

Senior Centers

Senior centers are a type of community center where older adults gather for social, physical, emotional, and intellectual programs and services.



Social Engagement

Loneliness and **isolation** can be harmful to health, particularly among older adults. Senior centers help combat this by offering a **welcoming space** for older adults to **connect with peers** through engaging activities, classes, and events.

Health and Wellness

Many senior centers offer group **health and wellness programs**, including exercise classes, health screenings, and nutrition counseling, empowering members to **manage chronic conditions** and **adopt healthier lifestyles**.

Education

Senior centers often host **workshops** on topics like technology, financial planning, and the arts, helping members **learn new skills**. Keeping the mind active supports cognitive function and helps older adults **maintain independence**.

Support Services

Many senior centers offer **support services** such as **meal programs**, **transportation assistance**, and **Medicare and Medicaid consultations** so your loved one can live a healthy and full life.

Innovative Programs at Senior Centers

Some senior centers are embracing **new programs** to improve the lives of their members.

You may find:

- Intergenerational activities.
- Cooking classes.
- Music therapy.
- Travel groups and guided tours.
- Pet therapy.
- Gardening clubs.