

**Town of Southborough Council on Aging
Program and Services Survey**

The Council on Aging for the Town of Southborough would like your input regarding the future direction and services provided to our citizens through the Senior Center from age 50 to our eldest resident. Please help us by completing this brief questionnaire by April 30, 2024 and return it to the Senior Center.

Thank you

Please circle Yes or No

1. I am familiar with the services, programs, and activities the Senior Center offers. **Yes No**
2. The Sr Center provides the proper guidance and support for Outreach services, health related issues, and SHINE (Serving Health Insurance Needs of Everyone) information. **Yes No**
3. There are limited Senior Center services or programs that are of interest to me. **Yes No**
4. The facilities at the Senior Center are more than adequate for the foreseeable future.
(Next 5-10 years) **Yes No**
5. I visit the Senior Center at least:
 - a. 1-2 times per week _____
 - b. 3 times a month _____
 - c. A few times a year _____
 - d. Never _____

Imagine you have retired or will be retiring in the next decade. What would you like to do with all that spare time?

Check off any of the Current Activities below that appeal to you.

- 1. Hiking/walking/bicycling/boating and active adventures with others in the beautiful out of doors offered by the Trailblazers.
- 2. Trips by car or bus to restaurants, museums, plays, casinos
- 3. Guest speakers such as meteorologist Harvey Leonard and nature programs
- 4. Speakers who offer helpful information in real life planning on SAM (Southborough Access Media)
- 5. Social time to play cards, bridge, Mah Jongg, billiards, bingo, knitting
- 6. Cardio and Strength classes, yoga, boxing, bocci, tai chi, chair yoga
- 7. Raised bed and home gardening
- 8. Movies with lunch included
- 9. Dull Men's Group meets every Friday morning for conversation and camaraderie. Coffee and doughnuts provided.
- 10. Nutritional, cooking, and wellness programs
- 11. Health insurance guidance through SHINE (Serving Health Insurance Needs of Everyone)
- 12. Concerts
- 13. Book Club

(Survey Continued on the next page)

Outreach and Health/Sr Center Nurse Services

How many of these services do you use or would you use?

- 1. Assistance with applications i.e. Fuel Assistance, SNAP(food assist), CHAMP(housing assist)
- 2. Resources for: in-home care, cleaning, transportation, home maintenance
- 3. Information about alternatives to staying in your home (aging in place)
- 4. Referrals to: Springwell, Meals on Wheels, MWTRA (transportation)
- 5. Support to Caregivers (spouses and adult children)
- 6. Medical equipment lending program - wheelchairs, walkers, etc.
- 7. Blood pressure monitoring, diabetes counseling, audiology referrals, etc.
- 8. Administration of Flu and Covid vaccines

What types of programs would be of interest to you? Check all that apply.

- 1. Lifelong learning courses
- 2. Online talks and informative seminars
- 3. Financial information
- 4. Residential Tax Assistance
- 5. Art classes- painting, sculpture, multi medium, pottery, sewing (circle interest)
- 6. Technology updates - laptops, tablets, phones, streaming, web searches, social media

What type of programs do you prefer **in-person** or **virtual** or **a hybrid of in-person/virtual** ?

What other programs would you like to see offered at the Senior Center when you are ready to play with us? _____

If you have never attended the Sr Center before, why not? _____

Your Contact information if you choose to share:

To help us understand the demographics of who completes this questionnaire, please answer the following information, which will be kept confidential.

I am Male ___ Female ___ Other ___ Prefer not to answer ___

My age is: <50 ___ 50-59 ___ 60-69 ___ 70-79 ___ 80 plus ___ Prefer not to answer ___

I have lived in Southborough: 0-5 years ___ 6-12 years ___ 13-25 years ___ 26 plus years ___

Thank you for helping the Southborough Council on Aging plan for a better Senior Center to serve the needs of our senior community.

**Please return the survey to the Sr Center or mail to:
Southborough Senior Center
9 Cordaville Road
Southborough MA 01772**