

sycamore
SENIOR CENTER

Live Life
Your Way
with The Sycamore Senior Center

Everyone over 55 is welcome to join Sycamore Senior Center and participate in our programs.

Get involved today!

We are proud members of Meals on Wheels America[®].

We provide Meals on Wheels and Transportation services to the following Hamilton county residents:

- Amberley Village
- Arlington Heights
- Blue Ash
- Brentwood
- Camp Dennison
- Deer Park
- Dillonvale
- Evendale
- Forest Park
- Glendale
- Golf Manor
- Green Hills
- Indian Hill
- Kennedy Heights
- Kenwood
- Lincoln Heights
- Lockland
- Loveland
- Madeira
- Montgomery
- Mt. Healthy
- New Burlington
- Northbrook
- Northgate
- Pleasant Run
- Reading
- Rossmoyne
- Sharonville
- Silverton
- Springdale
- Springfield Township
- Sycamore Township
- Symmes Township
- Woodlawn
- Wyoming

We invite you to call or stop in today to see the programs and services we offer to older adults at home so you can Live Life your way!

Sycamore Senior Center

The Sycamore Senior Center is a focal point in Southern Ohio for programs designed for older adults. Our mission is to stand as a foundation for older adults to live their lives with independence and dignity for as long as possible in their own homes. A wide array of stimulating activities allow for outstanding opportunities for social, intellectual and volunteer experiences.

Membership is open to Individuals age 55 and older. Annual dues are \$30 or \$50 for a couple.

Maple Knoll Communities, a nonprofit organization with 168 years of experience serving older adults, operates the Sycamore Senior Center. The Center is nestled in the Blue Ash community with a satellite office on the Maple Knoll campus. Not only does the center assist you in your everyday life, it also sets as a background for new friendships to begin and existing ones to flourish.

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



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 homemaking. Please call 513.782.2456 for more information.

Education, Recreation & Fitness

There is something for everyone at The Sycamore Senior Center! Center programs include education, health screenings, exercise and wellness programs, travel, social activities, computer training and more. You can participate in Life Long Learning- Educational programs to enrich your life. The Sycamore Art Studio and Computer Lab allows members to learn a new skill or create a masterpiece. Special events are planned throughout the year at Sycamore Senior Center which allow you to join us for parties, dances and entertainment!

Traveling with us can expand your horizons. As a member you can 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.

If you don't see a program you want them talk to us about creating it!



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. The Meals on Wheels program now delivers over 300 meals each day to the homebound elderly in 17 communities.

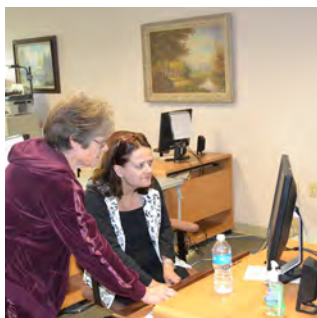
A hot nutritious lunch is served from 11:00 AM to 1:30 PM, Monday through Friday at the Sycamore Senior Center. These meals are provided on a suggested donation basis of \$3. Or try a selection from our moderately priced deli sandwiches, soups and salads for lunch with friends.

Transportation

Rides are available to Medical appointments, Therapy treatments, Social Service appointments, Sycamore Senior Center and other vital stops.

Volunteer Opportunities

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





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sycamoreseniorcenter.org