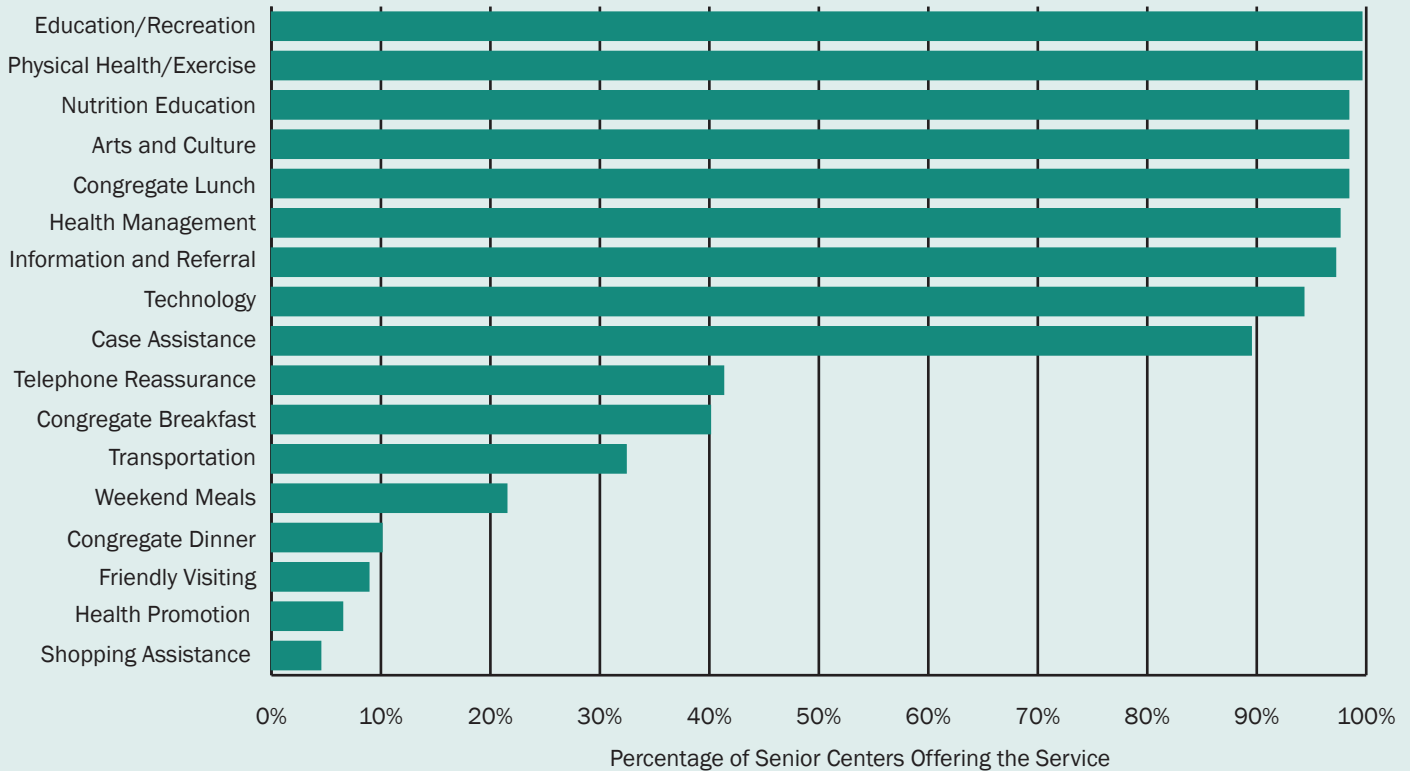


## What Services Are Provided by New York City's Senior Centers?

The New York City Department for the Aging spent about \$110 million in fiscal year 2017 to support programs at nearly 250 senior centers throughout the city. Senior center membership is free and open to anyone age 60 or older. Last year, the average daily attendance at the city's senior centers was about 29,000. Centers vary widely in size, with average daily attendance ranging from 25 to 515, and the programs available vary from center to center. A bill recently introduced in the City Council would require the Department for the Aging to report annually on services, attendance, costs, and other information at each center.

### Services Provided by Senior Centers in 2017



SOURCE: Department for the Aging

NOTES: Percentages based on 247 centers that provided service data for 2017. Excludes services funded by City Council discretionary funds.

- There are seven core services that are offered by virtually all senior centers. These include educational classes and group recreational trips, physical health and exercise activities such as yoga and tai chi, nutrition workshops, art and music classes, and lunch with other seniors at the center. Health management services include classes for people with chronic diseases such as arthritis, diabetes, and high blood pressure. Information and referral services link clients to additional programs outside of the senior centers.
- In addition to these core services, 94 percent of senior centers offer technology classes, which provide instruction in using computers and smart phones as well as software such as Skype, Facebook, and email. Nearly 90 percent provide caseworkers to assist seniors with personal problems or link them with additional services or resources.
- Other services are offered by only a minority of senior centers. These range from check-in phone calls to seniors in their homes (offered by 41 percent of centers) and breakfast at the centers (40 percent) to health promotion programs (7 percent) and shopping assistance (5 percent).
- One of the primary functions of senior centers is to provide free meals (a donation is requested) to low-income seniors. Last year, senior centers served 7.1 million meals: about 5.6 million lunches, 1.1 million breakfasts, 241,000 dinners, and 139,000 weekend meals. An additional 4.5 million meals were delivered to homebound seniors.

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