



## ABOUT US...

Titusville Senior Center is a place for seniors, aged 60 or older, in the greater Titusville area to gather, socialize, connect, and have a sense of belonging.

We host a variety of activities. Some include Bingo, exercise class, art lessons, craft/sewing groups, trivia challenges, card tournaments, lifelong learning classes & speakers, dances, trips, various group games and so much more! For those who may not prefer large group activities, we have space available for independent or small group activities and projects.

To view our calendar of events and programming, as well as our menu - visit our website at [www.goseniors.org](http://www.goseniors.org), stop by The Center for a copy of our newsletter, or find us on Facebook! We look forward to seeing you soon!

## LUNCH PROGRAM

Lunch is served daily at noon. Each meal includes an entree, vegetable, bread, and fruit or dessert. Our menu is planned by registered dietitians & nutritionists to ensure maximum nutrition, and complies with government regulations and wellness policies. The Nutrition Group team provides menu analysis and monitors regulatory compliance of calories, saturated fat and sodium.

Reservations are required two business days in advance. Cost to seniors is a suggested \$2.50 donation. Grab & Go items available for those who do not make adequate reservations.

There is a small Snack & Breakfast bar in the dining room. It has fresh fruit, breakfast bars, toast with jelly, and various snacks are available for a small donation.



Our Craft Room, Activity Room, Living Room and Communication Lab are areas of the Center ideal for small groups and individual activities.

The Craft Room houses several sewing machines, woodworking supplies, multiple art and craft supplies for most any project you'd want to make. There is a Bored Bin filled with puzzle books of all varieties: crosswords, word scrambles and searches, sudoku, and even adult coloring books. Our Make & Create basket has projects such as paint by number, diamond painting kits, cross stitch kits, model kits, 3D puzzles and more! Our puzzle table and supply is located in the craft room, as well as our kiln.

The Activity Room houses The Center Library, a small seating area with TV, air hockey, ping pong, foosball and darts. Our large stock of board games, card games, pickle ball supplies, and various other outdoor games is stored in this room.

The Living Room has a larger sitting area with a TV. It's a nice spot to drink your morning coffee if it's too cold outside to do so on the porches!

We have desktop computers, an iPad, or space to use your own device using our free Wifi in the Communication Lab. Our Greeting Card Library and Charging Station are also open to Center participants.



## SPACES

CRAFT ROOM



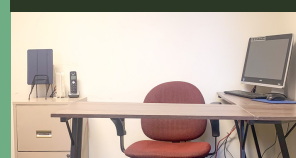
ACTIVITY ROOM



LIVING ROOM



COMMUNICATION LAB







## SERVICES

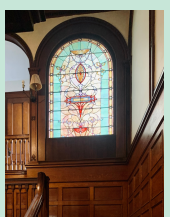
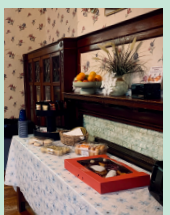
We distribute PA Farmer's Market Vouchers each year for this region. We offer flu shot clinics and free health screenings throughout the year. We partner with AARP Tax Aide to provide free taxes each year.

Referrals to various local agencies are made by working with our partners in the community if someone is in need of assistance. That includes personal/supportive care at home, caregiver support, emergency response systems, care management, adult protective services, Share Housing program, PA Medi Counseling, Ombudsman services, transportation with CATA, and more.

## COMMUNITY SUPPORT

We receive funding from agencies such as United Way, Active Aging, local Area Agencies on Aging, and the generosity of private donors.

Without the kindness of our donors and supporters, we would not be able to serve our community seniors the way they deserve! Continued support is greatly appreciated.



## VOLUNTEER OPPORTUNITIES

Volunteers are needed for many things - such as help planning special events; help with administrative tasks; help with lunch prep, serving & cleanup; cooking for special occasions; assisting with cleaning, upkeep and making improvements; or helping run an activity or teaching a class.

## PLAN A VISIT

We invite you to stop by, take a look around and introduce yourself! We're always working to improve & add new programming, and make enhancements to maximize our space. Come check us out!

OPEN: Monday - Friday, 9 am - 3 pm

## CONTACT US



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[www.goseniors.org](http://www.goseniors.org)



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**TITUSVILLE AREA SENIOR CITIZENS CORPORATION**

## OUR MISSION

TO ASSURE THAT OLDER ADULTS REMAIN ACTIVE, INDEPENDENT, HEALTHY & INVOLVED IN THE COMMUNITY.