

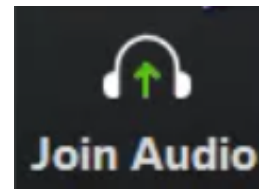
Promoting Social Engagement in Senior Centers: Local Examples and Looking Ahead

September 15, 2021

Webinar Instructions

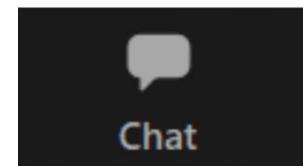
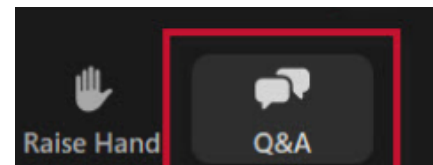
Audio Options

- Use your computer speakers, **OR** dial in using the phone number in your registration email.
- All participants are muted.



Questions and Answers (Q&A)

- You can submit questions for the panelists at any time during this presentation. On the Zoom module on the bottom of your screen, click the Q&A icon, type your question in the box and submit.



CLICK HERE TO START CHAT

Accessibility

- **Screen Reader Users: Reduce unwanted chatter**
 - Request speech on demand: Insert, Spacebar, “S”
- **To get our attention if you need tech assistance:**
 - Raise or Lower Hand: Alt + Y

engAGED

- National effort to increase social engagement among older adults, people with disabilities and their caregivers
- Administered by USAging
- 17 Project Advisory Committee members:
www.engagingolderadults.org/partnerships
- Funded by the U.S. Administration on Aging, which is part of the Administration for Community Living

Presenters



Kathleen Cameron

Senior Director, Center for Healthy Aging
National Institute of Senior Centers
National Council on Aging



Kimberly Post

Facility Supervisor, Calabasas Senior Center

Joanne Moore, M.Ed.

Director, Duxbury Senior Center

Promoting Social Engagement in Senior Centers:

Local Examples and Looking Ahead

Kathleen Cameron, MPH

*Senior Director SME,
Center for Healthy Aging
National Institute of Senior Centers*

September 15, 2021



National Institute of Senior Centers (NISC)

Quick Facts

- William Hodson Community Center in Bronx established in 1943, 1st in the nation;
- San Francisco Senior Center, Philadelphia Center for Older People opened in 1947

- NCOA hosted an exploratory conference on senior centers in 1962

- NISC formed in 1970; 1,200 senior centers across the U.S.

- First senior center accreditation was awarded in 1998

- Today 10,000 senior centers serve more than 1 million older adults every day

Profile of Senior Center Participants

- Approximately 70% of senior center participants are **women**.
- **Single or widowed**.
- Half of participants **live alone, at risk for isolation and loneliness**.
- The majority are **Caucasian**, followed by African Americans,
- Hispanics, and Asians.
- Peak participation – **75-84 years of age**.
- **Mid and low income**.
- 75% of participants visit their center **1 to 3 times per week**.
- They spend an average of **3.3 hours per visit**.



*If you've seen one senior center,
you've seen one senior center.*



IT HAPPENS AT My Senior Center.



Phyllis Smith Clark, DE



See Center for Senior Center, GA



© 2003 Park Street, Atlanta, GA, NJ

Senior Center Programs and Services



- Meal and nutrition programs
- Health, fitness, and wellness programs, including evidence-based health promotion and disease prevention programs
- Transportation services
- Community events
- Public benefits counseling
- Employment assistance



- Creative arts
- Volunteer and civic engagement opportunities
- Social and recreational activities
- Lifelong learning - educational and arts programs
- Intergenerational programs
- Many others

Senior Centers and Social Engagement

- Benefits
 - Increased socialization and expanded social networks
 - Increased friendship formations
 - Greater involvement in physical activity
 - Increased engagement in recreational activities
 - Improvement in mental health, lower depressive symptoms
 - Decreased stress levels
 - Compared with their peers, senior center participants have better health outcomes and life satisfaction

Source: Pardasani M, Silberman LV, & Silberman S. (2019) Senior centers: if you build, will they come?, *Educational Gerontology*, Vol. 45, No.2, 120-133.

