

FLOCK TOGETHER

FRIENDS FOR LIFE



Healthy Aging Month in 2026 will be observed throughout September, focusing on promoting wellness and vitality among older adults. This year's theme is "**Curiosity Has No Age Limit**," encouraging individuals to engage in activities that enhance their physical and mental health.

Contact Us!

Business Phone – 775-752-3280

Email – seniorcenter@cityofwellsnv.com

Address – 765 Tobar Street

Business Hours – 8:00 am – 3:00 pm (Mon. – Thurs.)

8:00 am – 2:00 pm (Friday)



Diane Fuher, Head Cook



Carmen Cruz, Asst. Cook

SENIOR CONGREGATE LUNCH PROGRAM

Come and meet new friends at Silver Sage Senior Center Lunch Program. We serve hot nutritious lunches at our senior center. Seniors can enjoy their meals while dining with their friends. Our lunches are created to ensure they meet nutritional needs. Seniors (60 plus) can stop by the Senior Center to complete the congregate client registration form.

Monday through Thursday for Lunch (12:00 noon – till finish)

Friday Brunch (10:00 a.m.), Excluding Observed Holidays.



HOME DELIVERED MEALS PROGRAM

Meals are delivered to individuals who live within the City of Wells at home and who are homebound and aged 60 or above. The program provides one hot meal each weekday, two frozen meals delivered for the weekend upon request. A meal is provided for eligible individuals who qualify based on the Division for Aging Services specifications.

Contact us by phone for more information or stop by the senior center.

We look forward to serving you at our Senior Center

ELIGIBLE CLIENTS - WANT TO JOIN US FOR LUNCH, BUT DON'T HAVE
TRANSPORTATION - GIVE US A CALL.

Wells Senior Citizens Center Menu

September 2026

Monday 31	Tuesday 1	Wednesday 2	Thursday 3	FRIDAY 4 - 8:00 a.m
SLOPPY JOES on WW Bun Coleslaw Steak Fries Strawberry Shortcake 2% MILK	BAKED PORK CHOP Topped with Pork Gravy mushrooms & Onions Stuffing, Green Beans Roll Apple Sauce 2% MILK	OVEN FRIED CHICKEN Mashed Potatoes Steamed Peas & Carrots Garden Salad Roll Fruit Cup 2% MILK	BEEF & CHEESE ENCHILIDAS w/ Red Sauce Spanish Rice Refried Beans Garden Salad Vanilla Pudding 2% MILK	PANCAKES Denver Scrambled Eggs Blueberry Muffin Seasonal Fruit 2% MILK FOOD BANK 9-12
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11 - BRUNCH
CLOSED In Observance of Labor Day	DELI SANDWICH on WW Hoagie Roll LS Ham, Turkey & Cheese Lettuce, Tomato, & Onion Potato Salad Peach Slices 2% MILK NV LEGAL SRVC 9-2	TRADITIONAL BBQ Hamburgers or Hot Dogs Potato Salad Baked Beans Potato Chips Dessert 2% MILK Luncheon at the Park	SHRIMP BASKET Steak Fries Coleslaw Strawberry Jell-O 2% MILK NVCC - 11 - 1PM	SPANISH BAKED OMELET Oven Roasted Potatoes LS Bacon Blueberry Muffin Seasonal Fruit 2% MILK
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18- BRUNCH
CHEF SALAD Mix of greens topped w/ tomatoes, cucumbers, turkey, ham, & hard-boiled eggs. Finished w/ shredded shredded cheese, croutons Chicken Noodle Soup 2% MILK/ ELKO TRIP	SALISBURY STEAK Mashed Potatoes Topped with Gravy Steamed Spinach Cucumber Tomato Salad Pear Halves 2% MILK	SPAGHETTI In MEAT SAUCE Caesar Salad Garlic Bread Peaches 2% MILK	CRAB CROSSIANT SANDWICH Broccoli Stuffed Potato w/ Cheese Sauce Honey Dew Melon Chunks 2% milk	ALL AMERICAN BREAKFAST Scrambled Eggs Hashbrowns LS Bacon Seasonal Fruit 2% milk FOOD BANK 9-12
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25 - BRUNCH
TOASTED EGG SALAD SANDWICH Beef Vegetable Soup Tropical Fruit Cup 2% MILK	CHICKEN TENDERS Steak Fries w/ Fry Sauce Three-Bean Salad Fresh Fruit Parfait 2% MILK	HOT TURKEY SANDWICH Mashed Potatoes w/ Turkey Gravy Peas & Carrots Cranberry Sauce Chocolate Pudding 2% MILK	BBQ PORK RIBS Potato Salad Ranch Beans Corn Cob Red Velvet Cake Ice-Cream 2% MILK COWBOY LUNCHEON	LS BACON EGG BITES Hashbrowns w/ Country Gravy Blueberry Muffin Seasonal Fruit 2% MILK
Monday 28	Tuesday 29	Wednesday 30	Thursday Oct. 1	Friday 25 - BRUNCH
GRILLED CHEESE LS Tomato Soup Chips Sliced Peaches 2% MILK	CHILI BEANS w/ Cheese Sauce Oven Baked Potato Garden Salad Brownies Apple Sauce 2% MILK	SHEPHERDS PIE String Beans Garden Salad Seasonal Fruit 2% MILK	SWEET & SOUR PORK Stir Fried Rice Chow Mein Noodles 2% MILK	BISCUIT & COUNTRY SAUSAGE GRAVY Hashbrowns Cheesy Scrambled Eggs Seasonal Fruit 2% MILK
DINERS UNDER THE AGE OF 60, THE COST OF THE MEAL IS \$10.00				
CANCELLATIONS - Please call or Leave a message by 7:30 AM for delivery (MON. - FRI.) - Home Delivered Clients only 775-752-3280				
Program Director: Galla Montoya		LUNCH HRS: Immediately starts at 12:00 PM (MON. - THURS.)		
Head Cook: Diane Fuher		BRUNCH HRS: 10:00 - 11:00 AM (FRIDAY ONLY)		
Assistant Cook/Transportation Driver: Carmen Cruz /Transportation cancellations and pickup must CALL the Senior Center by 8:00 AM				
Please Note that Menu is subject to change without prior notice				

