreation

HOME (Hockanum Outreach & Management for the Elderly)
Provides information, counseling services, and health and educational sessions. A food pantry including delivery of food pantry items to the homebound is available.

Human Resources Agency New Britain
180 Clinton Street
New Britain, CT 06053
Phone: 860-225-8601

Bristol
Burlington
Farmington
Plainville
Plymouth
Southington
Terryville

Homemaker

Homemaker Program
Provides both long and short-term homemaker services. Short-term services are especially helpful for those who are convalescing from illness or injury and after being discharged from the hospital or similar situation.
<table>
<thead>
<tr>
<th>LiveWell Alliance, Inc.</th>
<th>Bristol</th>
<th>Caregiver Counseling</th>
</tr>
</thead>
<tbody>
<tr>
<td>1261 South Main Street</td>
<td>Southington</td>
<td>Therapeutic Activity</td>
</tr>
<tr>
<td>Plantsville, CT 06479</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone: 860-628-9000</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### My Music for Life

Seeks to improve the well-being for families affected by dementia. Staff, student volunteers, people living with dementia and their care partners collaboratively develop personalized music playlists.
**Town of Bolton, Senior Center**
104 Notch Road
Bolton, CT 06043
Phone: 860-647-9196

**Bolton**
**Chore**
Senior Needs Assistance Program (SNAP)
Provides chore assistance, home help, and handyman home and yard maintenance services.

**Senior Needs Assistance Program (SNAP)**

**Town of East Hartford**
Department of Parks & Rec., Sr. Services Div.
740 Main Street
East Hartford, CT 06108
Phone: 860-895-1517

**East Hartford**
**Shopping Services**
East Hartford Grocery Delivery
Older Adults may place their own grocery order over the phone and groceries are delivered from a major area supermarket. There is no delivery fee.

**East Hartford Grocery Delivery**

**Town of Ellington**
P. O. Box 187 –
40 Maple Street Ellington, CT 06029
Phone: 860-870-3133

**Ellington**
**Food Pantry**
Ellington Nutritional Partnership
Serves nutritious and delicious meals for lunch twice weekly to individuals 60 and older. Individuals will be asked to contribute a suggested donation of $3.50 per meal.

**Ellington Nutritional Partnership**

**Town of Enfield**
Town of Enfield
820 Enfield Street
Enfield, CT 06082
Phone: (860) 253-6403

**Enfield**
**Home Repair**
Minor Home Repair

**Minor Home Repair**

**Town of Farmington**
1 Monteith Drive
Farmington, CT 06032
Phone: 860-675-2390

**Avon**
Recreation
Seniors Well-Being Enhancements
Provides counseling, information and programs to assist seniors and their caregivers.

**Burlington**
Caregiver Counseling

**Canton**
Physical Activity

**Farmington**
Caregiver Support
Family Life Education

**Farmington**

**Town of Plainville, Senior Center**
200 East Street
Plainville, CT 06062
Phone: 860-747-5728

**Plainville**
**Adult Day Care**
Adult Day and Social Support Program
Provides structured small group activities and socialization for those unable to participate fully in senior center or other community functions.

**Social Support**
<table>
<thead>
<tr>
<th>Town of Windsor</th>
<th>Windsor</th>
<th>Food Pantry</th>
<th>Groceries to Go Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>599 Matianuck Avenue</td>
<td>Windsor</td>
<td>Food Pantry</td>
<td>Groceries to Go Program</td>
</tr>
<tr>
<td>Windsor, CT 06095</td>
<td></td>
<td></td>
<td>Provides groceries to seniors every other Friday.</td>
</tr>
<tr>
<td>Phone: 860-285-1839</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
West Hartford – Bloomfield Health District  
580 Cottage Grove Road, Suite 100  
Bloomfield, CT 06002  
Phone: (860) 561-7900

Home Help  
Provides light housekeeping services, social support services and health counseling

ADULT DAY CARE

Adult Day Care programs are funded under Part B of Title III and provide a structured program of social, health, and rehabilitative services to frail older adults. Services are designed to promote the individual’s maximum level of functioning and dignity while preventing premature or inappropriate institutionalization. Adult Day Care services also provide necessary respite for caregivers.

Felician Adult Day Care, Inc.  
1333 Enfield Street  
Enfield, CT 06082  
Phone: 860-745-2542

Felician Adult Day Care  
Open Monday through Friday from 8:00 a.m. to 4:00 p.m. except major holidays. The structured program is designed to provide an atmosphere of friendliness and informality and is carried out in a relaxed and considerate manner. Transportation is provided for Enfield residents.

