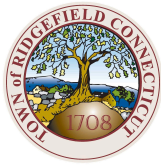


Ridgefield Senior Central

A Directory of Programs and Services Available to Ridgefield Seniors



*Special thanks to local artist, Paul Siegel, for the use of his beautiful [artwork](#).
Prints are available at Deborah Ann's Sweet Shoppe.*



Dear Ridgefield Senior Citizens,

We have prepared this directory as an information resource for you.

There is no doubt about it, the Town of Ridgefield and its local non profit organizations provide a rich array of offerings tailored to make these the best years of your life!

Enjoy this directory, and don't be a stranger. Engage with others and make social connections a priority. You will find welcoming faces throughout our warm and inclusive community. If you need support, reach out to the resources listed. You will find many a helping hand standing by to assist you confidentially and respectfully.

This directory will be updated regularly. The latest version will be date-stamped and available on the Town website. If you see an error or omission, let us know. We will update it promptly.

Thank you to Liz and Steven Goldstone for their steadfast financial support of the Ridgefield Commission on Aging and the development of this resource.

With great respect and friendship,

The Ridgefield Commission on Aging

Phone: 203-431-2700 Email: commissiononaging@ridgefieldct.gov

Peter Bancel

Andrea Beebe

Maureen Culhane

Carmen Martin

Clem Saleeby

Joseph Ternullo

Daniel Tewes

Patricia Yaffa

TABLE OF CONTENTS

RIDGEFIELD'S PRIMARY SENIOR CENTRAL PROVIDERS.....	2
SAFETY & HEALTH.....	4
PHARMACIES.....	5
IMPORTANT DATES.....	5
HELPFUL PHONE NUMBERS.....	6
SENIOR DISCOUNTS.....	7
SUPPORT GROUPS AND SERVICES.....	8
SOCIAL GROUPS.....	9
NEWSPAPERS, MAGAZINES & ONLINE RESOURCES.....	10
ENRICHMENT OPPORTUNITIES.....	11
ANNUAL TOWN EVENTS.....	12
HOUSES OF WORSHIP.....	13

RIDGEFIELD'S PRIMARY SENIOR CENTRAL PROVIDERS

Ridgefield seniors enjoy a variety of programs and services. Those listed below deliver services daily. In most cases, one or more of these will be your initial point of inquiry for health, safety, and community activity matters:

Police and Fire Departments

Phone: 911

Police- Non-Emergency Phone: 203-438-6531

Fire- Non-Emergency Phone: 203-431-2724

Department of Social Services Town Hall 400 Main Street

Karen Gaudian- *Municipal Agent for the Elderly*

Phone: 203-431-2754 Email: municipalagent@ridgefieldct.gov

Tony Phillips- *Social Services Director & Municipal Veterans Rep*

Phone: 203-431-2777 Email: socialservices@ridgefieldct.gov

Services include general assistance, crisis intervention, referrals to state and federal entitlement programs. Free and confidential.

Founders Hall 193 Danbury Road

Phone: 203-431-7000 Website: founders-hall.org

Hours: Mon-Fri 8:30am to 4:30pm

Social, educational, fitness and technology programs for seniors.

Meals on Wheels of Ridgefield

Phone: 203-438-8788 Website: mealsonwheelsofridgefield.org

Home delivery of nourishing meals to those residents unable to prepare their own meals.

Ridgefield Library 472 Main Street

Phone: 203-438-2282 Website: ridgefieldlibrary.org

Opens: 10am Mon-Fri; 9am Sat; 1pm Sun.

Closes: 8pm Mon-Thurs; 6pm Fri; 5pm Weekends

Provides diverse programming, technology support, homebound delivery and welcoming space.

Ridgefield Parks and Recreation 195 Danbury Road

Phone: 203-431-2755 Website: ridgefieldparksandrec.org

Opens: 6am Mon-Sat; 7am Sun

Closes: 10pm Mon-Fri; 6pm Weekends

Gym, pool, wellness and exercise programs, outside walking trails.

