Chapter 6: Senior Centers

Generally operated by communities, local governments, or nonprofit entities, these are places where seniors (who live independently) can gather on a daily basis to eat meals and to engage in social, fitness, and creative activities.

**Advantages**
- Regular social, intellectual, and physical stimulation
- Nutritious meals and snacks
- Many are currently updating physical facilities and programs with computers, fitness activities, and educational courses

**Disadvantages**
- Seniors may find offerings to be uninteresting, unsatisfying
- Participants' differing demographic groups may cause some to feel "they don't fit in"

**Choose This Option If**
- Senior is in good mental and physical health and lives independently
- Senior is primarily interested in activities and interaction with peers

**Average Annual Cost**
- Daily fees are nominal, typically limited to meals

**Resources Available**
- U.S. Administration on Aging's Eldercare Locator, eldercare.gov
- National Association of Area Agencies on Aging, n4a.org

**Issues You Should Be Aware Of**
- Senior centers assume that members will be self-sufficient
- Typically, this includes seniors transporting themselves to these locations

**When It Is Time to Move On**
- Senior is becoming more frail or is dealing with an increased number of age-associated disabilities
- Senior needs supervised care during the day, including social and some health services
- Senior is in early-stage dementia