



### **Senior Centers: Good for Money, Meet-Ups, Muscles and Meals**

Why are a million people using 11,000 senior centers in our country every day? In New Haven, our region and across the nation, senior centers add value to the lives of individuals in many ways. They are good for **money**—you can easily find out about and apply for all the benefits to which you are entitled. They are good for **meet-ups**—a place to see friends you already have and to make some new ones. They are good for **muscles**—we offer free exercise classes taught by instructors who are skilled at adapting to varied skill and fitness levels. We offer **meals**—for the price of a donation. New Haven senior centers serve City residents, but also are a magnet for other people who grew up here and love to see friends and stay connected.

According to the National Council on Aging, nationally, the average age of senior center users is 75; 70% are women, and half of them live alone. Most participants visit once, twice or three times per week for an average of 3.3 hours per visit. “Compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction...”

In New Haven, there are people who come every day, and some who come once a week for a tai chi or yoga or sewing or ceramics class, to knit, use a computer, or play cards, pool or bingo. There are others who only come to participate in a special activity—to take a trip, perform in a play, learn to sew (see class above). There are 3 different senior centers, each one different and special in its own way. Each has a senior association that plans its own trips and events. There is a lot to choose from, most of it free. Transportation is no problem. You can come to any one of our senior centers any weekday with free door-to-door transportation provided—or come to a different one each day. Boomers—grab a yoga mat and check us out. See our webpage and on-line calendar <http://www.cityofnewhaven.com>. Sign up for our on-line monthly newsletter. Please visit any weekday between 8:30 and 4 p.m. We would love to welcome you!

Atwater Senior Center: 26 Atwater Street. 203-946-8558

Dixwell-Newhallville Senior Center: 255 Goffe Street. 203-946-8541

East Shore Senior Center: 411 Townsend Avenue. 203-946-8544