



# MEMORANDUM

*Senior Services & LINX Transit*

Date: June 1, 2024

To: Mayor Jackola and City Council

From: Kindra Oliver, Senior Center & LINX Transit Director

Subject: Monthly LINX & Senior Center Report

LINX Transit:

As of June 1, we're at just over 59,000 rides provided, already 12,000 rides more than last fiscal year and we still have one more month to go.

Senior Center:

May was Older Americans Month and we enjoyed celebrating our mission of supporting community members through the aging process. We had a live music and dessert social on May 14<sup>th</sup>. The Fender Benders shared some music and staff created a delightful layered whipped cheesecake with fresh whipped cream and berries. Seniors raved!

On May 29<sup>th</sup>, we participated in the National Senior Health and Fitness Day by showcasing all of the amazing and free health and wellness programs available to the community at our Senior Center. We invited other entities in town that provide fitness and wellness opportunities with seniors to share flyers and class information, which many did. Other businesses donated some wellness goodies, such as stress reliever gadgets, toothbrushes, etc. to fill our freebie goodie bags that the first 50 seniors received. Staff led demonstrations and shared resources. Several seniors gave testimonials about how participation in physical activity classes at the Senior Center have helped them improve or maintain their abilities and wellness. We had a nutritionist come and so a presentation on the importance of protein and she shared cost-effective ways to include more in our diets.

Our Bingo Bash saw a large number of participants and much laughter. Senior Center volunteers manage our regular weekly Bingo activity, but a couple times each year Senior Center staff takes it on to dole out some larger prizes that have been donated during the year. Various themed games and antics ensue elevating the game from its regular fun to our big bash.

The 6-week Food Gardening workshop came to a close in May. It had been held Saturday mornings by Master Gardener, Sheryl Casteen. Over the course of the six sessions, there were 236 participants.