SUGGESTED CONTRIBUTION OF \$3.00 PAY WHAT YOU CAN, WHEN YOU CAN.
No Eligible person shall be denied a meal because of failure or inability to contribute.

The CSFP program is federally funded and works to improve the health of low-income seniors (ages 60+) by supplementing their diets with nutritious U.S. Department of Agriculture food. The NDA has changed the name of the program at the state level to the Senior Nutrition and Wellness program. The Senior Nutrition and Wellness program provides food packages for food-insecure seniors throughout Nevada. CSFP/SNWP food packages may include items such as rice, dry beans, canned vegetables, and ready-to-eat cereal. Packages are not intended to provide complete meals but do include foods that provide nutrients typically lacking in the diets of many seniors. Distribution is once a month at the Silver Sage Senior Center.

For more information about the CSFP/ Senior Nutrition & Wellness Program please call 775-752-3280 or stop by the Senior Center.



HOURS OF OPERATION Senior Boxes

MONDAY - THURSDAY

8:00am to 3:00pm

FRIDAY

8:00am to 1:30pm

WEEKENDS & HOLIDAYS

CLOSED

**Boxes must be picked up
by 18th of each month.**

Contact us 775-752-3280

Silver Sage Senior Center

We encourage those clients to join us in a group setting, center offers a means of socialization, access to nutrition and creates a sense of purpose for all of seniors in our community.

For more information on the Transportation Program contact the Senior Center.



To Make Appointment Schedule Call

752-3280

Who can use this Service?

Registered Seniors 60 & older

Hours of Service Operation

1:00 p.m. - 2:30 p.m.

(Monday-Wednesday-Thursday.)

Fare Cost

Suggested donation of \$3.00

Cancellations

To cancel a trip, please leave a message as soon as you decide to cancel. You can leave a message after business hours.

Carmen Cruz, Transportation Driver

TRANSPORTATION SERVICES

SERVICE DEFINITION:

This service provides, or provides access to, safe transportation for access to services such as nutrition, medical services, social services, adult day care, shopping, and socialization.

The Senior Center provides transportation for eligible individuals who require help in going from one location to another.

The driver is busy and does their best to be on time, there may be times when we cannot give you a ride, or we may have to pick you up early for an appointment.

Keep in mind that we currently have one transportation vehicle, so the center will take priority. **Consider and be courteous of our drivers who are waiting in the vehicle, set your shopping time limit.**

Please call the senior center office and schedule a ride in advance 24 hours. We are now providing one – two out-of-town trips to Elko, limit of 6 - 8 people for this trip for eligible individuals, sign-up for trip is required.