Hebrew Health Care  
1 Abrahms Boulevard  
West Hartford, CT 06117  
Phone: 860-523-3800

Dawn to Dusk  
Provides service six days per week, including many national and Jewish holidays. In addition, Sunday through Friday program hours are extended beyond the 7:30 a.m. to 4:30 p.m. schedule. Following the medical model, health and wellness-related services are intermingled with social programs.
<table>
<thead>
<tr>
<th>Town of Windsor</th>
<th>Bloomfield</th>
<th>Adult Day Care (Medical)</th>
<th>Caring Connection Adult Day Health Ctr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>330 Windsor Avenue</td>
<td>East Windsor, Hartford, Simsbury Windsor Windsor Locks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Windsor, CT 06095</td>
<td>Phone: 860-547-0251</td>
<td></td>
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</tbody>
</table>

Provides daily programming, health care services and respite for caregivers in a safe, structured and medically supervised community setting designed for frail elders and the disabled who otherwise might be prematurely transitioned to an institutional setting. Open Monday through Friday from 7:00 a.m. to 4:30 p.m.

**EDUCATION / COUNSELING SERVICES**

Community Education and Counseling services are funded under Part B of Title III and support projects that demonstrate the ability to educate the community about issues, services and products designed to assist persons 60 years and older and their caregivers. Counseling services, including but not limited to psychosocial group sessions and individual counseling may also be provided.
**COMMUNITY SERVICES**

Community services projects are those that expand opportunities, foster independent action and provide specific services to the older adult community. These include training, re-training, volunteer/job placement, economic development, and housing support services.

<table>
<thead>
<tr>
<th>Parkville Senior Center</th>
<th>Hartford</th>
<th>Senior Center Participation</th>
<th>Cultural Heritage Celebrations</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 New Park Avenue</td>
<td></td>
<td></td>
<td>Celebrates the culture of the many members who make up the diverse center. The celebrations have recognized the Vietnamese, African American, Guyanese, Trinidadian, Irish, Portuguese, French, German, Assyrian, Hungarian, West Indian, Italian and Hispanic heritages.</td>
</tr>
<tr>
<td>Hartford, CT 06106</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>860-232-7867</td>
<td></td>
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</tbody>
</table>
NUTRITION SERVICES

Nutrition programs are funded under Part C of Title III. Subpart I funds congregate meal site programs; these are meals served at senior centers, housing complexes, and various other locations, referred to as “senior community cafés”. Subpart II funds home delivered meals programs; these meals are delivered directly into the homes of homebound seniors.

Community Renewal Team, Inc.
555 Windsor Street
Hartford, CT 06120
Phone: 860-560-5600

Almost entire North Central Region (except Greater New Britain area); check with program for availability

Congregate Meals
Home Delivered Meals
Nutrition Counseling
Nutrition Education

Elderly Nutrition Program
Provides meals at senior community cafés throughout the Capitol sub-region (Greater Hartford area) during the week. Additional meals (two per day) are delivered to homebound clients. Nutrition counseling and education is also offered.

CW Resources, Inc.
200 Myrtle Street
New Britain, CT 06053
Phone: 860-229-7700

Berlin, Bristol, Burlington, New Britain, Plainville, Plymouth, Southington

Congregate Meals
Home Delivered Meals
Nutrition Counseling
Nutrition Education

Elderly Nutrition Program
Provides meals at senior community cafés throughout the Central sub-region (Greater New Britain area) during the week. Home delivered meals are available for homebound clients. Nutrition counseling and education is also offered.

City of Hartford Health & Human Services
131 Coventry Street
Hartford, CT 06112
Phone: 860-757-4700

Hartford

Congregate Meals
Nutrition Education

Hartford Elderly Nutrition Program
Provides meals at senior community cafés at locations within the City of Hartford during the week.

