

**SOUTHWESTERN CT AGENCY ON AGING
COMMUNITY PROGRAMS AND SERVICES
For Older Adults 60 and Over
FY 2026 GRANTEES**

*Click on the organization's name to be directed to their website

Adult Day Centers

[ElderHouse, Inc.](#)

Adult Day Services for Low-Income Older Adults

Contact: Julia Schwartz-Leeper

Phone: 203-847-1998

Offers access to affordable, high quality adult day services for low-income frail elderly. The program is designed to help low-income senior households by offering high quality services on a sliding scale. Once enrolled, senior adults can spend the day at ElderHouse and receive a range of services they need including hands-on-care, supervision, medical monitoring, recreational therapies, memory care, and assistance with activities of daily living. Clients receive the support they require, in order to engage in social activities and remain active, physically and mentally. At the same time, family caregivers benefit from time off from caregiving duties.

[Mozaic Senior Life](#)

Mozaic Adult Day Program

Contact: Laura Snow Robinson

Phone: 203-365-6469

A certified medical model adult day program for older adults who are physically, cognitively or emotionally frail and often unable to remain alone during the day. Services include nursing care, case management, personal care, recreation, USDA compliant meals and snacks, rehabilitation services, specialized dementia care, caregiver support groups and escorted wheelchair transportation.

[Mozaic Senior Life](#)

Memory Workshop

Contact: David Magner

Phone: 203-396-1021

A unique weekly peer-to-peer support program for individuals who are experiencing changes in memory and/or, have a diagnosis of Mild Cognitive Impairment or early-stage Dementia and are independent in personal care needs. Care partners are critical to each participant and also supported by the program by helping them understand cognitive impairment and dementias, that they might begin to understand the next steps: how to cope and rearrange life as the disease progresses, long-term options, and assistance in putting long-term plans in place through short-term goals that follow the progression of the disease.

River House Adult Day Center

River House Adult Day Center Title III B Program

Contact: Diandria Hernandez

Phone: 203-622-0079

Individuals will participate in social activities including therapeutic recreation, exercise, nutritious meals shared with friends, transportation, and compassionate nursing care. This will improve their quality of life and reduce the risks associated with social isolation, which include dementia, falling, dehydration, and others. Clients' caregivers and family members benefit from respite from their daily caregiving responsibilities and peace of mind.

Caregiver Support Services

Fairfield County House

Senior Access Fund and Education

Contact: Julia Portale

Phone: 203-921-6405

The Senior Access Fund & Education (SAFE) program aims to reduce barriers to access Fairfield County House and services due to an inability to pay. Potential residents ages 60 and older will be screened for eligibility and may receive reductions or waivers of the full daily rate. This will afford them access to room and board, 24/7 nursing, certified nursing assistant services, and coordinated activities and care planning with their hospice/home care team.

ElderHouse, Inc.

ElderHouse Caregiver Support

Contact: Julia Schwartz-Leeper

Phone: 203 847-1998

Provides caregivers with the tools they need in order to maintain their loved ones at home, in a safe and stimulating environment. ElderHouse will supply specific Information and Assistance around caregiver planning and resources so that caregivers are knowledgeable and can access services. Caregiver Counseling by licensed, experienced, Geriatric Masters Level Social Workers with decades of experience in caring for older adults in the community will be provided as well as support groups for both spouses and families caring for their loved ones.

Family & Children's Agency

Caregiver Support

Contact: Ligia Masilamani

Phone: 203- 855-8765

Provides services to caregiving family members including Information & Assistance to family caregivers. The program helps caregivers navigate systems through assessments, resource information, benefits education, referrals, and service coordination. By streamlining support, we ensure caregivers can access the necessary health, wellness, and preventative services to better assist vulnerable seniors.

Hall Senior Center

Caregiver Information & Assistance

Contact: Cheryl Delaney

Phone: 203-345-2045

Assists family caregivers with information and assistance to continue to ensure that the client and the caregivers needs are met by determining what their needs are and then providing solutions available to them within their community. The Senior Center manager will meet with the caregivers to assess problems and capacities, provide connections to available opportunities and services and follow-up with caregivers to ensure that they have received the recommended services.

