

When a SENIOR Needs Help



The **SENIOR GO TO GUIDE** is a free resource guide for national, state and town/city health services and other programs for Seniors

www.seniorgotoguide.com

Download the print edition: www.SenatorDuff.cga.ct.gov
or call my office **1-800-842-1420** to order by mail

**Providing seniors with summaries
and contact info regarding:**

Social Security • Medicare • Health & Wellness
Insurance • Caregivers • Estate Planning • Tax Relief
Transportation • Rehabilitation • Housing
Elder Law • Scams • Energy Assistance
and Much More...



State Senator **Bob Duff**

Representing Norwalk & Darien

Legislative Office Building, Room 2400
Hartford, Connecticut 06106-1591

Capitol: 1-800-842-1420 **Home:** 203-840-1333

E-mail: Bob.Duff@cga.ct.gov

Web: SenatorDuff.cga.ct.gov



PRSRT STD
U.S. POSTAGE
PAID
HARTFORD CT
PERMIT NO. 3937

Norwalk Senior Center

ACTIVITY PROGRAMS INCLUDE: **Senior Cafe lunch**, \$3 donation requested—reservations must be made at least 24 hours in advance; **Bingo**, Thurs., 12:45 PM; **Bocce**, Wed., 10 AM (weather permitting); **Billiards**, most mornings and afternoons; **Card and tile games**, call for information; **Computer Learning Center**; **Daily exercise programs** for different ages and energy levels; **Health & Wellness presentations** on medical issues by Norwalk Hospital and area physicians; **Individual health screenings**; Blood pressure monitoring; **Nutritional counseling**.

HOMEBOUND & COMMUNITY OUTREACH PROGRAMS: **Meals on Wheels**, a not-for-profit program in which meals are delivered at low cost to homes of residents unable to shop and/or prepare meals because of injury, illness or disability. **Medicare Counseling** with trained counselors who will meet one-on-one with those on Medicare and guide them through the maze of issues involved. **Individual and Group Counseling** around issues of bereavement, stress management and family conflicts. The **Senior Housing Assistance Fund** makes interest-free loans available to eligible seniors to help secure safe, affordable housing in Norwalk. **Caregiver's Resource Center** along with the **Southwestern Connecticut Agency on Aging** to provide information, counseling and referrals to those caring for older loved ones or for grandparents raising grandchildren.

Norwalk Senior Center South

PROGRAMS, ACTIVITIES & SERVICES INCLUDE: **Lunch**; **Health programs and screenings**; **Counseling services**; **Support groups**; Help in filing for financial assistance and housing programs; Document translation; Special trips, parties, luncheons; **Citizenship preparation classes**; **English as a Second Language classes**, Mon. & Fri., 10 AM; **Armchair aerobics**, Tues. & Thurs., 10 AM; **Sewing classes**, every other Fri., 11 AM; **Pokeano**, Mon./Wed./Fri., 12:30 PM; **Penny bingo/dominoes**, Mon.-Fri., 11 AM (English), Tues. & Thurs., 12:30 PM (Spanish); **Computer classes**, Wed., 11 AM; **Spanish classes for beginners**, Fri., 12:30 PM; **Crafts**, every other Fri., 10 AM; **Shopping trips**, Mon. 1 PM.

Sources: Norwalk Senior Center and Dept. of Social Services. From the "Senior GOTO Guide." ©2012 Merrill Anderson Co., Inc., Stratford, CT

Norwalk Senior Center

11 Allen Road

Norwalk, CT 06851

Hours: 8 AM–4:30 PM

Phone: 203-847-3115 **Fax:** 203-849-1285

Annual membership fee: \$20

www.norwalkseniorcenter.org

Norwalk Senior Center South

92 Cedar Street

Norwalk, CT 06854

Hours: Mon.-Fri., 9 AM–3 PM

Phone: 203-299-1500 **Fax:** 203-299-0441

www.norwalkseniorcenter.org

Norwalk Senior Services

Hours: 8 AM–4:30 PM

Phone: 203-854-3200

www.norwalkct.org

Tax Assessor

125 East Avenue, Room 106

Norwalk, CT 06851

Hours: Mon.-Fri., 8:30 AM–5:00 PM

Phone: 203-854-7888 or 203-854-7887

Fax: 203-854-7986

Senior Pass to National Parks Program

\$20 for lifetime pass by mail, \$10 in person

http://store.usgs.gov/pass/senior.html