



Proclamation

of the City Council

National Senior Center Month *September 2022*

WHEREAS, the month of September is devoted to celebrating Senior Centers and their contribution to improving the quality of life for older adults in our community; and

WHEREAS, the Yuba City Senior Center strengthens community connection with fellowship and fun. The Yuba City Senior Center offers a variety of interactive activities such as Waffle Wednesdays, Friday night bingo, games and card groups, writers' workshops, art programs such as pottery, painting and ceramics, and fitness programs such as yoga, line dancing and tai chi; and

WHEREAS, the Senior Center promotes health and wellness, improving physical and mental fitness of people who participate in the programs; and

WHEREAS, the Senior Center works with community partners to provide information and resources to seniors through the annual senior resource fair, and various educational seminars and workshops; and

WHEREAS, the Senior Center offers life enrichment and lifelong learning through day trips to various destinations such as the theatre, musicals, museums, art exhibits, as well as access to domestic and international travel experiences; exercising the mind and body and keeping adults engaged in the community, and there are many other activities designed to promote active lifestyles; and

WHEREAS, Senior Centers are valuable assets in communities and provide a space for older adults to connect with others, provide support for those in need of information and resources, and provide programs that help older adults continue to age well.

NOW, THEREFORE, BE IT RESOLVED, that I, Dave Shaw, Mayor of the City of Yuba City and on behalf of the entire City Council of the City of Yuba City do hereby proclaim September 2022 as National Senior Center Month and doing so, ask that the citizens of Yuba City commend the Senior Center for being such an outstanding community resource offered in our City.

Done this 20th day of September 2022, at the City of Yuba City, County of Sutter, State of California.