

Senior Center Programs and Services at a glance.

Senior Center

Outreach & Administration

- Information & Referrals
- Case Management
- Health Insurance Info
- Energy Assistance
LIHEAP
Good Neighbor Energy
- Program Development
- Volunteer Coordination
- Grant Writing
- Oversight to Senior Center Budget
- Oversight to Van Transportation Services
- Marketing/Promoting
- Birthday calls
- SNAP Benefits
- Emergency Vouchers
- One time Emergency Grant (up to \$500)
- Transportation Grants
- Buckets of Sand
- Oversight of facility usage
- Money Management

Social, Exercise & Educational Programs

- Tai Chi
- Chair Yoga
- Computer Classes
- Technology Classes
- Art Classes
- Bridge
- Dominos
- Bingo
- Quilting/Knitting
- Pitch
- Walking Club
- Lunch Program
- Monthly Movies
- Monthly Birthdays
- Art Therapy
- Senior Citizens Club
- Seasonal Picnics
- Downsizing Seminars
- Caregiver Notebook Seminars
- De-Clutter Workshop
- Retirement workshops

Health & Wellness Programs

- Blood Pressure Clinic
- Hearing Clinic
- Flu Shot Clinic
- My Life, My Health
- SHINE (Serving Health Insurance Needs of Everyone)
- Senior Lunch Program
- Catered lunches
- Legal Aid
- Alzheimer's Support Group
- AARP Free Tax Preparation & Circuit Breaker Credit
- Peer Led Art Therapy
- Property Tax Relief
- Matter of Balance
- Healthy Eating Classes
- Podiatry Clinic
- Food Pantry
- Food Security
- Cranium Crunches
- Homebound Shopping
- Age Mastery Program
- Living Well Expo