



City of Bristol
Commission on Aging

The regular Commission on Aging Meeting will be held on Thursday, May 21, 2026, at 11:00 AM. in the Bristol Senior Center, Room #109, 240 Stafford Avenue, Bristol, CT.

AGENDA

1. Call to Order
2. Approval of Minutes
 - a. Regular Meeting - April 16, 2026
3. Public Participation
4. Mayor/Council Update
5. Correspondence
6. Unfinished Business
 - a. Facility Update
 - b. Rules & Regulations
 - c. Emergency Action Plan
 - d. Senior Center Demographics (Resident vs. Non-Resident)
 - e. By Commissioner
7. New Business
 - a. Out of Town Fees
 - b. By Commissioner
8. Any Other Business
 - a. Monthly Statistical Report

- b. Monthly Progress & Activities
 - c. Senior Benefits Coordinator Report
 - d. Directors Report
9. Next Meeting is June 16th, 2026, at 11:00 AM in Room 109
10. Adjournment

Taylor Maghini
Secretary to The Commission

**CITY OF BRISTOL, CONNECTICUT
COMMISSION ON AGING MEETING
Thursday, April, 16, 2026 - Regular Meeting Minutes
Bristol Senior Center – 240 Stafford Avenue
Bristol, CT 06010 – Phone: 860-584-7895 Room #109**

Present: Commissioners: Larry Zbikowski, Cathy Duck, Ellen McCusker, Dolores Ricker, Sheila Herens, Frank Peronace, Executive Director Jason Krueger, Assistant Director Taylor Maghini, and Council Liaison Susan Tyler.

Absent: Commissioners: Chris Leigh

Meeting Called to order: Commissioner Larry Zbikowski called the meeting to order at 11:02am

Approval of Minutes: *Commissioner Herens moved to accept the minutes from the March 19, 2026 Meeting, seconded by Commissioner Duck, All in Favor.*

Public Participation: None

Council Update: *Council Liaison Tyler* followed about an open house for the new Engine 3. It will be held on May 2nd at 10:00AM. She also touched on how the budget is still being finalized.

Correspondence: *None.*

Unfinished, "Old" Business: *Executive Director Krueger* updated the commission that our parking lot project has begun phase 1, which should take around 3-4 months. The whole project is projected to take 7 months. He informed the committee that we have alerted the center to be aware of possible new traffic patterns and to drive safely during this transition. *Executive Director Krueger* also asked if there was any commission feedback on our newly revised rules and regulations. The new Rules and Regulations are waiting to be approved by Corporation Council due to the addition of a new "Suspension of a Senior Center Member", Executive Director Krueger asked to table the vote until next meeting on May 21st, 2026. Request to Table the Vote: Commissioner Duck moved to table the vote until May, 21st, 2026, seconded by Commissioner Ricker, All in Favor.

New Business: *Executive Director Krueger* informed the commission that the community garden plots will be up and running on May 1st, but there will be limited parking access due to the parking lot construction. *Commissioner Ricker* presented a question about Resident vs. Non-Resident registration for classes and events. *Executive Director Krueger* and *Assistant Director Maghini* stated they will pull numbers for the next commission meeting to have a further discussion.

Any other business:

Executive Director Krueger reported the statistics for March, 2026, we had 6,810 participants, total membership was 6,163, with 18 deceased, and 54 new members. Our fundraiser total was at \$24,279.00.

Executive Director Krueger stated that our upcoming programs include Earth Day cleanup on April 22nd, a Healthy Body, Healthy Brain seminar co-sponsored by Bristol Hospital and Kindcare on April 29th, a Pasta Supper Fundraiser on April 29th, The Senior Olympics Opening

Ceremony on May 1st, Olympic Events all month of May to celebrate Older Americans Month, our CT State Wii Bowling Tournament on May 15th, and our Mother's Day Dinner on May 6th.

Executive Director Krueger informed the commission that there is one community garden plot left for sale.

Executive Director Krueger thanked The Friends of the Bristol Senior Center for their recent purchases for the center. This includes a new treadmill, new cornhole boards, and donating money to our SNAP Toiletry Program with money given to them by the Advocates for Bristol Seniors.

Adjournment: ***Commissioner Herens moved "to adjourn" at 11:46 a.m., seconded by Commissioner Ricker. All in favor.***

Respectfully Submitted,
Taylor Maghini – Secretary to The Commission

Card & Game Room Policy & Procedures

Card Room #106 is open Monday through Friday 8:30 a.m. to 8:30 p.m.

Evenings are available, but request must be made at the Main Office.

All types of card games or other board games are allowed.

NO GAMBLING IS ALLOWED.

Some scheduled fundraising events are:

1. Setback Tournament - Mondays 6:00 - 8:30 p.m. Entry fee \$3.00
2. Charlemagne - Tuesdays 6:00-8:30pm. Entry Fee is \$5.00
3. Setback Tournament - Friday afternoons 12:45 p.m. Entry Fee \$3.00
4. Texas Hold'em - Tuesday 9:00-11:00am & Wednesday 6:00-8:30pm. Entry Fee is \$5.00
5. All other games and activities must be on file in the main office.

Reviewed by Commission on Aging:

Accepted by Commission on Aging:

Accepted by Mayor & City Council:

New

BRISTOL SENIOR CENTER
Department of Aging Services
240 Stafford Avenue
Bristol, CT 06010 - (860)584-7895

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HIGH STAKES GAMBLING IS NOT ALLOWED!

Any games wishing to have entrant fees must be approved by the Executive Director.
All entrant fees must be paid out to the winners.

