



Mountain House Community Services District
Senior Survey Results
March 21, 2024

Senior Activities Survey

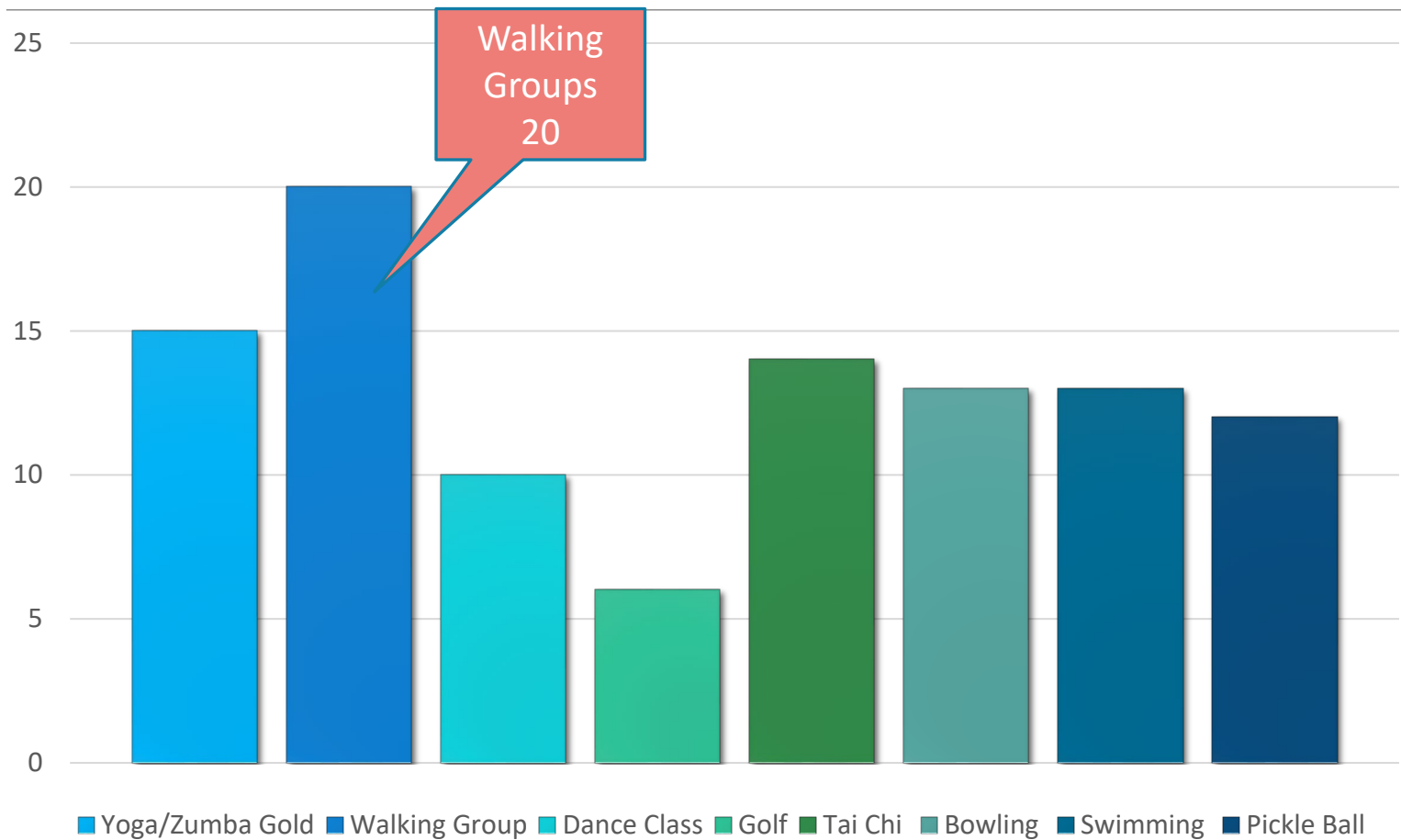
- 30 seniors attended the “Coffee Chat” and shared their ideas for senior programming.
- 26 seniors participated in the online survey.
 - 16 women; 9 Men; 1 unknown
 - 42% 50-59 years old; 42% 60-69; 16% 70-79
- Participants chose as many activities as they wanted within each category.
 - Categories included;
 - Exercise Classes
 - Social Activities
 - Art Activities
 - Educational Activities
 - Entertainment
 - Cultural Activities
 - Health Aging Workshops
 - Maintaining Independence
 - Safety Seminars
 - Outings