G.E.T. My Ride

Elko's Public Transportation



Elko County, in partnership with Nevada Division of Veteran Services, now offers a transportation program from Wells to Elko. We would strongly encourage veterans to use this service rather than missing any needed medical services. The service is open to the public.

Inbound: Wells to Elko; Tuesday and Thursday
7:00 AM Pickup at the Wells Library (208 Baker Street)

Outbound: Elko to Wells; Tuesday and Thursday
Flexible to the needs of passengers, but no later than a 5:00 PM drop off in Wells.

Fare: \$6.00 per one way trip. Discounted rates for children and seniors. Please call dispatch for details.

Veterans need to register with dispatch and ride at no charge.

For appointments at the VA Medical Center in Salt Lake City, call dispatch for a connection to the VA Medical Center Connections Van



Open to the public

Dispatch- 775.777.1428
GetMyRideElko.com



Veterans in Elko Transportation System

The Veterans in Elko Transportation System (VETS) is a program to assist veterans in Elko County with transportation to medical appointments at no cost to the veteran.

In the GET My Ride Service area, all veterans are welcome to ride at no charge.

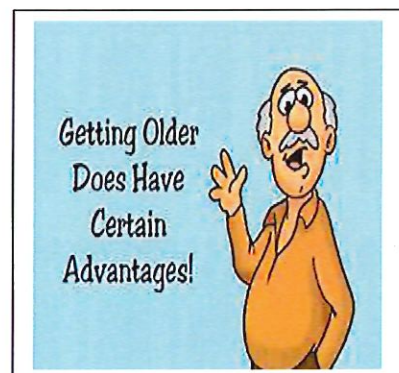
For trips outside of the GET My Ride Service area (outside of City of Elko, Spring Creek) and hours of operation, we will assist in coordinating transportation at no charge.

775-777-1428
www.GetMyRideElko.com

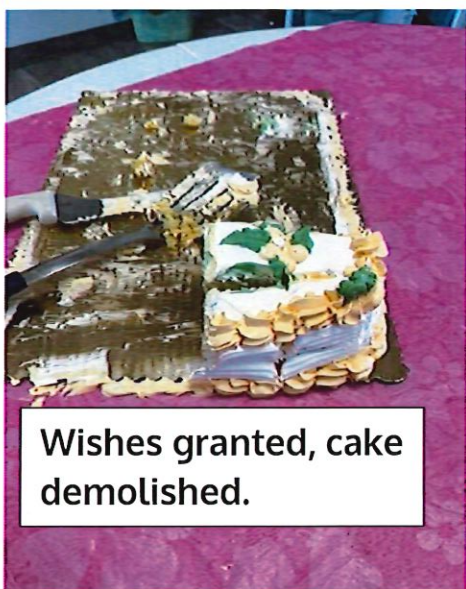
Please Note: My GetMyRide, Wells, Inbound/Outbound is Monday, Wednesday, and Friday.



Mark Heckle - 2
Leaeila Oleson - 3
Shelda García - 5
Daniel Roberson - 8
Charlene Sciumbato - 11
Henry Lee Bolton - 14
James Hunt - 16
Bradley Ayres - 17
Tony Cortez - 18
Peggy Mason - 18
Mary Zearing - 19
Marjean Kidner - 19
Nicole Higgins - 21
Scott Taylor - 21
Charlotte Healey - 26



August-born and proudly embracing every new adventure ahead.



Wishes granted, cake demolished.



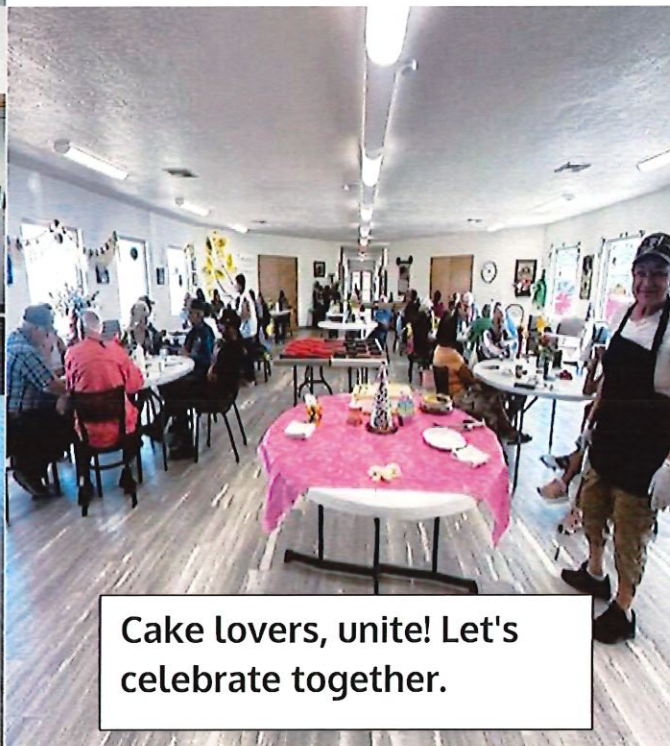
A cake that steals the spotlight.



