

The Fredonia Senior Citizens Center strives to improve the quality of life for elderly individuals in the Fredonia area. The center provides numerous programs to help senior citizens, and we invite you to visit our facility to see all we have to offer. There are opportunities for healthy meals, exercise, puzzles, listening to music, watching videos, playing cards, reading, or just enjoying good company. We look forward to seeing you soon!

The Center is operated with funds from NACOG Area Agency on Aging, town of Fredonia, and client donations.

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### **Case Management**

This department assesses the needs of senior citizens and refers them to available options.

### **Congregate Meals**

Meals are served at the Senior Center Monday through Friday at noon. There is a suggested donation of \$4.00 per meal for persons over 60 and \$8.00 per meal for persons under 60. This is a great way get a well balanced meal and socialize at the same time.

### **Home Delivered Meals**

Meals that are cooked at the Senior Center are delivered to persons who are home bound or are recovering from an illness. To receive this service, senior citizens need to be approved by a Case Manager. This service can be for any length of time. There is a suggested donation of \$4.00 per meal for those who qualify.

### **Social Activities**

There is a Senior Citizen Board that coordinates social activities. These may include trips in the van for sightseeing, shopping, movies, activities at the Center, or any other fun and interesting activities.

### **Blood Pressure Checks**

Each month nurses from the different home health agencies come to the Center and check blood pressures.

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