



City of Texas City

Nessler Senior Program

City Commission June 5, 2024

Department of Parks, Recreation & Tourism



Nessler Senior Center

The City of Texas City Nessler Senior Program has been in existence since 1976 welcoming adults ages 55 and older. The center is a recreational facility that strives to provide a diversity of programs and services by promoting recreation, socialization, education, mental and physical well-being.

“Our goal is to keep older adults independent and healthy as long as possible”.

Senior Center Benefits:

- No Fee to Join. However, there are fees associated with specific activities.
- No Fee for Transportation or Congregate Meal Program
- Helps prevent isolation & loneliness
- Engages the mind and body
- Connect with peers
- Resources and Referrals

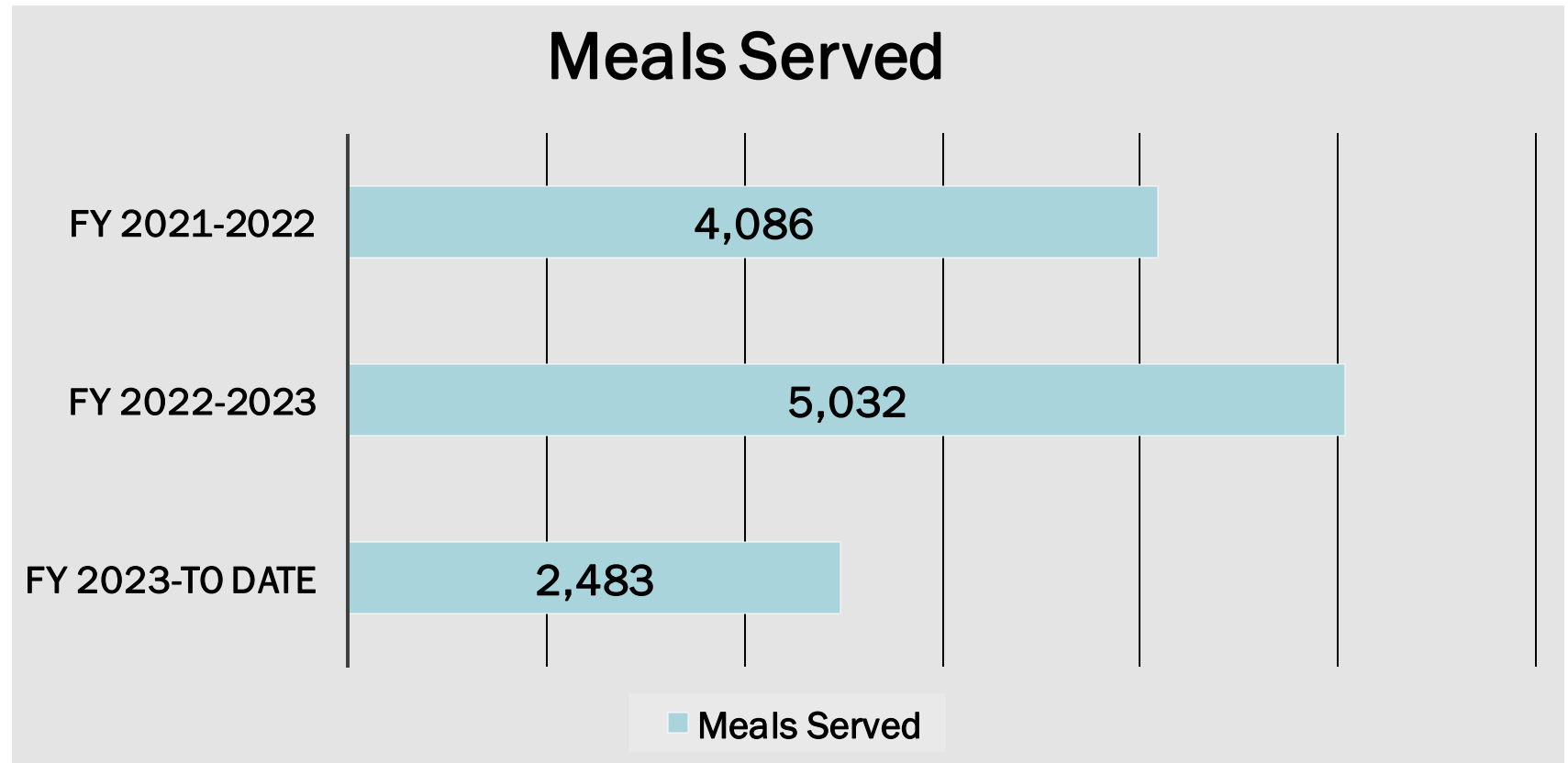


Congregate Meal Program

The Nessler Center is one of the five nutrition sites in Galveston County that provides a daily nutritious lunch five days a week to persons 60 years or older. The program is funded through the Houston Galveston Area Agency on Aging , Title III Federal Funding.

