

## **Proposed LGS Recreation 55+ Program Update**

- Programing: (On average, no less than 4 varied activities per day.)
  - 1) Social activities (Such as cards, games, BINGO, dances, social events)
  - 2) Fitness classes (Such as yoga, Zumba, chair exercise, gold toning, stay fit)
  - 3) Outdoor recreation (Such as table tennis, boating, aquatics)
  - 4) Enrichment Activities (Such as arts/crafts, food-based activities/lectures, learning opportunities)
  - 5) Guest Speakers (Such as health presentations and other speakers of interest)
  - 6) Monthly Field Trips
  - 7) Annual Social Events (Such as Mother's Day Tea, Boats & BBQ, Thanksgiving lunch, 55+ picnic)
  - 8) Resource Connection Programs
- Support Services (Without cost for space)
  1. A.A.R.P. tax appointments
  2. A.A.R.P. driver safety course
  3. HICAP insurance counseling
  4. SALA legal support
  5. Make space available to other support services providers, pending availability.  
At a minimum, one room will be dedicated for this purpose.
- Staffing and Administrative Programs:
  - 1) 55+ office support, including fielding of calls/emails/office hours
  - 2) Maintaining The HUB online information and service referrals
  - 3) Monthly 55+ newsletter, in print and online