

## WHAT IS THE AGING UP COMMUNITY CENTER?

The Wilmington Savings Bank Clinton County Aging Up Community Center is a multipurpose recreational facility that operates under the auspices of the Clinton County Community Action Program. We are dedicated to helping all seniors of Clinton County to enhance their quality of life through programs of socialization, nutrition, education, recreation, transportation, and health.

## MEMBERSHIP

Though you can attend the Community Center without becoming a member, you will miss out on some of the perks of joining. Membership dues are \$30 annually and provide seniors with a monthly newsletter, access to the exercise rooms and discounted facility rental.

A place for HELP



A place for YOU

## HOURS OF OPERATION

**Monday** | 8:00 AM - 4:30 PM

**Tuesday** | 8:00 AM - 4:30 PM

**Wednesday** | 8:00 AM - 4:30 PM

**Thursday** | 8:00 AM - 4:30 PM

**Friday** | 8:00 AM - 4:30 PM

**Saturday** | CLOSED

**Sunday** | CLOSED

## CONTACT US

[clintoncap.org](http://clintoncap.org)

717 North Nelson Avenue  
Wilmington, OH 45177

**Phone:** (937) 382 - 7170

**Fax:** (937) 382 - 0405



@ClintonCountyCAP



@ClintonCCAP



of Clinton County  
Supported Agency



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WILMINGTON SAVINGS BANK  
CLINTON COUNTY

**AGING UP**  
COMMUNITY CENTER



# OUR MISSION

We strive to provide the linkage to meet the needs and requests of older adults for services and leisure activities, as well as socialization. Senior activities should be participant driven and participant led to encourage senior independence and senior choice. Our Senior Center strives to provide a variety of quality programs offered at flexible hours to meet the needs of our members. In order to strengthen our mission, we will strive to attract younger participants and promote fiscal responsibility to senior center operation.

## THE SENIOR INFORMER

The Senior Informer is our monthly newsletter that is mailed out to your home at the beginning of each month. It provides information regarding upcoming events, activities, and each month's luncheon calendar. It is also available online at [www.clintoncap.org](http://www.clintoncap.org).

## WELLNESS ACTIVITIES

Staying active and being among friends is a necessity of life for people of all ages. This is just as true for older adults. Here at the Community Center, we offer a wide range of group activities to ensure that our members are given the opportunity to maintain both their physical and mental health. The following are some examples of the types of activities that the center has to offer:

- Fitness Classes
- Chair Volleyball
- Pool Tables
- Walk Club
- Corn Toss
- Line Dance Classes
- Card Games



## DAILY LUNCH

We offer Congregate Dining, a Title III lunch program that provides 1/3 the daily recommended nutrition for an older adult. The lunch is served at 11:30 for a suggested donation of \$2.50. Reservations are required in advance and can be made in person or by calling (937) 382-7170. A la carte meals may also be purchased from 11:30 a.m. - 12:30p.m.

## HOME DELIVERED MEALS

We are a provider of Home Delivered Meals through the Elderly Services Program as well as the Passport and My Care Ohio Programs.

## SUPPORTIVE SERVICES

We are your resource for current information of Social Security, Medicare, and Medicaid. We have an OSHIP (Ohio Senior Health Insurance Program) volunteer on staff who can answer most questions. We assist with program applications, Medicare prescription cards, Patient Assistance Programs, Advanced Directives, as well as supplemental insurance. Under certain circumstances, we offer assistance for special needs clients. Call (937) 655-2151 for more information.

## TRANSPORTATION

We operate 5 minivans to transport seniors throughout the county. Transportation requests should be placed 24hrs in advance if possible. There is no set fee, but donations are suggested. Call (937) 382 - 7170.

## HOMEMAKING

We are a provider of Homemaking Services through the Elderly Services Program. We also operate Clinton Maid-a-for-hire cleaning service. For more information, call (937) 655-2164.