



COMMUNITY SUPPORTS
CONGREGATE MEALS

Congregate meals offer older adults an opportunity to enjoy a well-balanced nutritious meal while enjoying the company of others in a social setting. Many sites are located at a senior center or housing site where participants can engage in various activities of their choice. Group nutrition education and counseling which promote the role of nutrition in preventative health is also available.

Congregate meals are coordinated by SWCAA and supported by federal and state funds that provide services for participants aged 60 and over. Anonymous donations are suggested but not required.

For serving times and to make a reservation at a meal site in your community please see the list below.

Bridgeport		Fairfield
<u>Dwight D. Eisenhower Senior Center</u> 263 Golden Hill Street Bridgeport, CT 06604 203-576-7993		<u>Bigelow Center for Senior Activities</u> 100 Mona Terrace Fairfield, CT 06430 203-256-3166
		Greenwich
<u>East Side Senior Center</u> 1057 E. Main Street Bridgeport, CT 06608 203-576-7212		<u>Hill House Senior Housing</u> 8 Riverside Avenue Riverside, CT 06878 203-637-3177
Norwalk		
<u>The Marvin Senior Housing</u> 60 Gregory Boulevard Norwalk, CT 06855 203-854-4660		



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<u>Broad River Homes</u> 108 New Canaan Avenue Norwalk, CT 06850 203-846-3700		<u>Stamford Senior Center</u> 888 Washington Boulevard Stamford, CT 06901 203-977-5151
		Trumbull
<u>Norwalk Senior Center</u> 11 Allen Road Norwalk, CT 06851 203-847-3115		<u>Trumbull Senior Citizens Center</u> 23 Priscilla Place Trumbull, CT 06611 203-452-5199
Stamford		
<u>Over 60 Club</u> St. John's Episcopal Church 628 Main Street Stamford, CT 203-748-1228		<u>Westport Center for Senior Activities</u> 21 Imperial Avenue Westport, CT 06880 203-341-5099
<u>Stamford Jewish Center</u> 1035 Newfield Avenue Stamford, CT 06905 203-322-7900		

For more information contact

Gretchen James, Grants Manager

Southwestern CT Agency on Aging

203-814-3620 or gjames@swcaa.org