

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**

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## **CONTACT US**

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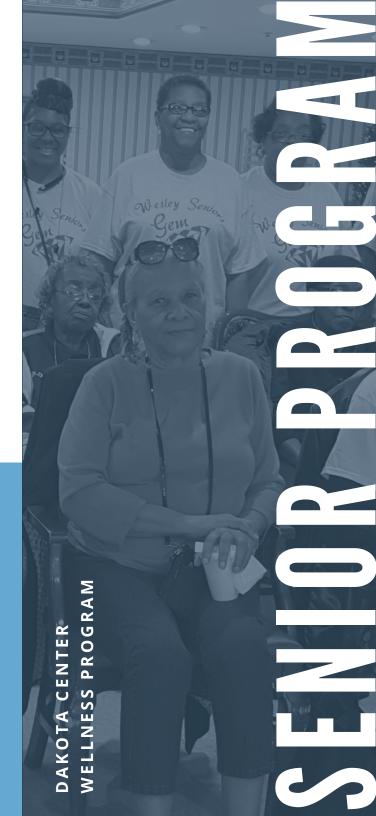
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Dayton, Ohio 45402-8206



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# 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**