



2026 TITLE III PROGRAM DIRECTORY

“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.”

NORTH CENTRAL AREA AGENCY ON AGING, INC.
151 NEW PARK AVENUE, BOX 75, HARTFORD, CT 06106
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FAX: 860-251-6107
EMAIL: info@ncaaact.org

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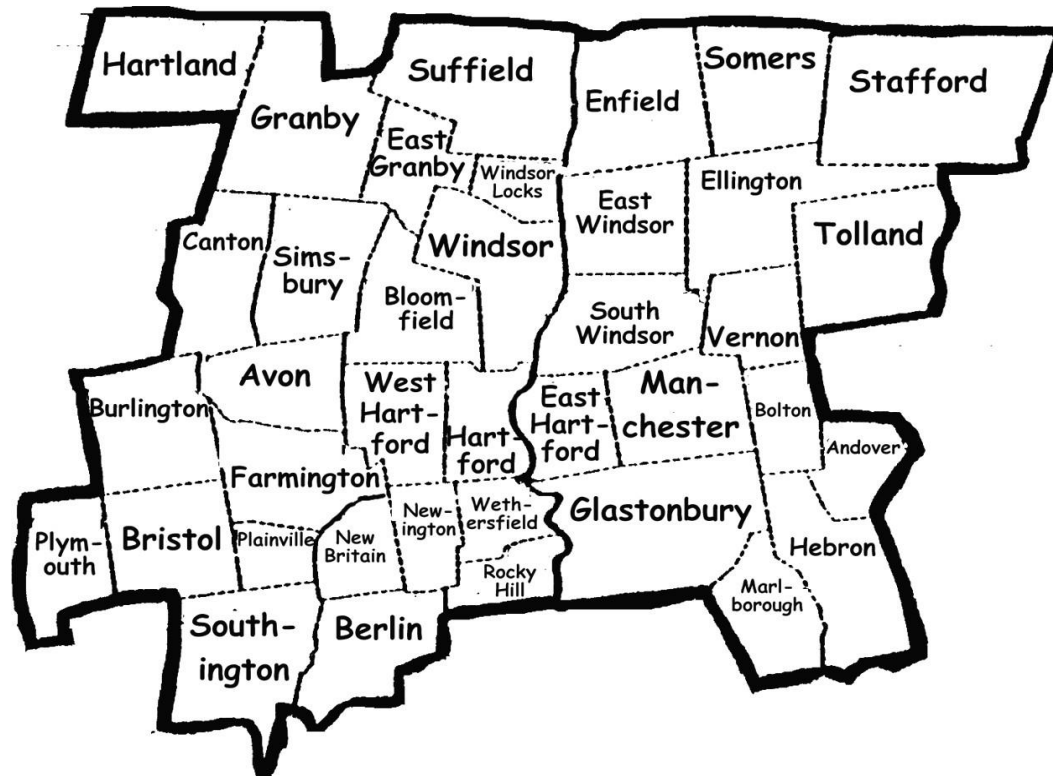
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INTRODUCTION

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 2026 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.

OAA TITLE III SERVICE CATEGORIES

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 2025 through September 2026. 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 2025 through June 2026.

FOR ADDITIONAL INFORMATION

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.bailey@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

<p>Catholic Charities, Inc. 839-841 Asylum Avenue Hartford, CT 06106 Phone: 860-527-1124</p>	Hartford	Therapeutic Activities	<p>Health Exercise Provides individuals with organized activities intended to improve their physical and emotional health.</p>
<p>Community Health Center 85 Lafayette Street New Britain, CT 06051 Phone: 860-347-6971</p>	North Central Region	Dental Clinic	<p>CHC New Britain Senior Dental Program Provides preventive care as well as restorative and prosthetic dental services. Hours: Monday – Friday 8am-7pm and Saturday 8am-4pm.</p>
<p>Monitor My Health, Inc. 1000 Lafayette Blvd. Suite 1100 Bridgeport, CT 06604 Phone: 800-945-9479</p>	Hartford Bloomfield	Health Education	<p>North Central Area Health & Wellness The service consists of Health Education led by a CDC-certified lifestyle coach on nutrition, physical activity, stress management, quality sleep, behavioral modification, achieving and maintaining a healthy weight, and other strategies for a healthy lifestyle.</p>
<p>Community Health Services, Inc. 500 Albany Avenue Hartford, CT 06120 Phone: 860-249-9625 ext. 846</p>	Bloomfield, East Hartford Hartford, New Britain, Newington, Rocky Hill, Windsor	Dental Clinic	<p>CHS Senior Smiles Dental Program Provides full dental services to patients aged 60 and over. A sliding scale based upon household income according to Federal poverty level guidelines is offered. The clinic is open Monday – Friday 8am to 5:30pm</p>
<p>Parkville Senior Center 11 New Park Avenue Hartford, CT 06106 Phone: (860) 232-7867</p>	Hartford	Physical Activity Food Pantry Health Education	<p>Healthy Activity Resources Provides Health Chats, Fitness & low impact stretching classes, tablet/cell phone tutoring and recreational activities such as Painting & Crafts.</p>

