

Nessler Senior Program

City Commission 2022



Texas City
EST. 1911

Parks, Rec. & Tourism
DEPARTMENT



CITY OF TEXAS CITY



What is a Senior Center?

A community center for older adults, especially senior citizens, in which they can gather for social, educational, and other activities:

Why are Senior Centers important?

Today seniors are staying active and healthy for longer thanks to improvements in healthcare and other resources. This causes seniors to stay independent longer. Senior citizen centers can provide a supportive community while allowing them to stay independent.

As we get older, our needs change. Staying in your own home and receiving aged care can allow you to enjoy familiar environment, but you can easily become isolated.



Our Mission:

The Nessler Staff is dedicated to designing, promoting, and implementing programs and services that will enrich, educate and enhance the lives of older adults.

Benefits of a Senior Center



- ✓ No Fee to join
- ✓ Helps prevent isolation and loneliness
- ✓ Stay active healthy
- ✓ Engages mind
- ✓ Connect with peers and the community
- ✓ Volunteer opportunities
- ✓ Physical activity is encouraged
- ✓ Free resources
- ✓ Increase level of health, social interaction and life satisfaction
- ✓ Chance to learn a new skill or develop an existing one

Goal:

To help seniors maintain their independence and wellbeing.

Services:

- Transportation to and from the Center, special outings, field trips, errands etc.
- SER Trainee Employment Opportunities
- Health Screenings – A1C, High blood Pressure and H2o
- Monthly Presentations
- Information and Referral Services, etc.
- Transportation Enrichment Program: The service is provided to groups of seniors 60 years or older to travel 150 mile radius for various senior day trips.



Programs:

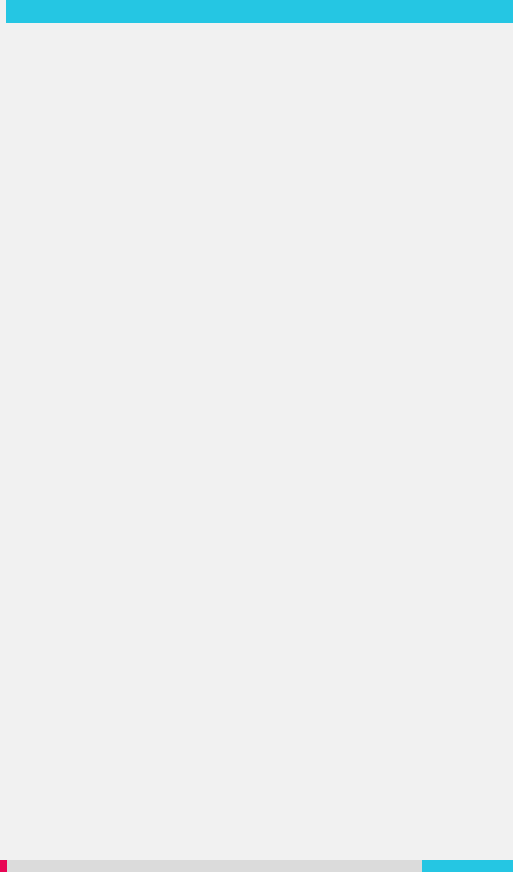
- Daily congregate Meal Program. Free of charge to seniors 60 years or older. Funded through HGAC Title III Federal Funding.
 - Oct. 2021 – Present 2,426 Meals
 - Oct. 2020 – Sept. 2021
- Fitness & Wellness activities
- Collaboration with Texas City Library Galveston County, SER Jobs, local Schools, Health Agency's, etc.
- Recreational Games
- Inspirational Classes
- Volunteer Programs
- Arts & Craft Classes
- Intergenerational Programs, etc



WE LOVE OUR SENIORS!

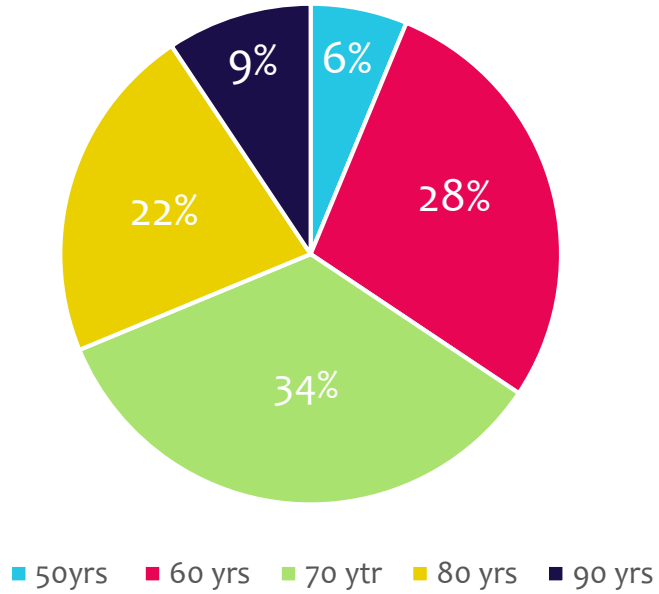


A look ahead

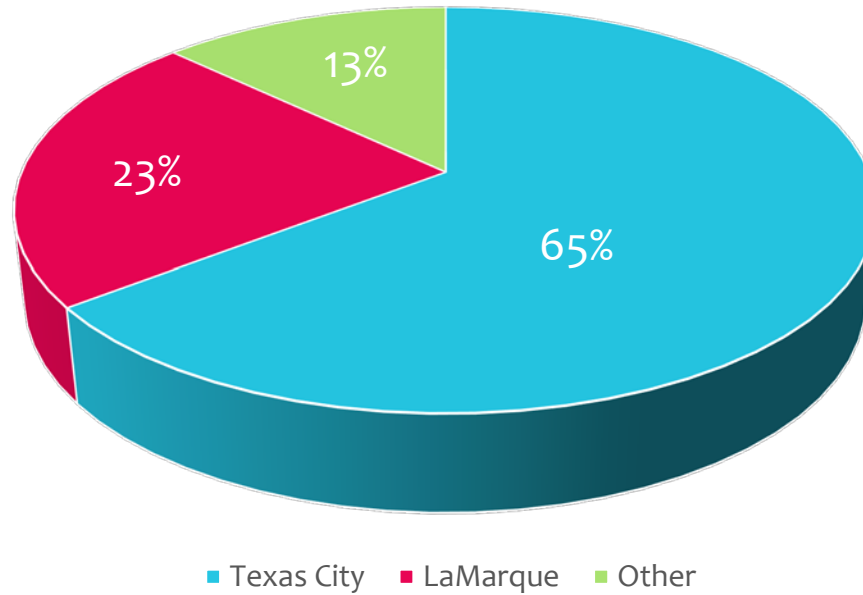
- United Way Face to Face Allocations Interview
 - National Senior Health and Fitness Day
 - Transportation Enrichment Trips
 - Annual Backyard Barbeque benefiting Seniors
 - Tai Chi Classes
 - Sit N Be Fit Zumba
 - Participating in City Parades
 - National Senior Center Month
 - Senior Health Expos
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Demographics

Age



City



Gender

