

How can I find out more about "CARES"?

Call South Windsor Human Services at **860-648-6357**. The staff welcomes questions from potential participants as well as their family members or friends.

To determine whether "CARES" is appropriate for you, a social worker will arrange a personal interview to find out about your interests, health and any special needs. Prior to starting, a health form from your physician will also be requested.

What if transportation is a problem?

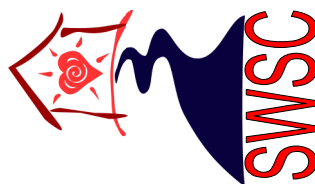


Rides are available through the South Windsor Senior Transportation Program.

Where is the program held?

Meetings are held at the Charles Enes Community Center, 150 Nevers Rd., South Windsor, CT in the Health Room.

South Windsor Human Services
Senior Center
150 Nevers Rd.
South Windsor, CT 06074
(860) 648-6357



The South Windsor CARES* Group

***Center Activity, Recreation, Exercise, Socialization**

*Sponsored by
The South Windsor Human
Services Department
SW Senior Center*



**For information call:
860-648-6357**

What is the ▶ **“CARES” Group?**

The South Windsor “CARES” group is an activity, recreation, exercise and socialization program for South Windsor residents over sixty, which meets Monday through Friday at the South Windsor Senior Center.



The “CARES” Group offers:

- ♥ A small friendly group led by a qualified leader and the Program Coordinator
- ♥ A wide variety of activities including music, crafts, games, reminiscence, current events, intergenerational programs, gentle (and fun) stretching and exercise, special guests and holiday celebrations
- ♥ Morning coffee and conversation
- ♥ Lunch through the Senior Center
- ♥ Transportation if needed
- ♥ A chance to get to know new people in a comfortable environment
- ♥ Activities geared to the interests of the participants

Is **“CARES”** right for you?

The group is designed for people who:

- ♥ Would be most comfortable in a “homey” small group setting
- ♥ May have limitations or disabilities, but do not need medical or self-care assistance while in the group
- ♥ Plan to attend on a regular basis
- ♥ Are residents of South Windsor
- ♥ Are able to participate in a group for a three hour time span

What are the benefits of attending **“CARES”**?

- ♥ Increasing social contacts and expanding your social network
- ♥ Learning new skills
- ♥ Sharpening your mind
- ♥ Maintaining productivity
- ♥ Promoting wellness activities



What are the program hours?



The “CARES” group meets Monday through Friday from 9:30 a.m. to 12:30 p.m. A minimum of four days is required to hold your spot, unless other arrangements are made.

Can I attend the group on a drop-in basis?

The “CARES” group has not been designed as a drop-in group. All participants must be registered in advance. The group size is limited to 8 members and, when needed, a waiting list is maintained. We encourage you to schedule an introductory visit to “try out” the program.

Is there a fee charged for the **“CARES”** group?

No fees are charged but there is a **suggested donation of \$3.00** per meeting to help defray the costs of snacks and supplies.