



## **Program Overview: Senior Center Program**

“Supporting Wellness, Embracing Community”

The Senior Center Membership Program is a holistic initiative of Milford Advocacy for the Homeless (MAH) designed to support the mental, emotional, and social well-being of older adults. By providing access to local senior center memberships, this program encourages engagement, connection, and activities that enhance quality of life, combat isolation, and promote overall mental wellness.

This program reflects MAH’s guiding principles:

- **Passion** – Fueled with the desire to make a difference
- **Service** – Sharing resources and support
- **Humanity** – Treating everyone with dignity and respect
- **Impact** – Join us to make a difference today

### **Program Goals:**

- Provide seniors with access to a safe and welcoming environment for social, educational, and recreational activities
- Support mental wellness through meaningful engagement and participation
- Reduce social isolation and foster a sense of belonging within the community
- Encourage independence and sustained quality of life for older adults

### **Core Activities:**

- Sponsoring membership fees for seniors to join local senior centers
- Facilitating participation in social, recreational, and wellness programs
- Providing transportation support or guidance when needed to attend activities
- Monitoring engagement and gathering feedback to tailor experiences to individual needs

### **Target Population:**

- Older adults experiencing social isolation or limited access to wellness programs

- Seniors facing financial barriers to participation in community activities
- Individuals seeking opportunities for mental stimulation, physical activity, and social connection

**Program Outcomes:**

- Improved mental and emotional well-being through social engagement
- Increased participation in community-based activities
- Enhanced sense of belonging, self-worth, and community connection
- Strengthened support networks for older adults in need