Town of Monroe

Caregiver Assistance

Contact: Kimberly A. Cassia

Phone: 203-452-2815 ext. 4

Services for caregivers to keep their loved one safe at home, so they can achieve maximum independence, dignity and maintain their quality of life. Caregivers are linked to available opportunities, programs and resources. Staff monitor and follow-up to ensure that needed services are in place and continue an open dialogue with the caregiver until matters are resolved. Information sessions are held monthly to educate and support caregivers.

Town of Trumbull

Trumbull Caregiver Services

Contact: Michele Jakab

Phone: 203-452-5144

A wide range of support

to caregivers as they face challenges in their caregiving role. Provides comprehensive support to caregivers as they navigate the challenges of their roles, outreach to identify caregivers and connect them with essential resources, including referrals and emotional support. Additionally, monthly seminars designed to educate and support both caregivers and their loved ones are held.

Westport Center for Senior Activities

Caregiver Support Group

Contact: Holly Betts

Phone: 203-341-5099

Caregiver support counseling group for caregivers caring for an older individual, a child under age 18, or an adult child aged 18 to 59 years of age with a disability. A counselor/facilitator will lead two sessions a month, held in-house and offered simultaneously on Zoom. There are also two social gatherings during the year.

Friendly Visiting

Family Centers

Friendly Connections

Contact: Karissa L. Payero

Phone: 203-684-5310

Supports isolated, lonely, and/or homebound Fairfield County seniors. The program alleviates isolation by utilizing trained volunteers and master's-level interns called "Friendly Visitors." Friendly Visitors provide phone and video calls and home visiting and support clients navigating "end-of-life" issues, including mental health challenges or loss. They provide case management, counseling, crisis management, social-emotional support, referrals, and information and assistance. Participants complete an initial application and assessment and are carefully matched to their Friendly Visitors, building meaningful connections.

Food and Shopping Services

Cardinal Shehan Center

Senior Cooking Club

Contact: Katherine O'Hara

Phone: 203-336-4468

Cooking lessons for older adults at Cardinal Shehan Center's state-of-the-art kitchen. Participants will enjoy cultural dishes, baking, and healthy meals focusing on nutrition. This hands-on course will meet once per week for five weeks and engage older adults in the art of cooking. It will be nutritious, delicious, and fun!

Family & Children's Agency

Assisted Transportation & Shopping

Contact: Ligia Masilamani

Phone: 203- 831-2900

Keeps older adults connected to services and support in the community so they can live independently. FCA's caregivers drive seniors to doctor's offices, grocery stores, socialization events and other activities that require vehicular transportation. A unique element to FCA's Assisted Transportation is that caregivers escort clients and remain with them throughout the entire service, providing assistance, guidance, and companionship.

Jewish Family Services of Greenwich

Older Adult Services

Contact: Geoffrey Anderson

Phone: 203-622-1881

Aims to enhance the well-being and independence of seniors by providing essential support through two key programs: **Supermarketing for Seniors** and **Compassionate Companions**. **Supermarketing for Seniors** assists homebound older adults with grocery shopping, ensuring access to nutritious food. **Compassionate Companions** offers door-through-door, non-emergency medical transportation, providing seniors with safe and reliable rides to medical and mental health appointments. These services help reduce isolation, promote health, and improve the quality of life for older adults, enabling them to maintain their independence while receiving the care and support they need.

Sterling Community Center

Seniors Home Delivery Program & Sterling Chore Corps Program

Contact: John Chamberlain

Phone: 203-378-2606 X 106

Serves 70-90 seniors with food deliveries twice a month and phone calls to check on their needs (also as a wellness check and opportunity to assist seniors with accessing other services). In 2025, a pilot Sterling Chore Corps will be implemented to help seniors with chores and minor home repairs.

Health Services

Community Health Center Inc.

