

# Senior Centers

## What are senior centers?

Senior centers are places where older adults can gather to socialize, meet people, and make new friends. They offer activities, such as classes, games, sports, and field trips. Many senior centers offer a noon meal at little or no cost. Most of the services and events at senior centers are free or available at a reasonable cost.

## Who can join a senior center?

Senior centers are social clubs, not care facilities. They serve older adults who are fairly independent. Most senior centers are accessible to people in wheelchairs.

## What services are offered?

Activities vary depending on the center. They may include:

- Recreation and fitness. Dances, dance or exercise classes, yoga, billiards, bridge, or bingo are common activities at senior centers.
- Help with finances. Counselors may be available to help with income tax, social security benefits, health insurance, and housing.
- Transportation. You may be able to get free rides from your home to and from the senior center. Some centers take seniors to the grocery store or to doctor appointments. Many centers provide transportation for field trips and special events.
- Arts and crafts. You may be able to learn about painting, acting, or knitting.
- Meals. A noon meal is usually served daily. Some centers deliver lunches to home-bound seniors.
- Volunteering. You might want to teach classes, be a foster grandparent, or provide other expertise and help.
- Learning. Classes in writing and computer skills may be offered, often at no charge.

## Where are they located?

To find a senior center near you:

- Check the community service pages in your telephone book.
- Search the Web for senior centers in your area.
- Call the national Eldercare Locator at 1-800-677-1116. (Call between 9 AM and 8 PM, EST, Monday through Friday.)

If you have recently retired, or if you simply want a place that helps you stay active and healthy and where you can enjoy companionship, visit your local senior center.

Developed by RelayHealth.

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