

MEDICAL EQUIPMENT LOAN CLOSET

The Medical Equipment Loan Closet provides various equipment, free of charge, to any city resident in need.

Some of the equipment available includes: wheelchairs, walkers, canes and commodes.

If you or someone you know would like to request or donate any medical equipment or items, please contact the WHSC at (203)-937-3507.



SENIOR HOUSING

The West Haven Housing Authority operates four (4) Senior Housing Complexes in the City, for a total of 517 apartments. Those four (4) Senior Housing Complexes include Bayshore, Union, Prete, and Surfside.

For more information, please call the Housing Authority at (203)-934-8671.



BOLO
be on the lookout

www.cityofwesthaven.com

- 1) Look for the "Residents" on top
- 2) Then select "Elderly Services"

ELDERLY SERVICES

- ACTIVITY PROGRAMMING
- EDUCATIONAL/INFORMATIONAL SERIES
- GENERAL INFORMATION
- HEALTH & NUTRITION
- MEDICAL EQUIPMENT LOAN CLOSET
- MEMBERSHIP
- OUT TRIPS & SPECIAL EVENTS
- OUTREACH & REFERRAL
- SENIOR COMPANION
- VOLUNTEER PROGRAM
- TRANSPORTATION



MEMBERSHIP

To join the West Haven Senior Center, an applicant **MUST** be an independent West Haven Resident, who is 55 years young and up.

WHSC request a yearly Membership Fee of \$13.00.

The Membership Dues are either through cash or a check, payable to the West Haven Senior Association.



The Department of Elderly Services provides a comprehensive community focal point on aging to meet the needs of West Haven residents, aged 55 and older. Many opportunities are created for people to come together for a variety of services and activities, which enhance their dignity, support their independence and encourage their involvement with the community.

WEST HAVEN SENIOR CENTER
DEPARTMENT OF ELDERLY SERVICES
201 NOBLE STREET UPPER FLOOR
WEST HAVEN, CT 06516
PHONE: 203-937-3507
FAX: 203-937-3774

WHSC

The Department of Elderly Services provides a variety of services to West Haven Residents, 55 years young and up. WHSC is open Monday through Friday, 9:00 a.m.-4:00 p.m.

RECREATIONAL ACTIVITY PROGRAMMING

WHSC programs & facilitates the following recreational activities based around the practice of recreational therapy and/or therapeutic recreation. Activities include but are not limited to:

Cognitive

BINGO

Bored Board

Brain Fitness

Card Games

Creative Arts

Dominoes

Kneedlers

Pokeno

Watercolor Painting

Physical

Chair Exercise

NamaSTAY in My Seat: Chair Yoga

Tai Chi

WH Parks & Recreation Senior Fitness

Social-Emotional

Coffee 'N' Chit Chat

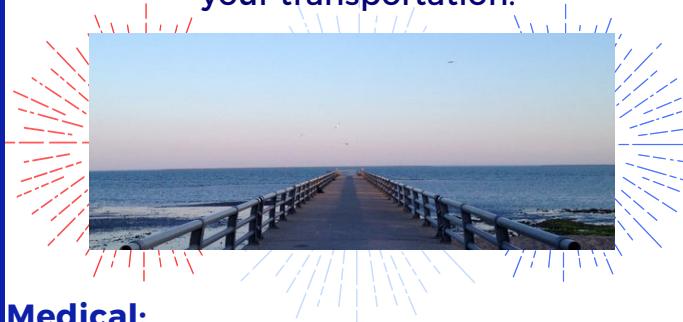
Senior Companions

Daily Lunch Program

Discussion/Support Groups

TRANSPORTATION

WHSC provides transportation to and from WHSC. After the initial set up with WHSC, you must proceed to call DATTCO at (203) 384-6249 ext. 2 to either CANCEL and/or SCHEDULE your transportation.



Medical:

Greater New Haven Transit District offers door to door transportation to medical appointments in New Haven, West Haven and the Orange Medical Center. This service operates from Monday-Friday. For more information please call 203-288-6643.

Mary Wade Transportation provides door-to-door service for individuals age 60 years young and up residing in New Haven, East Haven, West Haven, North Haven, and Hamden. This service operates Monday-Friday, if not on Medicaid, and Saturday-Sunday, on or off Medicaid, by appointment only. For more information, please call 203-562-7222.

West Haven Senior Shuttle:

West Haven Senior Shuttle provides **FREE** transportation to West Haven Seniors to various, local points of interest.

The Senior Shuttle operates **Monday, Tuesday, and Thursday**, starting at **10:00 A.M. to 3:00 P.M.**

The Senior Shuttle does not operate on weekends or holidays.

NUTRITIONAL SERVICES

Coffee 'N' Chit Chat starts at 9:00 A.M. Monday through Friday. To enjoy the freshly brewed coffee and the light refreshment, it is a suggested donation of \$1.00.

Lifebridge's Community Café serves a Nutritious Lunch Program for Seniors 60 years young and up, at the WHSC.

Lunch is served at 11:30 A.M.

Monday through Friday and it is a suggested donation of \$3.00.

You **must** have completed both Form #5 and a Monthly Menu to be able to enjoy the Lunch. Reservations must be made by noon (12:00 PM) the day before by calling WHSC at 203-937-3507.

WHSC NEWSLETTER

On a monthly basis, WHSC develops a Newsletter filled with insightful information including the recreational activity programming, specialized events, out-trips, and so much more.

You can subscribe to it online at <https://mycommunityonline.com/find/west-haven-senior-center> or have it mailed to you by calling WHSC.

SENIOR COMPANIONS

The Department of Elderly Services is a host agency to the Agency on Aging of South Central Connecticut. The AOASCC assigns volunteers with Senior Center Members that may require additional assistance while attending Senior Center. For further information, please contact WHSC at (203)-937-3507.