

Quinebaug Valley Senior Center

Center for Active Living

Senior Services Handout

69 South Main Street, Brooklyn, CT 06234

Phone: **(860) 774-1243**

Monday – Friday, 9:00 AM – 2:00 PM

Printed October 16, 2026

A non-profit serving Brooklyn, Canterbury, Eastford, Killingly, Plainfield, Pomfret, Putnam, Sterling, Thompson, and Woodstock.

Call These First

Emergency: **911**

United Way 2-1-1 CT (24/7 help): **2-1-1**

Brooklyn Municipal Agent to the Elderly: **(860) 774-1243**

Quinebaug Valley Senior Center: **(860) 774-1243**

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1. Services at the Senior Center

Municipal Agent to the Elderly (Brooklyn)

Information and application help for local, state, and federal benefits — housing, healthcare, energy assistance, and SNAP.

(860) 774-1243

Medicare Counseling (CHOICES)

Three Certified Medicare Choices Counselors offer unbiased help with Medicare and Medicare Savings Programs, during Open Enrollment and year round.

(860) 774-1243

Caregivers Support Group (Alzheimer's & Dementia)

A monthly group for family caregivers supporting someone with Alzheimer's or dementia. Meets once a month, in the second week of the month, at the Senior Center in Brooklyn. Share experiences, practical strategies, and encouragement.

(860) 774-1243

Meals — Café & Meals on Wheels

Daily meals in the café, plus home-delivered meals for those who cannot get out. \$3.50/meal

(860) 774-1243

Volunteer Transportation

Rides to medical appointments and errands, provided by volunteer drivers.

(860) 774-1243

Medical Equipment Lending

Borrow walkers, wheelchairs, shower chairs, and other equipment at no cost.

(860) 774-1243

Wellness Home Visits

Check-in visits for at-risk older adults living alone.

(860) 774-1243

2. Monthly Catered Dinner

Monthly Catered Dinner

A catered dinner at the senior center on the third Wednesday of each month, open to members and guests. Call ahead to reserve your seat.

When: Monthly · 3rd Wednesday · Next: Wednesday, October 21, 2026, 11:30 AM – 1:30 PM

Where: 69 South Main Street, Brooklyn, CT 06234

Cost: \$15 per person, payable at the door

Who can come: Adults 55+ and their guests are welcome.

Towns served: Brooklyn, Canterbury, Eastford, Killingly, Plainfield, Pomfret, Putnam, Sterling, Thompson, and Woodstock

Reserve a seat: Call the senior center by the Friday before the dinner to reserve your seat. Let us know how many guests are coming and any dietary needs.
(860) 774-1243

Upcoming dates: Wednesday, October 21, 2026 · Wednesday, November 18, 2026
· Wednesday, December 16, 2026 · Wednesday, January 20, 2027

3. Benefits & Aging Services

Senior Resources (Area Agency on Aging, Eastern CT)

The Area Agency on Aging for Eastern Connecticut. Information, referrals, care management, and caregiver support for adults 60+ and their families.

(860) 887-3561 · (800) 690-6998

seniorresourcesec.org

19 Ohio Avenue, Suite 2, Norwich, CT 06360

Monday–Friday, 8:00 AM–5:00 PM

Serves: All nine Quinebaug Valley towns

CHOICES Medicare Counseling

Free, unbiased Medicare and Medicare Savings Program counseling from certified CHOICES counselors. Open Enrollment help and year-round assistance.

(860) 887-3561 x132 · (800) 994-9422

seniorresourcesec.org/choices-medicare-counseling

19 Ohio Avenue, Suite 2, Norwich, CT 06360

Open Enrollment: October 15–December 7; year-round by appointment

Serves: All nine Quinebaug Valley towns

4. Energy Assistance

TVCCA Energy Assistance

Thames Valley Council for Community Action administers the Connecticut Energy Assistance Program (CEAP) for New London County. Help with heating bills, winter moratorium protection, and weatherization referrals.

(860) 889-1365 · (860) 444-0006

www.tvcca.org/programs/energy-assistance-community-resource-hub

401 W. Thames Street, Norwich, CT 06360

Monday–Friday, 8:30 AM–4:30 PM

Serves: Brooklyn and surrounding region

Access Community Action Agency

Serves Windham and Tolland counties with energy assistance, weatherization, housing support, and emergency financial assistance.

(860) 412-1600 · (860) 450-7400

accessagency.org

231 Broad Street, Danielson, CT 06239

Monday–Friday, 9:00 AM–4:00 PM

Serves: Windham and Tolland counties

5. Food Security

TEEG (Thompson Ecumenical Empowerment Group)

Case management, food pantry, and senior programming serving northern towns including Thompson, Pomfret, and Woodstock.

