

Evaluation of Programs & Activities at the J. L. Clay Senior Center
2016

Because I go to the Center I (Please circle the number of each one you agree with)

1. Meet my friends more often and make new ones

2. Take better care of myself

3. Eat more nutritious meals

4. Have more energy

5. Feel more content and happy

6. Have somewhere to go and things to do each day

7. Keeps me from feeling lonely and isolated

8. Know where to find information concerning transportation, housing, doctors, etc.

9. Helps me to be mentally alert and well informed and also physically active

10. Would recommend the senior center to a friend or family member

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*I really enjoy my art class on
Mondays*

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2016 Stretch and Strength Survey

(Please circle the most appropriate answer below each question)

1. I have seen improvement in my balance since beginning the Stretch and Strength Class.

*Strongly Agree *Agree *Disagree *Strongly Disagree

2. I have noticed an increase in my strength since beginning the Stretch and Strength Class.

*Strongly Agree *Agree *Disagree *Strongly Disagree

3. By working strength, balance and flexibility in the Stretch and Strength Class, I have had a decrease in aches and pains that I suffered prior to coming to class.

*Strongly Agree *Agree *Disagree *Strongly Disagree

Comments:

*This is a super class
and I love it & the
instructor*

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3. By working strength, balance and flexibility in the Stretch and Strength Class, I have had a decrease in aches and pains that I suffered prior to coming to class.

*Strongly Agree *Agree *Disagree *Strongly Disagree

Comments: Great Class, I have
had great results!

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Comments: I enjoyed the fellowship
& I can definitely feel better

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Comments: She gives personal attention
when needed