Senior Centers: Re-inventing Themselves



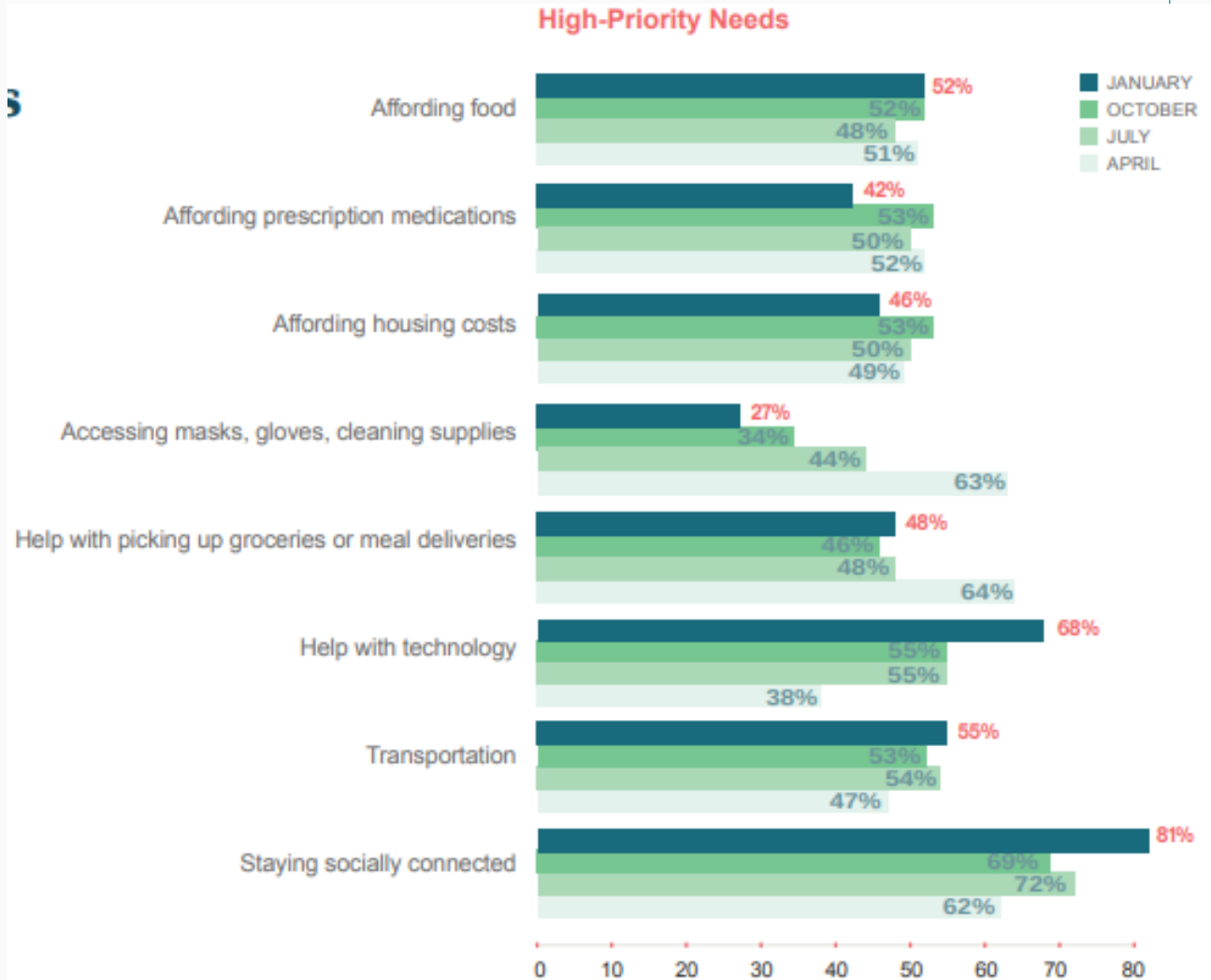
Models

- Community Centers
- Wellness Centers
- Lifelong Learning/Arts Centers
- Continuum of Care/Transitions
- Entrepreneurial
- Café Centers

Source: Pardasani M, Thompson P, Senior Centers: Innovative and Emerging Models. Journal of Applied Gerontology, 31(1):52-77.2012.

High Priority Needs during the Pandemic

Source: [NCOA COVID-19 Survey](#), March 3, 2021.



NISC Annual Programs of Excellence

<https://www.ncoa.org/article/nisc-annual-programs-of-excellence>

- Award Categories
 - Community Development, Leadership and Intergenerational
 - Cultural Programming
 - Health and Wellness
 - Nutrition
 - Technology
 - Virtual Programming
 - Special Events
 - Fund Raising

Winona Friendship Center



Winona Friendship Center

Bridges Health Winona

Category: Health and Wellness - 1st Place

Top 5 Takeaways

1. Provided preventative health services to the community. All services provided were free and could be accessed at three locations within Winona.
2. Used a clinical education model using academic-community partnerships to provide an interprofessional student-led, faculty guided clinics. Winona State University students provided community-based service learning while serving the needs of the local community.
3. Provided health screenings, foot & nail care, massages, ear washes, home exercise assessments, medication reconciliation, blood pressure monitoring, psychosocial support, and more.
4. The partnership between Bridges and the Friendship Center provided safe and supportive access to services for older adults, and under or uninsured members of the community.
5. By utilizing students at various levels of education, the community had access to a variety of services that they otherwise would not. Bridges demonstrates the powerful impact that organizations can have when combining resources.

Senior Services of Southeastern Virginia



The Art of Healthy Aging

Category: Virtual - Honorable Mention

Top 5 Takeaways

1. Virtual Art of Healthy Aging Summer Series highlighted guest speakers and presenters who discussed topics of interest to seniors (and their caregivers) to help them stay physically, mentally, and emotionally healthy, active and engaged in the world.
2. The three-part series consisted of three 40-minute episodes packed with information and resources for health, safety, security, nutrition, and joyful living.
3. Produced the virtual series in coordination with Studio Center in Virginia Beach, Virginia along with content contributors including SSSEVA, local businesses, human service agencies, health networks, legal experts and other partners who empower seniors to live well.
4. Each episode brought together three to five experts to discuss topics that all seniors and their families should be considering during COVID..
5. The episodes were broadcast across various distribution sites including social media platforms, our website, and local TV networks/cable channels that reach thousands of seniors across the Hampton Roads region.