The program aims to:

- Improve Nutrition
- Dietary Variety
- Social Connection
- Food Security, etc.

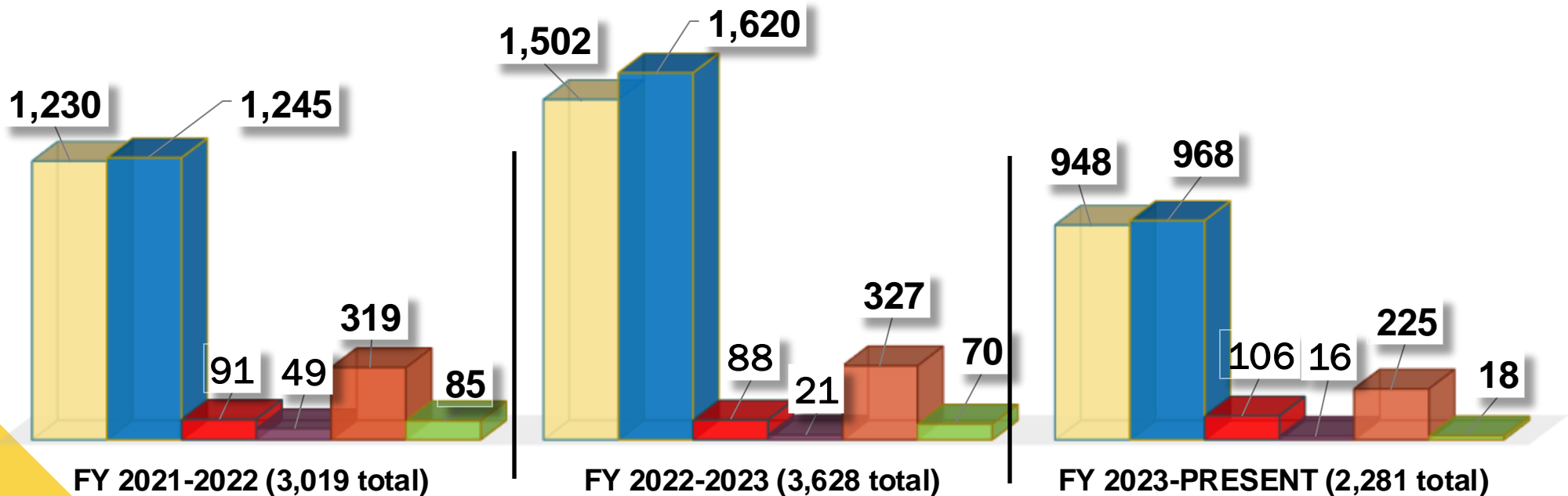


Transportation Services

Transportation is provided for actively enrolled members of the senior program. Seniors are transported to and from their homes, special outings, medical appointments, personal business, etc. The program receives funding from United Way Mainland to support the position of (1) Full-Time Driver/Rec Aide.

TRANSPORTATION SERVICES

■ CENTER ■ HOME ■ PERSONAL BUSINESS ■ MEDICAL ■ TRIPS ■ OTHER



Other Programs...

- Resources and Referrals Monthly Presentations
- Health Screenings
- Support Groups
- Presentation Therapy
- Stretchersize
- Health and Food Classes
- Games
- Special Outings: dances, plays, parades, etc.
- Arts & Crafts
- Intergenerational Programs
- Volunteer Opportunities

