

# Shelby Senior Center is now offering expanded services

By **BEN LEDBETTER**  
Of The Herald Staff

Services for Senior Citizens have expanded in Cleveland County since the new Council on Aging Senior Center had opened on Fallston Road in Shelby.

Senior Center Director Libbie Shipley said the most visible parts of its service are the socialization and wellness programs.

But there's more the center offers.

Off its premises, the center also offers health screenings, health-related seminars, four health fairs around the county, and flu shots.

Health services are also offered on the premises with two exercise rooms; one with exercise equipment and the other for activities like aerobics classes.

The center's recreation room has shuffleboard, table tennis, pool, and room for people to play different card games.

Along with health and wellness programs, the center also has a nutrition program which serves hot meals during the

day.

Health and wellness programs aren't the only types at the senior center.

A gift shop which sells goods for older adults plus a bazaar, and flea market are services that give senior citizens an opportunity to sell their own goods or purchase others.

During a recent tour of the new senior center, a group of people were pricing goods for an upcoming flea market.

The center has a library which has a variety of books.

Groups consisting of senior citizens and other community groups can use space at the center for meetings, Shipley said.

There are some services most people don't see.

"The thing that's probably the least visible is the other whole half of our program, which is our services department," Shipley said.

One of those programs is the Meals on Wheels programs that have three sites in the county and serves about 250 meals daily. Sites are at the Patrick Senior Center in Kings Mountain, The Bliss Center in Lawndale, and

the West Warren Manor in Shelby.

Shipley said the center also has a chuckwagon program that delivers meals to people on the waiting list for the Meals on Wheels program.

An outreach and assistance program helps older adults with income taxes, legal services, transportation to the grocery store, and a respite service.

The respite service involves picking up people at their home and driving them to the senior

center for meals and activities.

"It's for people who need some structure to their day," Shipley said.

An in-home service completes household chores for seniors who have a need. A separate group recruits volunteer for the services done in seniors' homes.

A housing program that manages 87 units of subsidized housing provides certain individuals with services to help them keep living independently.

Beyond the senior center, the Life Enrichment Center of

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**BEN LEDBETTER / THE HERALD**  
Leroy Dyer works out at the COA Senior Center in Shelby.

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