Town of Enfield
110 High Street
Enfield, CT 06092
860-253-6394

Enfield

Congregate Meals

Elderly Nutrition Program
Provides meals at senior community cafés
### Senior Community Cafés (Congregate Meal Sites) in the North Central Region

<table>
<thead>
<tr>
<th>Town</th>
<th>Café Site</th>
<th>Location/ Phone Number</th>
<th>Day(s) of Operation</th>
<th>Managed By</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avon</td>
<td>Avon Senior Center</td>
<td>635 West Avon Road Avon, CT 06001 860-674-4353</td>
<td>Tuesday, Thursday</td>
<td>Community Renewal Team</td>
</tr>
<tr>
<td>Berlin</td>
<td>Berlin Senior Center</td>
<td>33 Colonial Drive Kensington, CT 06037 860-670-8546</td>
<td>Monday – Friday</td>
<td>CW Resources</td>
</tr>
<tr>
<td>Bloomfield</td>
<td>Bloomfield Senior Center</td>
<td>330 Park Avenue Bloomfield, CT 06002 860-243-2535</td>
<td>Tuesday, Wednesday</td>
<td>Community Renewal Team</td>
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<tr>
<td>Bloomfield</td>
<td>Federation Homes</td>
<td>156 Wintonbury Avenue Bloomfield, CT 06002 860-243-2535</td>
<td>Monday – Friday</td>
<td>Community Renewal Team</td>
</tr>
<tr>
<td>Bristol</td>
<td>Bristol Senior Center</td>
<td>240 Stafford Avenue Bristol, CT 06010 860-582-5928</td>
<td>Monday – Friday</td>
<td>CW Resources</td>
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<tr>
<td>Bristol</td>
<td>Kennedy Apartments</td>
<td>70 Gaylord Street Bristol, CT 06010 860-583-3773</td>
<td>Monday – Friday</td>
<td>CW Resources</td>
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<tr>
<td>Canton</td>
<td>Canton Senior Center</td>
<td>40 Dyer Avenue Collinsville, CT 06022 860-693-5811</td>
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<td>Community Renewal Team</td>
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<tr>
<td>East Hartford</td>
<td>South End Senior Center</td>
<td>70 Canterbury Street East Hartford, CT 06118 860-569-5655</td>
<td>Monday – Wednesday</td>
<td>Community Renewal Team</td>
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<tr>
<td>Location</td>
<td>Center Name</td>
<td>Address</td>
<td>Phone Numbers</td>
<td>Operating Days</td>
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</tbody>
</table>
| East Windsor | East Windsor Senior Center  | 125 Main Street
Broad Brook, CT 06016
860-292-8279                         |  | Monday – Friday                      | Community Renewal Team                     |
| Enfield   | Enfield Senior Center       | 299 Elm Street
Enfield, CT 06082
860-763-7428                         |  | Monday – Friday                      | Community Renewal Team                     |
| Enfield   | Mark Twain Congregate      | 110 South Road
Enfield, CT 06082
860-749-4816                         |  | Monday – Friday; Saturday – Sunday   | Community Renewal Team                     |
| Granby    | Granby Senior Center       | 15-C North Granby Road
Granby, CT 06035
860-844-5351                         |  | Tuesday, Thursday                   | Community Renewal Team                     |
| Hartford  | Hispanic Senior Center     | 95 Park Street
Hartford, CT 06106
860-527-1127 x289                     |  | Monday – Friday                      | Community Renewal Team                     |
| Hartford  | Mahoney Village            | 73-79 Vine Street
Hartford, CT 06112
860-723-8457                         |  | Monday – Friday                      | Community Renewal Team                     |
| Hartford  | North End Senior Center    | 80 Coventry Street
Hartford, CT 06112
860-757-0801                         |  | Monday – Friday                      | City of Hartford (HHHS)                     |
Hartford  Parkville Senior Center  11 New Park Avenue  Hartford, CT 06106  860-232-7867  Monday – Friday  Community Renewal Team

Hartford  Shepherd Park Apartments  170 Sisson Avenue  Hartford, CT 06105  860-523-9159  Monday (evening)  Community Renewal Team

Hartford  Smith Towers  80 Charter Oak Avenue  Hartford, CT 06106  860-723-8448  Monday – Friday  Community Renewal Team

Hartford  South End Senior Wellness Center  830 Maple Ave  Hartford, CT 06114  860-757-0840  Monday – Friday  City of Hartford (HHHS)

Hartford  Tuscan Brotherhood Homes  66 Montville Street  Hartford, CT 06120  860-527-8437  Monday – Friday  Community Renewal Team

Hebron  Russell Mercier Senior Center  14 Stonecroft Drive  Hebron, CT 06248  860-228-1700  Monday, Tuesday, Thursday  Community Renewal Team

Marlborough  Marlborough Senior Center  17 School Drive  Marlborough, CT 06447  860-292-8279  Monday, Wednesday, Friday  Community Renewal Team

