

Dixon Senior Center



By Susan E. Hohman

A good place to eat a good, hot lunch and see some friends: That's what most people think of when they think of a community's senior center. How about a place to have a Senior Expo? Or to enjoy Luau Days? Or an Ice Cream Social? If you live in the Dixon area and you visit the Dixon Senior Center, you might find yourself a part of any of these events, and many more!

Senior Center Administrator, Brenda Doyle, simply wants to keep the seniors in our community active and provide numerous opportunities for them to meet and fellowship in various ways. Ms. Doyle's goal is to get them out of their homes and involved with one another to develop and strengthen friendships and to share enriching moments with others. She also wants folks in the community to realize the senior center is NOT just a place to have lunch!



Phelps County Home Health workers take blood pressure every fourth Thursday of the month at the Center. Pilot photo

The only criteria for being involved at the senior center is to be 60 years of age, or older. Ms. Doyle was emphatic in declaring, "It is NOT income based." She continued, "Illnesses do not discriminate. If someone has Parkinson's, they need a place to come and eat, and not have to worry about preparing a meal. If someone is undergoing chemotherapy, and is too weak to cook, they still need to eat, and we can provide that for them." In these cases, and many others, Ms. Doyle recognized that the senior center can fill the needs, regardless of the income of the patron, because the criterion is age-driven, and not income based.

Some of the activities at the Senior Center include: TV Room, Pool Table, and Country Store. Every fourth Thursday, Phelps County Home Health comes to the Center to take blood pressure



Don and Nadine Johnson attend a Senior Expo at the Dixon Senior Center. Submitted

for all interested seniors. There is an exercise class three times a week on Monday, Wednesday and Friday at 10:00 a.m. Live entertainment is provided by Harold Rowden and Friends on the third Thursday of the month during lunch.



Hat Day at the Dixon Senior Center. Submitted

In addition, every other month the Center hosts Musical Jam Sessions with snacks, Game Nights, One-Man-Band Bob Morris from Iberia, and other evening activities. There is also an annual Senior Expo with booths providing information and door prizes.

(Continued on next page.)

Dixon Senior Center

Serving Ages 60 & Older

Hours: 8:00 a.m.-4:00 p.m. Mon.-Fri.

Lunch Served 10:30 a.m.-12:30 p.m.

Meals on Wheels served 20,000 meals in previous year.
(9,772 of them to homebound seniors.)

Activities Include:

- Food-O like Bingo weekly
- Pool Table
- TV Room
- Country Store

Monthly - Country Music Live

Entertainment & Birthday Recognitions



Basement Rental Available for Reunions, Anniversaries, Parties, etc.
(200 Capacity)

Phone 573-759-6313

Brenda Doyle, Administrator

Located at 301 Old Y Road • Dixon, MO

Chartered by CMAAA

Central Missouri Area Agency on Aging