Blowing out candles never gets old.

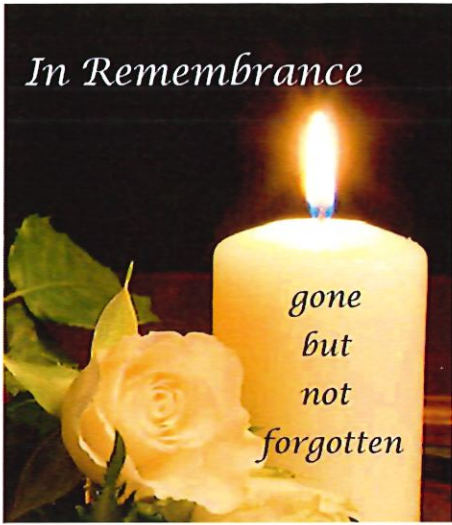


August-born and proudly embracing every new adventure ahead.



Cake lovers, unite! Let's celebrate together.

In Remembrance



Things end, But memories last forever. We
have lost fellow members and friends; we have
dedicated a space in their Memory.

UPDATE FROM THE PROGRAM DIRECTOR

Hello, Dear Friends.

September is a month of transition, marking the end of summer and the start of fall season. As summer fades away, the leaves start changing colors and the days get shorter. We begin to prepare for the cooler months ahead. It seems that summer means different things to different people. But most of us agree that summer is one of the best times of year for going on vacations, hitting the beach, enjoying cookouts, or simply lounging around the yard and basking in the sun. Or, if you don't like the heat so much, maybe it's the time of year you hibernate inside while waiting for your pumpkin-spiced coffee and brisk fall mornings to arrive. Keeping in mind that each month of the year has a lesson to teach us; each has a memory to bring us.

Did you know? ***Falls Prevention Awareness Week runs September 21 – 25th, with falls prevention Awareness Day on Tuesday, September 22nd***, aims to raise awareness about the risks of falls and promote strategies to prevent them in taking steps to reduce the fall risk, particularly seniors. Your health and happiness remain our top priority as the weather begins to change. I encourage you to take a moment to read the educational materials on fall prevention which is crucial for your safety and well-being. These resources provide valuable information on the risk factors and preventive measures, helping you maintain independence and reduce fall-related injuries. So, the next time you curl up with a good book, take a moment instead of reaching for your phone and reading the educational brochures that provide information and keep you informed about health, community resources, and other important topics.

In closing, it can be bittersweet to say goodbye to summer, the sunniest season of the year comes to an end. Embracing the transition from summer to fall and looking forward to the upcoming gatherings and events that celebrate the season, autumn-themed decorations and much more.

Take time to enjoy the brisk mornings and the warm sunshine on your face.