Town of Hebron
Russell Mercier Senior Center
12 Stonecroft Drive
Hebron, CT 06248
Phone: (860) 228-1700

Hebron

Physical Activity

Physical Fitness

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

Avon
Berlin
Bristol
Burlington,
East Hartford
Farmington
Hartford
Newington
New Britain,
Plainville
Plymouth
Rocky Hill
Southington
West Hartford
Wethersfield
Windsor

Foot Care

E.L.I.T.E. Enriching Lives in the Elderly

Offers a comprehensive program: Grandparents Support and Memory Café: Monthly. Grandparents Conference: Yearly. Caregivers Boot Camp: 4-week series. Circle Group” De-Isolation” programs will each meet twice a month. Low Vision: Monthly. Footcare scholarships vary based on appointment schedule.

Information & Referral

North Central Area Agency on Aging
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
Phone: 860-232-7867

Hartford

Social Support
Benefits Counseling
Outreach

Social Services Initiative
A reliable resource for members and community seniors to access help with basic needs, information, support counseling and benefits counseling

Human Resources Agency New Britain
180 Clinton Street
New Britain, CT 06053
Phone: 860-584-2725

Bristol
Burlington
New Britain
Farmington
Plainville
Plymouth

Information & Assistance
Outreach

HRA Elderly Service Program
Provides outreach and information sharing to identify elders who are at risk or abused to empower and support them to get assistance from appropriate community resources.

Outreach

Town of Enfield Social Services

1010 Enfield Street
Enfield, CT 06082
Phone: 860-253-6352

Enfield

Benefits Counseling
Information & Assistance
Caregiver Support Groups
Outreach

Enfield CARES

Caseworkers screen residents for assistance with transp., food assistance, utilities and/or assistive tech. and schedule follow up appt. Will also implement a series of caregiver support groups; this service would also be provided in Spanish.

Town of Hebron Senior Center

12 Stonecroft Drive
Hebron, CT 06248
Phone: (860) 228-1700

Hebron

Outreach

Hebron Social Services Outreach

Outreach will include, but not be limited to, benefit access assistance, money management strategies, employment and housing guidance, in-home support, and caregiver counseling. When appropriate, depression and cognitive screenings will be performed, and referrals made.

City of Hartford

550 Main Street
Hartford, CT 06103
Phone: 860-757-4803

Bloomfield
Bristol
East Hartford
Enfield
Hartford
Manchester
West Hartford
Wethersfield

Outreach
Information & Assistance
Housing Counseling
Benefits Counseling

Homeless Outreach Program for the Elderly

(H.O.P.E.) will conduct Outreach and provide Information and Assistance and Housing Counseling to unhoused seniors in the Greater Hartford region. Shelter placement, entry into treatment, and resources to avoid homelessness.

Jewish Family Services of Greater Hartford

333 Bloomfield Avenue, Suite A
West Hartford, CT 06117
Phone: 860-236-1927

Bloomfield East
Hartford
Farmington
Hartford
Manchester
Marlborough
Newington
Plainville

Benefits Counseling
Food Pantry
Information & Assistance
Mental Health Counseling
Outreach, Language
Translation

Russian Speaking Trauma Survivor Support Program

Provides case management, emergency assistance, and home care support for Holocaust survivors living throughout Connecticut. A shocking number of survivors live in poverty: A full scope of services is provided to help older individuals age in place and live life as fully as possible.

