



2022 Senior Center Program Survey

We strive to provide informative, educational and quality programs and activities. Annually we survey participants and non-participants for program requests and ideas. Your input will be used for program planning for the next 12 – 18 months.

Name: _____ Phone: _____

Gender Male Female

Age: 50-59 60-69 70-79 80-89 90-99 Other _____

Do you visit The Shepherd's Center on a regular basis? Yes No

If Yes, how often so you visit? Daily 2-4 times a week once a week
 2-3 times a month once a month Other: _____

If you do not visit the center on a regular basis, please let us know the reason(s) why:
 Not a senior Do not have transportation Do not know much about it
 Do not think anything there would interest me Too busy Other _____

What is your primary source of transportation? Personal car Family member brings me
 Carpool Public transportation Walking Other _____

Which days and times are better for you to attend programs? *You may check more than one*
 Monday Tuesday Wednesday Thursday Friday Saturday
 8:30-10am 10am-12 Noon 12-2pm 2-4 pm 4-6 pm After 6pm

Here is a list of our CURRENT Regular Programs and Services. Please check those activities you either attend or are interested in attending.

- | | |
|---|---|
| <input type="checkbox"/> Acoustic Jam Session | <input type="checkbox"/> Needle Arts |
| <input type="checkbox"/> American Sewing Guild | <input type="checkbox"/> Notary |
| <input type="checkbox"/> Basket Weaving | <input type="checkbox"/> Pinochle |
| <input type="checkbox"/> Bingo | <input type="checkbox"/> Quilting |
| <input type="checkbox"/> Books Ignite! Book Club | <input type="checkbox"/> Rubber Stamping |
| <input type="checkbox"/> Bowling | <input type="checkbox"/> Rubber Stamping |
| <input type="checkbox"/> Bridge | <input type="checkbox"/> Medicare Insurance Counseling & Enrollment (SHIIP) |
| <input type="checkbox"/> Caregiver Support Group | <input type="checkbox"/> Sit-n-Sew |
| <input type="checkbox"/> Computer lab | <input type="checkbox"/> Square Dancing |
| <input type="checkbox"/> Financial Counseling | <input type="checkbox"/> Stretch & Flex |
| <input type="checkbox"/> Games & Conversation | <input type="checkbox"/> Tai Chi |
| <input type="checkbox"/> Hand & Foot | <input type="checkbox"/> Tatting |
| <input type="checkbox"/> Income Tax Preparation | <input type="checkbox"/> Watercolor Lessons |
| <input type="checkbox"/> Legal Consulting | <input type="checkbox"/> Watercolor Open Studio |
| <input type="checkbox"/> Line Dancing Lessons | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> Mah Jongg | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Medical Equipment Loan | _____ |
| <input type="checkbox"/> Mental Health Counseling | _____ |
| <input type="checkbox"/> Movie Day | _____ |

Is there a class or program you, or someone you know, would be willing to teach or lead?

Yes, I (or someone I know) can teach or lead the following programs or activities:

PLEASE CONTINUE SURVEY ON NEXT PAGE

Listed below are special classes, games and programs which are or can be offered if there is sufficient interest. Check all that peak your interest.

If you check "Other", please state the type of program you would like to see offered.

ENRICHMENT

- Beauty & Fashion
- Bird Watching
- Civic - Local and State Updates/News
- Cooking/Baking
- Finance
- Gardening - vegetables
- Gardening - flowers
- History - Local
- History - State
- Home Decorating
- Home Maintenance
- Home Safety
- Pets/Pet Care
- Science
- Space Exploration
- Writing
- Other _____

HEALTH, FITNESS & WELLNESS

- Acupuncture
- Allergies
- Arthritis
- Cardiovascular Health
- Dental/Oral Health
- Dermatology/Skin Health
- Diabetes
- Diet & Weight Loss
- Essential Oils
- Exercise Classes
Type: _____
- Foot Care
- Health Screenings
Type: _____
- Hearing Loss
- Holistic Medicine
- Meditation
- Mental Health
- Sleep/Sleep Apnea
- Visual Health
- Walking Club
__ Morning
__ Afternoon
- Other _____

ART/CRAFTS

- Acrylic Painting
- Crochet Lessons
- Jewelry Making
- Knitting Lessons
- Macramé
- Paper Crafts /Scrapbooking
- Quilting Lessons
- Seasonal Crafts
- Sewing
- Watercolor Lessons
- Wreath Making
- Other _____

CULTURAL

- Movies
__ at the Center
__ at a Theater
Genre/type: _____
- Cultural Awareness
- Dance Classes
Type: _____
- Live Performances
__ Music __ Dance
__ Theater
- Participating in a Choir
- Other _____

DAY TRIPS

- Museums
- Restaurants
- Historic Sites
- Shopping
- Art Gallery/Shows
- Craft Fair
- Dinner Theater
- Musical Performances
- Local Attractions
Where? _____

GAMES

- Board Games
- Table Tennis/Ping Pong
- Chess
- Checkers
- Dominoes
- Rook
- Samba
- Shuffleboard
- Other _____

SOCIAL EVENTS

- Holiday Parties
- Covered Dish Luncheons
- Catered Lunches
- Book Signings
- Socials
- Catered Dinner
- Dances
- Live Music
- Disc Jockey/Karaoke
- Other _____

ADDITIONAL SPACE FOR MORE INPUT REGARDING CLASSES AND PROGRAMS YOU WOULD LIKE TO SEE US OFFER:

Thank you for completing this program survey. Please return it to Lisa or Debbie in person (636 Gralin St., Kernersville) or by mail (PO Box 2044, Kernersville, NC 27285) by February 28.