Gaila Montoya



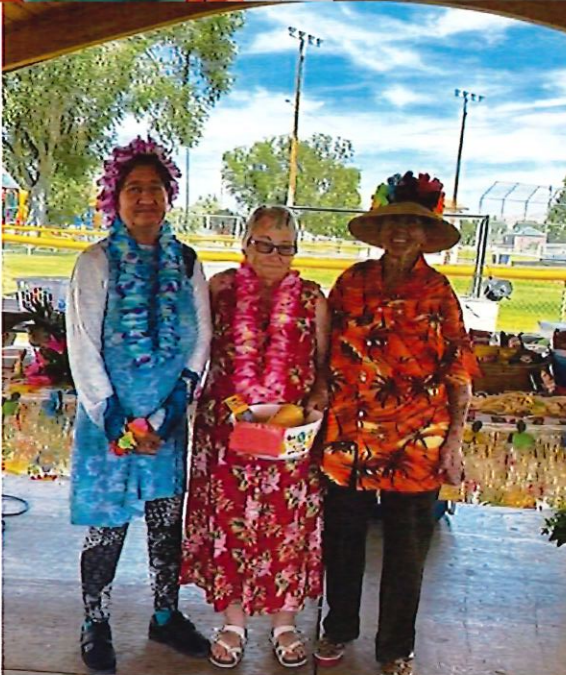
BETTER TOGETHER PHOTO'S GOOD TIMES



Finding paradise wherever we go, but nothing compares to the luau glow. Surrounded by the best people, indulging in the feast of a lifetime, and making memories that will warm us through winter.



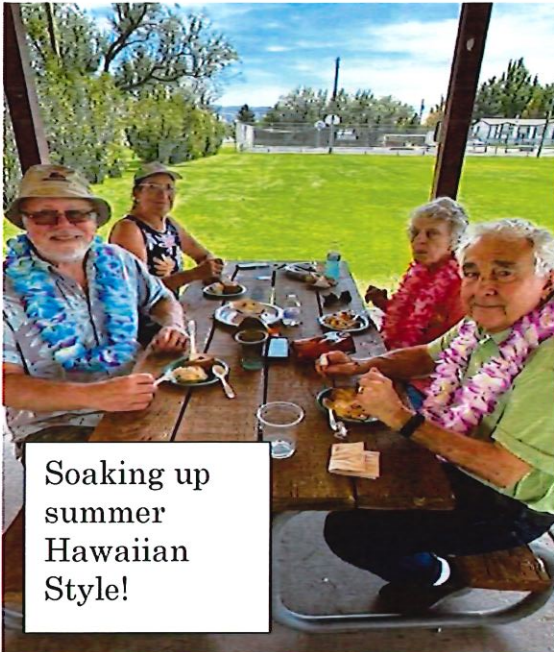
Who needs a tropical getaway?
I've got this party!



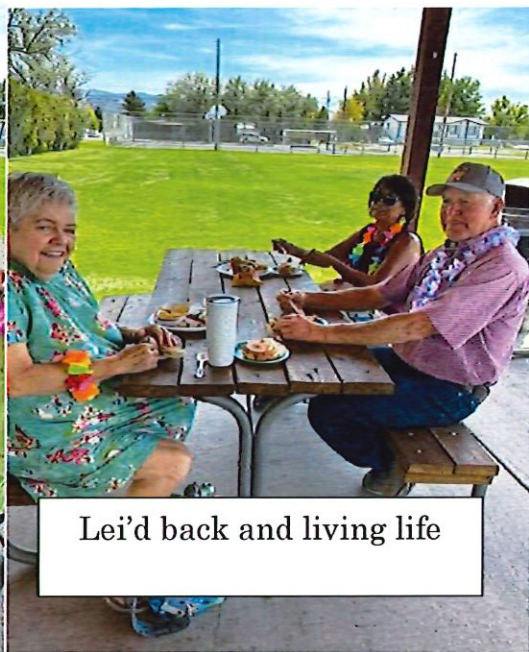
Nothing beats a tropical party
with friends.



Embracing the Aloha
spirit.



Soaking up
summer
Hawaiian
Style!



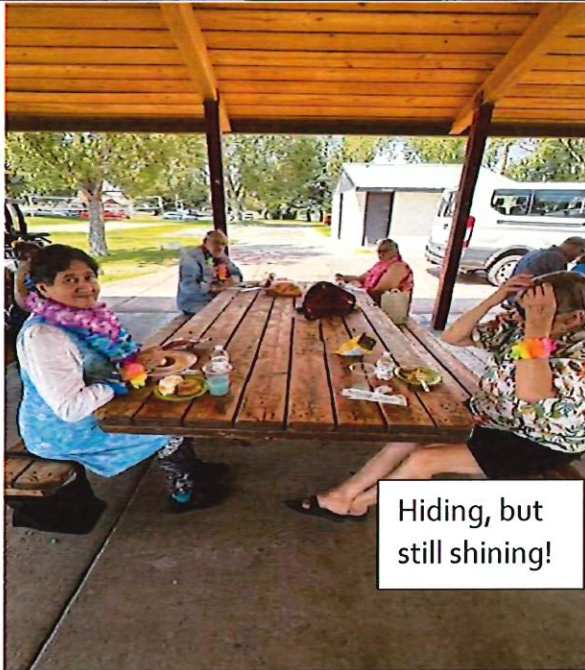
Lei'd back and living life



Making waves with my
luau crew!