Pikesville Senior Center



You've Been Flocked

Category: Special Events - Honorable Mention

Top 5 Takeaways

1. The program increased the center's profile within the community, and we were able to do outreach to some of our vulnerable members from a safe, social distance.
2. Members said it made them feel valued and less isolated.
3. Neighbors and family members enjoyed seeing the signs. The flamingos and signage sparked lively conversations.
4. Members enjoyed seeing the pictures of those who had been flocked in the center's online newsletter.
5. When staff retrieved the signs, they got to interact with the members from a safe, social distance.

September is National Senior Center Month



Shining a Light on Senior Centers

We want to celebrate all senior centers from the smallest to the largest and give you the opportunity to get the word out in ways that resonate with your community. This year is a time of reflection and also of looking forward, always staying mindful of the present.

National Senior Center Month

<https://ncoa.org/page/national-senior-center-month>

- Program Guide
- Poster
- Publicity Guide/Media Toolkit
 - Traditional media
 - Social media
 - Hosting an Elected Official



Thank You!

Contact Information:

Kathleen Cameron, MPH
Senior Director
Center for Healthy Aging
National Institute of Senior Centers
National Council on Aging
Kathleen.Cameron@ncoa.org
Tel: 571-527-3996



Overview:

- Calabasas Senior Center was built in 2015
- Opened in 2016
- 9,500 square foot facility (Multipurpose, Art, Conference, Sports, Game Room)
- 2-story Gold LEED building (Leadership in Energy and Environmental Design) LEED provides a framework for healthy, highly efficient, and cost-saving green buildings.

Calabasas Seniors Make Up...

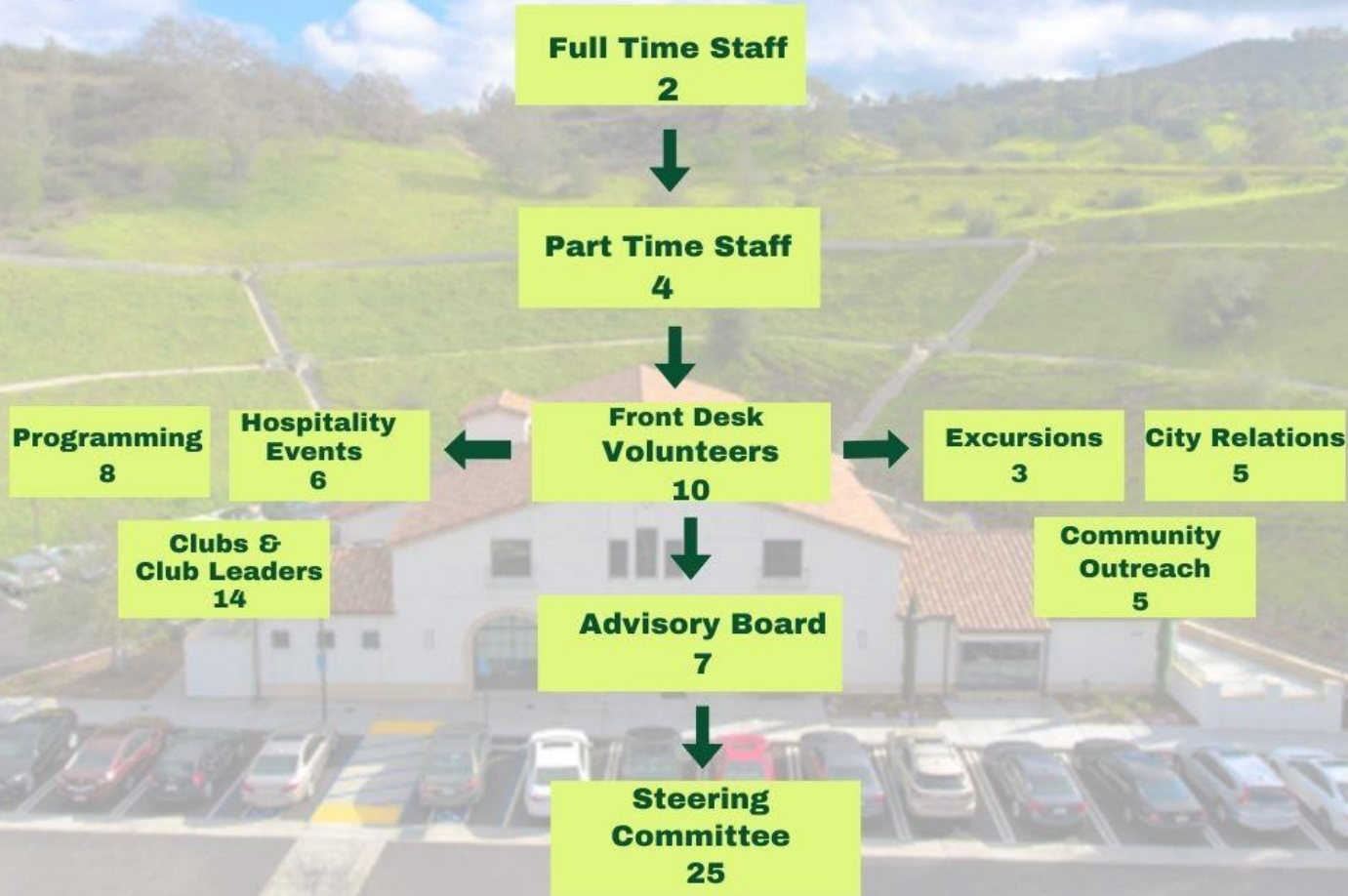
- Calabasas total population 24,000
- 40% of all City residents (50+)
- That's 9,600 of our population!