Some scheduled games with entrant fees are:

1. Setback Tournament - Mondays 6:00 - 8:30 p.m. Entry fee \$3.00
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Department of Aging Services
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OLD

Membership Rules & Regulations

1. Eligibility requirements for membership in the Bristol Senior Center shall be as follows:
 - A. At least fifty-five (55) years of age (City Council 4/12/05)
 - B. Resident of the City of Bristol
 - C. Completion of Membership Application and receipt of Membership Card.
If Membership Card is lost, a new card may be obtained at the Main Office for a replacement fee of \$1.00.
 - D. Non-residents of Bristol who are at least fifty-five (55) years of age will be permitted by the Executive Director to become members of the Bristol Senior Center upon approval of written application and subsequent payment of the \$40.00 non-resident fee.

“A member who has been active with the Senior Center for more than 5 years and moves out of Bristol shall be exempt from Non-resident fees for as many years as they were a member. After they have met the years of exemption, the non-resident fee shall be implemented.

A member who *moves outside of Bristol* shall be *exempt* from any non-resident fee until the end of the current calendar year.

A member who has been a member for *less than 5 years* shall pay the regular non-resident membership fees.” All applications will be approved on a case-by-case basis. Husband and wife non-residents shall be required to pay a combined fee of \$55.00 per year.

- E. Members must be mentally & physically able to care for self or have own assistance when attending the Senior Center.
2. There is no charge for Bristol residents to join.
 3. Hours of operation for the Bristol Senior Center shall be the same as the office hours 8:30 a.m. – 5:00 p.m. All center activities scheduled outside of those hours must be approved by the Commission on Aging.
 4. Gambling of any kind is not permitted within the Bristol Senior Center or on the premises. Fundraisers must have prior approval of the Commission on Aging.
 5. Alcoholic beverages are not permitted.
 6. Smoking is not permitted anywhere within the Bristol Senior Center including the Volunteer Memorial Courtyard.
 7. Abusive or defamatory language, or personal arguments, will not be tolerated.

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Membership Rules & Regulations

8. Any person creating a disturbance may be asked to leave the center.
(See separate policy "Suspension of a Senior Center Member").
9. Appropriate attire is required.
10. All organized events shall be non-partisan.
11. Proper personal hygiene is expected from all members, i.e., daily bathing and clean clothing for health purposes and common courtesy for all members and guests.
12. There shall be no solicitation of any kind within the Bristol Senior Center, except with the approval of the Executive Director, in accordance with any policies of the City of Bristol.
13. People can come to the Senior Center as a Guest three times in calendar year, after which point, they must become a member to participate in any activities.
14. Sexual harassment is forbidden (see Sexual Harassment Policy of the City of Bristol). Any form of harassment will not be tolerated.
15. Pets or animals are not permitted within the Bristol Senior Center unless recognized as an ADA service animal.
15. Any member who wishes to complain about any matter, including but not limited to Senior Center policy, procedures, and rules, must first discuss the issue with the immediate supervisor of the activity in question. If the member is not satisfied at this point, he or she must then discuss problem with the center's director. If the problem still has not been resolved with director, member may then appeal to the Commission on Aging for resolution.
16. The failure to abide by any of the above Rules and Regulations may result in member's temporary suspension or permanent expulsion. All rules and regulations will be enforced by the Center's staff. (See separate policy statement "Suspension of a Senior Center Member").

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Spring Classes 2026

	Class	Resident	NR	
1	Cardio Beats - Mon	18	4	
2	Zumba -Mon	29	2	
3	Watercolors-M	6	2	
4	Stretch & Tone - M	45	16	FULL
5	Pilates-M	6	3	
6	Learn to Draw	7	4	
7	Quilters Choice	9	3	FULL
8	Beginner Tap	6	2	
9	Simple Stretch-M	14	6	FULL
10	Intermediate Quilt-M	11	1	FULL
11	Watercolors-M-PM	8	1	
12	Aerobic Exercise	26	2	
13	Tai Chi-9:30	6	0	
14	Tai Chi-10:30	13	2	
15	Chair Seating	4	1	
16	Adv. Int. Ukulele	12	5	
17	Quilt-Beg	8	2	
18	Intermediate Quilt-Tu	10	1	
19	Ceramics-Tu-PM	6	0	
20	Stretch & Tone - W	51	10	FULL
21	Ceramics AM	19	0	
22	Ceramics-PM	14	5	
23	Chair Yoga	52	2	
24	Pilates-W	10	1	
25	Doodle Art	8	1	
26	Smoovey-W	11	0	
27	Abstract Expressionism	4	1	
28	Cardio Beats - Th	19	4	FULL
29	Zumba -Th	27	1	
30	Painting-Beg	5	1	
31	Simple Stretch-F-9	16	0	
32	Simple Stretch-F-9:45	14	5	FULL
33	Beginner Ukulele	3	0	
34	Mixed Media	10	1	
35	Core Restore	10	6	FULL
36	Easy Int Ukulele	8	6	
37	Smoovey-F	6	1	

Non-Resident Numbers 2026

Town	#
Terryville/Plymouth	59
Plainville	43
Burlington	30
Farmington	19
Southington	13
Wolcott	9
New Britain	8
Berlin	5
Thomaston	4
Uynionville	3
Avon	2
Watertown	2
Alachua-FLA	2
Cheshire	2
Harwinton	1
Naugatuck	2
Newington	2
Bantam	1
Clinton	1
Litchfield	1
Mariden	1
Middletown	1
New Hartford	1
Northfield	1
Oakville	1
Prospect	1
Stratford	1
Windsor	1
	217

