

North Carolina Senior Center Fact Sheet



A ***multipurpose senior center*** is a community facility where older adults of all abilities come together for services and activities that reflect their skills and interests and respond to their diverse needs. Senior centers are a resource for the entire community, providing educational and fitness programs, services and information on aging and assisting family and friends who care for older persons.

Senior center participants may drop in for specific activities or programs, or they may spend the day at the center. Individuals or groups may access any variety of services depending on local community resources. Persons of differing backgrounds share and learn from each other. Volunteers of all ages with all types of skills and interests perform vital roles and enhance services and programs at the centers. For those participants at risk of losing their self-sufficiency, senior centers are the entry point to an array of services that will help them maintain their independence.

Examples of group programs and services are group meals, educational sessions, cultural events, health education sessions and wellness activities, retirement planning, self-help peer groups, community service projects, intergenerational programs, volunteer opportunities, and recreational trips. Examples of individual services at senior centers are information and referral, case assistance, in-home assistance, home-delivered meals, job finding and training, legal assistance, health insurance counseling and claims assistance, transportation, and volunteer opportunities.