...And they are the fastest growing part of the population in the City with another 9.0% between the ages of 45-49!





Calabasas Senior Center Organizational Flow Chart



They say it “takes a village”- we’ve learned that it takes dozens of dedicated volunteers to serve as committee chairs and active committee/community members to create and manage all the moving parts of the programming and events at the Calabasas Senior Center.

What we offer:

60-80 programs quarterly

- ▶ Lectures/Demonstrations
- ▶ Entertainment
- ▶ Movies & Music
- ▶ Cards & Games
- ▶ Fitness
- ▶ Hobbies & Interests
- ▶ Mind & Body
- ▶ Personal Development
- ▶ Creative Arts
- ▶ Art History
- ▶ Technology
- ▶ 10-12 Local Excursions (pre-Covid)

Clubs

- ▶ Bridge
- ▶ Canasta
- ▶ Caring Calabasas
- ▶ Chess
- ▶ Hiking
- ▶ Mexican Train
- ▶ Photography
- ▶ Ping Pong
- ▶ Pinochle
- ▶ Poker
- ▶ Scrabble

Social Activities

- ▶ Card/Game Room
- ▶ Bi-monthly Social Events
- ▶ Festival of Arts
- ▶ Speaker Series

COVID-19 RESPONSE

During the pandemic we were able to convert most of our programs to Zoom. We offered over 50 Zoom classes per session and had over 2,600 participants registered for our fall 2020 session.

- Hosted two drive in Covid-19 safe events
- Covid-19 protocols were followed
- Events featured in local newspaper

BINGO

PARKING LOT

Friday, October 16th
From 5:00pm-7:00pm

Location: A.C. Stelle Middle School

22450 Mulholland Hwy
Calabasas, CA 91302

\$5 Per Person Member/Resident
\$8 Per Person Non-Resident

Will include bingo sheets/markers and goodies

*Face Mask Required

*One household per car

*All participants must remain in vehicle

*Restrooms will not be available

Parking Lot opens at 4:30pm, NO EARLY BIRDS!

Register online at www.cityofcalabasas.com

Activity name: CSC PARKING LOT BINGO

Activity Code: 1016.401

Space is Limited!!

Anthem



THE Acorn

October 22, 2020

Your Community Partner Since 1974

Circulation 27,565 | www.theacornonline.com | Agoura Hills, Calabasas, Oak Park and West

BINGO, seniors find way to entertain outdoors



Courtesy of Lois Julien



MICHAEL COONS/Acorn Newspapers

WINNER!—Left, a player takes part in the Oct. 16 Parking Lot Bingo Game at A.C. Stelle Middle School in Calabasas, the first live event put on by the city senior center since March. Above, Kimberly Post, Calabasas Senior Center supervisor, checks a bingo card for winning numbers. See additional photo and story about the event on Page 23.



Photos by MICHAEL COONS/Acorn Newspapers

WE'VE GOT YOUR NUMBER—Rick Young, left, calls the bingo numbers with help from Stacy Daughterly during Parking Lot Bingo on Oct. 16 at A.C. Stelle Middle School in Calabasas.

Calabasas calls out new bingo game

Residents have been cooped up for months and are eager to enjoy life outdoors again.

The City of Calabasas found a way last weekend to let senior citizens take part in a social activity, yet still be mindful of the virus.

On Oct. 16, the city's senior center hosted its first outdoor event since the March lockdown, Parking Lot Bingo. Just as the name says, city residents and non-residents arrived by car and remained in their seats while the bingo numbers were called out over a public address system and on a private radio channel.

Fifty cars with 85 seniors came to the parking lot at A.C. Stelle Middle School on Mulholland Highway to play a variety of bingo games. Prizes were awarded.

"Everyone appreciated the fun time, the goody bags, and the effort made to do something fun for seniors," said Lois Julien, a member of the senior center staff since the facility opened in 2016.

The city plans to host other outdoor bingo and trivia games in the near future, Julien said.

