

Senior Services and Programs Guide

DEPARTMENT OF AGING AND DISABILITY SERVICES Senior Services Guide | 2024 Edition

Nutrition Programs

Senior Meal Sites: Hot lunch Monday-Friday at 5 locations, suggested donation \$3

Home Delivered Meals: Daily delivery for homebound seniors, income-based fees

Food Pantry: Monthly food distribution, third Thursday 9AM-12PM

Transportation Services

Senior Shuttle: Door-to-door service for medical appointments and shopping, \$2 each way

Volunteer Driver Program: Free rides to medical appointments (advance reservation required)

Health and Wellness

Fitness Classes: Silver Sneakers program at Community Center, Medicare-covered

Health Screenings: Free monthly blood pressure checks and quarterly health fairs

Medicare Counseling: SHIP-certified counselors available by appointment

Social Activities

Senior Center Programs: Arts, crafts, games, movies, educational classes

Day Trips: Monthly excursions to museums, theaters, casinos (\$15-\$45 per trip)

Information and referral: (555) 678-SENIORS or seniorservices.gov