Resident Members - 5,977.0

Municipality	Membership dues	Class Fees	Pickleball	Staffing
Avon	None	fees for classes, differs according to instructor rate of pay & length of session	Rec Dept offers Pickleball, Senior Center is looking to offer Pickleball.	1 FTE (Senior Center Coordinator), 1 PT Admin (3 days/week), coverage help
Beacon Falls	\$7 residents/\$10 non-residents			
Berlin	non resident fee	\$4.00 / exercise, yoga, meditation		
Bethel	Free residents/\$20 Non-residents	\$4/class; many free programs	not offered	2 FT, 2PT, 2 PT van drivers
Bolton	None	\$5 chair yoga to instructor	Outdoor Court	1 FTE Director (37 hours), 1 PT Program Coordinator (28 hours), 1 PT Admin (20 hours), Per Diem Van Drivers
Bristol	\$40 non- resident membership and \$55 for non-resident married couples	Specialty classes range from \$2-\$20 per class, run on 8-10 weeks	Free w/membership	4 office staff, 3 maintenance Executive Director, Assistant Director/Program Manager, Senior Benefit Coordinator/Social Worker & Administrative Assistant
Bridgewater	\$0	\$5/class for most \$10 max	(through park & rec, not senior center)	Director, Program Coordinator, Assistant, Municipal Agent
Brookfield	\$0 residents/\$20 non residents annual	\$5/class; no drop in.	n/a	2FT, 1PT
Burlington	none	\$5/month	not offered	1 PT Director/1 PT Coordinator/ 3 Drivers
Canton	\$0 for Canton Residents, \$5.00 for non-residents	Most are \$5/class	offered through Parks and Rec	2 full time, 1 part time
Cheshire	\$ 5 residents- \$10 non	\$3-- \$5 per class	n/a	7 FT (including 3 drivers), 1PT SW, 5 Per Diem Drivers
Colchester	\$0 for Colchester residents, \$15/year for out-of-town	free if led by volunteer or paid staff, \$3.50 per class if led by paid fitness instructor	n/a	4 full time, 4 part time
Cornwall	\$0 residents/\$25 non residents annual	Free	Free	
Coventry	No Membership Fee	\$5/class		1 full time, 1 part-time
Danbury	No Membership Fee	\$2 for specialty classes	Free - Outdoor most of the year / indoor in winter	Director, Program Coordinator, PT Assistant, Municipal Agent, Van Driver, 2 PT Admin
Darien	Non resident annual fee \$25.00 with a 25 %cap	\$5/class	One indoor court offered at center- no fee/ Four outdoor courts offered off-site- \$5.00 donation	Director, 2 Full time, 4 part-time
Durham	No Membership Fee	Most classes free (includes various exercise classes, knitting, cards, monthly luncheons) Lunches 2x per week suggested \$3 donation	Fee applies: Under Recreation Department	Social Services Coordinator (25 hour includes other duties); Recreation Director (15 hours towards senior programming); Receptionist (for entire Community Center 40 hour)
East Granby	No Membership Fee	\$4/class general exercise. All other programs vary	n/a	1 part time
East Hartford	No Membership Fee	\$3 per class	Free	4 four time, 1 part-time
East Haven	No Membership Fee	No Class Fees	n/a	4 full time
East Lyme	No Membership Fee	Varies-around, \$3-\$5 a class	\$15 \$17 per Lesson	5 Full-Time, 1 PT, 5 PT Drivers
East Windsor	No Membership Fee	Depends on instructor/# of classes in the session, but usually ends up being around \$5 per class	n/a	1 Full time Director of Community Services 1 Full time Transportation Coordinator, 1 Full time Nutrition Coordinator and Office Assistant, 1 25 hr per week Program Lead, 2 FT drivers, 1 PT driver
Enfield	No Membership Fee	Varies - \$4-\$5 per class	Run thru Recreation Dept.	3 FT, 3 PT

