



## Town of Colchester

## NEW SENIOR CENTER



**FITNESS CENTER** Stationary equipment for workout sessions: treadmills, elliptical machines, stationary bicycles

**FITNESS ROOM** A variety of instructor-led fitness classes from aerobics, yoga, tai chi, seated exercise, etc.

**MAKING MEMORIES PROGRAM** Innovative program serving those 60+ experiencing memory challenges; safe-space classroom where friendship and learning are encouraged

**ART ROOM** Fine art instructor-led classes: ceramics, painting, digital photography, crafting sessions, etc.

**LIBRARY** Book/video lending, computer and technology education and access

**CONFERENCE ROOM** Private meeting space for family, support groups and Medicare counseling, and staff meetings

**HEALTH OFFICE** Blood pressure and foot clinics, hearing screening; possibility for community nursing hours

**GAME/BILLIARDS ROOM** Card games, mah-jongg and poker, billiard tournaments

**ACTIVITY ROOM** Bingo and games (larger attendance), movie screenings, guest speaker series

#### **MULTI-PURPOSE ROOMS 1 & 2**

- Senior nutrition program with hot lunch
- Live entertainment celebrations with meals
- Versatile-divides into 2 smaller classrooms for multiple uses
- Potential to rent out space for community use