—John Loesing

JACKPOT—Above right, Dody Tichenor circles a number on her bingo sheet. At right, a senior center employee holds up the bingo number called for motorists to see.





Calabasas Senior Center Presents:

CRUISE INTO SPRING PARKING LOT TRIVIA

Wednesday, March 24, 2021

Parking Lot Opens at 3:30pm

Trivia Games Start at 4:00pm

A.C. Stelle Middle School

22450 Mulholland Hwy, Calabasas, CA 91302

\$10.00 Resident/Member (Per-Person)

\$12.00 Non-Resident (Per-Person)

Activity Code: 1950.101

\$12.00 Pizza Deal Use Code: 1950.102

(Medium 1-Topping Pizza (About 8 Slices) from Topanga Pizza & Cafe)

Nostalgic Filled Goodie Bag Included (Per-Person)

Register online: www.cityofcalabasas.com



HOSTED BY:
DJ DAN
THE PARTY ZONE
ENTERTAINMENT
50's, 60's TRIVIA

Activity Name: Cruise Into Spring
Space is Limited!

Sponsored By:
1HEART
Anthem

All participants
must remain
in their cars at all times!

Please wear your face
masks! Practice social
distancing!



2020 NATIONAL INSTITUTE OF SENIOR CENTERS

AWARDS THE

Calabasas Senior Center

1ST PLACE

EXCELLENCE IN CULTURAL PROGRAMS

“Festival of the Arts”

Showcasing Performing and Visual Arts, Music, and Literature





Calabasas Senior Center Hospitality Committee presents

FESTIVAL OF THE ARTS

October 2nd 5pm-7pm

FOUNDERS HALL

WEDNESDAY

OCTOBER 2nd

5:00pm-7:00pm

Business Casual

SILVER STRINGS ORCHESTRA

Will be entertaining us with semi-classics, pop, & Broadway show music. The 20 plus piece ensemble of professional and amateur musicians consisting of violins, violas, cellos, & bass.

STUDENT ART SHOW

Appreciate over a 100 original & creative art pieces from every medium while visiting with friends. Enjoy a glass of wine & appetizers while casting your vote for the Best of Show Contest. Some Art work is available for purchase

Registration Begins August 14

In person or on-line

CODE 7000.401

MEMBERS \$5.00

NON-MEMBERS \$8.00

www.calabasaseniorcenter.com



Sponsored by



300 CIVIC CENTER WAY CALABASAS 91302 (818) 224-1777



The Calabasas Senior Center's Festival of the Arts was successful because it:

- ▶ **Fostered collaboration and pride** among the art instructors and students, musicians, volunteers, photography club, community businesses, and city staff who worked together in creating the event.
- ▶ **Organized and designed** a program for maximum enjoyment of the art, entertainment and food. A staff “project leader” was assisted by a volunteer committee. Each volunteer took responsibility for the element they were passionate about, resulting in a successful event.
- ▶ **Brought people together** encouraging social inclusion, civic pride and the vitality of our community.
- ▶ **Provided cache`** in the local community increasing **awareness and participation** in the Center's programming and activities.
- ▶ **Established the Center's brand** as a cultural, educational and activity center for people who are 50+.

*The Covid-19 Pandemic
Stimulated a Common Desire
To Positively Impact & Contribute to
the Community in a Meaningful Way*

Caring Calabasas Service Club

The Caring Calabasas Club is a service club which engages seniors in providing charitable contributions in the form of collections of goods, crafting of needed items, and good works. It provides a vehicle for social interaction on a meaningful level. Established charities, determined worthy by the club members, are networked with creating potential for a multi-generational, kinder, cooperative community. It is open to any like-minded individuals who want to participate. No special skill is required – only a desire to contribute time and talents while having fun.



Contactless

4th Annual

Holiday Toy Drive

Drop Off Any New Unwrapped Toy
November 18, 2020-December 21, 2020

Calabasas Senior Center
300 Civic Center Way
Calabasas, CA 91302

Monday-Friday 9:00am-5:00pm

Hours May Vary Due to the Holidays

Please Call Ahead at (818) 224-1777

All Toys Will Be Donated To:



VOLUNTEER LEAGUE
of the San Fernando Valley



The Acorn

December 3, 2020

Toy donations will bring lots of smiles

Calabasas Senior Center members, class participants, instructors and staff are participating in a community Holiday Toy Drive established by the Volunteer League of the San Fernando Valley.

Residents of Calabasas, Agoura and other neighboring communities can bring new, unwrapped toys for elementary and middle school children to the drop-box at 300 Civic Center Way, Calabasas.

The box is open for donations from 9 a.m. to 5 p.m. weekdays until Mon., Dec. 21.

The Volunteer League provides clothing assistance to low-income and homeless school-age children as well as musical enrichment for senior citizens in the community.



**SANT
HELP**
Calabasas Senior Center resident Rick Young contributed a new young boy's toy. The drive is open Mon., Dec. 21, at 300 Civic Center Way, Calabasas.

