## Merced Senior Community Center & High Speed Rail

Overview





# Why a Senior Center?

The Premise of a Senior Center is to promote social, mental and physical interaction.

Studies show that compared with their peers senior center participants have higher levels of health, cognition and life satisfaction.



### VOLUNTEERS NEEDED

HISTORY OF MERCED SENIOR COMMUNITY CENTER

## MERCED SENIOR COMMUNITY CENTER



### About Us

SENIOR VOLUNTEERS AND BOARD MEMBERS HAVE OPERATED ALL PROGRAMMING OF THE CENTER SINCE 1994.

FOR VOLUNTEER INFORMATION VISIT THE CENTER DURING ITS HOURS OF OPERATION. IN 1974 THE MERCED SENIOR SOCIAL CLUB AND AARP CHAPTER 282 JOINED FORCES TO FORM MERCED SENIOR CITIZENS, INC. THE MERCED SENIOR SOCIAL CLUB IS A SURVIVOR OF A FEDERAL PROGRAM. THE MERCED CITY PARKS AND REC. DEPT. SHEPHERDED THE NEWLY FORMED SENIOR GROUP IN THEIR PURPOSE OF PROVIDING AN APPROPRIATE SENIOR CENTER.

Address: **755 W. 15TH STREET MERCED CA 95340** Phone: **(209) 385-8803** 

MONDAY - FRIDAY 9AM - 3PM



#### Dance Classes Line Dancing

- Beginning
- Intermediate

Partner Dancing Belly Dancing

### **Sunday Social Dance**

Every fourth Sunday of the Month \$8 entry fee 2pm-5pm



### HEALTH AND WELLNESS MAT YOGA CHAIR YOGA TAI CHI DANCE CLASSES ACTIVITIES NINOCHLE BRIDGE DOMINOES WOOD CARVERS WRITERS GROUP CRAFTS THEATER MAHJONG

LEISURE

COMPUTER LAB LIBRARY POOL ROOM



### SENIOR SOCIAL

BINGO! Every Friday



### TAX AIDE

#### Seasonal

Free Tax Preparation February 1st - April 12th Monday & Wednesday 9am -12pm <u>Meetings</u> AARP CHAPTER #282 SENIOR INC. BOARD

SENIOR SOCIAL

Approximately **500** participants attend weekly activities





**Merced Senior Community Center** 755 w 15th street \$8 entry fee 2pm - 5pm (doors open at 1pm) January 22 February 26 March 26 April 23 May 28 June 25 July 23 August 27 September 24 October 22 December 10 (Holiday Dance)

for more information call: (209)723-0839 or email b386d70@gmail.com

# Activity Groups





Belly Dancers

Yoga

## Activity Groups



Senior Social

### Merced Senior Social Club

Celebrates

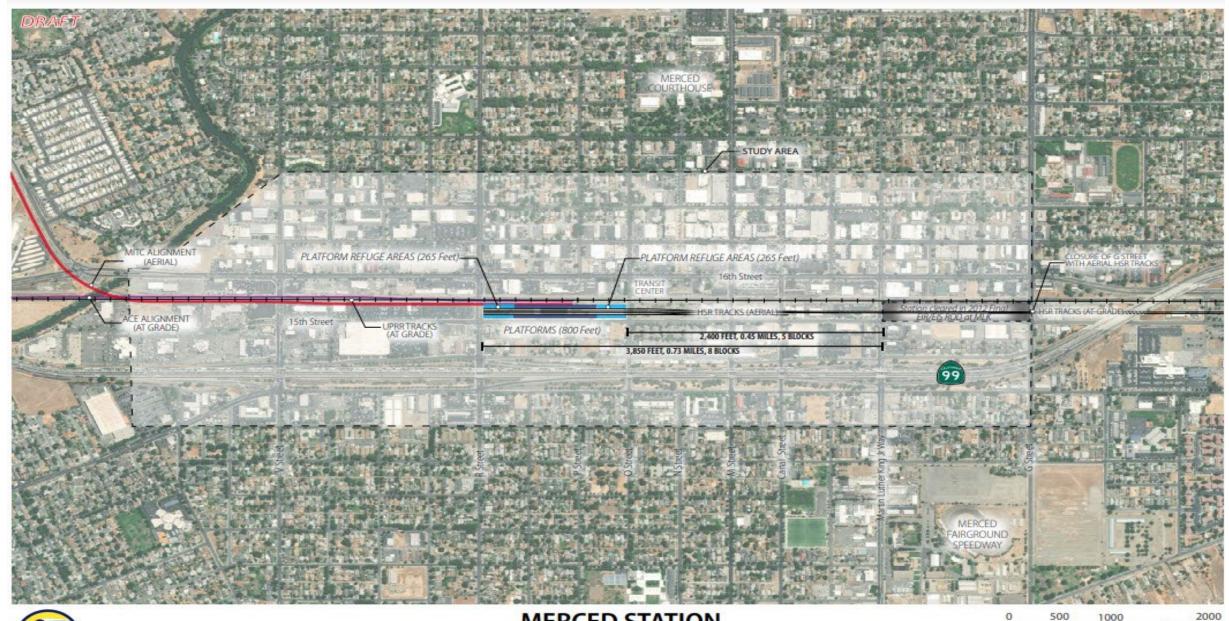
Georgia Stepp 100 years young



# Merced Senior Inc. Board of Directors

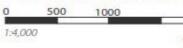
The purpose of the corporation is to provide on a non-profit basis meeting facilities, and services specifically designed to meet the physical, social and psychological needs and to promote the health, security, happiness, usefulness and longer life of the elderly.













## What we are Advocating



Construct a new CenterSafe, Convenient and Senior friendly location

## How The Commission Can Assist

Stay Informed on HSR progress

Support, Advocate and Influence a center replacement

Provide Leadership

Fundraise