



## Senior Centre Locations

### **YMCA "Elders In Action" Senior Activity Centre**

Benbow Rd. Off Wrightson Rd P.O.S.  
Phone: 627-8764/ 627-0977  
Email: [ymcaadministration@tstt.net.tt](mailto:ymcaadministration@tstt.net.tt)

### **Maloney Senior Activity Centre**

#569 Jacana Avenue, Maloney Gardens,  
Maloney  
Phone: 222-7817/744-7196; Fax:222-7817  
Email: [maloneyseniors@gmail.com](mailto:maloneyseniors@gmail.com)

### **Rio Claro Senior Activity Centre**

#44 Grant Street, Rio Claro  
Phone: 746-1841/ 463-2069; Fax: 644-3776  
Email: [ruralwomen@live.com](mailto:ruralwomen@live.com)

### **Chaguanas Senior Activity Centre**

#41 Jasmine Drive, Edinburgh Gardens  
Phase II, Chaguanas  
Phone: 672-1428; Fax 628-8842  
Email: [csac\\_central@yahoo.com](mailto:csac_central@yahoo.com)

### **Pearl Gomez James Senior Activity Centre**

#77 8th Street, Baratavia  
Phone: 674-2853/221-2784/730-9658  
Fax: 674-2853  
Email: [pgjssc@yahoo.com](mailto:pgjssc@yahoo.com)

### **Margaret Crandahl Senior Activity Centre**

#15 Railway Avenue, Plaisance Village,  
Pointe-a- Pierre  
Phone: 659-3070; Fax: 653-3416  
Email: [jubileethegolden@gmail.com](mailto:jubileethegolden@gmail.com)

### **St Stephen's Senior Activity Centre**

Corner High Street & Lothians Rd, Princes  
Town  
Phone: 386-4629  
Email: [ststephensparish@hotmail.com](mailto:ststephensparish@hotmail.com)

### **GEMS Senior Activity Centre**

#2 Marjorie Padmore Ave., Phase II, La  
Horquetta, Arima  
Phone/Fax: 643-6589/377-9808/223-8476  
Email: [gemsactivity@gmail.com](mailto:gemsactivity@gmail.com)

### **Preysal Senior Activity Centre**

Polo Ground Road  
Preysal  
Phone: 223-6313

### **Penal Senior Activity Centre**

8 Teemul Trace  
Clarke Road  
Penal  
Phone: 305-2893/464-3724  
Email: [penalsenioractivity@gmail.com](mailto:penalsenioractivity@gmail.com)

### **Gasparillo Senior Activity Centre**

32 Bonne Aventure Road  
Gasparillo  
Phone: 650-4839



THE REPUBLIC OF TRINIDAD & TOBAGO

Ministry of Social Development  
and Family Services



# SENIOR ACTIVITY CENTRES

**Division of Ageing**

CL Building, #39-43 St Vincent Street

Port of Spain

800-OPIC

Email: [divisionofageing@gmail.com](mailto:divisionofageing@gmail.com)

## ABOUT THE DIVISION OF AGEING

The Division of Ageing was established in 2003 and is part of the Ministry of the People and Social Development. It is responsible for policy-making and program development regarding the elderly in our community.

### WHAT IS A SENIOR ACTIVITY CENTRE?

Senior Activity Centres are multi-service facilities where older persons can come together for educational and recreational activities that enhance their independence and encourage their involvement in their communities.

The Ministry of the People and Social Development, through the Division of Ageing, partners with Non-Governmental Organizations to operate Senior Activity Centres as a component of the Continuum of Health and Social Support Services for Older Persons.

## FUNCTIONS OF THE SENIOR ACTIVITY CENTRE

Senior Activity Centres provide older persons with an environment where they can interact with their peers through educational and recreational activities, outings and social events.

They allow older persons to engage in interests such as Cooking, Gardening and Jewelry making and foster a sense of self—worth and dignity among older persons through social interaction, development and learning.

Through involvement in Senior Activity Centres in their communities, older persons are encouraged to lead healthy, active lives.



## WHO CAN USE A SENIOR ACTIVITY CENTRE?

Healthy older persons aged 55 years and over

Active older persons who desire to interact with their peers

Skilled older persons who are interested in acting as mentors

Students and young persons who wish to interact with and gain from the knowledge and experiences of older persons

Volunteers who wish to assist in the programme.