Ellington	No Membership Fee	\$3-\$4 per class, free if taught by paid staff.	yes free	3 full time, 5 part-time drivers, 1 part-time Program Asst. 1 part-time Kitchen Manager.
Fairfield	Free for Fairfield residents. Out of town members, \$25 annually	Exercise classes & Pickleball are 12 week semesters and members register for the entire semester. Cost averages \$3 per class. No drop ins.	Same as exercise classes	4 - 2 FT/3 PT
Farmington	No Membership Fee	Depends on instructor/# of classes in the session, but usually ends up being around \$3-\$4 per class (\$5 per class if you choose drop in vs registering)	One indoor court offered at center- no fee/ Four indoor courts offered off-site- \$5.00 donation	2 full time
Granby Senior Center	\$5 in town/\$10 OOT	fee based \$6/class resident and \$7/OOT	no	FT Human Services, FT SC Program Coord, FT Admin Asst, 3 PT drivers, PT meal preparer
Griswold Senior Center	\$10 annually for all.	varies	n/a	3 full time
Greenwich Wallace Center	No Membership Fee	Fees for art classes. No fee for fitness classes. Fees for special events.	Available through Parks and Rec Dept not through Wallace Center	FT Administrator, FT Program Coordinator, PT Receptionist, Contract Chef and Sous Chef
Hartford	\$20 residents/\$30 non residents for one year	all programs free		4FT
Handen	No Membership Fee / program fees may apply	fees for classes paid to instructor or organization		1 Coordinator/Mun. Agent, 1 Admin, 3 outreach counselors, p/t cafe mgr, transportation outsourced to GNHTD
Hebron	No Membership Fee	classes are set up in sessions, but we base it on \$3 per class. So an 8 class session is \$24. Based on the calendar the number of classes within a session will change. We charge a drop-in fee of \$5 per class.	N/A	1 FT Senior Services Director 1FT Program Coordinator 1 Adult & Senior Services Social Worker 1 FT Dial-A-Ride Driver 4 PT Dial-A-Ride Drivers 3 PT Fitness Instructors
Lymes' Senior Center serving Lyme & Old Lyme	yes- \$5.00 Residents \$10.00 non-residents	varies most \$5.00	yes	FT Director PT Assistant
Ledyard	No Fee	\$50 for 20 weeks classes	Yes	FT Director, assistant Director, Fiscal Office Assistant, and cook. PT office Assistant, and Van drivers
Lisbon	No Membership Fee	No charge for chair yoga & senior fitness classes	not offered	1FT (Director), 2PT (Van Driver & Site Server)
Madison	\$15 resident and \$20 non resident renewed annually in July	varies	Yes. Indoor and outdoor	FT Director, FT Asst. Director, FT Program Supervisor. PT Admin 3 PT drivers. FT Chef, PT Kitchen Asst. PT Dishwasher. PT Facility Attendant
Marlborough	no membership fee	varies	not offered	FT Director 36 hours
Middletown	No Membership Fee Most classes/programs have a fee. Non-residents have higher fees to participate and can only sign-up after 3 weeks of resident only sign-ups.	FREE regular exercise and zumba, \$4 per class yoga, \$3 per class for tai chi, chair yoga, improving movement and balance	outdoor only - run by recreation department not senior center	5 1/2(1 manager, 1 coordinator, 1 mixed responsibility, choices counselor/municipal agent/ada coordinator, 1 shared front desk clerk, 1 program aid/custodian and 1 night custodian) 1 part-time bus driver
Middlefield	no membership fee, most programs are free	exercise class, knitting, book discussion, lunch & learns, bloop pressure screening, nail (toe) clinic, lunch 3 times per week (suggested donut \$3.00) , energy assistance, food pantry	Pickle Ball courts at elementary school and high School	Director @25 hour per week, also the Munc. Agent for the Eldery,, serves as Choices Counselor throughout the year,lunches are staffed by volunteers,
Millford	Yes, \$15 Millford residents, \$30 non-resident	Included with membership	yes, indoors	
Monroe	\$15 resident and \$20 non resident	Exercise class pay for month \$4 per class, drop in \$5 per class	summer season free if member, winter season 8 weeks \$45 resident, \$50 non resident for 2 hour play.	

New Fairfield	No Membership Fee	\$30 for set 6 weeks; \$7 drop in rate; Bodies in Motion and Sittercise are free	n/a	FT: Director FT:Program Coordinator PT:Administrative Assistant
New Milford	none	Fee-based, \$15 - \$25 for 4 week session depending on type of class	not offered	FT: Director, Program Coordinator, Office Coordinator, Municipal Agent/Senior Service Advisors (2), and Senior Bus Operators (2); PT: Chore Services Coordinator and Office Coordinator for Senior Service Advisor (Seasonal), Per-Diem Sub Bus Operators (2)
New Hartford	No Membership Fee	Fitness Class4 \$4 Zumba- \$5 Pilates- \$6	n/a	
Newtown	\$20 residents/\$25 non residents for one year	\$5 non residents per class	not offered	FT: Director/2 Senior Center Assistants/3 social services staff
Newington	No - previous \$5 (resident)/\$10(non-resident) has been waived since 2020. We take donations in lieu of fees	Most are free. Fitness Room \$25/year residents, \$50/year non-residents	yes, indoors - free	FT: Director, Program Coordinator, Social Worker, Benefits Coordinator, Admin Coordinator, Secretary, Dial A Ride Driver PT: Dial A Ride Driver, Building Supervisor (19 hours)
Norwich	\$25 Residents \$40 non Residents	Most are free. Yoga \$5 per class Tai Chi \$85 per 8 week session	Free - indoors and 2 outdoor courts	8 Full Time 4 Part Time (grant) 3 per diem (drivers)
North Branford	None	Some free/some paid. Non-residents pay \$2-\$5 more	10 outside courts	4 full time 1 part time 2 part time drivers
North Haven	Free for residents			
Orange	Free Residents \$15 Non Residents, \$20 for nonresident couple	\$55 for 10 week session	Free	5 full time 2 part-time 4 per diem drivers
Oxford	\$5 residents (over 80 free), \$10 non-residents			
Portland	none	some free others \$4-\$5 per class ; QiGong & Tai Chi are\$10 per class		2 full time
Redding	none	\$5/for 1 hour class age 50+ 2 hour classes (art, clay) \$7-\$10 free programs: quilting, some exercise	no charge	2 Partial (shared with social services) 1 Full Time 1 Part Time 1 Driver
Rocky Hill	Free Resident, \$25 Nonresident			
Roxbury	No Membership Fee	Fitness classes average \$5 per class charged per session or monthly. Watercolor class \$15 per class or monthly. Some programs are free.	Not Offered	1 F/T Director, 40 Hrs., Salaried (\$22.15/Hr.) 1 P/T Municipal Agent/Social Services Director/Veterans Liaison/Dispatcher 18 Hrs., Hourly 2 Per Diem Drivers not located at senior center
Seymour	\$10/ Resident, 80+ Free, \$20/Non Resident 80+ \$10, Veteran's Free.	Day classes Free. Evening classes there is a charge.	Free for residents with membership charge for non residents.	We are a community center. Director, Senior Program Coordinator, Recreation Manager and Administrative assistant
Shelton	\$4 residents/\$7 for Ansonia, Derby & Seymour, \$10 for all others			
Sherman	none	Most are no charge.	Park and Rec	(1) FT Coordinator (1) PT Assist (2) PT Drivers