Coffee Chat

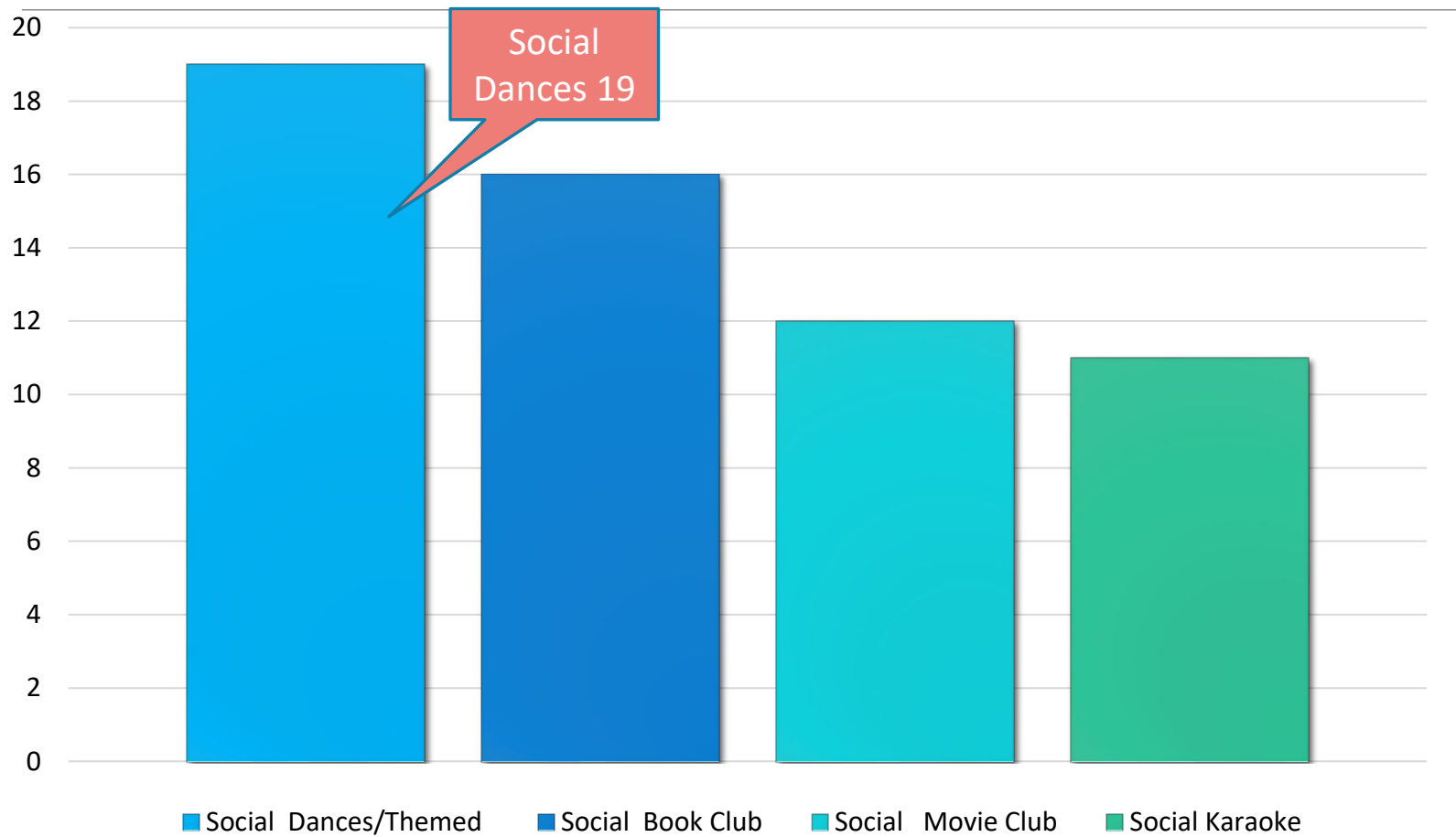


Galaxy S22 Ultra
February 20, 2024 11:54 AM

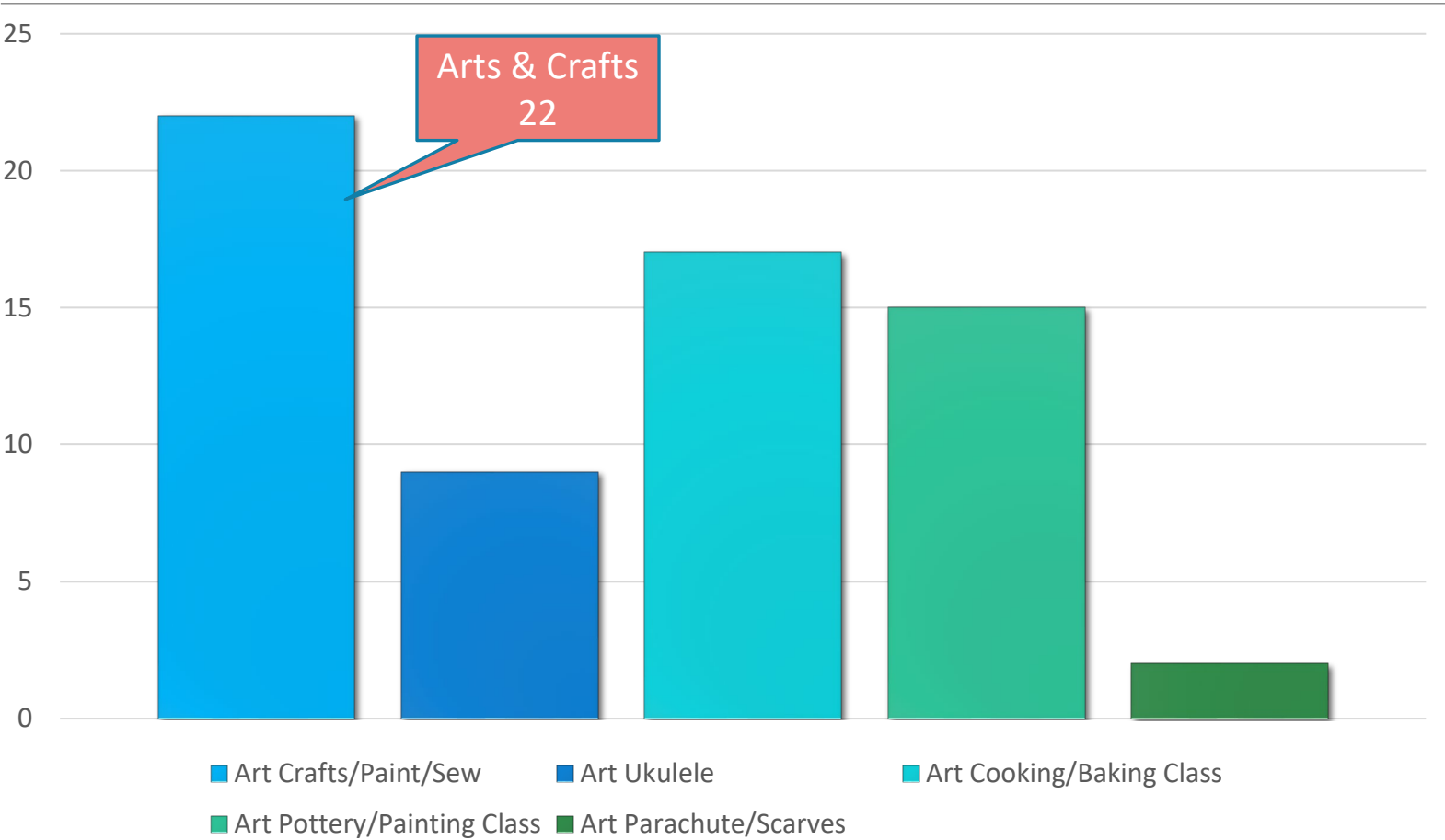
Exercise Classes



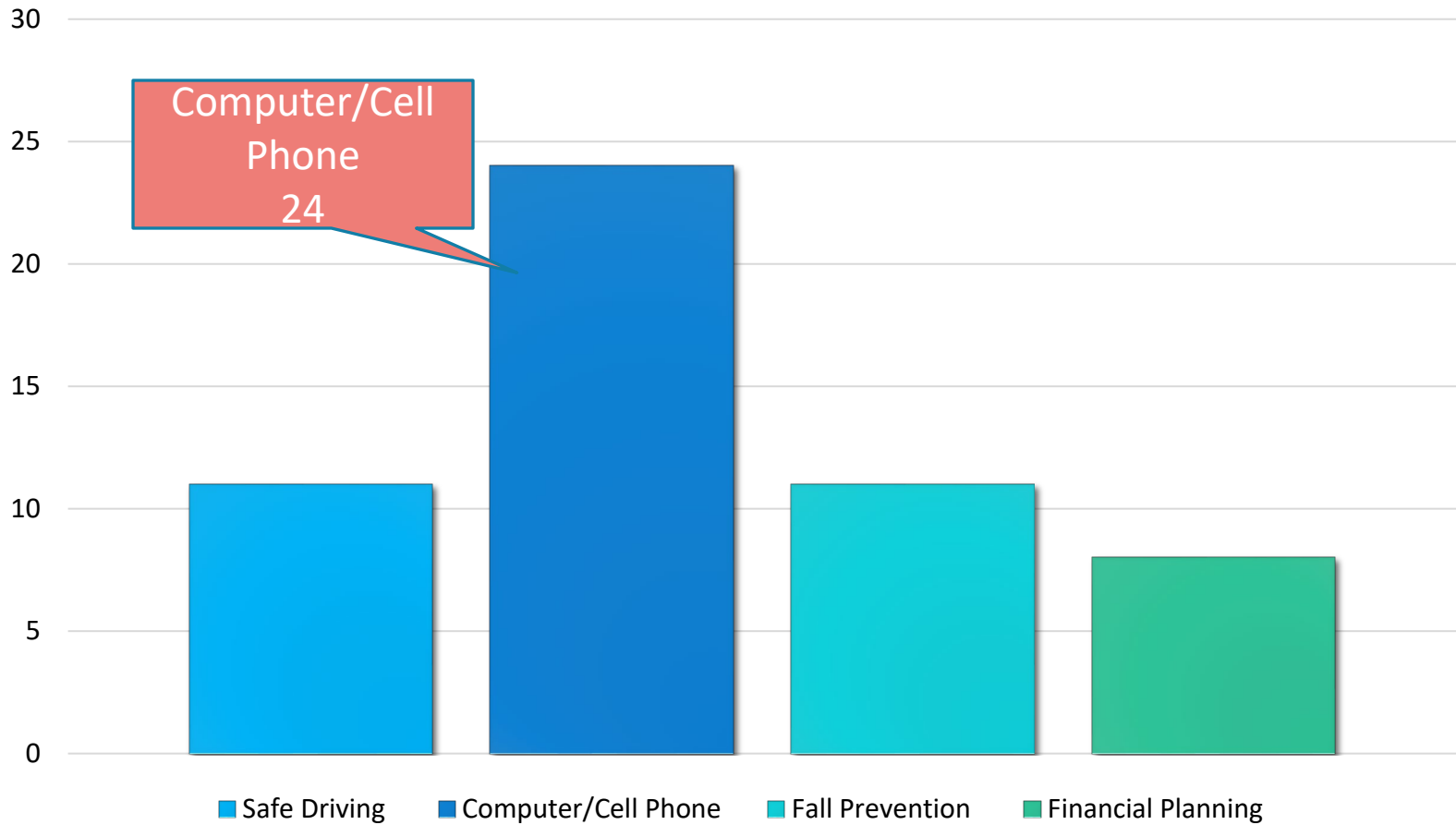
Social Activities



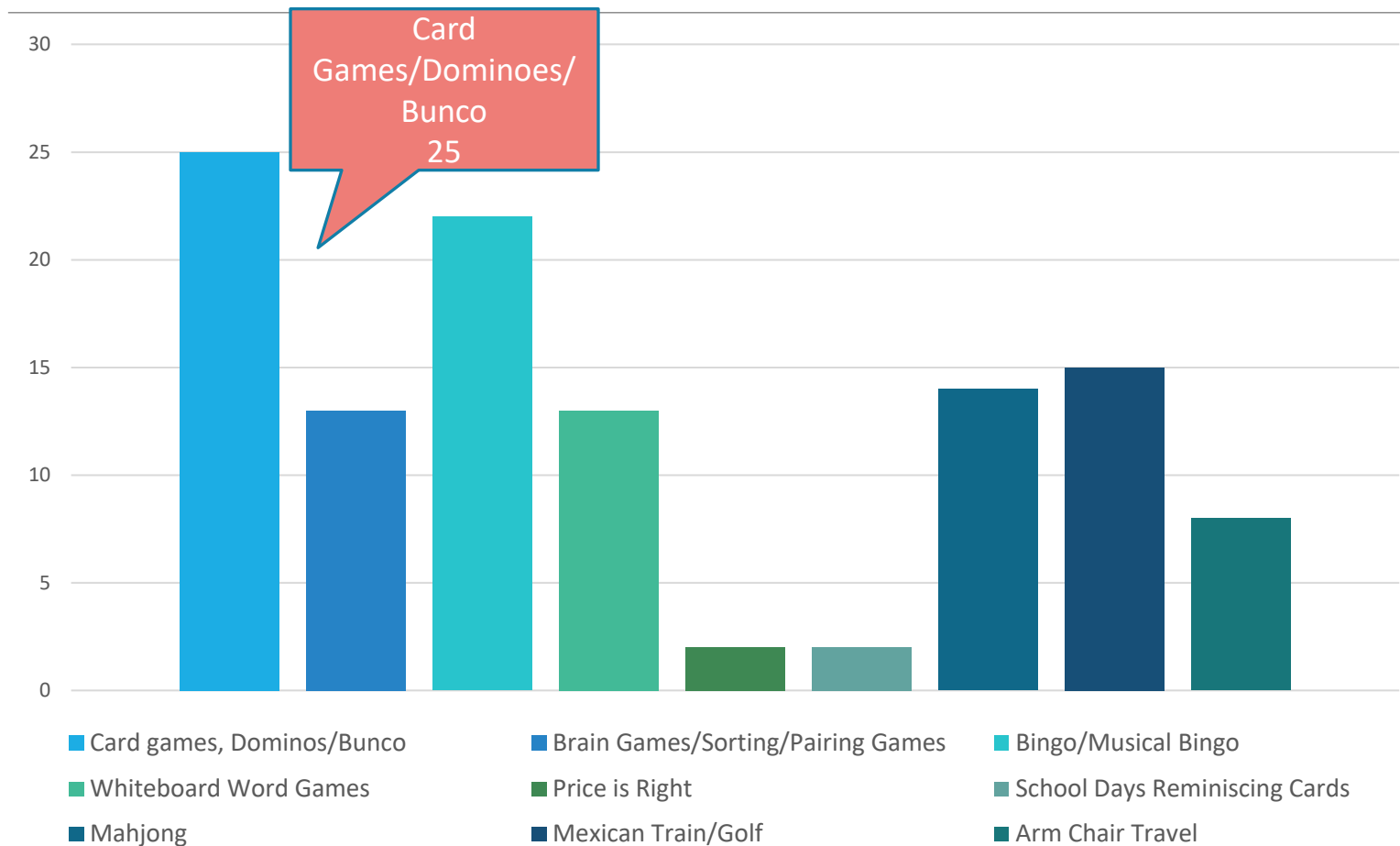
Art Activities



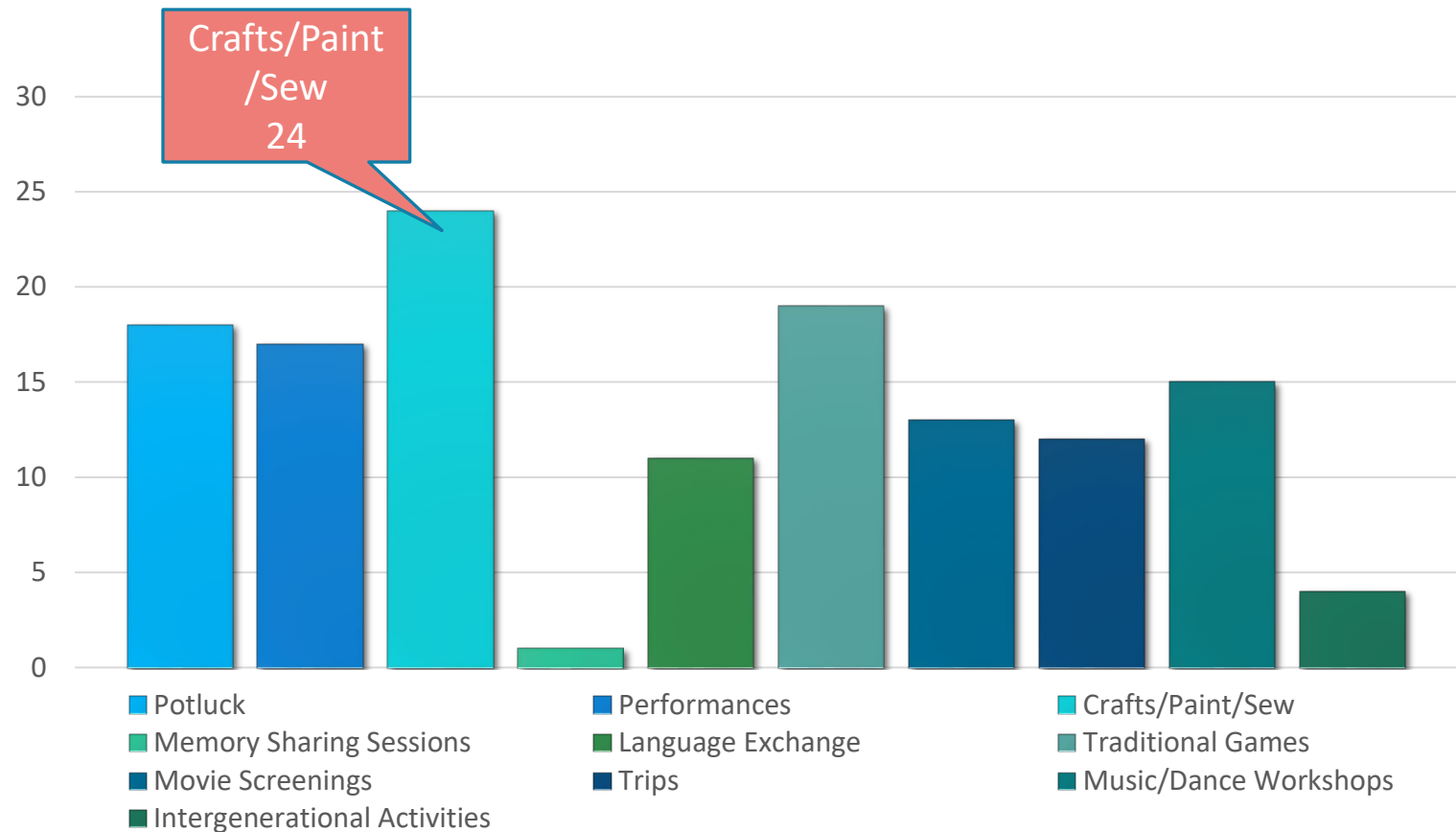