South Windsor
West Hartford

Transportation

Human Resources Agency New Britain
180 Clinton Street
New Britain, CT 06053
Phone: 860-584-2725

Bristol
Burlington
Farmington
New Britain
Plainville
Plymouth

Transportation

HRA Elderly Transportation Program
Provides rides for shopping, medical appointments, the Bristol Senior Center, and various other locations.

**City of Hartford Health & Human Services
Public Transportation Division**
131 Coventry Street
Hartford, CT 06112
Phone: 860-757-4803

Hartford

Transportation

Hartford Dial-A-Ride & Inter-Town Grocery Shuttle
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. A weekly inter-town grocery shuttle is also offered. Times vary based on service.

Town of Hebron
12 Stonecroft Drive
Hebron, CT 06248
Phone: (860) 228-5977

Hebron

Transportation

Hebron Expanded Transportation Project
Provides on-demand door-to-door handicapped accessible transportation within a 35-town radius for medical appointments, to/from the Senior Center (which houses the Community Cafe), grocery shopping, appointments with Hebron's Outreach Social Worker.

Hockanum Valley Community Council

27 Naek Road, Suite 5A
Vernon, CT 06066
Phone: 860-870-7940

Hockanum Transportation
Valley Region
East Hartford
East Windsor
Glastonbury
Manchester
South Windsor

Early Morning and Senior Inter-Town Transportation

Provide rides to medical appointments, dialysis, grocery shopping, hair salons, banking needs, post office, lunch with a friend, getting to the gym and much more. Transportation is provided via para-transit buses and delivered door-to-door to older adults.

Senior Transportation Services

830 Corbin Avenue
New Britain, CT 06052
Phone: 860-224-7117

Bristol Medical Transportation
New Britain
Plainville

Senior Medical Transportation Program

Provides door-to-door transportation to medical appointments, including dentists and ophthalmologists.

Town of Ellington

40 Maple Street
Ellington, CT 06029
Phone: 860-870-3133

Capitol Region Medical Transportation
(except
Bloomfield)
Bolton
Ellington Enfield
Farmington, New
Britain, Somers,
Stafford, Suffield
Tolland, Vernon

Ellington Medical Appointment Transportation Services (EMATS)

Provides door-to-door services to residents for non-emergency medical appointments on a scheduled basis for individuals aged 60 years and older.

Town of Windsor Senior Services

599 Matianuck Avenue
Windsor, CT 06095
Phone: 860-285-1992

Windsor Transportation

Evening & Weekends Senior Transportation

Provides seniors an opportunity to attend a senior center activity, outing or restaurant in the evening and/or weekend.

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.

Greater Hartford Legal Aid, Inc.

999 Asylum Avenue, 3rd Floor

Hartford, CT 06105

Phone: 860-541-5000

North Central
Region

Legal Assistance

Senior Law Project

Provides the following services:

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.

Connecticut Fair Housing Center

60 Popieluszko Ct

Hartford, CT 06106

Phone: 860-247-4400

Toll Free: 888-247-4401

North Central
Region

Legal Assistance

Legal Assistance for Housing Issues

Senior Center staff fair housing training, offers Advocacy, advice & representation that includes assessing issues such as rental housing conditions, rent increases, and rent protections regarding eviction. Homeowners' protection training, investigate complaints. They have virtual office hour sessions scheduled for the 2nd and 4th Wednesday of each month from 10am - noon.

Connecticut Veterans Legal Center

114 Boston Post Rd. G0016

West Haven, CT 06516

Phone: 203-794-4291

North Central
Region

Legal Assistance

Removing Legal Barriers for Older Veterans

Provides the following services:

legal aid to low-income veterans, remove legal barriers to stabilize housing, secure income, and access to healthcare. Pro Bono Network of attorneys assist eligible veterans in most civil cases, including housing defense (evictions, landlord-tenant disputes), consumer debt, and probate and estate planning, VA benefit disputes, VA benefit applications, and Discharge Upgrades.

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.

AHM Youth and Family Services

25 Pendleton Drive
Hebron, CT 06248
Phone: 860-228-9488

Andover
Hebron
Marlborough

Chore

AHM Chores Program

An intergenerational program whereby teens provide chore services to seniors. Youth workers provide services such as light house cleaning, weeding, gardening, and other chores.

Catholic Charities, Inc.

