

# Senior Community Center of Owensboro

The Senior Community Center of Owensboro Daviess County is a place where folks age 60 and over can come and enjoy a wonderful variety of services at absolutely no cost! We do our best to make it fun here by providing activities such as: yoga, core muscle balance, low-impact aerobic classes, fall prevention, and workout equipment room as part of our fitness commitment to you! The staff also plans fun/safe day trips and even overnight trips. For example: a train trip to Bardstown, KY is one of everyone's favorites! Additionally, we offer Chess lessons, crafts, and once a month we offer dance classes from the Owensboro Ball Room Dance Club, plus Line Dancing as well!

## Congregate Meals:

We offer lunches at several different locations throughout Daviess County, and Daily at the Senior Community Center at 11:30 a.m. Check out our website for our other locations and times at: [seniorcenterodc.com](http://seniorcenterodc.com). Frozen Meal Plan: Owensboro Senior Center is very lucky to have Owensboro Health's support. They fund our frozen meal program for the center. All the meals are freshly made by Canteen catering company through a contract with GRADD and served either at a congregate location or delivered to the homebound seniors through the home delivered meals program!

## Advocates for Seniors:

By working closely with local law enforcement in Daviess County, we make sure they are on guard. We also work with the Attorney General's office to protect seniors from crime, scams, and fraud and the

Consumer Protection Agency shares reports with us to help against exploitation, fraud and abuse.

## Transportation Issues?

No problem here! With 24 hours notice, we can transport anyone age 60 and over to any place they 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 wheel chair accessible.

## Homebound?

Many of us know depression and anxiety affect the senior population, which can cause a cycle of poor health, resulting in frequent doctor's visits and hospital stays. Often this is due to isolation associated with being homebound. We address homebound seniors through our frequent telephone calling and frequent visits to let them know someone cares. 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. Free 8 visits over a period of 6 months.

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

For more information on any of our programs, please give us a call or stop by! Our current hours of operation are from 8:00 a.m. to 4:30 p.m. and our phone number is: (270) 687-4640. Web address is: [seniorcenterodc.com](http://seniorcenterodc.com)



## TRIPS AND TOURS



## HEALTH



## TELEPHONE REASSURANCE + FRIENDLY VISITING -



Volunteers call on 'shut-ins' to check on them and visit those who are lonely and alone.

## RECREATION

Card Games, Dancing and more.



## HOME DELIVERED MEALS

Delicious dinners right to your door!



## TRANSPORTATION

1650 W. Second Street • Owensboro, KY 42301 • 270-687-4640 • [seniorcenter.com](http://seniorcenter.com)



**DID YOU KNOW?**  
You don't have to be a Daviess County resident to get a library card? If you live in KY, and are 50 or older, you can get a renewable library card for free at DCPL!

Books - Movies - Music  
Outreach - Programs -  
Genealogy - Free!

**DAVIESS COUNTY PUBLIC LIBRARY**

