**Mission Statement**

We are dedicated to enhancing seniors' well-being and quality of life by providing comprehensive support, fostering meaningful connections, and advocating for their rights and dignity.

**Vision**

A society where seniors are respected, valued, and empowered to live fulfilling lives, surrounded by compassion, support, and opportunities for growth and fulfillment.

**Goal**

To create a vibrant and inclusive community where seniors can age with grace, dignity, and independence, supported by tailored programs, accessible resources, and a network of caring individuals and organizations.

**Location**

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| **Site** | **Address** |
| Tacoma New Life Church | 9702 E B St. Tacoma, WA 98445 |

**Hours of Operation**

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| **Day** | **Hours** |
| Monday-Friday | 9:00 am – 5:00 pm |
| Saturday | 10:00 am-4:00 pm |
| Closed on National holidays | |

**Social Service Programs**

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| **Program** | **Description** |
| Senior Wellness Program | Our program aims to foster the well-being and health of seniors by supporting their physical, mental, and emotional health. |
| Immigration Services (Naturalization/Citizenship) | The program provides support to elderly immigrants throughout the naturalization process, offering guidance on requirements and assistance with paperwork. |
| Benefit Enrollment | The program helps individuals enroll in essential assistance programs such as SNAP, LIHEAP, HBE, Medicare/Medicaid, and SSA/SSI. It determines eligibility for healthcare, food, housing, and other essential needs. |
| In-Home Senior Care | The program offers professional non-medical in-home care services designed for seniors, allowing them to maintain their independence. Through personalized care, we help clients thrive in the comfort of their own homes while receiving the necessary support they require. |
| Lunch Program | The program offers nutritious meals to seniors in the community, promoting their health, well-being, and social interaction. |

**Schedule of Daily Activities**

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| **Time** | **Activity** | **Description** | **Benefits** |
| 9:00 AM - 10:00 AM | Exercise Class | Chair yoga session focusing on gentle stretching and relaxation techniques. | Improves flexibility, balance, and mental well-being. |
| 10:00 AM - 11:00 AM | Arts and Crafts Workshop | Painting session where seniors create watercolor landscapes. | Promotes creativity, self-expression, and fine motor skills. |
| 11:00 AM - 12:00 PM | Educational Workshop | Teach English as a second language. | Learning a second language enhances cognitive abilities, communication skills, career opportunities, cultural awareness, and overall brain health. |
| 12:00 PM - 1:00 PM | Lunch Break | Seniors gather for a nutritious communal lunch provided by the center. | Fosters socialization and provides a healthy meal. |
| 1:00 PM - 3:00 PM | Social Event | Afternoon coffee/tea social with live music and dancing. | Promotes socialization, relaxation, and enjoyment. |
| 3:00 PM - 4:00 PM | Games and Cognitive Activities | Crossword puzzles, memory games, and board games. | Stimulates cognitive function, memory, and mental acuity. |
| 4:00 PM - 5:00 PM | Technology Training | Basic computer skills, internet usage, social media, smartphone/tablet operation | Empower seniors by enhancing communication, access to information, entertainment options, and opportunities for lifelong learning and social engagement. |

**Exercise Class**: Regular exercise helps seniors improve their cardiovascular health, strength, flexibility, and balance, reducing the risk of falls and injuries. It is also linked to improved cognitive function and a reduced risk of dementia in seniors. Physical activities help promote reduced stress, anxiety, and depression.

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| **Activity** | **Description** |
| Chair Exercises | Seated exercises that focus on stretching, strength training, and range of motion, make them suitable for seniors with mobility issues or balance concerns. |
| Yoga | Gentle yoga poses and stretches designed to increase flexibility, strength, and balance, as well as promote relaxation and mental well-being. |
| Resistance Training | Using resistance bands, light weights, or bodyweight exercises to strengthen muscles, improve bone density, and prevent muscle loss associated with aging. |
| Low-Impact Aerobics | Aerobic exercises that elevate the heart rate without placing excessive pressure on the joints, such as marching in place, lateral steps, or low-impact dance moves. |
| Stretching and Flexibility | Gentle stretches targeting major muscle groups to improve flexibility, relieve stiffness, and prevent muscle imbalances and joint pain. |

**Arts and Crafts**: Arts and crafts activities provide opportunities for self-expression, creativity, and socialization, while also offering cognitive stimulation and fine motor skill development.

