



## The Lakeland Activity Center for Seniors

A Program of Catholic Charities of Central Florida



The Lakeland Activity Center for Seniors promotes health and wellness through nutrition, socialization, activities and education. The center provides opportunities to meet other seniors in the area, become more informed on health issues, and learn about resources available to seniors in the community.

*“It’s so fun to socialize over here with our friends.”*

*Laura Velasco, participant at the Lakeland Activity Center*

We offer a wide range of programs including:

- Exercise classes
- Card games
- Arts and craft classes
- Health and educational presentations
- Day trips
- Musical entertainment
- Computer assistance
- Bingo, two afternoons every week

We also offer lunch for seniors 60 and older, every day at 11:30 a.m. The cost is only \$1. The meal is provided through our partner, Polk County Fellowship Dining.

## How to Help

- 1) Volunteer to teach a class to the seniors
- 2) Donate household items, small appliances, and new and used clothing.

## Our Mission

Catholic Charities of Central Florida provides vital social services to people in need regardless of their religious, social or economic background, to improve lives of individuals, families and the community.

IN PARTNERSHIP WITH:

