

The Senior Center provides advocacy and support systems empowering older adults to maintain their independence, improve their quality of life and prepare for life change. The Center provides social services, wellness and fitness programs, information and referral services, case management, health promotion and prevention activities, socialization, volunteer opportunities, advocacy, and support systems

Our programs are primarily designed for and targeted to people age 55 and older. Others may participate when the staff has been consulted. Please note the following standards of independence and behavior with respect to Senior Center attendance.

**It is expected that participants at the Hudson Senior Center will:**

1. Provide the staff with the name and telephone number of a person to contact in case of emergency. The emergency contact form is available at the front desk.
2. Refrain from smoking, drinking alcohol or using illegal substances on the premises or any transportation provided by the Senior Center.
3. Take responsibility for their own personal care, including hygiene, toileting and continence and feeding.
4. Be reasonably oriented, capable of independent decision making and capable of planning their own activities, e.g. transportation, lunch, financial transactions etc. The exception to this rule is if a person is accompanied by an escort or is a participant of the DayBreak program.
5. Be responsible for their own personal health and medical care, including the taking of medication and monitoring special diets, etc.\*
6. Avoid causing disturbances or disruptions, show respect for everyone at the Senior Center and for personal property.
7. Recognize violence or threats of violence are not permitted and will result in the participant being asked to leave. Depending upon the circumstances the police may be contacted.
8. Understand sexual harassment of any type is not permitted including but not limited to verbal comments of a sexual nature, unwanted physical contact, assaults, gestures, jokes or language of a sexual nature.

With the exception of those participants who have a service animal, no pets are allowed in the Senior Center.

When inappropriate behavior is witnessed or reported, the staff will use its discretion to take corrective action, e.g. asking the participant to abstain from inappropriate behavior, or if necessary, contact the police, or emergency contact person. Violations of the above standards of behavior can result in the participant being asked to leave the Center for a period of time; with the possibility of permanent suspension of Senior Center privileges.

If participants cannot meet the required standards, staff is available to share resources and discuss options. The staff is committed to providing a welcoming atmosphere.

*\*The Senior Center staff is not responsible for providing assistance with medication and other personal health and medical care. If a participant experiences a medical problem while on the premises, it is expected (but not mandatory) that the participant will follow the recommendation of the staff to seek appropriate medical attention.*