

## Franklin County Senior Activity Centers Are Here To Serve You At These Locations:

### Chambersburg

600 Norland Ave., Suite 11, Chambersburg  
(717) 264-8191

### Greencastle

10615 Antrim Church Road, Greencastle  
(717) 597-2020

### Mont Alto

517 S. Main St., Mont Alto  
(717) 749-7294

### Path Valley

20344 School Road, Dry Run  
(717) 349-7227

### St. Thomas

6444 Lincoln Way West, St. Thomas  
(717) 369-2520

### Tuscarora

11300 Fort Loudon Road, Mercersburg  
(717) 328-4744

### Upper Strasburg

9843 Community Road, Upper Strasburg  
(717) 530-1186

### Waynesboro

11359 Anthony Highway, Waynesboro  
(717) 762-2758

Hours may vary. Call your local center for a list of hours and activities.



The Franklin County Area Agency on Aging provides a planned program of supported services to those 60 years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life.



## Franklin County Area Agency on Aging

600 Norland Ave., Suite 11  
Chambersburg, PA 17201

(717) 263-2153

1-800-642-6990 (toll free)

[www.franklincountypa.gov](http://www.franklincountypa.gov)



# Franklin County Senior Centers



## Franklin County Area Agency on Aging



# Why Attend A Franklin County Senior Center?

Franklin County Senior Centers offer a variety of activities that appeal to all ages and interests. Each of our eight centers has its own unique personality. We encourage participants to bring their ideas and individualities with them!

- Stay active and be around others to promote good mental and physical health.
- Find out about helpful resources that are available to you in your community and in the county.
- Monitor your health with free blood pressure checks.
- Share your ideas and talents by teaching a class or organizing an activity.
- Enjoy hot, nutritious lunches for a small donation and by reservation.
- Use our computers and TVs at select centers.
- Let your creative juices flow by taking a pottery or art class at select centers.



- Pick up a new read through our lending libraries. Join a group study led by a local pastor.
- Skip the gym and use our exercise equipment, available at select centers.
- Serve your local community through Senior Center service projects.



- Join a card club or join us for a game of bingo.
- Participate in countywide senior events hosted by the Franklin County Area Agency on Aging.
- Your support of our senior centers will help keep our centers and programs thriving for years to come!



## Common Myths About Senior Centers

**MYTH:** Senior centers are for people who need caretaking or help from the Area Agency on Aging.

**FACT:** Centers do not provide one-on-one care. All of our participants have some degree of independence.

**MYTH:** Senior centers are for people with low incomes.

**FACT:** There are no income eligibility requirements. A wide variety of people use our centers.

**MYTH:** I am too young for a senior center.

**FACT:** Individuals must be 60 years or older, and our participants have a wide age range.

**MYTH:** Senior centers are only for widows or singles.

**FACT:** Many couples enjoy being actively involved at our centers.

**MYTH:** There's not enough time in the day to commit to a senior center.

**FACT:** You can come and go from the center as you please.

**MYTH:** I can't attend because I don't have transportation.

**FACT:** The Area Agency on Aging can help arrange transportation to and from our centers.