

## What Do Senior Centers Do?

### Massachusetts Information

- Information and Referral
- Outreach
- Transportation
- Health/Fitness/Wellness
- Nutrition
- Education/Skills Training
- Advocacy
- Peer Support (Support Groups)
- Recreation
- Volunteer Development
- Supportive/Social Day Services
- Intergenerational
- Disability/Access Issues

### Profile of Senior Centers in Connecticut

- Information and Referral
- Transportation
- Adult Day Care
- Case Management
- Congregate meal
- Home Delivered Meals
- Legal Assistance
- Renters Rebate
- Tax Filing Assistance
- Telephone Reassurance
- In-Home Assistance
- CHOICES Counseling
- Mental Health Counseling
- Educational, Life Long Learning
- Health Screenings/Clinics
- Health Education
- Arts and Crafts
- Recreation Programs

- Fitness Programs
- Special Events
- Cultural Programs

### NCOA/NISC National Standards

- Socialization
- Mental stimulation
- Improve cognitive function
- Opportunity to make choices
- Presentation of information necessary to make decisions regarding lifestyle
- Skill development
- Self-efficacy
- Practice and learn leadership skills
- Creative aptitude
- Exploration of different cultures
- Exploration of different geographic regions of the world
- Community pride and ability to create change in the community
- Physical ability through organized movement classes
- Intergenerational activities

### MySeniorCenter

- Social/Recreation
- Fitness/Exercise
- Education
- Health/Wellness
- Information and Assistance
- Art/Music/Culture