839 Asylum Avenue
Hartford, CT 06105
Phone: 860-527-1124

Hartford

Information & Assistance
Language Translation
Benefits Counseling
Health Counseling

Comprehensive Senior 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. All services are provided in Spanish/English/Laotian.

City of Hartford

131 Coventry Street
Hartford, CT 06112
Phone: 860 757-4803

Hartford

Homemaker

Hartford Elderly Assessment Response Team) HEART & Home Help

Provides homemaker services to seniors 60 years of age and older.

Communication Advocacy Network (CAN)

151 New Park Avenue, Suite 101
Hartford, CT 06106
Phone: 860-566-9490

North Central
Region (Except
Windsor
Windsor Locks)
Bristol Enfield
Farmington
New Britain
Plainville
Simsbury
Suffield
Southington

Chore
Companion
Homemaker
Transportation
Shopping Services

Deaf Elderly Outreach Center

Provides referrals, advocacy, and coordination of geriatric-based services to deaf and hard of hearing clients.

Vernon

Hockanum Valley Community Council, Inc. All Regions
27 Naek Road, Suite 4
Vernon, CT 06066
Phone: 860-870-7940 Ext. 2743

Benefits Counseling
Case Management
Food Pantry
Housing Counseling
Information & Assistance
Outreach
Personal Reassurance
Recreation
Social Support

HVCC Elderly Services Program

The program is designed to help seniors who are 60 years or older access the services and resources needed in order to thrive and successfully age safely in place. Services will be provided through virtual platforms, telephonically, and face to face in-office and/or at a senior's home as needed.

Human Resources Agency New Britain
180 Clinton Street New Britain, CT 06053
Phone: 860-584-8102

Bristol
Burlington
Farmington
New Britain
Plainville
Plymouth

Homemaker

Homemaker Program

Provides In-Home care to elderly, disabled, and homebound clients who have depleted Medicaid/Medicare eligibility for home care services and have no other reliable means to maintain their homes.

Town of Farmington
1 Monteith Drive
Farmington, CT 06032
Phone: 860-675-2323

Bristol
Plainville
Farmington
Valley Region

Therapeutic Activity

Creating Connections

Farmington Community Services provides enhanced programming for Farmington seniors. They will provide an opportunity to build a sense of community among the residents.

Town of Ellington
40 Maple Street
Ellington, CT 06029
Phone: 860-870-3133

East Hartford
Ellington
Enfield
Glastonbury
Manchester
Somers
South Windsor
Stafford
Suffield
Tolland
Vernon

Senior Center Participation

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 \$6.00 per meal. This program is also an opportunity to meet and socialize with peers. Tuesday-Thursday 11am – 12:30pm. October – May. Breakfast on Mondays 9am-10am.

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

Avon
Farmington
Hartford
Newington
Rocky Hill
West Hartford
Wethersfield
Windsor
Plainville
Central Region

Therapeutic Activity

Therapeutic Activity Program Therapeutic Activity (includes Memory Cafe and Circle Group). Monthly Memory Cafe for at-risk/compromised individuals with Dementia and their care partners to provide social "dementia friendly" programs; Provides One on one attention and mental health support and structured small group activities and socialization for those unable to participate fully in senior center or other community functions.

Town of Windsor
275 Board Street
Windsor, CT 06095
Phone: 860-285-1839

Windsor

Food Pantry

Groceries to Go Program
Provides groceries to seniors every other Friday from 10:30 – 11:30am

Town of West Hartford
50 South Main Street
West Hartford, CT 06107
Phone: 860-561-7578

West Hartford

Social Support Services

West Hartford Social Services
Proposes to broaden our Buried in Treasures hoarding disorder support group to be available to residents in neighboring towns. The book and accompanying group are evidence-based and an effective tool in assisting individuals suffering from hoarding disorders.

San Juan Center, Inc.
1277 Main Street
Hartford, CT 06103
Phone: 522-2205

Hartford

Information & Assistance
Language Translation
Recreation
Case Management
Benefits Counseling

SJC Elderly Support Services
has developed a comprehensive set of programs and services to enhance SENIORS' quality of life, by combating isolation and reducing depression while creating a better sense of community for its residents.

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.

