

11. If you participated in a **HEALTH APPOINTMENT**, please check which one.

Check all that apply.

- Fit Feet Massage
 Reflexology Reiki Senior Wellness Clinic
 Trager Other _____

If not, **skip to the next question.**

12. If you participated in an **EXERCISE CLASS**, please check which group.

Check all that apply.

If not, *SKIP TO THE NEXT QUESTION.*

- Aerobics, Ageless Grace, Inspired Movement, Pacesetter, Sally's Senior Workout, Silver Sneakers Classes, Sit to be Fit
 Balance, TBT Tone-Balance-Tighten
 Strength Training, Strength Training & Movement, Strong & Steady
 Pilates, Tai Chi, Chair/Gentle Yoga, Yoga
 NIA or Zumba
 Other _____

13. If you participated in a **HEALTH SCREENING**, please check which ones

If not, *SKIP TO THE NEXT QUESTION.*

- Blood pressure Glucose and cholesterol
 Hearing Physical function Vision

14. Overall, in the last 6 months, how helpful have Senior Center programs been to you?

- Very helpful Somewhat helpful Not at all

15. What has been most helpful about your involvement with the Senior Center?

16. Please let us know how much the Senior Center programs have contributed to improvements in your health and wellness.	Helps a lot	Helps a little	Does not help this timeframe	Does not apply
a. Physical health				
b. Mental well-being, mood, outlook on life				
c. Enjoyment of life				
d. Activity level, energy				
e. Social life, people I have met				

17. PLEASE INDICATE YOUR FEELINGS ABOUT THE CENTER.	AGREE	MIXED	DISAGREE
a. The location made it easy for me to attend			
b. I feel at ease at the Center			
c. I have learned new things that are useful to me			
d. I am more likely to participate in other community activities			
e. My ability to remain independent in my home has improved			
f. I would recommend that others come to the Center			

18. How helpful are the volunteers who help run programs at the Center?	Very Helpful	Somewhat Helpful	Not Helpful	Do not know
a. Front desk				
b. Class teachers				
c. Special events				
d. Health screenings				

19. Please add comments about the Center's programs or activities
 (Please use the backside of this page if needed.)

Thank you for your time!