

Amador Senior Center - Jackson

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Amador Senior Center - Jackson

Discover the Amador Senior Center in Jackson, California

The ****Amador Senior Center**** is a vibrant hub for seniors in Jackson, California, offering an array of services and activities that cater to the diverse needs of the elderly community. This center stands out not only for its friendly atmosphere but also for its commitment to ****accessibility****.

Accessibility Features

One of the key highlights of the Amador Senior Center is its

****wheelchair-accessible car park**** and ****entrance****, ensuring that everyone can easily access the facility. While the entrance driveway may be steep for those walking or using a walker, the ample parking space alleviates concerns for those who drive. The staff is consistently praised for their helpfulness, making it a welcoming environment for all visitors.

Activities and Programs

The center hosts a myriad of activities throughout the week, creating a social and engaging environment for seniors. From yoga classes led by Lesley Davis, which focus on breath synchronization and movement modifications, to various group meetings like Parkinson's support sessions, there's something for everyone. Many visitors have shared their positive experiences, emphasizing how these activities have greatly improved their well-being and social connections.

Nourishing Meals at Affordable Prices

Lunch is served from Monday to Friday, and for just \$4—often waived for those in need—seniors can enjoy ****nutritional and delicious meals****. The center's atmosphere resembles a restaurant where guests are treated well by the friendly staff. This affordable lunch program encourages family members, including children, to join seniors for meals, enhancing community bonds.

A Place for Support and Connection

The Amador Senior Center is not just a place to eat and participate in activities; it's a support system. Visitors frequently mention the help they receive for various needs, from tax assistance to finding local resources. The friendly interactions and availability of information create a robust support network for seniors and their families.

Volunteer Opportunities and Community Engagement

Volunteering at the Amador Senior Center is a rewarding experience. Many individuals find joy in delivering meals, assisting with programs, or simply spending time with the elderly. The center thrives on community involvement, making it a cherished location not just for participants but also for those willing to lend a helping hand.

Conclusion

In summary, the ****Amador Senior Center**** in Jackson, California, provides an inclusive and nurturing environment for seniors. With its ****wheelchair-accessible**** features, engaging activities, and supportive community, it truly embodies what a senior center should be. Whether you're looking for a delicious meal, a fun activity, or simply a place to connect with others, the Amador Senior Center is certainly worth a visit.

Our location is in

229 New York Ranch Rd, 95642 Jackson, California - United States (US)

The contact line of this **Senior citizen center** is +1209-223-0442

And if you want to send a WhatsApp, you can do so at +1209-223-0442

Our opening hours are:

Day	Hours
Monday	Closed
Tuesday	Closed
Wednesday	8:30?AM–4?PM
Thursday	8:30?AM–4?PM
Friday	8:30?AM–4?PM
Saturday	8:30?AM–4?PM
Sunday	8:30?AM–4?PM

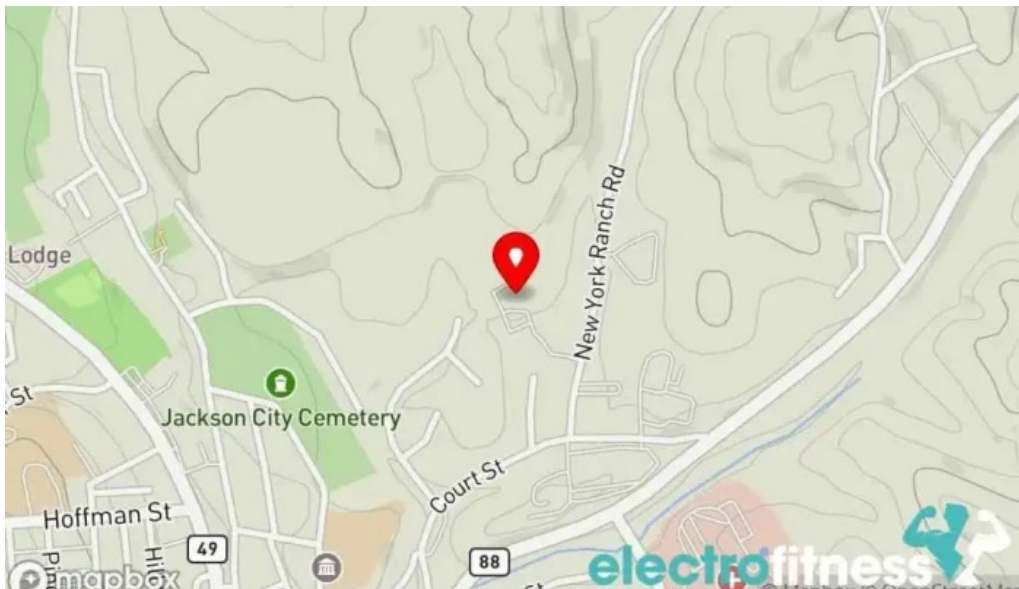
The website is Amador Senior Center

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Images



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Amador senior center exterior



Amador senior center all

Tags

Wheelchair-accessible car park, Accessibility, Wheelchair-accessible entrance

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