Senior Dental Program

Contact: Marcia Winseck

Locations: 49 Day Street, Norwalk- 203-854-9292

and 22 Fifth Street, Stamford- 203-323-8140

Provides a full-service dental program for seniors aged 60 and older at its Stamford and Norwalk dental sites. All participants will receive a dental exam, oral cancer screenings, x-rays, and cleaning. A treatment plan will be created at the time of the exam and units are assigned for each patient. All dental services are delivered which may consist of restorations, extractions, root canals, bridges, crowns, partials, and/or dentures.

Fairfield University School of Nursing

Health Promotion: Fall Prevention

Contact: Jessica Alicea-Planas

Phone: 203-254-4000, ext. 2738

A Matter of Balance © (MOB) is a highest tier evidence-based program (National Council on Aging, 2022) designed to reduce the fear of falling and increase activity levels among older adults. The program will be given at 10 community-partner sites to 10 participants at each site; 1 program will be bilingual in Spanish and English and facilitated by Fairfield University Nursing students.

Family Centers

Geriatric Mental Health Counseling

Contact: Karissa Payero

Phone: 203-684-5310

Offers treatment, including medication management, to individuals and families living in the greater lower Fairfield County area. Services are provided to all regardless of insurance status. The program's psychotherapy and counseling capabilities address trauma, grief, and bereavement, persistent sadness and depression consuming worry and anxiety disorders, poor adjustment to academic and work demands, domestic violence, parent-child conflicts, and marital strain and discord.

Mosaic Senior Life

Center for Elder Abuse Prevention

Contact: Laura Snow Robinson

Phone: 203-365-6403

Activities to increase public awareness of elder abuse and disseminate knowledge that may help in preventing and/or reporting instances of elder abuse. These activities include education and outreach to the general community, seniors and professionals, in the form of presentations, seminars, pamphlets, radio and television appearances, articles and newsletters.

Monitor My Health

Healthy Senior 2026

Contact: Dana Wade

Phone: (203) 710-5519

A Lifestyle Care Program to 30 older adults at an increased risk for developing type 2 diabetes and heart disease. This initiative, recognized by the CDC, has demonstrated remarkable efficacy in helping older adults mitigate their risks of developing type 2 diabetes and heart disease, with a risk reduction of 71%. The service consists of health education led by a CDC-certified lifestyle coach on nutrition, physical activity, stress management, quality sleep, behavioral modification, and achieving and maintaining a healthy weight.

Monitor My Health

ThriveWell 2026 Empowering Seniors with Diabetes

Contact: Dana Wade

Phone: (203) 710-5519

A Diabetes Self-Management Program for adults who have diabetes. This program, recognized by the American Diabetes Association, has demonstrated remarkable efficacy in helping adults with diabetes mitigate their risks of developing diabetes complications and reduces hospitalization rates by up to 34%. It includes one (1) hour of individual training, and an additional nine (9) hours of group training offered weekly by a Diabetes Educator. The workshop topics include healthy coping, healthy eating, being active, taking medications, monitoring, reducing risks, and problem-solving. The program will be supplemented with case management support to address the unique needs faced by older adults.

Stamford Senior Center

Kinima Fit for Seniors

Contact: Christina Crain

Phone: 203-977-5238

KINIMA.fit offers highly engaging exercise, incorporating a vast array of fitness content. Seniors can view themselves on a large screen with color-coded visual feedback, self-guided or supervised, and in a group or individual setting. The station consists of a large interactive screen powered by 3D technology. The content has expanded to include a vast array of physical activity offerings including: Tai Chi, Zumba, cardio, strength and stretch done with and without weights, both performed seated and standing with flexible durations. Breathing and meditation are included. There are several Spanish classes in the constantly growing library of offerings.

Legal Services

CT Legal Services

Legal Services for the Elderly

Contact: Kevin Brophy

Phone: 203-721-8550

Provides a full range of legal assistance to seniors to help them address the complex legal issues that negatively impact their lives. Services include access to medical care, access or preserve urgently needed subsistence benefits, preserve housing, create health care directives and Powers of Attorney, fight against consumer fraud, overcome financial abuse and exploitation, and help enforce overall rights.

