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# PRESS RELEASE

## September is Senior Center Month

**WHAT:** September is recognized by the National Council on Aging (NCOA) and our National Institute of Senior Centers (NISC). Multigenerational/Intergenerational Senior/Active Adult Centers are on the rise and the Geneseo Park District is excited to be part of this movement.

**WHY:** Geneseo is fortunate to have an established group of seniors that have enjoyed the services offered by the disbanded Geneseo Senior Citizen Group that previously rented space located in the Geneseo Community Center. Geneseo also has a new generation of active adults looking to redefine retirement and reimagine how we age.

COVID-19 temporarily redirected the Geneseo Park District's efforts to serve as a community hub for older adults but as restrictions are lifted, the Park District is thrilled to start reconnecting Seniors/Active Adults with indispensable services to empower them to holistically age well and make mind, body and community connections.

**HOW:** Thanks to support from the Geneseo Park District Foundation that has money earmarked for Senior/Active Adult programming, the Geneseo Park District is now offering a packed combination of free or low cost, fun and engaging programs, while also providing practical tools and resources to help the Senior/Active Adult community stay healthy, independent, foster purpose, prevent isolation, and promote mental health.

As a multiuse facility the Park District is able to offer a wide variety of programs & services. Each month the Park District will be offering a free matinee at the Central Theater on the second Wednesday of the month, Thursday morning coffee and snacks, Walking Club on Wednesday

mornings, several land fitness classes and one weekly water fitness class in the Indoor Pool that rotates each month. A crowd favorite is BINGO played the first and third Thursdays of the month. Fridays are game day with games such as Left-Right-Center, Uno, Skip-Bo and many more. The Park District has partnered with Hammond-Henry Hospital to offer a free luncheon with speakers on the third Wednesday of each month. The Park District is working to provide health screening such as blood pressure checks and also accepting ideas for other programs the community is interested in.

To learn more call 309-944-5695, pick up the full Active Adult/Senior calendar at the Geneseo Community Center or visit [www.GeneseoParkDistrict.org](http://www.GeneseoParkDistrict.org).

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