

# **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.

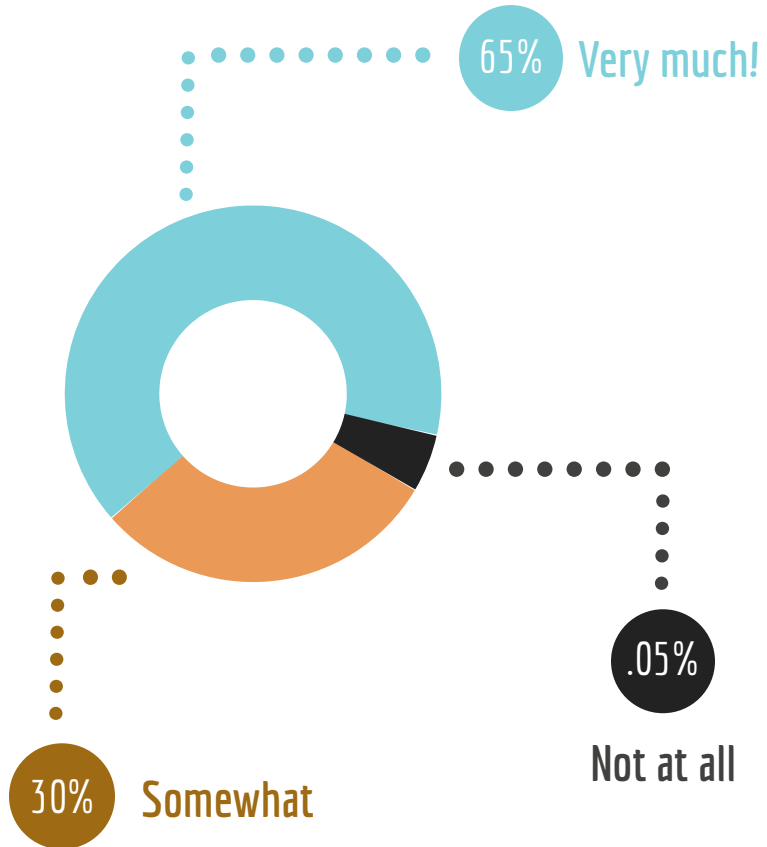
## How do seniors find our programs?

- ✓ 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.

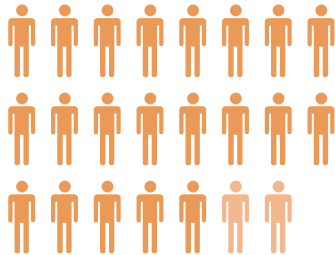


## Targeted outreach

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."**

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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](mailto:seniordirector@uniony.org) or 908-289-8112 x34.