

Munday Activity Center

By: Dana Peveler

The Munday Activity Center in Owensboro is a place where folks age 60 and over can come and enjoy a variety of services at no cost! We offer Zumba Gold, Yoga, and Chair Yoga, a workout equipment room, meditation classes, water aerobics, and low-impact aerobics as part of our fitness commitment to you! Additionally, we offer educational classes: Chronic Disease Management, and Matter of Balance Fall Prevention Programs! For some light-hearted fun (or an outlet for "sharks") we have a wonderful billiards program, as well as line dancing, scheduled dances, parties and more! Because we know relationships are built at the table, we offer daily lunches at six (6) locations throughout Daviess County – at 11:30 a.m. We also deliver hot, fresh meals each day to homebound Daviess County residents.

We're also here to advocate for you by working closely with the Attorney General's office to protect seniors from crime, scams, and fraud. Stop in and see us to get your name on the do not call registry, or to sign up for scam alerts. So much of what we do is to ensure seniors are given all the resources necessary to remain independent and health for as long as possible, so we are

also a resource center where individuals can come and receive counseling on things like Medicare Part D, Social Security, Food Stamps, Medicaid, even ensuring your Explanation of Benefits is correct.

Transportation an issue? No problem! With 24 hours' notice, we offer transportation to anyone age 60 and over for any place you wish to go within Daviess County! While there is no charge for our transportation services, a suggested donation of \$1.50 per round trip is helpful to assist with fuel and maintenance costs. Our vans are wheelchair accessible, too!

Depression and anxiety affect 11% of the senior population, which can cause a cycle of poor health, resulting frequent doctor's visits and hospital stays. Often that is due to isolation associated with being homebound, which we also address through our frequent telephone calling and visiting programs. Additionally, we offer our cost-free PEARLS program in which Licensed Clinical Social Workers screen and counsel clients in the privacy of his or her own home, for 8 visits, over a period of 6 months.

For more information on any of our programs, please give us a call or stop by! 270-687-4640 www.mundayactivitycenter.com

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