



Brunswick Senior Resources, Inc.
Making a Difference

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Brunswick Center at Supply

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Brunswick Senior Resources, Inc. Celebrates National Senior Center Month!

Supply, NC - September is National Senior Center Month. This year's theme is: Senior Centers: Delivering Vital Connections! A most appropriate theme given our pandemic circumstances that has changed how the Aging Network delivers services. Governor Cooper has published this year's [proclamation](#).

This year's theme was chosen to highlight how senior centers deliver vital connections to support older adults aging well. When Brunswick Senior Resources, Inc. (BSRI) closed each senior center in March, only the Nutrition program remained in service. We have our Congregate Curbside meal service as well as Home Delivered Meal service. However, we wanted to keep in touch with all participants and continue to offer activities like Chair Yoga, Seated Tabata, Pilates and other strength and balance classes. In addition, we aimed to address and help prevent social isolation during this time of sheltering in place.

Preventing social isolation and the depression, physical and mental decline that accompanies it is vital and a core senior center mission. While the delivery methods have changed during the pandemic, centers have succeeded in continuing to provide knowledge, programming, and resources. We have become creative and successful in offering virtual programming.

“During the time that our center has been closed, we have remained busy staying in contact with our senior’s through our At Home Bingo, Caregiver Support Groups and sharing in the fresh fruit and vegetable donations,” say’s Melissa Starr, Director at the Brunswick Center in Supply, “we offer more than ten Zoom classes and we have registered additional Supply participants who receive meals.”

This year's key words to celebrate National Senior Center Month are Mind, Body, Spirit, Community. Instructors for the Supply Center have offered a variety of classes that address the theme. We offer classes such All About Journaling, a variety of physical activity classes, we make Well Check calls to our most vulnerable clients, and we continuously work on outreach and advocacy on behalf of our seniors. We also offer live concerts each month and upload to our YouTube channel.

The Brunswick Center in Supply is a certified Senior Center of Excellence. Attached is Governor Cooper's Senior Center Month Proclamation.

The Brunswick Center at Supply strives to reimagine aging as it delivers quality services and programs that promote healthy and socially active senior lifestyles.