Southbury	\$15/ residents/ \$20 non residents	Included in membership fee	Outdoor Courts at local park	(1) FT Director, (1) FT Coordinator, (1) FT Admin, (1) FT Transportation Coordinator, (1) PT Counter Clerk, (4) PT Drivers
Somers	FREE	Qigong, Yoga Stretch, & Fit & Fun: \$40/10 classes	FREE	(1) FT Director (1) FT Supervisor (1) PT Admin / Transportation (1) PT Program Coordinator (3) PT Drivers
Southington Calendar House	No Membership Fee. Must be Southington resident to join.	Most are no charge. Nominal fee for a few.	No charge	
South Windsor	none for residents - \$20 annual fee for non residents	\$2.3 per class payable by an 8 week session	No charge	8 plus 6 part time drivers
Stamford	\$30 basic membership \$120 Gold membership	fitness classes - no charge for gold members, 4 free fitness classes weekly for basic members, others are \$2 per class. Art classes are free	partnership with Pickleball America \$15 for two hours	4 FTE: Executive Director, Assistant to ED, receptionist, Hispanic Program Coordinator 1 PT - Program Coordinator, 1 PT Cafe Worker
Stratford	\$5 resident, \$25 non	Free	Handled by Rec Dept	9 full time, 4 part time
Tolland	No Membership Fee	Free	\$5 - run in conjunction with the Rec Dept	1 FT Department Head
Trumbull	\$10 resident, \$30 non	Most classes are free. \$20 for 8 week art workshops (\$40 for non-residents)	No charge	1 FT Director, 1 FT Coordinator, 1 FT driver, 1 pt clerk, 2 part time drivers, 1 part time building attendant, 1 pt trip and transportation coordinator, 1 FT social services coordinator, 1 PT social services admin, 1 pt food pantry coordinator
Vernon	\$10 residents/ \$15 non-residents (Lifetime fee)	Class fees range from \$16 to \$42 depending on which class and length of class, resident/nonresident.	Outdoor Court for use by members only. Open from April to November.	4 FT (Director, Senior Program Supervisor, Administrative Assistant, Receptionist), 5 PT (2 Program Assistants, 2 Kitchen staff, 1 bus/medical car driver)
West Hartford	\$15 Resident, \$40 NR			2 FT, 14 PT
Weston	No Membership Fee	\$5 per class	No charge	1 full time program coordinator, 2 part time staff, 1 full time driver
Wethersfield	\$5 resident \$7 non resident	\$4 per class for instructor led classes Free for member led classes		
Woodbridge	\$25 annually for non residents	aerobics - \$3/class, art - \$6/class, other fees are dependent on instructor fees and number of participants, occasional classes through grants are offered for no fee	\$20 for residents, \$25 for non residents	1 full time director, 1 full time coordinator, 1 part time communications assistant, 1 part time kitchen coordinator, 3 per diem drivers
Wallingford	none	8 classes for \$25	We have blocked off times on Park & Rec Courts in town no charge	Transportation 7 PT drivers 8 PT bus aides. Operations -6 FT & 5 PT
Westport	none	\$4.00/class	n/a	
Windham	\$25 annually for non residents	Free fitness classes, yoga is \$8 per class for punch card, \$10 per class drop in. Free Chair Yoga for SS/RA members. Tai Chi is \$5 per class.	Yes. One free pickleball session per week for senior center members	1 full time director, 2 full time Program Activities Coordinator, 1 part time Program Activities Coordinator, 1 full time Admin Assistant, 1 full time custodian
Winsted/Winchester	\$6, age 85+ members are free	Free fitness classes	not offered	1 full-time Director, 2 part-time office staff, 1 part-time van driver

Windsor	No fees charged. We suggest a \$10 donation for residents and \$20 for non-residents for the calendar year.	Fitness Classes: \$60 for 10 class drop in card. We accept Silver Sneakers and Renew Active so classes are free for those with health benefits.	Yes, 5 days per week from 9:00am-12:00pm. M & W is for Advanced Play, T & TH is for Beginner/Intermediate Play and Friday is All Play. Free for residents, \$30 per month for non-residents for indoor play. Outdoor play is strictly drop in.	1 Full Time Senior Services Coordinator, 1 Full Time Activities Specialist, 1 Part Time Admin./Program Aide, 1 Full Time Senior Transportation Coordinator, 1 PT Lead Driver, 6-9 DAB Drivers (depending on if we are full staff or not). We fall under the Recreation & Leisure Services Department so we also have our Full Time R&L Services Director.
Quinebaug Valley	\$10.00	\$40 for 16 classes or 8 weeks		2PT Office /1PT Janitor
Westport	none	\$4.00/class	not offered (p&R yes)	5 full-time, 2 pt custodians, 1 pt dishwasher
Falls Ave Senior Center	No Membership Fee	Free	Offered by P & R	1 FT Assistant, 1 PT Dispatcher 8-12, 1 PT Secretary, 11:30-4:30, 2 PT Bus Drivers
New Fairfield	none - donation suggested	\$30/6 classes (1/week)	not offered	2 full time, 1 part time
Norwalk	\$25		offered	Full time Director, Full time Assistant Director, Full time Transportation Coordinator, Part time Nutrition Manager, 6 part time drivers
Windsor Locks	none	\$5 walk in	not offered	Municipal Agent, Program Supervisor, Adm. Assistant, Dispatcher, 3 Van Drivers
Windsor Locks	\$10 Non- residents	\$30 -ten week session A few offered for free		PT- 5 Van Drivers, Social Worker, 2 building supervisors, 2 Social Work Interns
West Haven	\$15 for WH Residents \$25 for Non-WH Residents	No fee for activities Dependent on specialized event such as luncheon, etc.	not offered	FT Director of Elderly Services FT Program Supervisor FT Outreach & Activity Coordinator FT Office/Administrative Assistant
Middlefield	\$0	usually free	have public courts at grade school and regional high school	25 hour Dir of Senior & Social Services Part time
Westbrook	None	Most are free. \$5.00 drop in fee if not	Park and Rec offer Pickleball	Director 35 hours per week Assistant Director 20 hours per week Kitchen Coordinator 15
Groton	None	Fees Vary per class	Indoor and outdoor	1FT Supervisor, 3FT Program Supervisors
			courts offered and lessons	1 Food Service Supervisor, 1 30 hr Food Service Worker, 1PT Food Service Worker
				3 30hr Drivers, 1PT Driver
				2 FT Office Assistants