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| **Activity** | **Description** |
| Painting | Provide watercolor or acrylic paints and brushes to create their artwork on canvas or paper. Will offer various themes like landscape, flowers, beaches/lakes, animals, trees, sunset/dawn, and still life. |
| Drawing | Offer pencils, charcoal, pastels, or markers to sketch. Provide still life objects or photographs as inspiration, or encourage them to draw from their imagination. |
| Crafting with Fabric | Provide fabric and scissors to create simple no-sew projects like tied fleece blankets or fabric collages. |
| Collage Making | Provide magazines, newspapers, scissors, glue, and paper to create collages. Make themed collages based on their interests, memories, or aspirations. |
| Adult Coloring Books | Provide adult coloring books with colored pencils or markers for enjoyable and meditative activities. |
| Seasonal Crafts | Offer crafts that align with different seasons or holidays, such as making wreaths, ornaments, or decorations for Halloween, Christmas, or other celebrations. |

**Educational Workshop**: Teaching English as a second language is vital for improving communication and fostering independence. ESL helps seniors effectively express their needs, preferences, and concerns, as well as assists them in independently managing daily activities such as shopping, banking, and accessing community resources

Steps in teaching English as a second language.

1. Assess Language Proficiency: Start by assessing each senior's English proficiency to tailor teaching to their individual needs.
2. Focus on Practical Vocabulary: Teach older adults basic everyday vocabulary including greetings, household items, food, and health terms. Implement contextual learning by integrating language instruction into daily activities like reading newspapers, making grocery lists, and practicing phone conversations.
3. Provide Visual Aids: Use visual aids such as flashcards, pictures, diagrams, and gestures to reinforce vocabulary and concepts.
4. Encourage Conversation: Create opportunities for older adults to enhance their speaking and listening skills through group discussions, role-plays, and paired activities.

**Social Events**: Social events provide opportunities for seniors to engage with others, build friendships, and enjoy meaningful experiences in a supportive and inclusive environment.

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| **Event** | **Description** |
| Coffee Socials | Informal gatherings where seniors can socialize over coffee, tea, and light refreshments. |
| Birthday Celebrations | Monthly or quarterly celebrations to honor seniors' birthdays with cake, music, and festivities. |
| Themed Parties | Seasonal or holiday-themed parties with decorations, costumes, and themed activities or entertainment. |
| Music and Dance | Musical performances, karaoke sessions, or dance parties where seniors can enjoy music/dance |
| Guest Speakers | Presentations or talks on topics of interest to seniors, such as health, history, travel, or local culture. |

**Games and Cognitive Activities**: Games and cognitive activities offer benefits, such as improved mental sharpness, social interaction, and emotional well-being, reducing stress, and enhancing overall quality of life.

1. Crossword puzzles and Sudoku
2. Memory games: Matching cards or trivia quizzes
3. Board games: Go, chess, checkers, mahjong
4. Word games: Word search or word scrambles

**Technology Training**: Teaching seniors technology is important because it helps them stay connected with others, access information, manage healthcare, stay safe online, and be more independent.

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| **Activity** | **Description** |
| Basic Computer Skills | Teach how to use a computer, including turning it on and off, using the mouse and keyboard, navigating the desktop, and opening and closing programs. |
| Internet Browsing | Show how to use web browsers to search for information, visit websites, and navigate online content safely. |
| Email | Provide instruction on setting up and using email accounts, composing and sending emails, attaching files, and managing contacts. |
| Video Calling | Teach how to use video calling platforms like FaceTime to connect with family and friends through video chats. |
| Social Media | Introduce social media platforms like Facebook or Instagram. Show how to create profiles, connect with others, and share updates. |
| Online Safety | Educate about internet safety, recognizing and avoiding scams, protecting personal information, and creating strong passwords. |
| Smartphones and Tablets | Provide instructions on using smartphones and tablets, such as making calls, sending texts, downloading apps, and adjusting settings. |