Courtesy: Rick Young

Ring in the new year virtually with



and the Savvy Seniors of Calabasas

Are partnering to collect gently used men's, women's, and children's shoes to distribute to the homeless. Clean your closets and help others at the same time. Just put them all in a plastic bag...really simple to do...and deliver them to:

Where: Calabasas Senior Center

300 Civic Center Drive

Calabasas, CA 91302

When: March 1- 19, Weekdays only 9:00am – 4:00pm

Questions? Contact Jackie Hoffman
jackieandnorman@gmail.com

The kindness of soles

HAPPY FEET—The Savvy Seniors of the Calabasas Senior Center, in partnership with Shoes for Souls, are collecting gently worn shoes to donate to local homeless shelters. Collection boxes will be available from 9 a.m. to 4 p.m. through March 19 outside the front door of the center, behind Calabasas City Hall and Library. From left are Jackie Hoffman, Lindsay Sobel, Cathie Mattson and Carol Davis. According to the Shoes for Souls website, "we turn unwanted shoes and clothing into opportunity by keeping them from going to waste and putting them to good use."

Courtesy photo





Caring Calabasas Club

Partners with

Lions Malibu Chapter

Recycle For Sight

We are collecting used eyeglasses and cases!

Dates: June 1-30

Days: Monday-Friday 9am-4pm

Location: Calabasas Senior Center

300 Civic Center Way

Calabasas, CA 91302

Collection box will be placed outside for drop off. Place glasses in cases or wrap in tissue or bubble pack to protect them.

Questions?

Karennebel3@gmail.com

Spread the Word! Let the collection begin!



Seeing a need for used glasses

The Caring Calabasas Club, a service club of the Calabasas Senior Center, is collecting children's, men's and women's prescription eyeglasses as well as readers, sunglasses and cases.

"Partnering with the Lions Malibu Chapter's Recycle For Sight, the eyeglasses, sunglasses and readers will be refurbished and distributed to help others in need of improved vision," said club member Karen Nebel.

A collection box is available from 9 a.m. to 4 p.m. weekdays through June 30 in front of the Calabasas Senior Center, 300 Civic Center Way.

Volunteers can also arrange to pick up used eyeglasses.

Glasses should be wrapped in something to keep them from being damaged.

For more information, email Karen Nebel at Karennebel3@gmail.com.







The My Stuff Bags Foundation provides brand-new belongings of comfort, hope and necessity to abused and neglected children who have nothing of their own.





Book Donation Drive

Facilitated by the Calabasas Senior Center
in conjunction with
Caring Calabasas & Books Build Bridges

**Deliver books to the Senior Center now to
September 25th (Weekdays 9 A.M. to 4 P.M.)**

Festive Wrap Up

Saturday, September 25th

2:00 P.M.-4:00 P.M.

Calabasas Senior Center

300 Civic Center Dr, Calabasas, CA, 91302

Stop by for refreshments, music, and some special
surprises

Give a book for admission and make a difference!

RSVP for the festive wrap up by Wednesday, Sept. 22nd
booksbuildbridgescharity@gmail.com





Phone Buddies

*Would you like to join the Caring Calabasas
Phone Buddies Club?*

If you would like to participate in a fun and friendly telephone connection and share stories with someone with similar interests, the phone buddies club is for you! Participants will enjoy a feeling of connection and accomplishment and will be appreciated by interacting with others.



***COVID-19 RE-OPENING
&
CHALLENGES***

Re-opening Plan:

- **Phase I:**

In-person classes
Clubs

- **Phase II:**

Card/Table Games
Indoor Social Events

- **Phase III:**

Excursions
Reinstate Memberships



WELCOME BACK!

The Calabasas Senior Center will
re-open to all our Seniors on:

Monday, June 21, 2021

The center will re-open in phases.

Phase I: Center will open for in-person classes & clubs

Clubs will include:

Hiking, Trivia, Dinner Club, Photography, & Caring Calabasas

Masks will be required

Stay tuned for further announcements
about our Phase 2 opening!



Pivoting on the fly...

We had anticipated holding 74 in-person classes this Fall but with the new Delta variant becoming so prevalent in Los Angeles we had to change our plans...

We quickly reached out to instructors and determined which programs could go back on Zoom and which could be held safely outdoors. Of the 74 programs 26 will now be held outdoors.



If you are **FULLY** vaccinated:
Masks are optional



If you are **NOT FULLY** vaccinated:
Masks are Required to protect yourself and others who are not vaccinated.



 Thank you for your cooperation!



In compliance with the
Los Angeles County Public
Health Department:

MASKS ARE
MANDATORY

For everyone
REGARDLESS of your
vaccination status.

 Thank you for your cooperation!



THINKING *OUTSIDE* THE BOX...



Programming Challenges

- Zoom Learning Curve
- Zoom Burnout/Fatigue
- Changes in County Covid-19 mandates/protocols (indoor/outdoor, masks/no-masks)

Lessons Learned/Flexibility

- Know in advance which programs can be held virtually
- Not all programs are conducive to a virtual platform
- Hybrid Classes
- Outdoor Classrooms

Moving Forward:

- ▶ Zoom has created a vehicle for seniors to enjoy programs nationwide/worldwide from the comfort of their homes.
(We currently have 76 participants who live out of state and many more that aren't within driving distance)
- ▶ We will continue to offer Hybrid classes with a handful of programs that have allowed us to expand our enrollment due to room capacity restrictions and to also give participants a choice depending on their comfort levels.
- ▶ Our ultimate goal is to consistently find ways to engage our community through socialization as safely as we can.

