

Senior Daily Activities Program

**@ the YM-YWHA of
Union County**

The ultimate goal of the Senior Daily Activities Program is to improve the quality of life for senior members of the YM-YWHA of Union County. We do this by strengthening connections between seniors and the Y, providing stimulating activities for seniors, and making seniors feel part of a caring community.

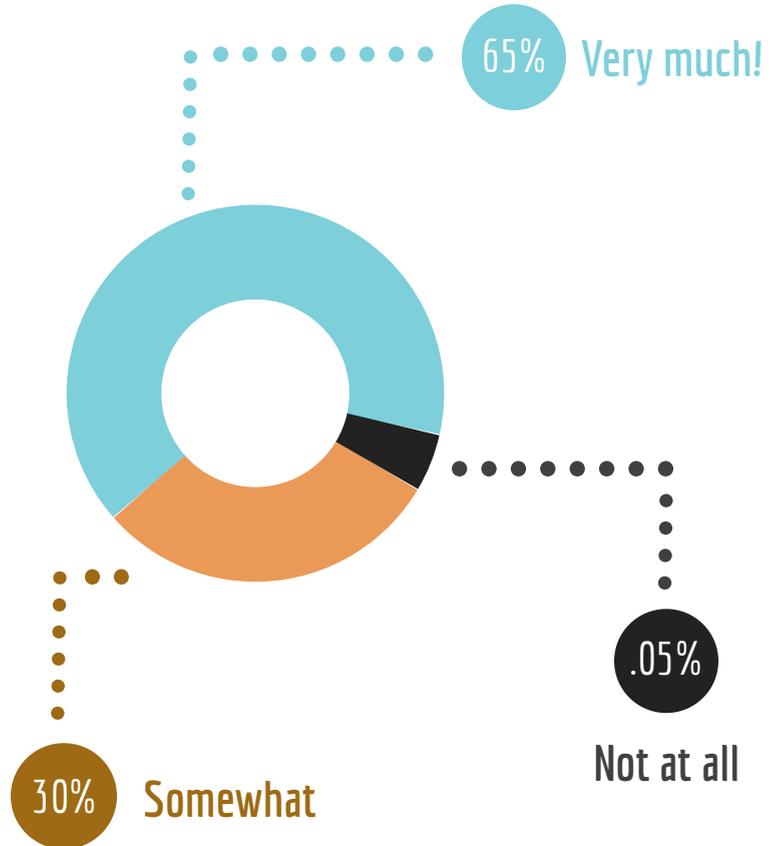
How do seniors find our programs?

- ✓ very interesting 18
- ✓ very meaningful 16
- ✓ very relevant 16
- ✓ very fun 13

Sample is out of 23 respondents.

The remaining responses answered "somewhat" fun, interesting, meaningful, & relevant. No one answered "not at all" for any categories.

To what extent do our senior programs improve your well-being?



We create a caring community.



Making new friends

13 seniors are motivated to come to our programs to make new friends.



Strengthening friendships

8 seniors are motivated to come to our programs to strengthen existing friendships.



Learning new things

15 seniors are motivated to come to our programs learn new things



It's some place to go.

11 seniors are motivated to come to our programs because it is someplace to go.

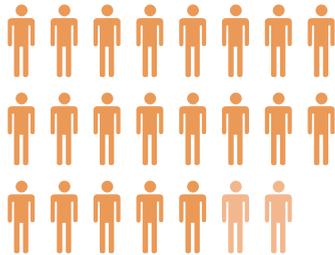


Targeted outreach

Program staff made calls to check-in on 6-8 seniors and 1 referral to JVS out of concern, on their behalf.

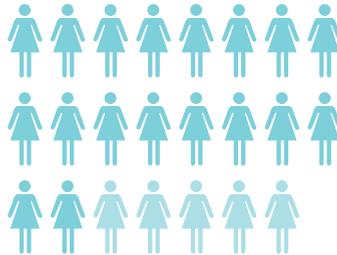
Our seniors are our best ambassadors.

21 out of 23 respondents would recommend our programs to others.



Strengthening seniors' connections to the Y

18 out of 23 respondents report feeling a stronger connection to the Y because of the programs. Five came in with a strong connection, and still feel it.



"My mom loves the Union Y. You are her lifeline."

Daughter of a "regular" in the senior programs at the Y.

Questions?



If you have questions about our Senior Daily Activities Program, or know someone who may be interested in participating, please contact Marcy Fox at seniordirector@uniony.org or 908-289-8112 x34.