

2013 Marlborough New Senior Survey

Dear Senior Center Participants and Interested Residents over 60,

As the Council on Aging Director, I am requesting that you consider filling out this survey about your interests and why you would come to a new senior center. Your information will be read, valued and help guide in the programmatic make-up of our new center. With your participation in this survey, we have a great opportunity to design a new center that best meets the needs of our deserving seniors in our Marlborough community. Please mail or drop off your survey at: Marlborough Senior Center, 250 Main Street, Marlborough, MA. 01752, Attn: New Senior Center.

Thank you,

Jennifer Claro, Marlborough Council on Aging Director

508-485-6492, ext. 13

Please rate the following programs/activities:

Please check (✓) only ONE box per line	Very Important	Moderately Important	Not Important
Arts & Crafts Classes			
Educational Programs			
Entertainment Events			
Fitness Program			
Games and Social Activities			
Health Services			
Meal Programs			
Opportunity to meet with other seniors in the community			
Seminars on Senior Issues			
Trips			

Please let us know how often you attend each of the following specific programs events and activities. Again please check (✓) only ONE box per line

Programs	Attend	Often	Occasionally	Never	Attend
<u>Fitness Program</u>					
30 Cardio/30 Muscle Strengthening (Boot Camp)					
Aerobics					
Chair Yoga					
Floor Yoga					
Tai-Chi					
Walking Club					
Wayside WaterAerobics					
<u>Arts & Crafts Programs</u>					
Acrylic Painting Classes					
Friday Craft Time (monthly)					
Knitting/Crochet					
Water Color Painting Classes					

Please turn over

Please let us know how often you attend each of the following specific programs events and activities. Again please check (✓) only ONE box per line

Programs	Attend			
	Attend	Often	Occasionally	Never
<u>Educational Programs</u>				
Book Club				
Computer Club				
ESL Classes				
Legal Clinics				
Personal Safety Seminars				
<u>Social Groups</u>				
Bingo				
Cribbage				
Mahjong				
Pitch				
Movie Time				
<u>Meal Events</u>				
Monday's Blue Plate Special Lunches				
Epicurean Room Lunches/Events				
Holiday Dinner Events at the Senior Center				
Holiday Dinner Events outside of the Senior Center				
<u>Health and Wellness programs</u>				
Hand Waxing				
Health Fair				
Healthcare Seminars (Fallon, BCBS, Tufts, etc.)				
Healthy Eating/Snacking Seminars				
Wellness Clinic (Nurse)				
<u>Trips</u>				
Day Trips				
Overnight Trips				

What other programs, activities, events or services would you like to see offered at the new senior center? *

Is there any other helpful information that you would like to share concerning the new Marlborough Senior Center? *

* Please feel free to write any additional comments on a separate piece of paper and attach before sending

Thank you for your input on this important and exciting project!