Bristol Senior Center- Senior Benefit Coordinator Report

Submitted by: Carrie Tedd

Reporting Period: April 2026

Services	Total Count
Phone Calls	391
Appointments	117
Walk Ins	5
Home Visits	0
	Total 122
SNAP Applications/Renewals	44
Medicare Savings Program Apps/Renewals	38
Husky C Applications/Renewals	13
Title 19/Long Term Care	4
Miscellaneous Medicare Assistance	11
SNAP Toiletry Program	16
Renter's Rebate	44
Housing	40
Energy Assistance Applications	15
Eversource Discount Programs	36
Transportation	35
Probate Court / POA & Advanced Directives & Wills	14

Appointments: As you can see, we were significantly busier than we were the month prior, with 91 more phone calls and 21 more office appointments.

SNAP, MSP/QMB & Husky Health: Taking in renewals as well as new applications for SNAP, MSP and Husky/Medicaid programs.

Medicare Assistance: Medicare Advantage Plan Open Enrollment did end March 31st but I am still getting calls from residents unhappy with their plan and certain things not being covered or assistance cut in half and or reduced.

SNAP Toiletry Program: We are waiting to hear back from the MSF on the status of the grant that was submitted, but Jason & I were interviewed by two MSF committee members regarding the grants purpose and more details of the SNAP Toiletry Program.

Housing: I continue to research available privately owned apartments for rent for the many seniors looking for a place to live. The homelessness situation is still affecting so many senior residents and will continue as the rental market continues to get higher and higher. I have found another apartment from landlord relationships I have had over the years for another senior resident that had to be out of their apartment by the end of May due to the sale of the property.

Energy Assistance: I have done 15 Federal Energy Assistance applications this month and as of March 31st there are no more oil or deliverable fuel deliveries.

Renter's Rebate: April 1st was the start of Renter's Rebate and I have completed over 44 since the 1st of April. Renter's Rebate closes on September 30th, 2026.

Eversource: I've been renewing the Eversource Tiered Discount benefit for many clients and they are unhappy about the discount changes to the program, which is understandable considering the cost of the electricity today.

Transportation: I have signed several new clients and existing clients up with the ADA Paratransit Program through Hartford Transit District as well at our local Dial-A-Ride.

Advocacy: I have completed several POA, Advanced Medical Directives & Simple Wills and Jason has assisted as the notary for most of them. I have meet with several families facing a loved one with dementia and offered them several resources including a guide to Bristol Dementia Programs that I put together with the help of Lynn Litwinczyk's who runs our Memory Café and Taylor who designed the front cover.

Commission on Aging
May 21, 2026
Director's Report

In April we saw 5,693 participant swipe ins for programs, 6,194 total members, 10 people deceased, 43 new members, and our fundraiser total for 2025-26 is \$24,329.00.

Our upcoming programs include an Olympics closing ceremony on Friday, May 29th at 1:30pm, A Family Feud on June 1st, A Fashion and Art Show on June 10th, A Father's Day dinner on June 17th, and a Volunteer Dinner on June 24th.

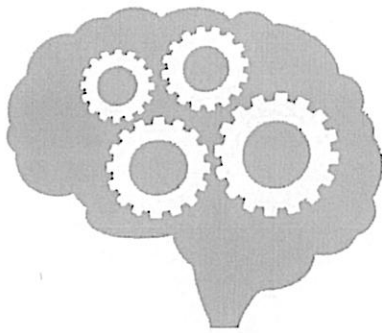
Our Senior Benefits Coordinator has submitted her report as well. Carrie has been busy with SNAP application renewals and Renter's Rebate. Carrie and I have also gone through the Dementia Friends training to help our community become a Dementia Friendly Community.

The Olympic events have been active this month. Taylor has been doing an excellent job of monitoring events, and keeping everyone engaged.

The Farmer's Market coupon program will be starting on June 1st. We will be able to load \$40.00 onto a card for participants this year. The Department of Agriculture only issued us 17 cards with the hope that people bring back their old cards to be reloaded. If we run out of cards, we have been instructed to help the seniors download the mobile app so the funds can be loaded from there.

The parking lot renovation and the North wing renovations continue. Please enter and exit our parking lots with caution. We thank everyone for their patience with the projects for the next several months. We are seeing steady progress on both fronts.

Respectfully Submitted,
Jason Krueger
Executive Director
City of Bristol
Department of Aging



DEMENTIA PROGRAMS

Bristol, CT.

