NORTH CAROLINA SENIOR CENTERS

"You are never too old to set another goal or to dream a new dream"
– Les Brown

What is a senior center?

Today's senior centers are community focal points for active older adults to connect with vital community services that can help them stay healthy and independent. They offer some of the most widely used services sought by North Carolina's adults ages 50 and up. The majority are certified centers of excellence/merit, indicating exceptional standards of operation.

What can you find at a senior center?

Most centers offer a wide variety of services including:

- Meals and nutrition services
- Transportation
- Health, fitness and wellness activities
- Information and assistance
- Social and recreational activities
- Intergenerational programs
- Education and arts programs
- Caregiver support
- Volunteer and civic engagement opportunities
- Public benefits counseling

What are people saying?

"I found the center and I believe it saved my life."

"I have new friends and don't feel as isolated and lonely as I did before."

"Volunteering at the center gives me a sense of accomplishment."

"Before I came to the senior center my physical and mental health were in bad shape. The center has given me focus and balance in my life."

"I feel less depressed since coming to the center."

"I am doing more things which has given me more independence."

Benefits of Participating at a North Carolina Senior Center

Based on a survey of 7000 NC senior center participants

Improvement in well-being

Learning new information & skills

Less loneliness and feelings of isolation

Increased volunteerism

Better management of health

Increased physical activity

Development of stronger support systems

Increased creativity

Better and easier access to services

Improvement in advocacy skills

Want to find a senior center near you?

- Visit: **www.ncdhhs.gov/documents/senior-centers-directory**
- Call: 919-855-3400

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Aging and Adult Services

www.ncdhhs.gov/assistance/aging-and-adult-services

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