

## Preventive Aging Centers Senior Questionnaire

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Program/Class/Activity	Yes	No	Maybe
<b>Educational Seminars</b>			
Changes in Medicare Coverage			
Is Long Term Care Insurance for Me?			
Healthy Eating for Seniors			
Options for Aging in Place From Changes at Home to Senior Living			
Using New and Available Technologies to Support Aging in Place			
<b>Physician and Medical Screenings/Seminars</b>			
Pharmacy/Medication Interaction Screening			
Physician and Medical Screenings			
Range of Motion Screenings			
<b>Exercise Programs</b>			
Tai Chi			
Chair Yoga			
Strength and Balance			
Dynamic Stretch Workout			
<b>Lifelong Learning Programs</b>			
Safeguarding Against Fraud			
Mindfulness: Don't Age Without It			
Brain Games			
Strengthening Your Mental Health			
Avoiding Insomnia and Developing Good Sleep Habits			
Estate and Medicaid Planning Myths			
How to Create a Family History Book			
Gardening and Aging			
Smartphone and Tablet Training			
Basic Computer Skills			
<b>Intergenerational Programs</b>			
Preschool Senior Companion Program			
Mentoring Teenagers and Young Adults			
Volunteer Opportunities at Schools and Community Events			
Games and Clubs			
<b>Other</b>			
Health and Fitness Fair			
Book Club			

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Comments and Suggestions:

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