

Senior Centers

Description:

Senior Centers are places where older adults can come together for services and activities that reflect their experience and skills, respond to their needs and interests and support their independence and involvement in the community. Each center is a unique operation with a direction and focus determined by its community and participants.

These centers may provide health and wellness programs, nutrition services, educational and recreational activities, arts and humanities programs, transportation, volunteer opportunities, counseling, information and referral services, frail and special needs programs and other supportive services. They also serve as community resources for information about aging related issues, support for family caregivers and training for professionals, para-professionals and students.

Many programs offered at senior centers are free of charge, but some programs may require a fee or suggested donation.

Eligibility Requirements, Service Areas and Program Year:

Eligibility Requirements:

- Most centers require individuals to be age 60 or older for senior center participation. Age requirements may vary, however; each community is free to determine the age of participation for its senior center.

Service Areas:

Statewide

Some senior centers serve more than one town.

Program Year:

N/A

Contact Information:

Senior centers and their contact information are listed by town in [Appendix D](#).

For information on senior centers and senior center standards contact:

Connecticut Association of Senior Center Personnel (CASCP)
Mary Jo Riley, President

Telephone: 860-536-5740
www.cascp.org

For general information about senior centers:

Cheryl Jackson
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Aging Services Division
25 Sigourney Street
Hartford, CT 06106
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Related Information:

N/A