RIDGEFIELD'S PRIMARY SENIOR CENTRAL PROVIDERS (continued)

RVNAhealth (Ridgefield Visiting Nurse Association) 27 Governor Street

Phone: 203-438-5555 Website: rvnahealth.org

Provides healthcare services and special programs, including:

Home Health - At-home nursing and rehabilitation (PT, OT, speech) therapists

Community Health - Vaccines, chronic care management, screenings and education

Rehabilitation & Wellness Center - Outpatient rehabilitation and therapy programs

Parkinson's Center - Support, therapy, socialization, exercise, and wellness programs

Palliative & Hospice Care - Tailored care plans respecting patients' goals and desires

Private Duty Nursing - Private nurses for non-covered medical services

Personal Caregiving Services - For short or long-term durations and hygiene visits

Transportation Services

Free transportation to Ridgefield seniors and those with disabilities.

- **Rides for Ridgefield** (your one-stop call for all transportation options)

Phone: 203-894-RIDE (7433) Website: Rides4Ridgefield.org

Call Mon-Fri 10am - 2pm or leave a message to request ride information or a ride from this all volunteer organization.

[Rider Agreement form](#) and advanced reservations are required.

- **SweetHART**

Phone: 203-744-4070 Website: hartransit.com/dial-ride

Provides door-to-door transportation within the community.

[Application form](#) and advanced reservations are required.

- **Town Bus Loop**

Phone: 203-970-2505 Driver: Deborah

Website: ridgefieldct.gov/community/pages/town-bus-loop

Picks up riders at various Ridgefield locations

Tuesday- Shopping at Danbury Mall, Trader Joe's and other locations

Wednesday- Shopping in Ridgefield, Library, Founders Hall

- **Veyo/Medicaid Van**

Phone: 855-478-7350 Website:

portal.ct.gov/DSS/Health-And-Home-Care/Non-Emergency-Medical-Transportation

Provides medical transportation for Medicaid HUSKY A,C,D patients

Town of Ridgefield 400 Main St

Phone: 203-431-2700 Website: ridgefieldct.gov

SAFETY & HEALTH

Ridgefield Alerts

Website: ridgefieldalerts.com

Sign up to receive critical information about emergencies and other important town information.

Ridgefield Police Special Population Program Phone: 203-438-6531

Supply first responders with critical information to be used during an emergency. [Information form](#)

Ridgefield Firefighters FILE OF LIFE Phone: 203-431-2724

Magnetic pouch for your home to supply first responders with critical information to be used during an emergency. Call to receive this important resource.

“ARE YOU OK?”

Phone: 203-438-6777

Program sponsored and supported by the Ridgefield Woman's Club and the Ridgefield Firefighters' Association offering a free service of daily telephone calls to check on safety of individuals over the age of 60 and to residents living alone who are homebound or medically disabled.

Lifeline Medical Alert Service

Phone: 203-438-5555 Website: rvnahealth.org

Worn as a wristband or pendant, and featuring push button calling or auto-fall detection to summon help when you need it, day or night.

PhysicianOne Urgent Care 10 South Street, Suite 101

Phone: 203-431-4600 Website: physicianoneurgentcare.com

Mon-Fri. 8am-8pm; Weekends 9am-5pm

Mobile Food Pantry St. Andrew's Lutheran Church, 6 Ivy Hill Road

Phone: 203-469-5000 Website: ctfoodshare.org/get-help

Free healthy foods provided bi-weekly for those in need.