Good vibes happen at
luaus!



Hiding, but still shining!



Time to break out the Hawaiian shirts.





Nothing beats a tropical party with friends!



We didn't make this mess; the Mai Tais did!

Annual Luau Luncheon!

This was our 5th Annual Luau luncheon filled with food, fun, and friendship.

Thank you for coming out to our Annual Luau Luncheon. We couldn't have done it without your involvement, and we're grateful for your support!

We hope to see you at our next gathering

What's Happening at your Senior Center?

The month of September brings lots of fun activities to the center. Something happen here every month so we'll start out with those.

- September 3rd, Twin Falls Trip – **Sign-up is required, call Senior Center**
- September 8th (9am – 2pm) Nevada Legal Service - Walk-ins welcomed if time permits, (Intake required) Call 775-753-5880
- September 10th (11am – 1pm) NVCC (NV Care Connection) Walk-ins welcomed





- Please make checks for all Senior Meals, Checks payable to **"City of Wells"**. The Bank will not accept checks made out to the Senior Center. Make sure you date the check.
- If you are going to be gone, please notify by 8:00 a.m. (Monday – Friday) on the scheduled delivery day or before.
- **Cancellations**
To cancel a Home Delivered Meal, you can leave a message after business hours. Please leave a message as soon as you decide to cancel by 8:00 am.
- **Under no circumstances will meals be left in or outside your home when the recipient is not present to receive them.**
- **FOOD FOR SENIORS – Commodity Supplemental Food Program** is a monthly food program that provides free food to senior citizens age 60 years and older. Applications can be picked up at the Senior Center; you can drop off your application at the Senior Center or put in the drop box outside of the Senior Center after business hours. Registered Clients pick up no later than 18th each month.
- **ALWAYS** keep your address/phone updated – every time you move or change number with the Wells Senior Center (Request Change of Address Form).
- Please direct any questions to the Senior Center.

Please use the mail drop-box located on the east of the Senior Center under the covered drive-through for your convenience can be dropped after business hours.





Find us on
Facebook

Silver Sage Senior Center Facebook

and the City of Wells website

cityofwellsnv.com

to stay updated on all the news, activities, and community events.



Volunteers are needed throughout the year to help assist with fundraisers, special events, outreach programs, and more. Hours and days vary and at times will include weekend hours.

If you are interested, please call the Senior center.

Donations can be dropped off anytime at the Wells Senior Center between 7am – 2pm. If you cannot donate during business hours, please call to schedule a drop off.

DONATIONS

The Senior Center accepts a wide variety of household items from community residents of houseware items, home décor, holiday decorations, and more.

We welcome donations of your clean household items. **Please note that we cannot accept any broken or dirty items.**

WHAT WE ACCEPT

ARTS & CRAFTS

Craft supplies, canvas boards, art paper, easels, oil pastels, paint (acrylic, tempera, watercolors), assorted paint brushes, cutting mat, yarn/ribbon, hot glue guns & sticks, etc.

OTHER

Board games, puzzles, Individual dry erase boards, outdoor games, etc.

*We appreciate
your support!*

WELCOME NEW MEMBERS!

See a New Face? Welcome them! and show them around our Senior Center and get them involved with all the Center has to offer! Who knows if you might just make a new friend?

Peggy Boren

Alfreda Morgan

Jacob Steele

Wayne Versluis

"Because every voice matters, and yours matters most."



The suggestion box gives our seniors a direct way to share thoughts, share ideas, concerns, and feedback. The box is visible, located at the front door entrance and accessible. We value your input and staff will respond to suggestions. This will assist Staff that can identify recurring issues, implement changes, plan improvements that better meets our senior client's needs. This can be especially valuable for those who may feel hesitant



Food Bank Schedule 2026

Time 9:00 AM - 12:00 PM

Friday July 10
Friday July 24
Friday August 7
Friday August 21
Friday September 4
Friday September 18

Friday October 9
Friday October 23
Friday November 6
Friday November 20
Friday December 4
Friday December 18

Volunteers always needed!
Please reach out if you are interested in volunteering!



