



## MID-COLUMBIA SENIOR CENTER

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## MISSION & VISION

Promoting Healthy Aging by offering opportunities to explore, connect and contribute

### WHAT WE DO

The Center offers a wide range of opportunities:

- » Wednesday Lectures
- » Lunch with TED
- » Brain Fitness
- » Computer/Tablet Help
- » Travel Club
- » Strength Yoga, Yoga (chair)
- » Strong Women
- » Table Tennis, Wii Bowling
- » Zumba Gold
- » Quilters
- » Bunco, Dominoes, Pinochle, Mahjong
- » Creative Arts
- » Medicare Counseling
- » Foot Care
- » Massage
- » Room Rentals

Sponsored by



## MID-COLUMBIA SENIOR CENTER

## – PROGRAM OVERVIEW –

The Mid-Columbia Senior Center is a 501(c)3 nonprofit that has been operating at its current location on the corner of 10th and Cherry Heights since 1987. We are a self-governing, community-based organization that recognizes the assets and strengths of older adults and offers opportunities and supports to live healthy and meaningful lives. The activities at the Center are open to anyone and most activities are offered on a donation basis to ensure no one is denied services because of income.

The Center leases space to and works closely with Meals-on-Wheels, another local non-profit, which offers a delicious and nutritious dinner at noon, Monday through Friday, as well as delivering meals to those who find it difficult to prepare their own meals. For more information about Meals-on-Wheels you can call them at 541-298-8333.

Knowing that it takes a whole community to support all older adults, the Center has partnered with local agencies including the Area Agency on Aging, Aging and People with Disabilities, The Dalles Art Center, MCMC and Mid-Columbia Community Action Program.

The Center operates on a shoe string budget, \$122,000, and depends on the generous support of the community. It receives very little from government (less than 1%) with the majority of its revenue coming from bingo, memberships, Nu-2-U Shop, rent and the many small and large donations.

## – GIVING OPPORTUNITIES –

### Membership

You are invited to become a member. Individual memberships are \$35 per person or \$60 per couple. Or you can become a Super-Duper Member for \$50 per person. (Membership is open to all ages, but to be a voting member, you must be fifty or over.)

### Sponsorship

Business Members: \$200  
Saturday Breakfast Sponsor \$200  
Special Friday Night Music Sponsor \$200

### Donations

#### **BUILDING IMPROVEMENT**

During the year, there will be a need for unexpected large and small improvements from heat pumps to new flooring. These dollars will

be used to pay for those unplanned expenses.

#### **NU-2-U SHOP**

You can donate good used clothing to the Nu-2-U Shop.

### Volunteer

You can join over fifty volunteers at the Center. Volunteers are the backbone of the Center and contribute over 400 hours a month. Currently there is a need for bingo callers, cashiers, concession workers and grounds maintenance help.

### Fundraising Events

Saturday Night Bingo (over \$1300 paid out every night) doors open at 4:00 and games start at 6:00.

Special events throughout the year.