GeoFit Classes



UTMB Student Center



CarFit Program



Percussion Therapy

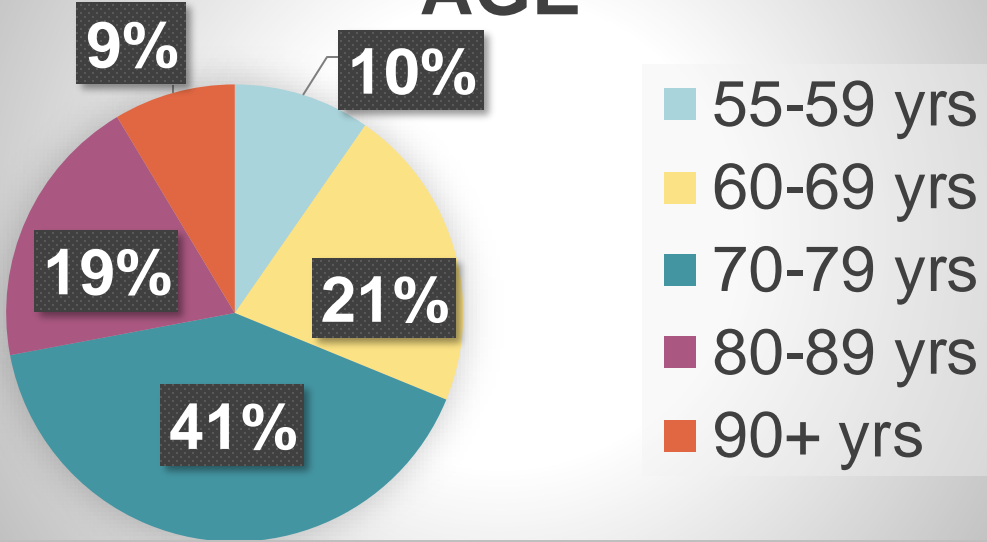


2023 Nutcracker Performance

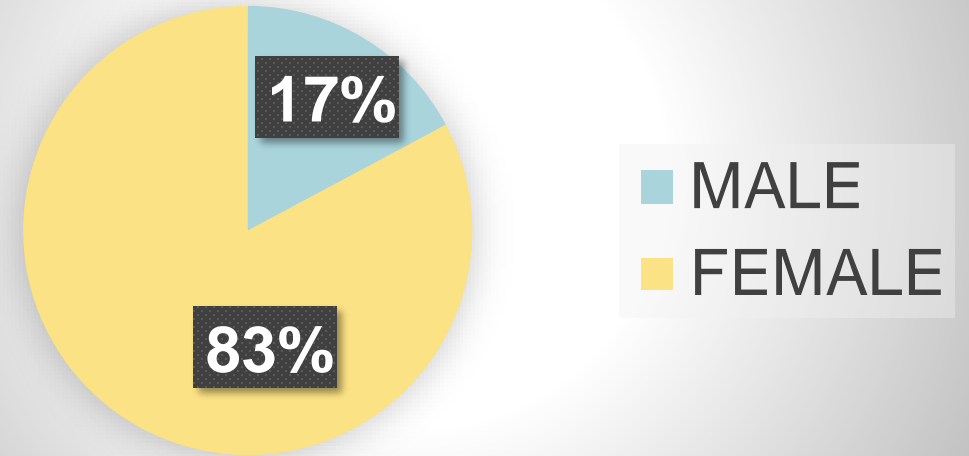


Demographics

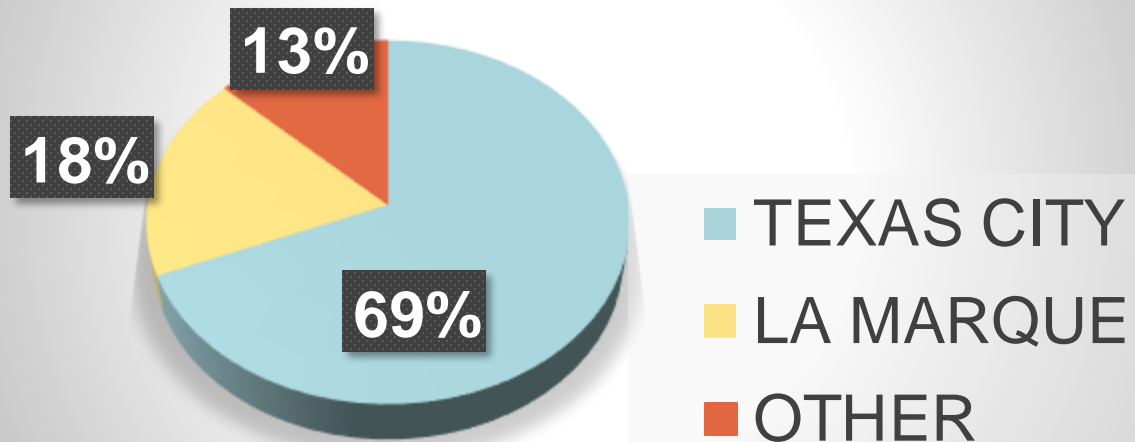
AGE



GENDER



GEOGRAPHICAL AREAS



Senior Video!