**Bristol Senior Center
240 Stafford Ave, Bristol, CT 06010
860-584-7895**

Join the Movement



What is a Dementia Friends:

Dementia Friends USA is part of a global movement that is changing the way people think, act, and talk about dementia. Anyone can be a Dementia Friend.

What makes you a dementia friend:

A Dementia Friend is someone who attends an in-person session, learns about what it's like to live with dementia and then turns that understanding into action. From telling friends about the Dementia Friends program to visiting someone who is living with dementia, every action counts.

What happens at a dementia friends session:

The 1 hr session is a discussion led by a Dementia Friends Champion. It is not a training session. You will learn what dementia is, what it is like to live with the disease, and strategies for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into a practical action that can help someone living in their community. The action can be as big or as small as you choose---every action counts.

Remember you don't need to be a dementia expert to become a Dementia Friend.

You don't need to know someone with dementia to become a Dementia Friend

The Dementia Friends movement in Bristol is championed by the support of:



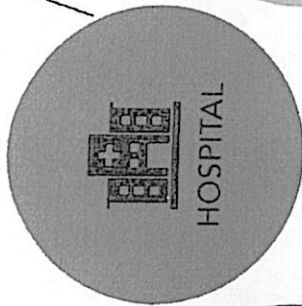
And made possible by a grant from The Sky Bight Foundation Any questions contact: Lynn Litwinczyk, Speech-Language Pathologist, llitwinc@bristolhospital.org



Bristol Health

DEMENTIA SERVICES

- Acute medical care in dementia-friendly environment
- Delirium prevention & management
- Care coordination & discharge planning



HOSPITAL



DEMENTIA
CAREGIVER
SUPPORT
GROUP

- Practical tips, resources & emotional support



SENIOR
BEHAVIORAL
HEALTH UNIT

- Inpatient behavioral health care
- Medication stabilization
- Discharge planning & follow-up



GERIATRICIAN
PRIMARY CARE
PROVIDER



MEMORY
CAFE

- Activities & conversation for people living with dementia & their caregivers
- Bristol Senior Center contact: 860-584-7895



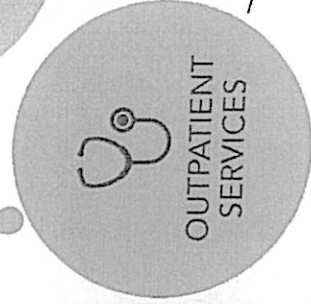
HOMECARE

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Nursing Care
- Hospice/Palliative Care
- Social Work
- Contact info: 860-585-4752



DEMENTIA
FRIENDS

- Community education & awareness
- Dementia-friendly community
- Call for information: 860-585-3250



OUTPATIENT
SERVICES

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Nursing Care
- Hospice/Palliative Care
- Social Work

- Experts in aging
- Complex health med management
- Dementia care coordination
- Social Worker/Dementia Care Specialist: 860-506-4957

Welcome to Our Memory Cafe

What is a Memory Cafe?

A Memory Cafe is a social event for family members and individuals experiencing memory changes from Alzheimer's or other forms of dementia.

Cafes promote brain health by reducing isolation and an opportunity to enjoy a creative activity with a Free Healthy Lunch.

The Memory Cafe is not intended for unaccompanied individuals with significant care needs.

**The Memory Cafe will be
Tuesday at 12:30 pm :**

**The Bristol Senior Center
240 Stafford Ave.
Bristol, CT 06010**



Advanced registration is required for the FREE LUNCH

**To learn more about or to register please contact:
Lynn Litwinczyk- llitwinc@bristolhospital.org
or call 860 582-9355 extension 7402**

Bristol Health

Bristol Health Cognitive Stimulation Kit Program

Program Description:

The Cognitive Stimulation Kit Program at Bristol Hospital is a grant-funded initiative designed to enhance engagement, memory support, and quality of life for individuals living with dementia both in community settings and at home. Leveraging evidence-based activities that target cognitive domains such as attention, memory, problem-solving, and language, the program provides tailored kits containing multisensory tools, guided activities, and caregiver support resources.

Who It Serves:

- Memory Café Participants: Kits are distributed (upon request/interest) monthly during Memory Café sessions to support continued engagement between meetings and reinforce social, cognitive, and leisure activities in a familiar, meaningful context.
- Homecare Patients Living with Dementia: Kits are provided to homecare patients in partnership with home health clinicians and caregivers, offering structured cognitive stimulation activities that can be integrated into daily routines to support brain health and reduce isolation.

Program Goals:

- Promote sustained cognitive engagement beyond clinical or group settings.
- Support caregivers with structured, easy-to-use stimulation activities.
- Encourage social interaction, meaningful occupation, and enhanced quality of life.
- Decrease behavioral symptoms through purposeful, enjoyable activities.

The Bristol Police Special Needs Registry



This registry will help provide information to officers responding to your call!

Who can apply?

- Blind or Deaf Persons
- Adults or Children on the Autism Spectrum
- Verbally Impaired
- Cognitive or Intellectually Disabled
- Adults with Alzheimer's or Dementia



Scan the QR code below to apply online or apply in person at the Bristol Police Department front desk



Questions: Officer Alysha Pirog
860-584-3011 or
Alyshapirog@bristolct.gov

Go to,
"Special Needs Registry Application"
on the Bristol Police Department
website



BRING ME BACK HOME REGISTRY

What is the Bring Me Back Home Program?

Bring Me Back Home (BMBH) is a new registry for Connecticut residents which allows law enforcement access to information to assist in the recovery of missing or wandering persons. The provided information and photo, accessible through the COLLECT criminal justice and safety system, helps first responders and families reunite with individuals living with cognitive challenges, such as dementia or autism. This information is confidential and secure and can only be accessed by law enforcement personnel in an emergency.