Educational Activities



Entertainment Activities



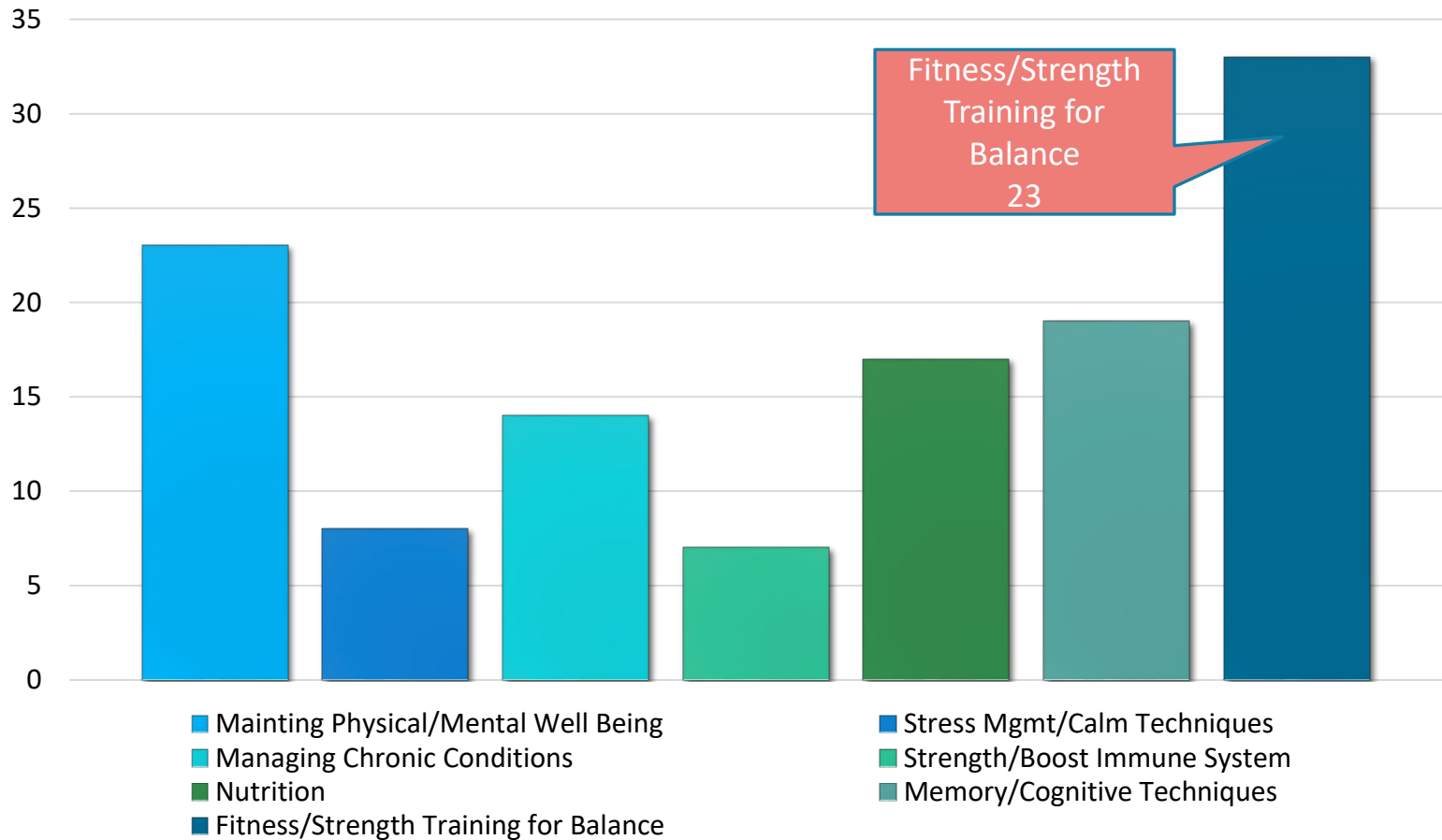
Cultural Activities



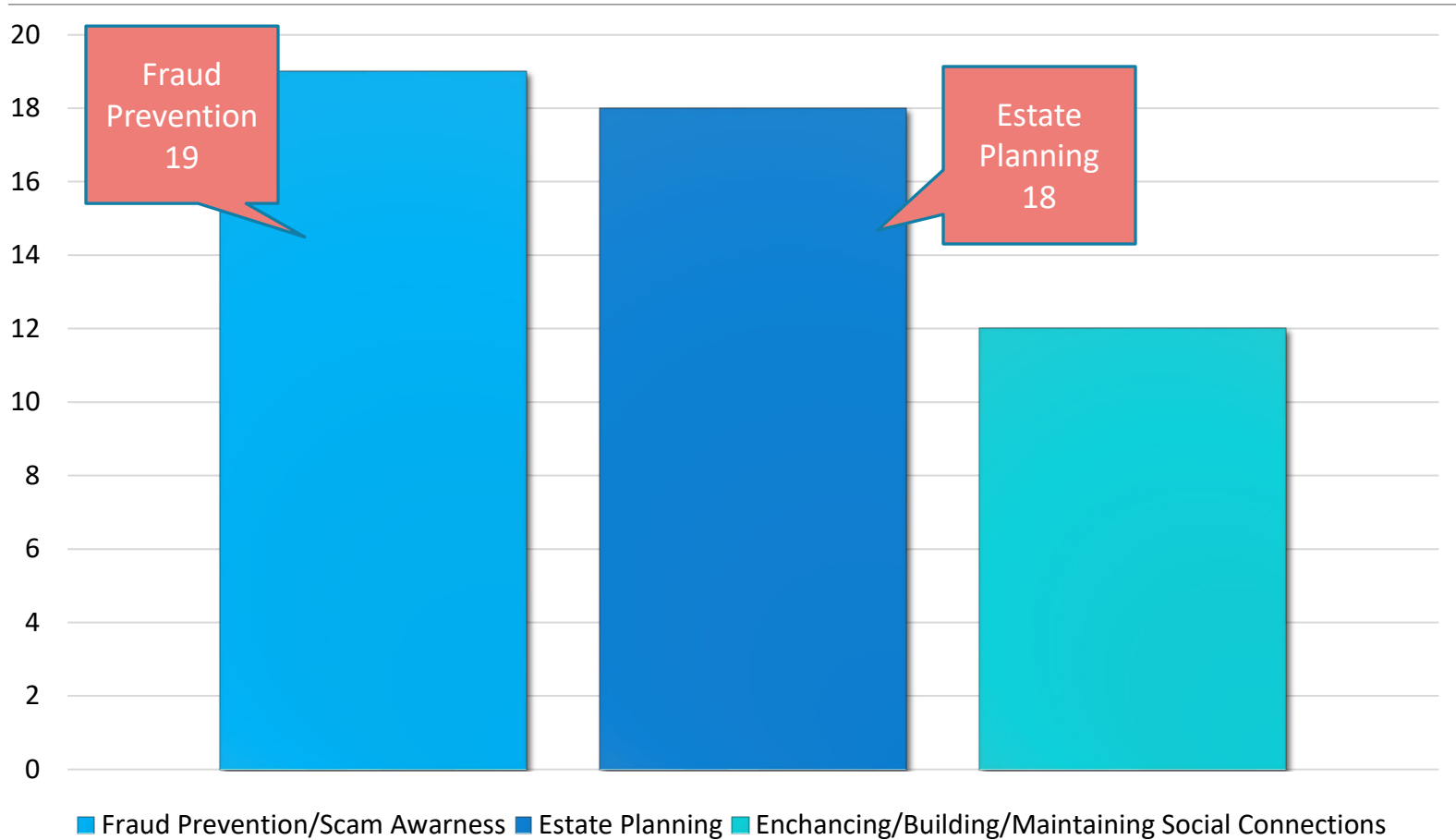
Managing Independence Activities



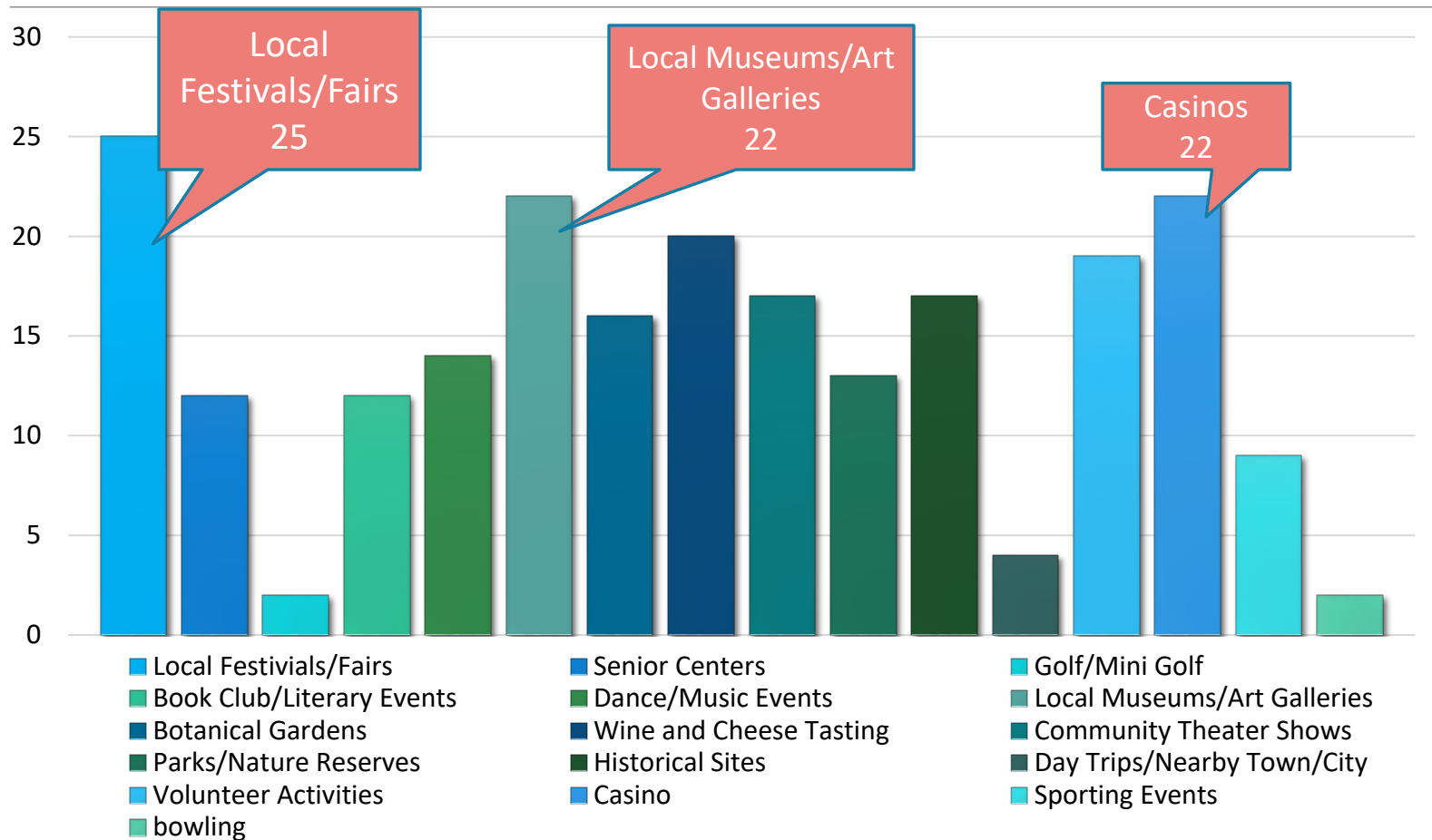
Healthy Aging Workshops



Safety Seminars



Outings



In Summary

The senior community overwhelmingly wants fitness-type classes such as a walking group and strength training. Other interests include Yoga, Tai Chi, bowling, swimming and pickleball.

Participants want to take arts & crafts classes and participate in table games like cards, Bunco and BINGO.

Participants want to go on outings to places like local fairs, museums and casinos were very popular.

Participants also show an interest in learning such as computers and cellphone use and financial planning.



Current Programs and Next Steps

The programs for seniors has been named “Prime Time Seniors.”

Stakeholders include the Vintage Senior group and local seniors.

The Firehouse Community Room has been selected as a centralized location for senior programs.

Fitness and arts-related recreation classes such as Chair Yoga and Art of Water Coloring are part of “Senior Tuesdays” and meet on the 1st and 3rd Tuesdays of the month.

Social activities such as BINGO, games, club activities will be held on the 2nd Monday of the month will be hosted with the “Vintage Seniors.”

Larger events such as the upcoming “Senior Health & Wellness Expo” will be held at the Unity Center.

Staff are working on securing the necessary resources to expand the senior program to meet the needs and wants of the senior community including outings, workshops, and classes.

Thank You

Thank you to all those that attended the Coffee Chat and participated in the online survey.

Your feedback and participation will help staff develop a senior-focused program.