Connecticut Fair Housing Center

Legal Assistance Initiative

Contact: Shannon Perkins

Phone: 860-263-0728

Legal office hour sessions (hosted twice monthly) providing advice and counseling on fair housing, eviction, and/or foreclosure issues, advocacy and representation (i.e., addressing fair housing issues, providing foreclosure prevention services, investigating complaints, providing legal advice, making referrals, and advocating for consumer rights protections), and developing digital educational outreach materials.

Elderly Nutrition Program

Catholic Charities of Fairfield County

Congregate & Home Delivered Meals in the Greater Norwalk & Stamford Area

Contact: Maureen Neuberger

Phone: 203-324-6175

Congregate meals served at community sites and meals delivered to homebound seniors aged 60 and older. Nutrition Education and Nutrition Counseling are also available individually and in a group setting.

Norwalk Sites:

Broad River Homes, 108 New Canaan Avenue

The Marvin, 60 Gregory BLVD.

Norwalk Senior Center, 11 Allen Road

Stamford Sites:

Stamford Senior Center, 888 Washington BLVD

Jewish Community Center (Kosher), 1035 Newfield Avenue

Over 60 Club, 628 Main Street

Greenwich Site:

Hill House, 8 Riverside Avenue

Westport Site:

Westport Center for Senior Activities, 21 Imperial Avenue

[RW Solutions](#)

Congregate & Home Delivered Meals in the Greater Bridgeport Area

Contact: Laura Palmieri

Phone: 203-332-3264

Congregate meals served at community sites and meals delivered to homebound seniors aged 60 and older. Nutrition Education and Nutrition Counseling are also available individually and in a group setting.

Bridgeport Sites:

Bridgeport Elderly Apartments, 2400 North Avenue

East Side Senior Center, 268 Putnam Street

Eisenhower Senior Center, 307 Golden Hill Street

Hall Neighborhood House, 52 George E. Pipkins Way

Stratford Site:

Baldwin Senior Center, 1000 West Broad Street

Fairfield Site:

Bigelow Center for Senior Activities, 100 Mona Terrace

Trumbull Site:

Trumbull Senior Center, 23 Priscilla Place

Monroe Sites:

Senior Dine Program: Bills-Drive-In Restaurant, 431 Monroe Turnpike

Monroe Senior Center, 235 Cutler's Farm Road

Senior Centers and Senior Programs

[Bridge House](#)

STEP IT UP

Contact: Karen Oquendo

Phone: 203-335-5339

Programs and services around dietary and nutritional education, and activities that will boost physical endurance and support for Bridge House members. Step It Up will implement wellness competencies along with maintaining connections to members who are isolated at home and in short/long term facilities.

[Bridgeport Department on Aging](#)

Bridgeport Senior Center Activities

Contact: Marie Heller

Phone: 203-576-7201

Provides weekly recreational activities at three Bridgeport senior centers (Eisenhower, Black Rock, and East Side Senior Centers) including painting, meditation, line dancing, Tai-Chi, ceramics and exercise classes.

Hall Senior Center

Senior Center Use

Contact: Cheryl Delaney

Phone: 203-345-2045

Offers socialization through scheduled activities including breakfast and lunch. Seniors partake in dominos, bingo and enjoy dancing and singing. Partnerships provide presentations on insurance, identity theft/fraud, tai chi, arts and crafts. Weekly health assessments are conducted by SHU's College of Nursing Public Health students; seniors take advantage of the free dental hygiene services offered by UB Fone's Dental School students. Transportation will be provided to seniors that are unable to get to and from the center on their own.

Town of Monroe

Monroe Programs

Contact: Kimberly Cassia

Phone: 204-452-2815 ext. 4

Monroe Programs incorporates a transportation service that offers financial security and independence as the senior receives rides for a variety of appointments. The Recreation component offers a variety of programs to fulfill various needs including physical, emotional, cognitive, social, and spiritual stimulation, creativity, well-being and fun in a social open environment. Chore service helps struggling seniors who need help inside and around their homes to maintain a safe environment, promote independence and quality of life, while using a vetted vendor and maintain financial security.

Over 60 Club Inc.