How can we register?

To sign your loved one up for Bring Me Back Home, visit ct.gov/BMBH or scan the QR code below.

How does Bring Me Back Home work?

A family member or guardian registers their person with cognitive challenges through the link above, or in person at your nearest police department. This information is then part of the statewide Bring Me Back Home registry. When the person wanders or is missing, individuals should call 9-1-1 IMMEDIATELY, and indicate that they are registered with the Bring Me Back Home program. Law enforcement officers will have access to the confidential and secure information and respond appropriately.

Who is eligible?

All members of the community whose cognitive challenges may lead to confusion and disorientation, and who are at risk of wandering or getting lost.

Why is this important?

Wandering can be dangerous and life threatening. If not found within 24 hours, there is a much higher probability individuals may suffer serious injury or death.

For example, according to the Alzheimer's Association, 6 in 10 people living with dementia will wander. Alzheimer's disease, and other forms of dementia, can cause people to lose their ability to recognize familiar places and faces. This can happen at any stage of the disease and at any time of the day or night, this risk weighs heavily on caregivers and family.

Questions about dementia and wandering?

The Alzheimer's Association Connecticut Chapter offers a 24/7 Helpline: (800) 272-3900, providing information and resources for all affected, or visit their website: alz.org/ct | alz.org/safety.

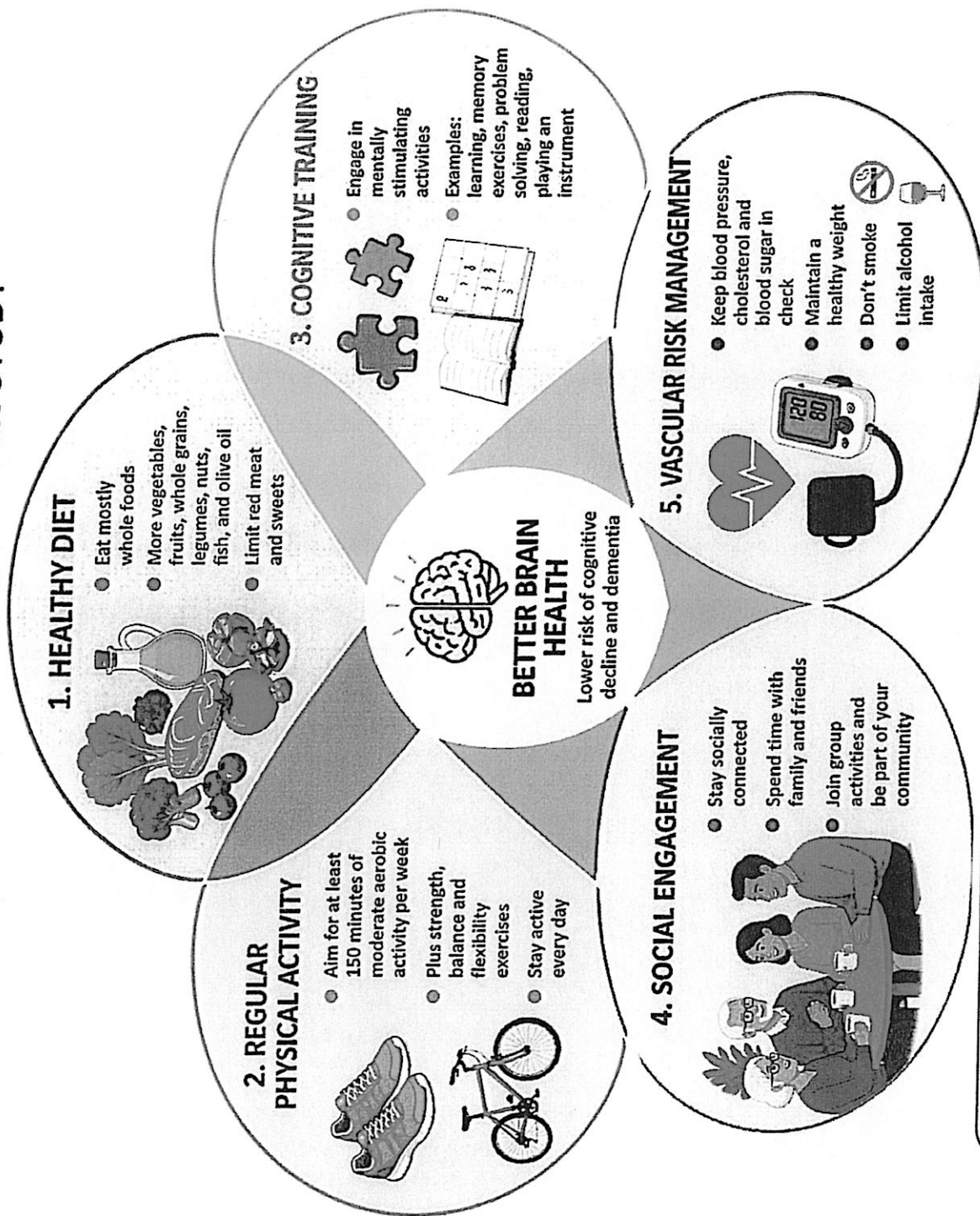


ALZHEIMER'S ASSOCIATION



BRAIN HEALTH LIFESTYLE HABITS

ACCORDING TO THE FINGER STUDY



The FINGER study is a major clinical trial that showed people at risk of cognitive decline can improve or maintain brain function by following these five lifestyle habits together.



FIVE HABITS. ONE BRAIN. A LIFETIME OF BENEFITS.