Ruby's Pantries

Through the generosity of others who deposit non-perishable food for those in need, five pantries are located throughout the town at: *Ridgebury Cong. Church*, 605 Ridgebury Rd, *Jesse Lee Church*, 207 Main St, *Nature's Temptations*, 32 Prospect St, *Wooster Hollow Cafe*, 659 Danbury Rd, *Boys & Girls Club*, 41 Governor St

PHARMACIES

Bissell	23 Governor St.	203-438-6433	bissellpharmacy.com Offers delivery service
CVS	467 Main St. 720 Branchville Rd.	203-431-8888 203-544-7094	cvs.com
Rite Aid	125 Danbury Rd.	203-438-7378	riteaid.com
Walgreens	46A Danbury Rd.	203-894-8744	walgreens.com

IMPORTANT DATES

1/1- 4/1	Elderly Tax Exemption Applications Due (Age based)
1/1- 5/15	Senior Tax Deferral Applications Due (Age/disability/income based)
2/1, 5/1, 8/1, 11/1	Quarterly Real Estate Tax Payments Due
2/1- 4/15	AARP Free Tax Preparation Program at Ridgefield Library Call Jon Elkow 203-438-4288 for appointment
3/1, 9/1	Sewer Tax Payments Due
4/1- 10/1	CT Renter Rebate Applications Due (Age/disability/income based)
Month of June	Dog License Renewals
7/1	Motor Vehicle Tax Payments Due
9/1- 5/31	CEAP Energy Assistance Program Applications Due (Income based)
10/15- 12/7	Free Medicare Open Enrollment CHOICES Counseling Call Karen Gaudian at 203-431-2754 for appointment

HELPFUL PHONE NUMBERS

RIDGEFIELD

First Selectperson	203-431-2774
Housing Authority	203-438-9845
Registrar of Voters	203-431-2771 or 203-431-2772
Tax Assessor	203-431-2706
Tax Collector	203-431-2779
Town Clerk	203-431-2783
Town Hall	203-431-2700
Veterans Affairs	203-797-4620
Technology Support	203-431-7000 (Founders Hall members only)

REGIONAL

24/7 Health, Human and Social Service Infoline	2-1-1
Independence Northwest- Center for Independent Living	203-729-3299
Protective Services for Elderly	860-258-5800
Western CT Area Agency on Aging	203-757-5449 800-994-9422

SENIOR SCAMS

If you think that you might be a victim of a scam or would like guidance on how to protect yourself and your money from a scam, contact the Ridgefield Police Department at 203-438-6531.

DO NOT CALL REGISTRY

Call 888-382-1222 from the phone you want to register. Additional guidance at portal.ct.gov/DCP/Common-Elements/Common-Elements/Do-Not-Call-Registry.

SENIOR DISCOUNTS

Ridgefield Hunting and Fishing Licenses

Phone: 203-431-2783 Website:

<https://www.ridgefieldct.gov/town-clerk/pages/fish-game-licenses>

For residents 65 years and older, apply at Town Hall to receive free fishing and hunting licenses.

Ridgefield Parks & Recreation, 195 Danbury Road

Phone: 203-431-2755 Website: ridgefieldparksandrec.org

Seniors (age 60+) receive a 10% discount off all five levels of membership: All-inclusive, Wellness, Lap Swim, Indoor Pickleball, and Recreation.

Ridgefield Senior Gold Card Program

Phone: 203-431-2700 Website: ridgefielddevelopment.com

For residents 65 years and older, register at Town Hall to receive your Gold Card and Benefits Booklet offering local discounts at over 100 businesses.

Ridgefield Thrift Shop 21B Governor Street

Phone: 203-438-3328 Website: ridgefieldthriftshop.com

Shopping Days: Wed, Fri, Sat 12-4 PM

Staffed entirely by volunteers, donates all revenue to local charities.

American National Parks & Federal Recreation Lands Pass

Phone: 888-275-8747, press 3 Website: nps.gov/planyourvisit/senior-pass

A lifetime pass (\$80) for US citizens age 62 or over.

Charter Oak Pass

Phone: 860-424-3200 Website: portal.ct.gov/DEEP/State-Parks

Provides free access to CT State Parks and Recreation System to CT residents 65 or older.

Western Connecticut State University 181 White Street, Danbury

Phone: 203-837-9000 Website: wcsu.edu

Tuition waived for seniors age 62 and older, on a space-available basis.