Thank-you for your time!

- ▶ Kimberly Post: kpost@cityofcalabasas.com
- ▶ Website: www.calabasasseniorcenter.com





DUXBURY SENIOR CENTER

DUXBURY, MASSACHUSETTS



Duxbury

- 45 miles south of Boston
- 20 miles from Cape Cod

Population

- 15,000 residents
- 4,862 are 60+



- Grab and Goes
- Virtually Programming
- Fitness
- Educational
- Recreational
- Games
- Lectures
- Lifelong Learning

PAC TV Guide

Regional TV Guide for PAC TV

Day	Category	Program	Instructor	Time	Channel Provider	Ver	CC
Monday	Exercise	Smart Workout	Deb Cheney	5:00 AM	Community Channel	43	13
Monday	Health and Wellness	Delicious & Nutritious	Marcia Richards	8:00 AM	Pembroke Gov't Channel		15
Monday	Health and Wellness	Kay Talks	Kay Cooney	8:00 AM	Community Channel	43	13
Monday	Education	Local Matters	Varies	9:00 AM	Community Channel	43	13
Monday	Live Entertainment	SHOW TIME!	Varies monthly	11:00 AM	Community Channel	43	13
Monday	Exercise	Smart Workout	Deb Cheney	12:00 PM	Community Channel	43	13
Monday	Health and Wellness	Delicious & Nutritious	Marcia Richards	1:30 PM	Plymouth Gov't Channel	47	15
Monday	Health and Wellness	Delicious & Nutritious	Marcia Richards	5:00 PM	Pembroke Gov't Channel		15
Monday	Education	Down Town with Robbie	Robbie Haigh	6:30 PM	Community Channel	43	13
Monday	Education	Two Grannies on the Road: Travel	Beth Sobloff	8:30 PM	Community Channel	43	13
Tuesday	Exercise	Mindfulness	MaryBeth Sheehan	5:00 AM	Community Channel	43	13
Tuesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	8:00 AM	Plymouth Gov't Channel	47	15
Tuesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	8:00 AM	Duxbury Gov't Channel	39	15
Tuesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	10:00 AM	Kingston Gov't Channel	42	15
Tuesday	Education	Down Town with Robbie	Robbie Haigh	10:30 AM	Community Channel	43	13
Tuesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	11:30 AM	Pembroke Gov't Channel		15
Tuesday	Exercise	Mindfulness	MaryBeth Sheehan	12:00 PM	Community Channel	43	13
Tuesday	Education	Something to Chew On	Varies	1:00 PM	Community Channel	43	13
Tuesday	Health and Wellness	Kay Talks	Kay Cooney	2:00 PM	Community Channel	43	13
Tuesday	Education	The Bugs that Bug You!	Blake Dinius	2:30 PM	Community Channel	43	13
Tuesday	Education	Two Grannies on the Road: Travel	Beth Sobloff	3:00 PM	Community Channel	43	13
Tuesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	3:30 PM	Plymouth Gov't Channel	47	15
Tuesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	3:30 PM	Duxbury Gov't Channel	39	15
Tuesday	Education	Local Matters	Varies	4:00 PM	Community Channel	43	13
Tuesday	Education	The Bugs that Bug You!	Blake Dinius	7:30 PM	Community Channel	43	13
Wednesday	Exercise	Chair Exercise	Sally Gwin	5:00 AM	Community Channel	43	13
Wednesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	8:00 AM	Pembroke Gov't Channel		15
Wednesday	Education	Local Matters	Varies	9:00 AM	Community Channel	43	13
Wednesday	Exercise	Tai Chi	Peter and Fang	10:00 AM	Community Channel	43	13
Wednesday	Exercise	Chair Exercise	Sally Gwin	12:00 PM	Community Channel	43	13
Wednesday	Safety	Senior Safety	Sheriff/DA Office	1:00 PM	Community Channel	43	13

