



Serving these Hamilton County residents from the Sycamore office:

- Amberly Village
- Arlington Heights
- Blue Ash
- Camp Dennison
- Deer Park
- Dillonvale
- Evendale
- Gulf Manor
- Indian Hill
- Kenwood
- Kennedy Heights
- Loveland
- Madeira
- Montgomery
- Pleasant Ridge
- Reading
- Rossmoyne
- Sharonville
- Silverton
- Sycamore Township
- Symmes Township

Serving these Hamilton County residents from the Maple Knoll campus:

- Forest Park
- Glendale
- Green Hills
- Lincoln Heights
- Lockland
- Springdale
- Springfield Township
- Wyoming
- Woodlawn

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sycamore
 SENIOR CENTER



live life

Sycamore
 Senior Center

Sycamore and Maple Knoll Senior Services

The mission of the Sycamore Senior Center, including Maple Knoll Senior Services, is to assist older adults to live their lives with independence and dignity for as long as possible in the environment of their own homes. Our mission is achieved through wellness activities, transportation, home-care, nutrition, volunteer and social services. The suggested membership for Sycamore Senior Center is \$20.00 annually. Membership is not required to participate in most of the Center's activities or to receive any service, but your donation helps to underwrite the mission of the Center.

Our newsletter provides up-to-date information on the Center's programs. This publication can be picked up at the Center or mailed to your home. Other opportunities available through the center are listed below:

Social Service

A full-time social service coordinator is on staff and available for the following services:

- Advocacy
- Consultations
- Home Visits
- Information & referral
- Crisis intervention
- Help with chores & errands
- Help with insurance & benefit questions

Maple Knoll Home Health Services

Sycamore Senior Center offers Medicare-certified, home health care to support health and wellness into the home. Services include professional nursing care, physical, occupational and speech therapies, personal care and home making. Please call 513.782.2456 for more information.

Education, Recreation & Fitness

Life Long Learning- Educational programs can enrich your life. It's never too late to learn a new skill or create a masterpiece

Special events are planned throughout the year at Sycamore Senior Center. Join us for parties, dances and entertainment!

Traveling with us can expand your horizons. Enjoy our day trips as well as our longer journeys to all corners of the globe.

The Fitness Center programs promote good health, encourage team spirit and camaraderie. Our professionally equipped Fitness Center is available for members to join annually. Please sign up for an orientation before your initial visit.

Meals on Wheels

The Home Delivered Meals Program provides nutritious meals for homebound older adults who are unable to prepare meals themselves. Volunteers deliver this lunch Monday through Friday with optional meals provided for weekends. Meals are available on a donation or a private pay basis.

A hot nutritious lunch is served from 11:00 AM to 1:30 PM, Monday through Friday at the Sycamore Senior Center. These meals are provided on a suggested donation basis of \$2.50. Or try a selection from our moderately priced deli sandwiches, soups and salads for lunch with friends.



Transportation

Rides are available to:

Medical appointments, Therapy treatments, Social Service appointments, Sycamore Senior Center

Call at least two weeks in advance for an appointment. Rides are scheduled on a first-come, first-served basis. Transportation is provided for a suggested donation. A wheelchair accessible van is also available.

Volunteer Opportunities

- Meals-on-Wheels delivery
- Telephone Reassurance
- Grocery Transportation
- Kitchen Assistants
- Program Instructors
- Computer Instructors
- Office Workers

For more information on Sycamore Senior Center, please contact the center at 513.984.1234 or visit our website at sycamoreseniorcenter.org