



**AFTER LUNCH ON THURSDAY**, Henry Edgett (above) sat down to enjoy a copy of *The Oberlin Herald*. On Friday morning, Fern Moore (below left) and Kay Gaskill (below right) took part in an exercise class at the senior center.



## Senior center offers food, fun, friendship

It's a good spot to go for lunch or to spend a quiet afternoon — a place sort of halfway between your favorite diner and the library. Welcome to the Golden Age Center and meal site.

Monday through Friday, anywhere from a dozen to 50 seniors gather for lunch and news in the west end, or "meal site" area, of the center. A donation of \$3 per person is suggested for seniors and a price of \$5.25 for those under 60.

The meals are set up by a nutritionist in Hays, cooked in Atwood and served by volunteers.

On Thursday, 13 people filled tables to enjoy sloppy joes, pea salad and oven-baked tater tots. The average is 17, said Helen Gee, manager of the meal site.

"It just depends on the meal," she added. Most of the diners are retired and many live alone. The site also sends out about 20 meals a day to those who can't make it in.

Each diner cleaned their own plate and volunteers cleaned up the area and took out the trash.

The center is open Monday through Friday from 9 a.m. until 4 p.m., but Mrs. Gee said she usually gets in by 8:30 a.m. to open up and get lunch set up.

Dorothy Moore, who runs the senior center in the east end of the building, usually stays until 4:30 p.m. or so.

Each day after lunch, the action moves to the senior center as card players set up their tables for bridge, pitch or pinochle. At least one jigsaw puzzle is laid out

and newspapers and magazines are available in a coffee table next to a couch and several rocking chairs.

Coffee, tea, water and snacks are available to anyone who wants them.

Besides the daily card game, the center has specialty games on Tuesdays and a quilting frame awaits Monday seamstresses.

Many special services are offered each month, including a foot-care clinic on the second Thursday and blood pressure checks on the second Monday.

Each Monday, Wednesday and Friday, a step exercise class draws seniors to stretch and work out with others. A sitting-only exercise class is planned, organizers said.

Besides the senior activities, the center is available to the community, and the Oberlin Gymnastics Club meets there at 4:15 p.m. each Monday.

Ms. Moore handles scheduling and rentals for the facility, which include everything from the annual Chamber of Commerce banquet to community meetings and birthday parties. The hospital held a meeting there Monday.

No alcohol or tobacco use is allowed in the facility.

While Ms. Moore is paid by the county and Mrs. Gee by the state Department of Aging, most of the help at the center is volunteer.

"We have great volunteers," Ms. Moore said. "We're a volunteer group."

— Story and photos by Cynthia Haynes



**ADDING A FEW MORE PIECES**, Neil Marshall (above) worked on a jigsaw puzzle on Thursday and Kelva Dryden (left) played pitch on Wednesday.