



# Bexley Senior Center

*Be Active. Be Curious. Be Engaged.*

## 2024 Senior Center Update

The Bexley Senior Center opened in its current, temporary location at 420 N. Cassady Ave. in February 2022.

For 30+ years, senior programming was managed by the Bexley Activities Club (BAC), with support from a recreation department staff member. Most activities took place offsite, focusing on travel and day trips with occasional classes at Jeffrey Mansion.

After moving all senior operations under the rec department and opening a physical location, programming and participation increased dramatically. Membership continues to rise as we offer a wide variety of classes, events, and activities.

### Membership

Bexley Senior Center Membership reached **316** in 2024.

- Membership has increased 27% since 2022.
- 65% of members participate in at least one activity on a monthly basis, and there has been a ~10% increase in participation of classes year over year.

### Programming

We offer a wide variety of programs, activities, and classes at the senior center, as well as day trips to other areas in Central Ohio and around the state.



While classes and programs vary, below is a snapshot of a typical week:

<b>Monday</b>	<b>Time</b>	<b>Activity</b>	<b>Location</b>	<b># of Participants</b>	<b>Notes</b>
	9 a.m.	Chair Yoga	Senior Center	13	
	9 a.m.	Tai Chi	Jeffrey Mansion	8	
	10 a.m.	Walking Club	Senior Center, then offsite	14	
	10:30 a.m.	Tai Chi	Senior Center	10	
	12:30 p.m.	Mah Jongg	Senior Center	20	Members play until 4:30 p.m.
<b>Tuesday</b>	<b>Time</b>	<b>Activity</b>	<b>Location</b>	<b># of Participants</b>	<b>Notes</b>
	9 a.m.	Circuit Fitness	Senior Center	6	
	10 a.m.	ForeverFit	Senior Center	18	
	12 p.m.	Monthly Luncheon	Jeffrey Mansion	50	
	2 p.m.	Art Healthy	Senior Center	8	
<b>Wednesday</b>	<b>Time</b>	<b>Activity</b>	<b>Location</b>	<b># of Participants</b>	<b>Notes</b>
	9 a.m.	Gentle Yoga	Senior Center	10	
	9 a.m.	Tai Chi	Jeffrey Mansion	8	
	10 a.m.	Walking Club	Senior Center, then offsite	14	
	1 p.m.	Euchre	Senior Center	20	Held the 1st and 3rd Wednesdays
<b>Thursday</b>	<b>Time</b>	<b>Activity</b>	<b>Location</b>	<b># of Participants</b>	<b>Notes</b>
	9 a.m.	Circuit Fitness	Senior Center	6	
	10 a.m.	ForeverFit	Senior Center	18	
	10:30 a.m.	Mystery Lunch	Senior Center, then offsite	22	
	2 p.m.	Book Club	Senior Center	12	Held once per month
<b>Friday</b>	<b>Time</b>	<b>Activity</b>	<b>Location</b>	<b>Number of Partici</b>	<b>Notes</b>
	9:30 a.m.	Balance & Fall Prevention	Senior Center	8	
	1 p.m.	Podcast Group	Senior Center	8	Held once per month
	5 p.m.	Happy Hour	Senior Center	20-30	Held the 1st and 3rd Fridays
<b>Saturday</b>	<b>Time</b>	<b>Activity</b>	<b>Location</b>	<b>Number of Partici</b>	<b>Notes</b>
	10 a.m.	Tai Chi	Senior Center	10	
<b>Sunday</b>	<b>Time</b>	<b>Activity</b>	<b>Location</b>	<b>Number of Partici</b>	<b>Notes</b>
	4 p.m.	Reiki	Senior Center	10	

When a class is only scheduled once or twice per month, we often fill that open weeks with another program. Most recently we partnered with the Bexley Public Library to offer WITS Workouts (brain teasers, exercise for the brain, etc.) Other examples include arts and crafts projects, lunch and learns, and one of our most valuable new programs of 2024, Sole Solutions.

Sole Solutions offers nurse provided foot care. The appointments offer foot education, nail trimming and filing, and evaluation of shoes, gait, and other factors that may cause foot issues as we age.



## Monthly Luncheons

We moved our monthly luncheons to Jeffrey Mansion in 2024. Previously they were held at the Berwick Party House. Members are enjoying using the Carriage Court and staying within Bexley for these lunches. There has been steady increase in attendance, anywhere between 35-60 participants. During the summer months, the lunches are more casual and moved to the senior center due to Jeffrey Summer Camp.



## Looking Ahead to 2025

### Membership

2025 Memberships became available for purchase online on December 1.

- Just in the first two days, three new members joined while 19 others renewed.
- Our membership goal is 350.

### Programming

We plan to continue to offer all of the current classes and activities while adding additional programs, and may utilize Jeffrey Mansion as an overflow. New programs already planned for 2025 include:

- **ABCs of International Cuisine:** This is a spin on our popular mystery lunches for our more adventurous eaters! We will be visiting various ethnic restaurants once per month.
- **Bingocize:** A socially engaging, group-based program that combines exercise, health education, and, of course, bingo!
- **Zentangle:** The art of Zentangle encourages mental clarity while promoting relaxation. Each tangle, or doodle, is created with a series of lines that form stunning designs.

### Community Partnerships

We also plan to continue to build on our strong community partnerships with organizations such as OSU Extension, the Central Ohio Area Agency on Aging, Bexley Police Department, Bexley Public Library, and senior living facilities. Some examples include:

- Hosting a technology workshop with the library
- Offering presentations about how to remain safe in the community with the police department
- Serving as a CarFit location with COAAA to promote safe driving



## Future of 420 N. Cassady Ave.

Although we have always known our current location would be temporary, the members have embraced it and truly feel ownership of the space.

We have been working closely with The Community Builders as they work through their development plans to ensure the first floor of the proposed apartment building would be an adequate location for a permanent senior center.

If the plan comes to fruition, we will need another temporary location. Some of the daytime classes and activities can be moved to Jeffrey Mansion, but we will require another location to continue offering adequate programs for seniors in our community.