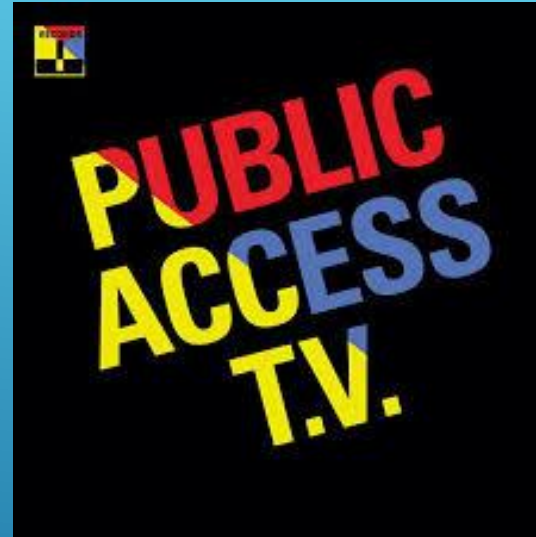
Day	Category	Program	Instructor	Time	Channel Provider	Ver	CC
Wednesday	Health and Wellness	Delicious & Nutritious	Marcia Richards	5:00 PM	Pembroke Gov't Channel		15
Thursday	Exercise	Yoga	Kelly Pearson	5:00 AM	Community Channel	43	13
Thursday	Health and Wellness	Delicious & Nutritious	Marcia Richards	8:00 AM	Duxbury Gov't Channel	39	15
Thursday	Health and Wellness	Delicious & Nutritious	Marcia Richards	8:00 AM	Plymouth Gov't Channel	47	15
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Thursday	Exercise	Yoga	Kelly Pearson	12:00 PM	Community Channel	43	13
Thursday	Education	Something to Chew On	Varies	1:00 PM	Community Channel	43	13
Thursday	Education	Off the Shelf: Author Talks	Varies	2:00 PM	Community Channel	43	13
Thursday	Education	Let's Visit: Travel	Dave Welsh	2:30 PM	Community Channel	43	13
Thursday	Education	Down Town with Robbie	Robbie Haigh	3:00 PM	Community Channel	43	13
Thursday	Health and Wellness	Delicious & Nutritious	Marcia Richards	3:30 PM	Plymouth Gov't Channel	47	15
Thursday	Health and Wellness	Delicious & Nutritious	Marcia Richards	3:30 PM	Duxbury Gov't Channel	39	15
Thursday	Education	Local Matters	Varies	4:00 PM	Community Channel	43	13
Friday	Exercise	Senior Friendly	Varies	5:00 AM	Community Channel	43	13
Friday	Health and Wellness	Kay Talks	Kay Cooney	11:00 AM	Community Channel	43	13
Friday	Exercise	Senior Friendly	Varies	12:00 PM	Community Channel	43	13
Friday	Education	Local Matters	Varies	8:00 PM	Community Channel	43	13
Saturday	Exercise	Tai Chi	Peter and Fang	5:00 AM	Community Channel	43	13
Saturday	Education	Down Town with Robbie	Robbie Haigh	3:00 PM	Community Channel	43	13
Saturday	Education	Two Grannies on the Road: Travel	Beth Sobloff	4:30 PM	Community Channel	43	13
Saturday	Education	Local Matters	Varies	7:00 PM	Community Channel	43	13
Saturday	Health and Wellness	Mindfulness	MaryBeth Sheehan	12:00 PM	Community Channel	43	13

*Programs subject to change.

Ver = Verizon; CC=Comcast



THANK YOU!



SOCIAL DAY PROGRAM



COMMUNITY PARTNERSHIPS



GRANT FROM MCOA



- Cooking with Tara
- Cooking with Marcia Richards and Chef Jerry
- Floral arranging with Same
- Meet the Owner of Artisan Pig
- Corn hole tournament



SUMMER OF 2021



Lucky Strikes

DSC Bowling League

JOIN THE NEWLY FORMED
DSC BOWLING LEAGUE FOR
CANDLEPIN BOWLING AT
ALLEY KAT LANE IN KINGSTON.
COST IS \$8 PER PERSON FOR 3
STRINGS, INCLUDES SHOES.
UPCOMING LEAGUE DATES ARE:

AUGUST 13TH AND 27TH
SEPTEMBER 10TH AND 24TH
AT 1:00PM

For more information and to
register, please email
reganroderiques@duxburycoa.com



Line Dancing Classes

New class, New instructor beginning in October



Tuesdays
@ 3:00 PM



with Maureen Godding!

Life is a dance and you can learn as you go! These classes will keep the body moving and put a smile on your face, So let's dance and have fun with your feet one step at a time. Appropriate for all experience levels.

Visit our website to register and pay for a monthly series.

Class size is limited.

Dance like nobody's watching!
www.duxburyseniorcenter.org

GAMES



SUMMER



Wednesdays ~
July 7 and August 4
from 10:00-11:30 AM

BINGO will be outside, weather permitting!
Bingo kits will be available for each
participant registered

**Register in advance by calling
781-934-5774, ext. 5716**

In case of summer showers, Bingo will be on Zoom!



Prizes are donated by the Friends of
the Duxbury COA and will be gift
cards to local Duxbury businesses!







Share Your Innovations

- Please share your social engagement innovations with engAGED!
- All programs submitted will be considered for inclusion in a database of social engagement innovations

<https://www.engagingolderadults.org/submit-to-hub>

Connect With Us!

- www.engagingolderadults.org
- Facebook: @engAGEDCenter
- Twitter: @engAGEDCenter
- info@engagingolderadults.org

Questions and Discussion

Please use the Questions to submit your questions or comments.

Thank You!

- Thank you for attending today's webinar!
- Please support our evaluation efforts by completing the post-webinar survey
- The recording will be available on www.engagingolderadults.org.