The Earl Smith Senior Center

25 Tremko Lane
Ashford, CT 06278

(860) 487-5122
Fax: (860) 487-5122
Email: 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 programming 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 Lunchees
- 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.