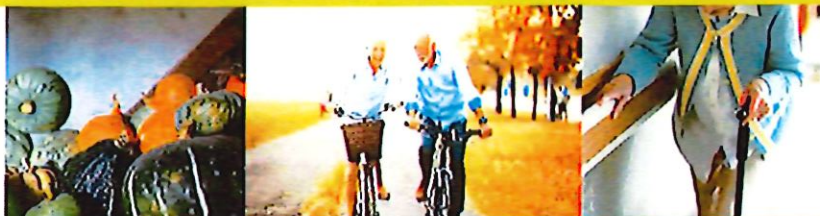
(775) 752-2345
261 1st St. Building B Wells NV, 89835
wellsfrcadvocate@gmail.com
or wellsfrc@gmail.com

Updated 04/2026

Healthy LIVING while aging!



University of Nevada, Reno
Extension
College of Agriculture,
Biotechnology & Natural Resources



September 2026 |

Newsletter provided by University of Nevada, Reno Extension

| Volume 7, Issue 9

Falls: No laughing matter

by Anne Lindsay, Ph. D., FACSM

September is National Falls Prevention Month — and for good reason. Falls remain the leading cause of injury and injury-related death among adults age 65 and older. Today, about 1 in 4 older adults reports a fall each year in the United States, and millions more go unreported. As the population ages, the number of falls — and related medical costs — continues to rise, with billions spent annually on treatment and recovery.

Falls can lead to serious injuries such as hip fractures and traumatic brain injuries. Even when no injury occurs, the fear of falling can cause older adults to limit activity. Over time, reduced movement leads to weaker muscles and poorer balance — ironically increasing the risk of falling.

The good news? Falls are not a normal part of aging — and many are preventable.

Take steps this month to reduce your risk:

Start the conversation.

Talk with your healthcare provider about falls. Share if you've fallen in the past year, feel unsteady or worry about falling. Many providers can assess your risk and help create a prevention plan.

Check your vision, hearing and feet.

Changes in eyesight, hearing or foot health can affect balance and coordination. Regular exams and proper footwear can make a big difference.

Review your medications.

Many older adults take multiple medications, which can increase fall risk due to side effects like dizziness or drowsiness. Ask your provider or pharmacist to review your medications regularly.

Annie Lindsay is a professor and exercise physiology specialist for Extension under the College of Agriculture, Biotechnology & Natural Resources.



Stay active.

Strength and balance exercises — like walking, tai chi or chair exercises — help maintain mobility and reduce fall risk.

Make your home safer

Small changes can greatly reduce fall risk:

- Clear clutter and keep walkways and stairs free of hazards
- Remove loose rugs or secure them with non-slip backing
- Keep frequently used items within easy reach
- Install grab bars in bathrooms and use non-slip mats
- Add handrails and improve lighting throughout the home

For more tips, the CDC STEADI Initiative offers simple checklists and tools.

Stay strong and steady

Regular physical activity improves strength, balance and coordination — all key to preventing falls. Yet only about one in four older adults meets recommended activity guidelines. Research shows exercise can reduce fall-related injuries by up to 30–40%. Try a mix of:

- Strength training (e.g., chair stands)
- Walking or light aerobic activity

Bottom line:

A simple fall can have lasting consequences—but small steps can make a big difference. Staying proactive helps protect your health, confidence, and independence.

Please visit extension.unr.edu/Healthy-Aging to enjoy our accessible, online newsletter and discover additional Healthy Aging education and resources. Or email HealthyAging@unr.edu.



Fall is a time when friends and family gather to celebrate a variety of holidays together, and the center of the action is usually the kitchen. With so many moving parts, it is key that the preparation and cooking areas get fully cleaned and sanitized to avoid the spread of bacteria that causes foodborne illness. You can't see, smell or taste germs that can cause foodborne illness. Wash hands and surfaces often.