Town of Windsor
330 Windsor Avenue
Windsor, CT 06095
Phone: 860-547-0251

Bloomfield
East Hartford
East Granby
East Windsor
Granby
Hartford
Manchester
South Windsor
Suffield
West Hartford
Windsor
Windsor Locks

Adult Day Care (Medical)

Caring Connection Adult Day Health Center
Provides daily programming, health care services, and respite for caregivers in a safe, structures, and medically supervised community setting designed for frail elders and the disabled who otherwise might be prematurely transitioned to an institutional setting. Center is open Monday through Friday, from 8:00am to 4:30pm.

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.

Parkville Senior Center

11 New Park Avenue
Hartford, CT 06106
Phone: 860-232-7867

Hartford

Senior Center Participation

Cultural Heritage Celebrations

Celebrates the culture of the many members who make up the diverse center. To enrich the lives of members through a variety of cultural activities and events to encourage the participation of the celebrations.

Avon Senior Center

635 West Avon Road
Avon, CT 06001
Phone: 860-675-4355

Avon
Bristol
Burlington
Canton
Farmington
Granby
New Britain
Plainville
Simsbury
West Hartford

Senior Center Participation

Monday Meals and Minds

Provides bi-monthly program where meals will be served at the Avon Senior Center (in-person or take away) and there will be an educational and informational opportunity for learning.

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.

RW Solutions

200 Myrtle Street
New Britain, CT 06053
Phone: 860-229-7700

Berlin
Bristol
New Britain
Plainville
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 certain locations within the City of Hartford during the week.

Town of Enfield

1010 Enfield Street
Enfield, CT 06092
860-253-6394

Enfield

Congregate Meals

Enfield Weekend Elderly Nutrition Program

Provides weekend meals at senior community café site located in Mark Twain Congregate Housing.

Senior Community Cafés (Congregate Meal Sites) in the North Central Region

Town	Café Site	Location/ Phone Number	Day(s) of Operation	Managed By
Avon	Avon Senior Center	635 West Avon Road Avon, CT 06001 860-674-4353	Tuesday, Thursday	Community Renewal Team
Berlin	Berlin Senior Center	33 Colonial Drive Kensington, CT 06037 860-828-7006	Monday – Friday	RW Solutions
Bloomfield	Bloomfield Senior Center	330 Park Avenue Bloomfield, CT 06002 860-243-8361	Tuesday, Wednesday	Community Renewal Team
Bloomfield	Federation Homes	156 Wintonbury Avenue Bloomfield, CT 06002 860-243-2535 Ext. 17	Site Closed	Community Renewal Team
Bristol	Bristol Senior Center	240 Stafford Avenue Bristol, CT 06010 860-584-7894 Ext. 7114	Monday – Friday	RW Solutions
Bristol	Kennedy Apartments	70 Gaylord Street Bristol, CT 06010 860-462-1403 Amy 860-584-9407	Wednesday – Friday	RW Solutions
East Hartford	East Hartford Senior Center	15 Milbrook Dr East Harford, CT 06118 860-291-7493	Monday, Tuesday, Thursday	Community Renewal Team
East Windsor	East Windsor Senior Center	125 Main Street Broad Brook, CT 06016 860-292-8279	Tuesday, Thursday, Friday	Community Renewal Team

