



FRIENDSWOOD SENIOR CITIZENS PROGRAM

The Friendswood Senior Citizen Program (FSCP) was established in 1993 to serve the needs of senior adults who are 50 years of age and older. The goal of the FSCP is to enrich the lives of senior adults in Friendswood.

This packet will introduce you to FSCP, sponsored by the City of Friendswood's Parks and Recreation Department. Inside you will find what we have to offer, rules and regulations of the program, as well as how you can help us in all aspects of the program. Also included in this packet is our Participation Form, which you will need to complete prior to becoming an active member of the program.

Please also note that although we try to make accommodations for all our seniors, the FSCP is NOT designed as Adult Day Care and there are no registered nurses on staff. All participants MUST be physically and mentally capable to function and participate independently unless accompanied by an assistant/caregiver.

Please feel free to contact our friendly staff if you have any questions, comments, or concerns about the program.

Staff

Shadey Caraveo-Saldaña –Senior Program Manager

Kim Zrubek –Assistant Senior Program Manager

Myreese Woodard – Recreation Aide

Leticia Silva – Recreation Aide

Michael Boyett – Assistant Director Parks & Recreation

James Toney – Parks & Recreation Director

**Activity Building
416 Morningside
Friendswood, TX 77546
(281) 482-8441**

Monday – Friday: 9:00a.m. to 3:00p.m.
(Closed on City Holidays)

Activities may be cancelled during special events.

What we have to offer

The Friendswood Senior Citizen Program (FSCP) offers a wide variety of programs including exercise classes, games, arts and crafts, education seminars, trips, transportation services, congregate meals and volunteer opportunities. Most classes are taught by volunteer instructors and are offered on a donation basis. These donations allow the FSCP to continue offering and expanding our programs

Exercise

We offer an assortment of exercise classes for your overall fitness such as Yoga, Tap Dance, Line Dance, Clogging and chair exercise classes. We also have a weight training room available with equipment such as treadmills, elliptical, dumbbells, and more.

Games

Members of the FSCP participate in an assortment of table games including Hand & Foot, Bridge, Pinochle, Mah Jongg, Dominos, 42, Bunco, and Bingo. We also play virtual versions of games such as bowling, tennis and golf on the Nintendo Wii.

Trips

The FSCP takes trips around the Bay Area each month, visiting local restaurants, shops, and events. We are not limited to day trips only. Members enjoy various overnight trips as well. The fee for these trips usually includes admission and transportation. Lunch is typically paid *separately* by individual members. Reservations are required and seating is limited.

Refunds

Refunds are only given due to medical emergency situations or on a case by case situation.

Transportation Services

We provide FREE bus service to and from the senior center for registered FSCP participants that live in the city limits of Friendswood. The bus service runs five days a week, except during some trips and special events. Seniors must call ahead to schedule transportation to and from the center.

The Galveston County Lunch Program

Congregate meals are available to all seniors 60 or older and who reside within the Houston – Galveston area. Lunches are served at the center Monday-Friday at 11:30 am except during some trips and special events. A \$1 donation is suggested for the congregate meal participants. Meal orders for the following week, should be submitted by Wednesday at 3:00 pm. This is a great time to share a meal and fellowship with others. Check the calendar for dates not served.

Guests & Visitors

The senior program staff asks that seniors inform us when bringing a guest or visitor. Guests are required to fill out a guest form. Visitors and guests under the age of 18 must be directly supervised by the senior at all times. Children are not allowed to use any of the exercise equipment or participate in classes designed for our senior members. Those who choose not to follow these rules will be asked to leave the center. Because the center is for senior citizens ages 50 and over, we ask that our members limit their number of guests to two. All guests are required to follow the same rules and regulations.

Non-Resident Fee

There will be an annual fee of \$25.00 per person for non-Friendswood residents to become members of the Friendswood Senior Center and participate in any activity. Sign-ups for trips will begin at noon on the first working day of each month.

Rules & Regulations

In order for our program to maintain a friendly, positive environment, the Friendswood Senior Citizen Program has established the following set of rules and regulations.

- All participants must sign in at the front desk before participating in any activity.
- Pets, other than personal assistance animals, are not allowed in the building unless they are considered part of an activity.
- All participants are required to clean up after themselves.
- If you are sick with any contagious illness, we ask that you PLEASE refrain from participating in any activities at the FSCP.

