

Connecting Seniors

With Their Community



Town of Riverhead

SENIOR CITIZEN RESOURCE GUIDE



2018-2019

TOWN OF RIVERHEAD

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Welcome to the 2018-2019 Senior Citizen Resource Guide.



Thanks to first-hand understanding of how to make life less complicated and more enjoyable, the dedicated folks on our Town of Riverhead Senior Citizen Advisory Council have packed this handbook with helpful suggestions, advice and benefits.

Take a few minutes to page through all this information now at your fingertips. Need to contact a town, county or state elected official? You'll find phone numbers and email addresses starting on page 7. Know someone who could use a daily, friendly phone call? Find out more on page 22.

As a 60+ resident of Riverhead Town, you have access to our great Senior Center services. See page 55 for the list of benefits including Meals-on-Wheels and Dial-A-Ride to make your daily life easier. For the up-to-date schedule of bingo, day trips, classes to benefit your body and your brain and more, call (631) 722-4400.

Skip to pages 49 to 52 for Riverhead's beaches, community centers, outdoor parks, ball parks, skate parks and even dog parks! If you don't have a dog but want one, turn to pages 2 and 4 for the local area animal shelters and rescue groups ready to help! Also a help, the comprehensive listing of support groups fills pages 26 through 30. Find home health care and caregiver support services on pages 30 and 31. Veteran's benefits and services listings start on page 60, and dozens of volunteer opportunities begin on page 62-65.

We hope this Senior Citizen Resource Guide provides you with answers to your questions, helps you prepare for the unexpected, inspires you to learn something new, to lend a hand or even accept a hand. And thank you for being a part of our Riverhead community.

Sincerely Yours,

Laura Jens-Smith
Riverhead Town Supervisor