Elmwood	Elmwood Senior Center	1106 New Britain Ave West Hartford, CT 06110	Site Closed	Community Renewal Team
Enfield	Enfield Senior Center	299 Elm Street Enfield, CT 06082 860-763-7428	Monday, Wednesday, Friday	Community Renewal Team
Enfield	Mark Twain Congregate	110 South Road Enfield, CT 06082 860-763-7519	Tues, Thurs, Friday Saturday – Sunday	Community Renewal Team Town of Enfield
Farmington	Farmington Senior Center	321 New Britain Ave Unionville, CT 06085 860-673-1441	Monday, Friday	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	45 Wadsworth Street Hartford, CT 06106 860-527-1127	Monday – Friday	Community Renewal Team
Hartford	North End Senior Center	80 Coventry Street Hartford, CT 06112 860-757-0804	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	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)
Hebron	Russell Mercier Senior Center	14 Stonecroft Drive Hebron, CT 06248 860-228-1700	Site Closed	Community Renewal Team
Marlborough	Marlborough Senior Center	17 School Drive Marlborough, CT 06447 860-295-6209	Site Closed	Community Renewal Team
New Britain	New Britain Senior Center	55 Pearl Street New Britain, CT 06051 860-826-3553	Monday – Friday	RW Solutions
Newington	Newington Senior Center	120 Cedar Street Newington, CT 06111 860-667-5837	Wednesday, Thursday	Community Renewal Team
Plainville	Plainville Senior Center	200 East Street Plainville, CT 06062 860-747-5728	Monday – Friday	RW Solutions
Plymouth	Gosinski Park	43 Ronald Rd. Plymouth, CT 860-670-8818	Site Closed	RW Solutions
South Windsor	South Windsor Senior Center	150 Nevers Road South Windsor, CT 06074 860-648-6361 ext. 328	Monday – Friday	Community Renewal Team
Southington	Calendar House	388 Pleasant Street Southington, CT 06489 860-621-6738	Monday – Friday	RW Solutions
Stafford	Stafford Springs Senior Center	3 Buckley Highway Stafford Springs, CT 06076 860-684-3906	Tuesday, Thursday	Community Renewal Team

Vernon	Florence Mills Apartments	121 West Main Street Vernon, CT 06066 860-872-0041	Site Closed	Community Renewal Team
Vernon	Franklin Park Apartments	114 Franklin Park Vernon, CT 06066 860-559-2729	Site Closed	Community Renewal Team
Vernon	Highrise Apartments	21 Court Street Rockville, CT 06066 860-324-6325	Tuesday, Thursday	Community Renewal Team
West Hartford	Elmwood Community Center	1106 New Britain Avenue West Hartford, CT 06117 860-561-8188	Site Closed	Community Renewal Team
West Hartford	Federation Square	2 Starkel Road West Hartford, CT 06117 860-236-4136	Site Closed	Community Renewal Team
Wethersfield	Wethersfield Senior Center/ William Pitkin Community Center	30 Greenfield Street Wethersfield, CT 06109 860-721-2955	Monday, Wednesday	Community Renewal Team
Windsor	LP Wilson Community Center	599 Matianuck Avenue Windsor, CT 06095 860-285-1843 ext. 296	Thursday, Friday	Community Renewal Team
Windsor Locks	Windsor Locks Senior Center	41 Oak Street Windsor Locks, CT 06096 860-627-1425	Tuesday, Thursday	Community Renewal Team

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 Hartford
131 Coventry Street
Hartford, CT 06112
Phone: 860-757-8403

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.

Monitor My Health
1000 Lafayette Blvd. Suite 1100
Bridgeport, CT 06604
Phone: 800-945-9479

Bloomfield
Hartford

Diabetes Self-Management
Program (DSMES)

Diabetes Self-Management Initiative the program will help people with diabetes to reduce the onset or progression of diabetes complications, increase the quality of life, encourage long-term lifestyle behavior change, enhance self-efficacy and empowerment, increase healthy coping, and decrease diabetes-related depression.

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 839 Asylum Avenue Hartford, CT 06105 Phone: 860-527-1124	Hartford	Caregiver Counseling Caregiver Support Groups	Grandparents as 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: 860-560-5608	Hartford	Child Respite	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.
The Salvation Army 217 Washington Street Hartford, CT 06106 Phone: 860-543-8413	Bloomfield East Hartford Hartford Newington West Hartford Wethersfield Windsor	Caregiver Support Group Caregiver Training Child Respite Caregiver Counseling Outreach	Parents Second Time Around The comprehensive program helps caregivers acquire the knowledge and skills they need to support the children in their care. Caregivers are encouraged to engage in their child's development at school, home through homework assistance and literacy activities. Caregivers are taught to demonstrate consistent expectations for their children, teach self-control, identify, and prioritize behavior changes, and acquire techniques for staying calm.

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

All Central Region Caregiver Training
Avon
Farmington
Hartford
Newington
Rocky Hill
West Hartford
Wethersfield
Windsor

Grandparents Raising Grandchildren 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 monthly.

Town of Windsor
599 Matianuck Avenue
Windsor, CT 06095
Phone: 860-285-1836

Windsor Caregiver Training
Child Respite

Grandparents & Kinship Circle

Provides Camp scholarships during the summer for grandchildren, and a free one-day parenting skill builder training conference for grandparents

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