

**Located at 601 Bookter Street**, our Senior Center is open Monday thru Friday at 7:30 AM until 3:30 PM. At our beautiful facility we provide a home-like environment where Hancock County residents 60 or older can enjoy a vast array of services. Some of these services include classes, recreation, education and volunteer opportunities, referral, community service projects, etc. The facility serves approximately 50 people each day from different parts of our county.

**Call Arlene Johnson, Program Director for more information at 228-467-9292.**

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## **The Philosophy of the Senior Citizens Center Division:**

“The Senior Citizens division of the HCHRA seeks to create an atmosphere that acknowledges the value of family life, individually and collectively, and affirms the dignity and self-worth of the older adult.”

- The senior center is funded to create and support a sense of community.

The philosophy of the senior center movement is a part of our philosophy, which is based on the premises that aging is a normal development process; that human beings need peers with whom they can interact and who are available as a source of encouragement and support.

The purpose of the center is to:

- “Provide a focal point in the community where older persons can seek information and referrals, counseling, and assistance;
  - Promote physical, mental and cultural well-being of older Hancock Countians and encourage their participation in community affairs;
  - Provide supportive services that enables older people to maintain themselves in a home-community atmosphere and frees them from the alternatives of institutionalization.”

## Senior Center

- We are open Monday thru Friday from 7 A.M. to 3 P.M.
- We serve anywhere from 25 – 40 clients per day.

## Transportation

- We have a contract with Coast Transit Authority out of Harrison County to provide our transportation.
- The bus picks up five days a week.

## Bus Schedule:

- Monday: Banks, Post Office, government offices. Bay St. Louis clients go grocery shopping.
- Tuesday: Bill paying
- Wednesday: Banks, Post Office, government offices. Waveland clients go grocery shopping
- Thursday: Bill paying (electric, cable, water, etc.) seniors go shopping at the dollar store
- Friday: Bank, Post Office, government offices
- Prescriptions filled every Wednesday and Friday. (Wal-Mart, Rite-Aide, Bay Pharmacy)
- Monday – Friday medical appointments. (Bay St. Louis – Waveland doctors, Hancock Medical Center)

## Classes

- Monday: Ceramics, Oil Painting, Crochet
- Tuesday: Crafts-Ceramics, Oil Painting
- Wednesday: Pottery, Oil Painting, Ceramics
- Thursday: Quilting, Ceramics, Beginners Oil Painting
- Friday: Quilting, Ceramics, Beginners Oil Painting

## Congregate Meals

- We serve 25 hot or other appropriate meals provided to an eligible person in a congregate setting.
- These meals provide a minimum of the thirty-three and one-third percent of the daily recommended dietary allowances as established by the food and nutrition board of the National Academy of Sciences.
- By the end of the year we will have served around approximately 6,500 congregate meals

## Client Demographics

- About 65% of our seniors are female and 35% are male
- About 18% are minority
- On average, our seniors don't drive, and are in their 80's
- Our other seniors are located in Notre Dame and living with other family members
- The only eligibility is that you be 60 years of age, and reside in Hancock County

## Extra Activities

- Black History and President's Day Luncheon
- Christmas Party
- Thanksgiving luncheon and traditional dinner on Thanksgiving
- It's so hot luncheon
- Tunica Spring Fling
- Mardi Gras Sunday Supper (St. Rose)
- Christmas Sunday Supper (St. Rose)
- Farmer's Market
- Casino
- Farmer's Market – Waveland
- May Senior Appreciation Month: Bowling (2x), ride over bridge, Silver Slipper, Island View, ice-cream social and some special treats
- July 4th – Picnic BBQ
- We also go to St. Rose monthly for Sunday Supper

## Awareness Activities

- Flu shots
- Yoga
- MS senior farmer's market nutrition program
- Heat stress presentation
- Southern Care Home Health presentation
- Diabetes awareness and screening
- Cancer presentation
- High Blood Pressure education and screening
- Mayo Health Clinic presentation
- Stroke prevention

- Heart attack prevention
- Subway nutrition guide
- HIV/AIDS and the elderly
- Emergency financial first aid kit
- Area Agency on Aging presentation (medicare)
- Mental Health awareness
- Legal Aide services
- Trinity Hospice
- Counseling, information and referrals