



The Dakota Center gets me out of the house and allows me to socialize with other seniors which keeps me mentally alert. I also like to celebrate birthdays and holidays. We also exercise each day, go on monthly field trips, and receive educational information about our health and wellness. Lastly, and the most important reason I like the Dakota Center is that they provide transportation to and from my home which allows me to have fun and fellowship on a daily basis.

**6 YEAR MEMBER OF THE SENIOR PROGRAM,**  
**VERA BALLEW**

# THANK YOU

The Senior Program allows us to provide our seniors with assistance toward a healthy life through nutrition and exercises. This ensures they are active and social in the community and feel connected.

Our Dakota Center family would like to thank you for the support!

**QUIANA BICKHAM**

**Senior Program Coordinator**  
**[qbickham@dakotacenter.org](mailto:qbickham@dakotacenter.org)**

## CONTACT US

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DAKOTA CENTER  
WELLNESS PROGRAM



**SENIOR PROGRAM MISSION:  
GIVE MEMBERS THE OPPORTUNITY  
TO COME TOGETHER, HAVE  
FELLOWSHIP, AND ACTIVELY  
PURSUE THEIR INTEREST IN  
VARIOUS ACTIVITIES AND EVENTS**



# PROGRAMMING

## ACTIVITIES

**BINGO**

**CARD GAMES**

**DOMINOES**

**ARTS & CRAFTS**

## NUTRITION & HEALTH

**EXERCISES (PHYSICAL FITNESS TRAINER)**

**SENIOR RESOURCE SERVICES**

**BLOOD PRESSURE CHECKS**

**BLOOD SUGAR/GLUCOSE CHECKS**

**SPEAKERS (NUTRITIONAL, SAFETY,  
HEALTH)**

**HEALTH FAIRS**

**VISITING NURSES**

**OTHER SERVICES AS OFFERED/REQUESTED**

# ELIGIBILITY

Age requirement:

**55 YEARS & OLDER**

Price requirement:

**NONE!\***

**\*our Senior Program is free**

**REGISTER ON OUR WEBSITE!**  
We meet Monday - Thursdays  
10:00am to 1:00pm

# FIELD TRIPS

**QUARTERLY BIRTHDAY BREAKFAST**

**MUSICALS/PLAYS/CONCERTS**

**MONTGOMERY COUNTY SENIOR CITIZEN'S DAY**

**BB RIVERBOAT**

**DAYTON CONTEMPORARY DANCE COMPANY**

**CITY OF DAYTON SENIOR CITIZEN CHRISTMAS  
LUNCHEON**

**CLUB EVENTS**