(860) 923-3458

www.teegonline.org

15 Thatcher Road, North Grosvenordale, CT 06255

Monday–Friday, 9:00 AM–4:00 PM

Serves: Thompson, Pomfret, Woodstock

IHSP Daily Bread Food Pantry

Client-choice food pantry run by Interfaith Human Services of Putnam. By appointment only. Delivers to seniors and those medically compromised on select Wednesdays.

(860) 928-0169

www.ihspputnam.org

51-53 Grove Street, Putnam, CT 06260

By appointment: Mon, Wed, Fri; call ahead

Serves: Putnam and surrounding towns

Friends of Assisi Food Pantry

Food assistance for the greater Killingly and Brooklyn area, including Danielson, Dayville, Ballouville, and Rogers. Bring proof of address and household ID.

(860) 774-2310

www.friendsofassisi.com

77 Water Street, Danielson, CT 06239

Tuesday & Friday, 9:00–11:00 AM

Serves: Greater Killingly and Brooklyn

6. Healthcare & Home Support

Day Kimball Healthcare

Community hospital in Putnam with HomeCare, Hospice, and the Quiet Corner Elder Screening Tool (QUEST) for older adults. HomeCare/Hospice line: (860) 928-0422.

(860) 928-6541 · (860) 928-0422

www.daykimball.org

320 Pomfret Street, Putnam, CT 06260

Hospital: 24/7; offices: Monday–Friday

Serves: All nine Quinebaug Valley towns

Generations Family Health Center

Medical, dental, and behavioral health services on a sliding fee scale. Accepts most insurance and HUSKY Health.

(860) 774-7501 · (860) 450-7471

genhealth.org

236 Center Street, Danielson, CT 06239

Monday–Friday, 8:00 AM–5:00 PM

Serves: Danielson, Putnam, Willimantic

7. Transportation & Mobility

NECTD (Northeastern CT Transit District)

Regional transit for the ten-town area: \$1 flex-route buses plus door-to-door Dial-A-Ride for elderly and disabled riders. Rides require advance scheduling.

(860) 774-3902

www.nectd.org

42 Westcott Road, Putnam, CT 06260

Monday–Friday, 8:00 AM–4:30 PM

Serves: All nine Quinebaug Valley towns

MTM Health — HUSKY Non-Emergency Medical Transportation

Free non-emergency medical rides for Medicaid (HUSKY) enrollees to medical appointments, pharmacies, and dialysis. Schedule at least 48 hours ahead.

(855) 478-7350

www.mtm-inc.net/connecticut

Statewide

24/7 reservation line

Serves: Connecticut HUSKY members

8. Legal, Financial & Tax Relief

Connecticut Legal Services

Free civil legal help for adults 60+.
Consumer Law Project for Elders handles consumer issues; Statewide Legal Services is the intake hotline for housing, elder abuse, healthcare, and benefits.

(800) 296-1467 · (800) 453-3320

ctlegal.org

Statewide (intake by phone)

Monday–Friday, 9:00 AM–5:00 PM

Serves: All nine Quinebaug Valley towns

Renters' Rebate & Senior Property Tax Relief

Connecticut programs that rebate a portion of rent or property taxes for qualifying seniors and people with disabilities. Apply through your town Assessor's office—see our Town Directory for each town hall.

portal.ct.gov/opm

Apply at your town hall

Application period: April 1–October 1

Serves: All nine towns (apply at town hall)

9. Safety, Veterans & Community

United Way 2-1-1 CT

Free, confidential, 24/7 multilingual referral line for emergency housing, utility help, food, and crisis resources across Connecticut. Dial 2-1-1 in-state.

211 · (800) 203-1234

www.211ct.org

Statewide (phone and online)

24/7

Serves: All of Connecticut

Danielson Veterans Coffeehouse

Weekly Tuesday morning gathering for veterans. Local Veteran Service Officers are available to help with VA benefits and claims. Breakfast provided.

www.dvcoffeehouse.com

Putnam Elks Lodge 574, 198 Church Street,
Putnam, CT 06260

Tuesdays, 8:30–10:30 AM

Serves: All veterans in the region

CT DVA Office of Advocacy & Assistance

Connecticut Department of Veterans Affairs. Accredited Veteran Service Officers help with VA benefits, claims, pensions, and travel reimbursement.

portal.ct.gov/dva/advocacy-and-assistance

Statewide

Monday–Friday, 8:30 AM–4:30 PM

Serves: All Connecticut veterans

File of Life

A free refrigerator magnet with a medical information card that helps first responders quickly access your medical history, medications, and emergency contacts. Order forms online or call.

(800) 814-1788

www.thefileoflife.org

P.O. Box G, West Suffield, CT 06093

Order anytime online or by phone

Serves: Any senior in Connecticut

Not Sure Who to Call?

Start with us. Stop by 69 South Main Street, Brooklyn, CT 06234 any weekday between 9:00 AM and 2:00 PM, or call (860) 774-1243. We will help you find the right office and, when you want, sit with you while you apply.

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