New Britain  New Britain Senior Center  55 Pearl Street  New Britain, CT 06051  860-826-3553  Monday – Friday  CW Resources
<table>
<thead>
<tr>
<th>Town</th>
<th>Senior Center</th>
<th>Address</th>
<th>Phone</th>
<th>Days</th>
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<tbody>
<tr>
<td>Newington</td>
<td>Newington Senior Center</td>
<td>120 Cedar Street</td>
<td>860-667-5837</td>
<td>Monday – Friday</td>
<td>Community Renewal Team</td>
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<tr>
<td></td>
<td></td>
<td>Newington, CT 06111</td>
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<tr>
<td>Plainville</td>
<td>Plainville Senior Center</td>
<td>200 East Street</td>
<td>860-747-5728</td>
<td>Monday – Friday</td>
<td>CW Resources</td>
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<tr>
<td></td>
<td></td>
<td>Plainville, CT 06062</td>
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<tr>
<td>Plymouth</td>
<td>Gosinski Park</td>
<td>31 Gosinski Park</td>
<td>860-670-8818</td>
<td>Monday – Friday</td>
<td>CW Resources</td>
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<tr>
<td></td>
<td></td>
<td>Terryville, CT 06786</td>
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<tr>
<td>South Windsor</td>
<td>South Windsor Senior Center</td>
<td>150 Nevers Road</td>
<td>860-648-6361</td>
<td>Monday – Friday</td>
<td>Community Renewal Team</td>
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<tr>
<td></td>
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<td>South Windsor, CT 06074</td>
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<tr>
<td>Southington</td>
<td>Calendar House</td>
<td>388 Pleasant Street</td>
<td>860-621-6738</td>
<td>Monday – Friday</td>
<td>CW Resources</td>
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<td>Southington, CT 06489</td>
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<tr>
<td>Stafford</td>
<td>Stafford Springs Senior Center</td>
<td>3 Buckley Highway</td>
<td>860-684-3906</td>
<td>Monday – Friday</td>
<td>Community Renewal Team</td>
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<td></td>
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<td>Stafford Springs, CT 06076</td>
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<tr>
<td>Vernon</td>
<td>Florence Mills</td>
<td>121 West Main Street</td>
<td>860-324-6325</td>
<td>Monday, Wednesday</td>
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<tr>
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<td>Rockville, CT 06066</td>
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<tr>
<td>Vernon</td>
<td>Franklin Park Apartments</td>
<td>114 Franklin Park</td>
<td>860-913-5516</td>
<td>Monday – Friday</td>
<td>Community Renewal Team</td>
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<tr>
<td></td>
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<td>Rockville, CT 06066</td>
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<tr>
<td>Town</td>
<td>Community Center</td>
<td>Address</td>
<td>Phone Number</td>
<td>Days</td>
<td>Contact Team</td>
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<tr>
<td>Vernon</td>
<td>Highrise Apartments</td>
<td>21 Court Street Rockville, CT 06066</td>
<td>860-324-6325</td>
<td>Tuesday, Thursday, Friday</td>
<td>Community Renewal Team</td>
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<tr>
<td>West Hartford</td>
<td>Elmwood Community Center</td>
<td>1106 New Britain Avenue West Hartford, CT 06117</td>
<td>860-561-8167</td>
<td>Monday – Friday</td>
<td>Community Renewal Team</td>
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<tr>
<td>West Hartford</td>
<td>Federation Square</td>
<td>2 Starkel Road West Hartford, CT 06117</td>
<td>860-236-4136</td>
<td>Monday – Friday</td>
<td>Community Renewal Team</td>
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<tr>
<td>Wethersfield</td>
<td>Wethersfield Senior Center/ William Pitkin Community Center</td>
<td>30 Greenfield Street Wethersfield, CT 06109</td>
<td>860-721-2955</td>
<td>Monday – Friday</td>
<td>Community Renewal Team</td>
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<tr>
<td>Windsor</td>
<td>LP Wilson Community Center</td>
<td>599 Matianuck Avenue Windsor, CT 06095</td>
<td>860-285-1843</td>
<td>Monday – Friday</td>
<td>Community Renewal Team</td>
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<tr>
<td>Windsor Locks</td>
<td>Ettore Carniglia Senior Center</td>
<td>41 Oak Street Windsor Locks, CT 06096</td>
<td>860-627-1425</td>
<td>Monday – Friday</td>
<td>Community Renewal Team</td>
</tr>
</tbody>
</table>
DISEASE PREVENTION & HEALTH PROMOTION SERVICES

Disease Prevention and Health Promotion services are funded under Part D of Title III and provide older persons with preventative health services and information not reimbursable under Medicare. These programs foster independence and allow people to remain independent. In the North Central region, all programs are evidence-based.

