

September is National Senior Center Month!

The Illinois Valley Economic Development Corporation Senior Center professionals are dedicated to helping older adults remain active, engaged and independent in their communities.

Our Senior Centers are a hub for social engagement, mental stimulation, exercise, enrichment opportunities, meals, health education and so much more! They also provide a welcoming space and opportunities to create and develop friendships that give added value to participants' lives. We offer community engagement and intergenerational connections.

When you think of a senior center, you may picture people sitting around playing cards or Bingo; but senior centers are more than just that! Senior centers offer a wide range of services and supports. Our senior centers are the future of what aging can be. Innovative programs hosted at our senior centers can change the perception of aging. We invite you to come join us:

Carlinville Senior Citizens Center 217-854-3622
Silver Strands Senior Center, Palmyra 217-436-2497
Gillespie/Benld Senior Citizens Center 217-839-1399
Jerseyville Senior Citizens Center 618-498-3483
Greene County Senior Citizens Center, Carrollton 217-942-6414

Getting involved in a local senior center is a great way for older adults to combat loneliness. By volunteering and sharing your time & talents, you:

- Solve Problems
- Strengthen Communities
- Improve Lives
- Connect to Others
- Transform Your Own Lives

Research tells us that older people with an active lifestyle:

- Are less likely to develop certain diseases
- Have a longer lifespan
- Are happier and less depressed
- Are better prepared to cope with loss
- May be able to improve their thinking abilities

Other Days of Recognition in September:

September 9th: Grandparents Day

September 22nd: Falls Prevention Awareness Day