SUPPORT GROUPS AND SERVICES

Alcoholics Anonymous CT District #9

Phone: 203-778-6777 Website: ct-aa.org

Ann's Place (Cancer support) 80 Saw Mill Road, Danbury

Phone: 203-790-6568 Website: annsplace.org

Bereavement Support Groups RVNAhealth 27 Governor Street

Phone: 203-438-5555 Website: rvnahealth.org

CT Aging and Disabilities Services

Phone: 800-994-9422 Website:

portal.ct.gov/AgingandDisability/Content-Pages/Programs/National-Family-Caregiver-Support-Program

Dementia and Alzheimer's Caregivers First Congregational Church 103 Main Street

Phone: 203-300-4801

Goldstone Caregiver Center Danbury Hospital

Phone: 203-739-7027 Website:

nuvancehealth.org/locations/danbury-hospital/the-goldstone-caregiver-center-at-danbury-hospital

Housatonic Habitat for Humanity Brush with Kindness Program

Phone: 203-744-1340 x104 Website: housatonichabitat.org/home-repairs

Home repair for low income seniors.

LGBTQ+ Family Support Group

Email: supportgroup@ridgefieldctpride.com

Parkinson's Patient & Caregiver Support Groups RVNAhealth

27 Governor Street

Phone: 203-438-5555 Website: rvnahealth.org

WCAAA Caregiver Support Programs 84 Progress Lane, Waterbury

Phone: 203-757-5449 Website: wcaaa.org/resources/caregiver-support

WCAAA CT Home Care Program

Phone: 203-465-1000 Website: caaa.org/programs/ct-home-care-program

SOCIAL GROUPS

American Legion 71 North Salem Road

Phone: 203-438-2012 Website: amlegionpost78.org

Exchange Club

Email: XCRidgefield@yahoo.com Website: facebook.com/XCRidgefield/

Lions Club

Phone: 203-438-0726 Website: e-clubhouse.org/sites/ridgefieldct

Marine Veterans of Fairfield County 31 Halpin Lane

Email: fairfieldctyusmc@aol.com

Newcomers Club

Email: info@ridgefieldnewcomers.org Website: ridgefieldnewcomers.org

OWLS- Older Wiser Livelier Set Founders Hall

Phone: 203-431-7000

Ridgefield Men's Club First Congregational Church

Phone: 203-438-5737 Website: ridgefieldmensclub.org

Ridgefield Rotary Club

Phone: 203-431-2721 Website: ridgefieldrotary.org

Ridgefield Woman's Club

Email: rwcinbox@gmail.com Website: rwc-ct.com

NEWSPAPERS, MAGAZINES & ONLINE RESOURCES

The Ridgefield Press Website: theridgefieldpress.com

Phone: 203-330-6270

Print and digital formats

068 Magazine Website: 068magazine.com

Magazine, delivered to your doorstep, devoted to telling the remarkable stories of the Ridgefield and Wilton communities

Events Calendar Website: inridgefield.com

Facebook Website: facebook.com

Various private groups related to Ridgefield include:

- Town of Ridgefield CT (Official FB page of the First Selectman)
- Ridgefield Economic & Community Development Commission
- inRidgefield
- Ridgefield CT
- Hello Ridgefield & Fairfield County
- Ridgefield CT Community Service Page
- Ridgefield Eats

Hamlet Hub Website: news.hamlethub.com/ridgefield

Inside Town Hall Newsletter

Email infodesk@ridgefieldct.gov or call 203-431-2700 to sign up

Instagram Website: instagram.com

Follow: [@inridgefield](https://www.instagram.com/inridgefield)

