**Cafeteria**

The Cafeteria is open:

<table>
<thead>
<tr>
<th>Days</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday – Friday</td>
<td>6:30 a.m. - 8:45 a.m.</td>
<td>11 a.m. - 1:30 p.m.</td>
<td>4:30 p.m. - 6:15 p.m.</td>
</tr>
<tr>
<td>Saturday and Sunday</td>
<td>7 a.m. - 9:30 a.m.</td>
<td>11 a.m. - 1:30 p.m.</td>
<td>4:30 p.m. - 6:15 p.m.</td>
</tr>
</tbody>
</table>

**Coffee Shop**

Jackson Java is located on the first floor of the Jackson Pavilion and is open Monday – Friday: 9 a.m.- 3 p.m.

**Vending Machines**

Vending machines are available in the Cafeteria and Jackson Pavilion/Second Floor, 24 hours-a-day.

**Gift Shop**

The Gaylord Hospital Gift Shop is located on the first floor of the Jackson Pavilion and offers a variety of gift items as well as cards, candy, postage stamps and personal items. For more information call the gift shop at extension 3235 or volunteer services, extension 3439.

**Gift Shop Hours**

Monday - Friday: 10 a.m. - 4 p.m.

*All hours are subject to change.*

To Get From Gaylord To:

- **Route 15/Wilbur Cross Parkway South:** Go RIGHT out of driveway. At STOP sign (Laskara restaurant) go RIGHT onto Parker Farm Road. At next STOP sign go LEFT onto Cheshire Road. At first traffic light, go LEFT onto South Turnpike Road/Quinnipiac Street. See signs for Route 15/Merit Parkway South on RIGHT.

- **Route 15/Wilbur Cross Parkway North:** Follow the above directions and continue on Quinnipiac Street through traffic light and just beyond Route 15 underpass, go LEFT at traffic light onto River Road. See signs for Route 15 North entrance on LEFT.

- **Cheshire/Route 10:** Go LEFT out of driveway on Gaylord Farm Road. Continue on Wallingford Road to Cheshire. Go RIGHT on Elm Street. Go left on Route 68. Next traffic light is intersection with Main Street Cheshire (Route 10).

**Visiting Hours**

Visiting hours are from 11 a.m. to 8:30 p.m. Please check in at the Security/Reception Desk.

**Sending Mail or Cards**

Address mail as follows:

- Patient’s full name
- c/o Gaylord Hospital
- Building Name, Room Number
- P.O. Box 400
- Wallingford, CT 06492

*No UPS shipments to patients accepted

E-Well Wishes are available on our website at www.gaylord.org.

**Security**

The Security Office is located in the main lobby of the Jackson Pavilion.

**No Smoking**

Gaylord Hospital is a tobacco-free campus.

**Laundry Services**

White Way Cleaners (203-269-4444) is located in Wallingford.

**ATM**

Located in the Jackson Lobby.

**Wi-Fi**

In your cell phone’s settings, select Wi-Fi and click on: Visitor Internet Access

Please see “A Guide To Your Stay in the Admissions Packet” for additional information regarding:

- Local Restaurants
- Local Hotel & Accommodations
- Dog/Pet Visitation
- Overnight Stays
- and other valuable information

*All hours are subject to change.*