



Staying Connected at the Margaret Todd Senior Center

Presented by Teresa Ehteshami
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Why is Staying Connected Important?



- Harvard School of Public Health (HSPH) researchers found evidence that elderly people in the U.S. who have an active social life may have a slower rate of memory decline.
- A study at Hebrew University Medical Center and Hebrew University Hadassah Medical School reported that seniors who do any amount of exercise appear to live longer and have a lower risk of disability.

About Us

- ▶ Part of the City of Novato's Parks, Recreation and Community Services.
- ▶ A place for people to gather, socialize, learn, relax and have fun in a welcoming environment.
- ▶ The Margaret Todd Senior Center serves as a full service customer location for the Novato Parks, Recreation and Community Services Department.



What We Offer

- ▶ Adult Programs include:

- Chair Aerobics
- Tap & Belly Dance
- Language programs
- Arts & Crafts
- Strength Training for Seniors
- Yoga
- Tai Chi
- Computers
- Game Groups



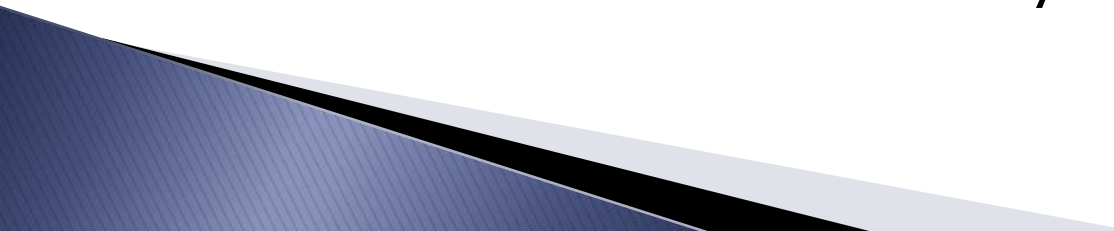
- ▶ Special Events, themed dinners, and big band dances each month
- ▶ Margaret Todd Senior Center offers a full complement of programs, from social, recreational, fitness and enrichment classes to services that help to support the independence of Novato's low-income, frail, isolated and culturally diverse seniors

Little Known Facts

We also offer:

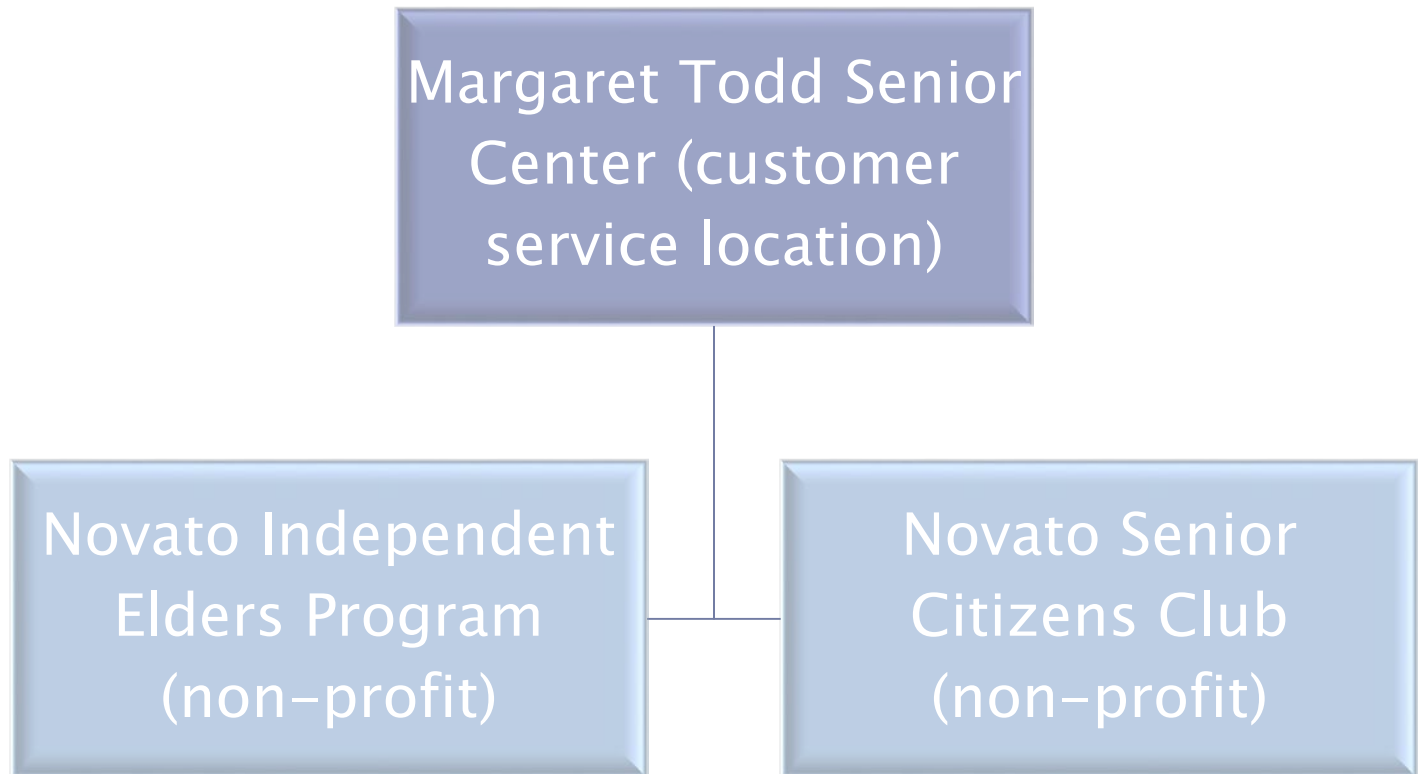
- ▶ A Home Delivered Grocery Program
- ▶ Wheelchair and walker loans
- ▶ Lunch served 3 days per week (reservations required)
- ▶ A free lending library for anyone to use
- ▶ A space for a monthly LGBT support group
- ▶ A monthly lunch and presentation in Spanish
- ▶ Bingo each Sunday of the year (closed some holidays and the month of December)
- ▶ A gift shop with greeting cards for 25 cents and lots of handmade items on consignment

How It Works

- ▶ Everyone is welcome to come to the Center! We have a lounge, library and billiards room for socializing as well as many free workshops and services.
 - ▶ Membership to the Center is \$30 per calendar year and also includes membership to the Novato Senior Citizens Club. Many drop-in activities at the Center are free to members and members receive a mailed monthly newsletter and discounts on Club activities.
 - ▶ Most instructor-led classes at the Center are fee-based. You can find out more information about classes in the Novato Activity Guide.
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But wait, there's more!

- ▶ To fulfill the vision of centralizing service for seniors, the Center partners with and is home to two separate non-profit groups



Novato Independent Elders Program (NIEP)

- ▶ Designed to provide services that help seniors maintain independent living
- ▶ Operated by Episcopal Senior Communities, a non-denominational nonprofit
- ▶ Provides health & wellness programs, outreach & services to homebound seniors
- ▶ Alma Latina program



Novato Senior Citizens Club (NSCC)

- ▶ A nonprofit group run by seniors, for seniors
- ▶ Sponsored by the City since 1967

Instrumental in supporting the Center's creation and development

- ▶ Offers trips and special events
- ▶ Currently has about 900 members



You don't need to be a Novato resident to come to Margaret Todd. However, if you're looking for something closer to home, here are some other great places to stay connected:

- ▶ Goldenaires (San Rafael)
 - (415) 485-3348
- ▶ Mill Valley Seniors
 - (415) 383-1370
- ▶ Corte Madera Seniors
 - www.townofcortemadera.org
- ▶ Whistlestop (San Rafael)
 - www.whistlestop.org
- ▶ West Marin Senior Services (Pt. Reyes)
 - www.wmss.org



Margaret Todd Senior Center 1560 Hill Road, Novato

(415) 899-8290
www.novatoseniors.org