

**CHOWAN SENIOR CENTER**  
**WE GOT WHAT YOU WANT - WE GOT WHAT YOU NEED!**  
**THE #1 PLACE FOR SENIORS TO BE!**

**FUN ACTIVITIES – LUNCH – DAY TRIPS – OVERNIGHT TRIPS – FITNESS ROOM –  
LINE DANCE – AEROBICS – GAMES – INTERNET ACCESS – HEALTH SEMINARS –  
HEALTH SCREENINGS – SPECIAL CELEBRATIONS – SENIOR SERVICES**

**WE OFFER INFORMATION AND  
ASSISTANCE FOR THE FOLLOWING  
SERVICES:**

**ADULT DAY CARE**  
**COMMUNITY MENTAL HEALTH**  
**FAMILY SUPPORT GROUPS**  
**FOOD DISTRIBUTION**  
**HOME HEALTH SERVICES**  
**HOME REPAIR AND MODIFICATION**  
**HOSPICE CARE**  
**HOUSING ASSISTANCE**  
**IN-HOME AIDE SERVICES**  
**JOB PLACEMENT**  
**LEGAL SERVICES**  
**LONG-TERM CARE FACILITIES**  
**MEDICARE A & B**  
**MEDICAL TRANSPORTATION**  
**REHABILITATION SERVICES**  
**RESPIRE**  
**REVERSE MORTGAGE COUNSELING**  
**SENIOR GAMES**  
**SOCIAL SECURITY BENEFITS**  
**TAX PREPARATION**

**THE FOLLOWING SERVICES ARE  
AVAILABLE AT THE SENIOR CENTER:**

**CONGREGATE MEALS**  
**DISASTER SERVICES**  
**DURABLE MEDICAL EQUIPMENT**  
**ENERGY ASSISTANCE**  
**FITNESS AND HEALTH PROMOTION**  
**GENERAL TRANSPORTATION**  
**HEALTH SCREENINGS**  
**HOME DELIVERED MEALS**  
**INSURANCE COUNSELING**  
**JOB TRAINING**  
**MEDICAID BENEFITS**  
**MEDICARE PART D BENEFITS**  
**REPORT SUSPECTED ABUSE,  
NEGLECT OR EXPLOITATION**  
**TELEPHONE REASSURANCE**  
**SENIOR GAMES PRACTICE AND  
SIGN UP**