



Senior Center of the Chathams

Be Active. Be Connected.

Mission



The Senior Center of the Chathams is a nonprofit agency which encourages the independence and well being of seniors and their families in the greater Chatham area by connecting them with each other and the community at large.

We aim to protect and preserve the independence and dignity of a growing aging population by providing a wide array of programs and services that educate, empower, and connect participants to one another.

What We Provide

Fitness & Wellness

Enrichment

Support & Connection

Information/Resource

- Serve 800+ active older adults from the Chathams and surrounding communities
- Provide 35+ weekly offerings (90+ per month)
- New programs this year include Line Dancing, Table Tennis, a 12-part Arts & Crafts series, and a 3-part Legal Forum Workshop on Advance Planning

Fitness & Wellness Programs



- SSC offers programs that promote wellness and healthy lifestyles: monthly blood pressure, and other health screenings, nutrition lectures, balance workshops, and daily exercise and fitness classes.
- We recently added table tennis, and pickleball which has attracted many new people to the center from a variety of surrounding communities.

Enrichment

We offer classes, lectures, and other activities that promote lifetime learning including:

- Weekly Matinee
- Watercolor Workshop
- Art Classes
- Reading Discussion Group
- Bridge Instruction
- Mah Jongg
- DVD lecture series
- Play reading



Support & Connection

- SSC offers a wide variety of discussion and support groups:
 - a weekly men's group
 - a Women's Circle discussion group
 - a monthly dementia support group for family and caregivers
 - Connections group
- an active knitting group that donated nearly 1,000 blankets and hats to local hospitals last year



Information & Referral

- The Senior Center also provides a variety of educational and advocacy programs including:
 - seminars on housing options
 - advanced directives
 - fraud prevention
 - benefits and resources available to older adults.
 - aging in place
- Each summer, we offer an AARP Smart Driver refresher course
- During tax season, we host AARP tax volunteers who provide free tax preparation to over 100 local older adults.
- We also have State Health Insurance Counseling Program (SHIP) volunteers to help members understand and navigate the Medicare benefits that may be available to them.



Thank You!

Visit our website to find out more about us:

<https://chathamseiorcenter.org/>

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