

Our Services

Meals-on-Wheels: This is a non-profit volunteer service of meal delivery for people of any age or income who are unable to prepare a nutritious, balanced meal for themselves. Volunteers deliver a hot and cold meal Monday through Friday. Regular, diabetic and low sodium diets are accommodated. Meals are available on a short or long term basis for a nominal fee. A sliding fee scale is used for seniors with low, fixed incomes. [Click Here](#) for a more detailed explanation of our Meals-on-Wheels program.

Transportation to Medical Appointments: Volunteers provide rides for seniors to medical and dental appointments in surrounding towns when families or other agencies are not available. There is a 3 ride-per-month limit and a minimum of 48 hours notice must be given (weekend days do not count) . There is no charge for this service but we ask that any park charges be paid by you. [Click here](#) for a brochure. **Medical Equipment Program:** We lend out donated medical equipment for a small, one-time service fee. Our stockroom contains an assortment of items, such as, walkers, wheelchairs, canes, commodes, shower chairs, tub transfer benches, bedrails and much more. You may keep this equipment for as long as you need it. Our only requirement is that the item(s) borrowed be returned clean when you are finished using them.

Congregate Meals: This is an opportunity for seniors to have lunch together at the Community/Senior Center. These well-balanced, nutritious meals are served every Monday and Friday at 12 noon sharp for the small cost of \$2.75. Please make reservation at least 1 day in advance by calling 860-673-1441. **Monthly Menu:** [March Menu](#) [April Menu](#) **"It's Good to Get Out":** If you are a lady 65 or older, do not drive, live alone, are looking for companionship, enjoy fun and adventure and getting out of the house but maybe do not drive, we have a great new group you should join! Enjoy a pleasant day and good company going on entertaining field trips to interesting places in our area. Your transportation and admission is free! [Click here](#) for a brochure. **Friendly Shoppers:** Friendly Shoppers provide grocery shopping assistance to people who are essentially isolated and/or home bound through weekly trips to the local food stores. The senior has the choice of accompanying the volunteer or making out a list of necessary purchases needed.

Friendly Visiting: Friendly Visitors provide companionship and friendship to people who are essentially isolated and/or home bound through regular, social visits. Volunteers may read aloud, help with writing, play games or even just sit and watch television. On occasion, when possible, special outings may also be planned.