

Hello, Woodbury seniors! If you are self-isolating, we can help.

If you are self-isolating due to COVID-19, we can help with:

- A phone-call check in to see how you are doing
- A friendly chat via phone or technology
- Suggestions for how to stay active and mentally sharp while self-isolating (be sure to check our Facebook page!)
- Assistance in finding deliveries for shopping and urgent errands

Please call the Woodbury Senior Center at (203) 263-2828 for assistance and details. The Senior Center is closed for programs and activities, but staff are available to help you through this crisis. Please know that as the COVID-19 situation continues to change, our services may also change.