

Finding A Place to Belong

By Beverly W. Zwicker (Age 68)

In this day and age when it appears that all one finds in the media is sex, violence, anger, and hatred it was refreshing for me to find a place where hope, renewal, joy, and friendship are the daily experience. I refer to a hometown sponsored senior citizen center in Jeffersontown, Ky. I invite you to enjoy a happy moment by sharing my journey.

About four years ago a friend approached me and asked if I went to the Senior Center to work out. I was shocked and said, "Are you kidding? That's for old people. You know I am an active senior." After hearing all the activity that went on at the Jeffersontown Senior Citizens Center, I decided to investigate.

Today I consider myself a self-appointed spokesman for the Center. The variety of activities, from daily exercise, cards, crafts, travel, life-planning skills, health fairs and individual attention when needed, was definitely an eye-opener. We have a membership of approximately 2500 who keep the rooms full and busy. Laughter and friendly conversation can be heard as you walk through the building. We are popping at the seams and hoping funds will come our way to expand. Jeffersontown Senior Citizens Center welcomes all. I have watched individuals come into the Center full of fear, sadness, and loneliness and then blossom into active, alert, and goal-oriented people. Years fall from faces as vital activity and purpose begin.

We have a warm caring staff that is always investigating new and needed programs. Our youngest members are 55 years old. This group is ever widening. Our director, Ruth Frederick, says that Seniors age 55-70 are the people that need new interests as their lives change whether it be a job, finances, family, or just aloneness.

Moving ever forward and reaching further and further is Jeffersontown Senior Citizens Center. How fortunate I am to live in a progressive community willing to see into the future to plan for the needs of its citizens. Our mayor and city council take an active part in our needs and concerns. They lend support, finances, and ideas to programs. I am indebted to these city officials.

A happy part of my day is coffee and working out with my friends. Don't laugh when someone invites you to visit a senior citizen center. Investigate for yourself and I know you too will say, "Seniors Rock!"