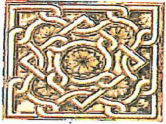


## Ashford Senior Center



25 Tremko Lane  
Ashford, CT 06278

(860) 487-5122

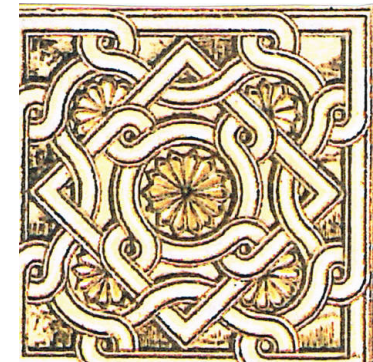
Fax: (860) 487-5122

Email: [ew.smith.sr@snet.net](mailto:ew.smith.sr@snet.net)

# All About Ashford

Est. 1714

## The Earl Smith Senior Center



## COMMUNITY SERVICE

*Tray Favors for Nursing  
Homes*

*Lap Robes for Nursing  
Homes*

*Blankets for the Hole In The  
Wall Gang*

*Christmas Stockings for Local  
Children*

*Gifts for Ashford Shut-Ins*

**All About Ashford** is a service provided by  
the Babcock Library, 25 Pompey Hollow  
Road, Ashford, CT 06278

## HISTORY

*The Ashford Senior Center, located in the Earl W. Smith building, is the home of the Ashford Senior Citizens Organization. ASCO was organized January 20, 1974 to bring the seniors of Ashford together to promote social, educational, recreational, cultural and health programs, and also to encourage community service.*

*ASCO is an independent, non-partisan, non-profit organization. The membership is open to any resident of Ashford or its vicinity, 55 years of age or over. If either husband or wife attains that age, the other may become a member, if desired. The Senior Center became a reality in June of 1994, through the proceeds of a small cities grant. Up to that time, ASCO met monthly in the Town Hall*

## FOCAL POINT

The Center continues to be a Focal Point as designated by Senior Resources, the Eastern CT Area Agency on Aging, which means it is a nutrition site (Senior Cafe on Tuesdays and Fridays) and a multi-purpose Senior Center where programing and information are available for services on a wide range of subjects for the senior residents, caregivers and families. Monthly health services include the VNA blood pressure screening. A podiatrist provides foot care every 5 to 6 weeks. The VNA and the Ashford Commission on Aging conducts an annual Flu & Pneumonia clinic. Quarterly, the VNA offers Adult Health Screenings here at the Center



Two Annual Craft, Tag and Bake Sales  
Volunteer Recognition Luncheon  
Summer Picnic/Special Lunches  
Antique Appraisals  
Variety Shows  
Car Cruise's  
90's Program

## ACTIVITIES



Crafts  
Bridge  
Exercise  
Low Impact Exercise  
Hair Cuts/ Mini Spa  
TAI CHI



Zumba  
Wii  
Mini Bus Trips  
November 2011

Flu Clinic  
Craft Fair  
Thanksgiving  
Dinner



December 2011  
Christmas  
Dinner



All support is from donations, craft fairs & fundraisers.