Keep these core food safety practices, offered by USDA, in mind:

- **Clean** — Hands should be washed for 20 seconds with clean water and soap. If no running water is available, use hand sanitizer or moist towelettes that contain at least 60% alcohol. You need to wash your hands before, during and after you start any cooking. The steps for proper handwashing are to wet hands, lather with soap, scrub for 20 seconds (the equivalent to singing the "happy birthday" song twice), rinse and air dry or dry using single-use paper towels.
- **Separate** — Separate raw meats from other foods to avoid cross-contamination of harmful bacteria. When you're shopping at the grocery store, keep raw meat, poultry, eggs and seafood in separate plastic bags to prevent their juices from dripping onto other foods. Use different cutting boards when preparing raw meat and poultry from other foods. Use specific utensils and platters when placing raw food on the grill or in the smoker and removing the cooked foods.
Don't wash chicken, other poultry products or meats. Many people who wash or rinse meat and poultry do so out of habit or because it's how they learned to cook. USDA research found that washing or rinsing these items greatly increases the spread of germs by splashing bacteria onto kitchen surfaces and other food items. Poultry may have a coating of water and protein: this gets cooked off or you can remove it with a clean paper towel.
- **Cook** — Cook food to the [safe minimum internal temperature](#) as measured with a food thermometer. Using a food thermometer is the only way to confirm that food is thoroughly cooked and has reached a temperature that will destroy harmful germs. Burgers and other thin foods, such as sausages and boneless chicken thighs, should have the thermometer inserted through the side and into the center to get the most accurate thermometer reading. Be careful to avoid touching any bones, which can alter the reading.
- **Chill** — Cold foods can be nestled in a bed of ice and hot foods can be kept hot by placing them on a grill on low, in heated chafing dishes or in a slow cooker. Don't leave food sitting out at room temperature for more than two hours. Refrigerate food promptly within the two-hour timeframe, or one hour if the temperature is over 90 F.

Keeping your kitchen clean and sanitized will reduce the risk of contracting foodborne illness so your holidays won't lead to a sick day. Following USDA guidance on The Four Steps to Food Safety can keep your family and friends safe from contracting foodborne illness. For more information about food safety, contact the USDA Meat and Poultry Hotline at 1-888-674-6854 or visit the USDA website <https://www.usda.gov/>.

An EEO/AA institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.

Fall into Fun: Engaging Activities for Seniors to Stay Active, Healthy, and Social this Autumn

Discover how seniors can enjoy the magic of the fall season with a wide range of indoor, outdoor, and social fall activities designed to promote social interaction, mental stimulation, safety, and overall well-being.

Indoor Fall Activities

- **Make Pumpkin Spice:** Create a homemade blend of seasonings to share with friends and family or use in favorite fall recipes.
- **Art and Craft Projects:** Capture the essence of fall with leaf art, knitting, crocheting, and seasonal decorations.
- **Book Clubs:** Dive into captivating fall-themed stories to keep the mind sharp and engaged with others.
- **Cooking Classes:** Learn new seasonal recipes and bond with fellow seniors over fall-themed dishes.
- **Puzzles and Games:** Stimulate the mind with jigsaw puzzles and digital games featuring breathtaking fall scenery.



Outdoor Fall Activities

- **Visit the Pumpkin Patch:** Enjoy fall foliage and look out for seasonal attractions like corn mazes and hayrides.
- **Outdoor Movie Marathon:** Arrange a backyard movie night for friends, family, or the neighborhood.
- **Walking Clubs:** Explore local parks and neighborhoods, taking in the vibrant fall colors.
- **Gardening:** Plant spring bulbs and tend to vegetable gardens for a fulfilling outdoor activity.
- **Bird Watching:** Observe migratory birds at nearby parks or nature reserves as a fun and educational experience.



Social Fall Activities



- **Apple Butter Fundraisers:** Engage with the community while raising funds for a local charity or senior center.
- **Fall Festivals:** Celebrate the season by attending Halloween carnivals, Thanksgiving feasts, and other festive events.
- **Community Events:** Get involved in outdoor concerts, movie nights, and gatherings to foster social connections.
- **Volunteering Opportunities:** Find meaningful ways to contribute to the community and connect with like-minded individuals.

Health and Wellness



- **Fall Foliage Walk:** Embrace the beauty of nature and boost cardiovascular health with scenic strolls.
- **Exercise Classes:** Join classes specifically designed for seniors, such as low-impact aerobics, resistance training, or dancing.
- **Meditation and Yoga:** Enhance mental clarity, stress management, and overall wellness through mindfulness practices.

Making Activities More Accessible

- Accommodate different mobility levels
- Prioritize seniors' safety
- Integrate mental stimulation
- Encourage socialization
- Be mindful of personal preferences
- Consider accessibility aids



Embrace the beauty of the fall season with these engaging activities for seniors, and let's flourish together. Visit our website for more information and resources on maintaining an active, healthy, and connected lifestyle during the autumn months.

Graying With Grace