

## SENIORS OF SARTELL SURVEY

In order to make our community an even friendlier place for older adults, the Sartell Senior Connection has been meeting on a regular basis to determine what more could be done. The result has been an overwhelming support for the development of a decentralized senior center program for the city. A steering committee has been formed to lead in the development of such a program. It is important to find out what you think we should include that would be of interest to you. The following are only suggestions for your consideration. Please check all that interest you. Add your suggestions for other activities. Please fill out this questionnaire and drop off or mail to Sartell City Hall.

### EDUCATION:

- AARP Driver Safety Program
- Language Classes  
What language \_\_\_\_\_
- Humanities (Discussion Groups)
- Women Sharing Wisdom
- Book Club
- Music  
Specifically: \_\_\_\_\_
- Foster Grandparents
- Health Issues  
Your Concern \_\_\_\_\_
- Estate Planning
- Living Wills
- Other \_\_\_\_\_

### PHYSICAL:

- Exercise Class
- Balance Training
- Pilates
- Tai Chi
- Stretching Exercises
- Yoga
- Swimming
- Men's Health
- Women's Health
- Wellness Clinic
- Weight Control
- Nutrition
- Hearing Aid Clinic
- Other \_\_\_\_\_

### PERSONAL SAFETY:

- Crime Free Housing
- Identity Theft
- Internet Safety

### CREATIVE:

- Craft Classes  
Which Craft? \_\_\_\_\_
- Dance Instruction
- Knitting/Crochet
- Painting  
  
Which type? \_\_\_\_\_
- Other \_\_\_\_\_

### FUN AND GAMES:

- Bingo
- Board Games  
Examples \_\_\_\_\_
- Cards Games  
Examples \_\_\_\_\_
- Concerts  
Examples \_\_\_\_\_
- Cultural Events  
What Kind? \_\_\_\_\_
- Travel  
Destinations \_\_\_\_\_

### CLUBS/ORGANIZATIONS:

- AARP
- Book Club
- Red Hat Society
- Creative Writing/Life Story
- Other \_\_\_\_\_

### SUPPORT GROUPS:

- Mended Hearts
- Sleep Apnea
- Depression
- Grief
- Caregiver
- Other \_\_\_\_\_

ADDITIONAL INFORMATION:

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

My age is: 55 to 65 \_\_\_\_\_, 65 to 75 \_\_\_\_\_, 75 to 85 \_\_\_\_\_, Over 85 \_\_\_\_\_

Do you have special transportation needs? \_\_\_\_\_

Do you currently participate in another Senior Center Program? Yes \_\_\_\_\_, No \_\_\_\_\_

What program(s) are you currently involved with there? \_\_\_\_\_

Other Comments and/or suggestions: \_\_\_\_\_

\_\_\_\_\_

Suggestions for presenters/facilitators/leaders of activities for Sartell Seniors \_\_\_\_\_

\_\_\_\_\_

Survey completed by:

Name \_\_\_\_\_ Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

YOU ARE INVITED TO JOIN ACTIVITIES ALREADY TAKING PLACE:

- Coffee and conversation every Thursday morning 9:00 - 10:00 at Paula's Cafe
- Lunch (\$5.00) and activities at Country Manor Apartments
- Sartell Senior Connection meetings 2<sup>nd</sup> Tues. of each month from 2:00 – 4:00PM at Sartell City Hall

Bring this form to the Sartell City Hall or mail to:  
Therese Haffner, Sartell City Hall, 125 Pine Cone Rd North PO Box 140, Sartell, MN 56377

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