Ridgefield Daily Voice Website: dailyvoice.com/connecticut/ridgefield

Ridgefield Patch Website: patch.com/connecticut/ridgefield

ENRICHMENT OPPORTUNITIES

ACT of CT	36 Old Quarry Rd	475-215-5497	actofct.org
Aldrich Contemporary Art Museum	258 Main St	203-438-4519	aldrichart.org
Bark Park Dog Park	58 Prospect Ridge Rd		
CHIRP Concerts	Ballard Park		chirpct.org
Keeler Tavern Museum	152 Main St	203-438-5485	keelertavernmuseum.org
Lounsbury House	316 Main St	203-438-6962	lounsburyhouse.org
Prospector Theater	25 Prospect St	203-438-0136	prospectortheater.org
Ridgefield Chorale		877-815-5635	ridgefieldchorale.org
Ridgefield Golf Course	545 Ridgebury Rd	203-748-7008	ridgefieldgdc.com
Ridgefield Guild of Artists	34 Halpin Ln	203-438-8863	rgoa.org
Ridgefield Historical Society	4 Sunset Ln	203-438-5821	ridgefieldhistoricalsociety.org
Ridgefield Playhouse	80 East Ridge Rd	203-438-5795	ridgefieldplayhouse.org
RPS Continuing Ed	70 Prospect St	203-431-2812	ridgefieldschools.org
Ridgefield Symphony Orchestra	90 East Ridge Rd	203-438-3889	ridgefieldsymphony.org
Ridgefield Theatre Barn	37 Halpin Ln	203-431-9850	ridgefieldtheaterbarn.org
RPAC Gallery	410 Main St	203-894-5609	rpacgallery.com
Thrown Stone Theatre	440 Main St	203-442-1714	thrownstone.org
Weir Farm National Historic Park	735 Nod Hill Rd, Wilton	203-834-1896	nps.gov/wefa
Western CT Youth Orchestra	77 Danbury Rd	203-894-8786	wcty.org

ANNUAL TOWN EVENTS

January	<ul style="list-style-type: none">● Martin Luther King, Jr. Day Celebration
March	<ul style="list-style-type: none">● RVNAhealth Wellness Fair
April	<ul style="list-style-type: none">● Battle of Ridgefield Commemoration Activities● Rid Litter Day
May	<ul style="list-style-type: none">● Ballard Green Plant Sale● Spring Stroll● RIFF: Ridgefield Independent Film Festival● Memorial Day Parade
June	<ul style="list-style-type: none">● Pride in the Park (Celebrating LGBTQ+ Community)● CHIRP Concerts● Make Music Day● Volunteer Fireman's Carnival and Fireworks
July	<ul style="list-style-type: none">● CHIRP Concerts● Town Fireworks● Summer Fest
August	<ul style="list-style-type: none">● CHIRP Concerts● Art Walk
September	<ul style="list-style-type: none">● Art Walk
October	<ul style="list-style-type: none">● Fall in Love with Ridgefield● Halloween Walk
November	<ul style="list-style-type: none">● Election Day
December	<ul style="list-style-type: none">● Holiday Stroll

HOUSES OF WORSHIP

Chabad Jewish Center of Ridgefield 27R West Lane

Phone: 203-403-5372 Website: chabadridgefield.com

Christ the King 209 Tackora Trail

Phone: 203-431-0201 Website: sspxridgefield.com

Congregation Shir Shalom 46 Peaceable Street

Phone: 203-438-6589 Website: ourshirshalom.org

First Church of Christ Scientist 260 Main Street

Phone: 203-438-4780 Website: christiansciencect.org

First Congregational Church of Ridgefield 103 Main Street

Phone: 203-438-8077 Website: firstcongregational.com

Jesse Lee Memorial United Methodist 207 Main Street

Phone: 203-438-8791 Website: jesseleechurch.com

Ridgebury Congregational United Church of Christ 605 Ridgebury Road

Phone: 203-748-2806 Website: meetinghouse.life

Ridgefield Baptist 325 Danbury Road

Phone: 203-438-5751 Website: ridgefieldbaptist.org

St. Andrew's Lutheran 6 Ivy Hill Road

Phone: 203-438-0606 Website: standrewsridgefield.org

St. Elizabeth Seton Roman Catholic 520 Ridgebury Road

Phone: 203-438-7292 Website: sesparish.org

St. Mary Roman Catholic 55 Catoonah Street

Phone: 203-438-6538 Website: smcr.org

St. Stephen's Episcopal 353 Main Street

Phone: 203-438-3789 Website: ststephensridgefield.org