**City of Hartford, Health & Human Services**
131 Coventry Street
Hartford, CT 06112
Phone: 860-757-4730

**Health & Human Services**

- **Health Screening**
- **Therapeutic Activity**

**Keep On Living Wellness Project**
Promotes good health, physical activity, related health information/screenings and counseling. Services include medication management, health screenings and physical activity programs to support active lifestyles.

**CT Community Care Inc.**
43 Enterprise Drive
Bristol, CT 06010
866-845-2224

**Bristol**

**Falls Prevention**
Evidence-based falls prevention programs that have been proven to reduce falls, fear of falling, and fall related injuries in older adults.

**West Hartford – Bloomfield Health District**
580 Cottage Grove Road, Suite 100
Bloomfield, CT 06002
Phone: (860) 561-7900

**Bloomfield**

**Health Promotion**

**A Matter of Balance**
Provides evidence-based falls management program to reduce the fear of falling, increase strength and balance, and educate participants in ways to change their environment to reduce fall risk factors.

CAREGIVER SUPPORT SERVICES

Caregiver Support services, which are funded under Part E of Title III, provide information about the availability of support services, assistance in gaining access to them, and individual and group counseling to help make decisions and solve problems for family caregivers and grandparents raising grandchildren.

**Supportive Services for Grandparents/ Relatives Raising Children**
Catholic Charities, Inc.
Institute for the Hispanic Family
45 Wadsworth Street
Hartford, CT 06106
Phone: 860-493-1841

East Hartford
Hartford
West Hartford

Caregiver Counseling
Caregiver Support Groups

Grandparents Program
Addresses the gaps in community-based services for bi-lingual/bi-cultural elderly primary caregivers or legal guardians of a relative child under 18 years of age. Services include: outreach, relevant support
services, referrals and advocacy, benefits counseling, weekly support group sessions and other supplemental services.

**Community Renewal Team, Inc.**
555 Windsor Street
Hartford, CT 06120
Phone: 860-895-6605

**Grandparents Education and Respite**
Provides a combined education and respite program for Hartford residents 55 and older who are the primary caregivers for their grandchildren. The grandchildren are the dependents of those Hartford residents.

**Grandparents Raising Grandchildren**
Provides support services for Enfield grandparents and other relatives who are primary caregivers for their grandchildren or other relatives.

**Plainville Grandparents Program**
Provides grandparents with an opportunity to connect on issues of raising young children in today’s world as well as a way to obtain information and education on other topics that are relevant to this population. Group meets bi-monthly.

**Town of Enfield Social Services**
110 High Street
Enfield, CT 06092
860-253-6394

**Caregiver Support Group**
Child Respite

**Grandparents Raising Grandchildren**
Provides support services for Enfield grandparents and other relatives who are primary caregivers for their grandchildren or other relatives.

**Plainville Grandparents Program**
Provides grandparents with an opportunity to connect on issues of raising young children in today’s world as well as a way to obtain information and education on other topics that are relevant to this population. Group meets bi-monthly.

**Town of Plainville**
200 East Street
Plainville, CT 06062
Phone: 860-747-5728

**Caregiver Training**

**Plainville Grandparents Program**
Provides grandparents with an opportunity to connect on issues of raising young children in today’s world as well as a way to obtain information and education on other topics that are relevant to this population. Group meets bi-monthly.

**Town of Windsor**
599 Matianuck Avenue
Windsor, CT 06095
Phone: 860-285-1990

**Caregiver Support**

**Grandparents & Kinship Circle**
Support and resource group for Grandparents Raising Grandchildren and other caregivers raising others children
STATE ALZHEIMER’S AIDE

The State of Connecticut provides funds to support special Alzheimer’s Aide projects. In the North Central region, this funding has been allocated to five adult day center sites for an Alzheimer’s Aide designated to attend to the needs of Alzheimer’s participants.

The Caring Connection Adult Day Center
330 Windsor Avenue
Windsor, CT 06095
Phone: 860-547-0251

Felician Adult Day Care
1333 Enfield Street
Enfield, CT 06082
Phone: 860-745-2542

Hebrew Health Adult Day Services
at Hebrew Health Care
1 Abrahms Boulevard
West Hartford, CT 06110
Phone: 860-523-3816

Live Well Alliance
1261 South Main Street
Plantsville, CT 06479
860-628-9000