



## The 2026 Silver Hearts Survey

The 2026 Silver Hearts Survey collected participant feedback to guide planning for meals, trips, programs, and educational activities. Responses included vote counts, allowing staff to identify priorities and trends among active older adults.

### Dining & Lunch Bunch

- Strong interest in local and regional restaurants, with repeat favorites.
- Top restaurant interest:
  - Phillips (Danbury), Joe's Italian, Grape Taste
- Food preferences clearly favor full-service dining:
  - Seafood (highest interest)
  - Italian, Asian, buffet-style, and home-style meals
  - Minimal interest in fast food or chains

### Day Trips

- Participants favor cultural, educational, and light recreational outings.
- Highest interest:
  - Amazon Fulfillment Center Tour
  - Plays and theater productions
- Consistent interest in museums, zoo visits, fishing, Galveston Strand trips, and local recreational outings.

### Overnight Trips

- Clear demand for Texas destinations and casino trips.
- Top overnight selections:
  - Fredericksburg
  - Casino trips
  - San Antonio
- Moderate interest in San Marcos and select Hill Country towns.

### Programs & Activities

- Survey responses strongly support active aging and social engagement.
- Popular suggestions include:
  - Bowling, walking groups, exercise classes
  - Crafts, gardening, knitting, trivia
  - Tai Chi, swimming, volunteering
- Participation intent was high across all categories:
  - Outdoor activities received the strongest overall support.

### Lunch & Learn Topics

- Participants favor practical, wellness-oriented education, including:
  - Health topics (nutrition, heart health, dementia prevention)
  - Safety and personal awareness



- Life skills (technology use, cooking for one or two)
- Hands-on and interactive sessions
- Interest also noted in local history and unique community topics.

### **Additional Idea**

- A proposed Senior Day at Angleton High School Career & Development Center received positive interest, reflecting enthusiasm for intergenerational and service-based experiences.

### **Overall Takeaways**

- Survey results show high engagement and participation of readiness.
- Preferences emphasize:
  - Full-service dining
  - Educational and cultural experiences
  - Active, social, and skill-building programs
- Data supports continued investment in diverse trips, wellness programming, and community partnerships.