Over 60 Senior Neighborhood

Contact: Betty McOsker

Phone: 203-316-9335

628 Main Street, Stamford

Provides Information and assistance through bimonthly informational programs which include health topics, community issues, benefits. In addition, there are monthly blood pressure screenings, bimonthly distribution of donated groceries and holiday gift distributions, and subsidized transportation assistance with Norwalk Transit and CT Transit. 9-10 exercise classes are held each week, including line dance, Chair Yoga, general exercise, Tai Chi and Zumba gold.

Stamford Senior Center

Senior Hispanic Club

Contact: Christina Crain

Phone: 203-977-5238

The program provides a variety of social, educational health and wellness and fitness programs. It also provides valuable assistance and information to seniors to help them apply for benefits like SNAP, Medicaid, Medicare and low-income housing. It is a lifeline to Latino seniors and provide vital socialization and helps build new meaningful friendships. Programs include ESL classes, exercise classes, music, knitting, crocheting and sewing, art classes and lifelong learning programs. In addition, the Senior Hispanic Club organizes multiple day trips throughout the year allowing members to explore the arts, theater and nature.

Town of Stratford

Senior Connection

Contact: Erin McLeod

Phone: 203-385-4050

Provides therapeutic recreational activities and outreach to older adults who are isolated, home-bound and/or disengaged. Activities support health and wellness, reduce social isolation and encourage use of services and benefits. Individualized follow-up by phone and through home-visiting is provided. Recreational activities are facilitated at Baldwin Center, which is conveniently located in the center of Stratford with ample parking and 3 floors bustling with activities.

Support Services

Bridgeport Department on Aging

Elderly Hispanic Outreach Program

Contact: Iraida Negron

Phone: 203-576-7201

The Elderly Hispanic Outreach Program strives to enhance the quality-of-life and self-sufficiency of Bridgeport seniors with limited English proficiency. The program offers bi-lingual information and assistance services, as well as benefit education sessions, to low-income, Hispanic seniors aged 60+ in Bridgeport. The Elderly Hispanic Outreach Program also assists seniors through one-to-one counseling or group sessions.

SilverSource, Inc.

SilverSource Case Management

Contact: Alison Heim

Phone: 203-324-6584

Case management includes a thorough intake procedure with assessment of need and vulnerability. A care plan is developed with the client which may include providing immediate financial assistance, applications for programs and benefits, budget counseling, liaising with other family members and/or community partners, and referrals to outside agencies where appropriate. There is also help with applying for affordable housing, and assistance with utility payments.

Jewish Family Service of Stamford

Schoke JFS Senior Support Program

Contact: Hannah Pollack

Phone: 203-921-4161

Clients aged 60+ will be provided with Language Translation, specifically in Russian and Spanish. Staff will provide Case Management services to older adults with referrals and advocacy to appropriate community partners.

Transportation Services

Family & Children's Agency

Assisted Transportation & Shopping Services

Contact: Ligia Masilamani

Phone: 203- 831-2900

Keeps older adults connected to services and supports in the community so they can live independently. FCA's caregivers drive seniors to doctor's offices, grocery stores, socialization events, and other activities that require vehicular transportation. A unique element to FCA's Assisted Transportation is that caregivers escort clients and remain with them throughout the entire service, providing assistance, guidance and companionship.

SilverSource, Inc.

SilverSource Medical Transportation

Contact: Alison Heim

Phone: 203-324-6584

Provides older residents cost-free, safe, and reliable rides to and from medical appointments, increasing access to healthcare, preserving the limited incomes of seniors who struggle financially, promoting health and well-being, and helping older residents to age in place and remain more independent.

Town of Monroe

Monroe Programs

Contact: Kimberly Cassia

Phone: 204-452-2815 ext. 4

Monroe Programs incorporates a transportation service that offers financial security and independence as the senior receives rides for a variety of appointments free of charge. A variety of recreation programs are offered free of charge which fulfill various needs including physical, emotional, cognitive, social, creativity, well-being and fun in a socially inviting environment. Chore service helps struggling seniors who need help inside and around their homes to maintain a safe environment, promote independence and quality of life, while using a vetted vendor and maintain financial security.