

STAMFORD

Senior Center



Budget Presentation to
Board of Reps Fiscal Committee

April 2025



Mission Statement- *To enrich and empower seniors from all backgrounds to thrive - physically, emotionally and socially.*

Our Vision- *An inclusive community where older adults are valued, respected and inspired to live life to the fullest*



Summary of the Stamford Senior Center (SSC)

- The SSC offers over 35 programs a week to keep seniors healthy, active and connected.
- Open Monday-Friday from 9 am to 5 pm
- Membership open to those age 60 and older
- A safe welcoming space for people of all backgrounds
- Offer both in person and live streamed programs for those who cannot get to the Center.
- **35%** growth in membership from previous year.
- Most programs are offered at little to no cost aside from a nominal annual membership dues.
- Staff consists of 4 FTE and 2 PT employees



Summary of our Programs & Services

- Fitness classes for all ability levels
- Art Classes
- Enrichment Programs
- Language Classes
- Lifelong Learning Lectures
- Health & Wellness Programs
- Hispanic Club Program
- Subsidized Daily Lunch
- Special Events
- Benefits Counseling
- Information & Assistance on Aging Issues
- Multi-Cultural trips



MEMBERSHIP

The Center is open to older adults in the greater Stamford area age 60 years or older.

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Membership dues are \$30 for Silver Membership and \$120 for Gold Membership.

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Scholarships are offered to anyone unable to pay the annual dues.

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Significant Changes for 2025-26

Reduced funding – A two year state grant ends on 6/30/25. This grant funds our PT Program Coordinator as well as virtual fitness classes at six low income senior housing sites.

Based on trends in first 3 months of this year, we expect to see continued double digit growth in membership, while most of our classes are already at or near capacity. This will challenge staff to find new ways to meet the demand.

The number of seniors receiving the reduced fare senior lunch program has doubled in past year. With increased food, utility and housing costs, we project a surge in the number of meals served in FY 2025-26. Funding will not keep up with the demand.

Challenges expected in FY25-26

- The Secretary of Health & Human Services has eliminated the Administration for Community Living (ACL) which administers federal funding for programs that support older adults and people with disabilities. This could have devastating effects on our programs including:
 - The Senior Subsidized Lunch Program – currently averaging 50 meals a day, reduced funding could result in having to cap number of meals we can serve daily or reduce days from 5 to 3.
 - Senior Hispanic Club- supported by Title III federal funding could face reduced operating days if funding is cut.
 - Our virtual fitness classes at low income senior housing sites are also at risk.
- Any cuts to Social Security, Medicaid, Low-Income Heating Assistance and SNAP will increase demand for our services.
- With financial uncertainty ahead, we are concerned about reduced fundraising revenue, especially if reductions in federal funding require us to raise the shortfall through fundraising efforts.



Staffing Challenges

Over past 4 years, we've significantly expanded our programs to accommodate the growing number of members and walk-ins seeking assistance.

Staff have taken on additional duties, including managing the senior lunch program.

Despite a 50% growth in membership over last 2 years, we have only added one PT employee in the past 8 years, supported by a one-time state grant that will end in FY24-25.

Our budget request to the City includes a 15% increase to help fund the PT Program Coordinator and a 10% increase in employee health insurance. The Mayor's budget includes a 9.8% increase, which will cover about 50% of the PT Program Coordinator position.

New or Expanded Services

To keep up with the increased membership and increased daily attendance across programs, we continue add programs (as funding & space permits) to support a growing older adult population.

- BetterAge Health & Wellbeing Assessment
- Mental health through dance series
- Self Defense Classes
- Documentary series with the Avon Theatre
- New partnership with the 92nd Street Y to stream lectures around the arts, literature and culture.
- Continued partnership with Pickleball America to offer pickleball play to our members



Highlights from FY 2024-25

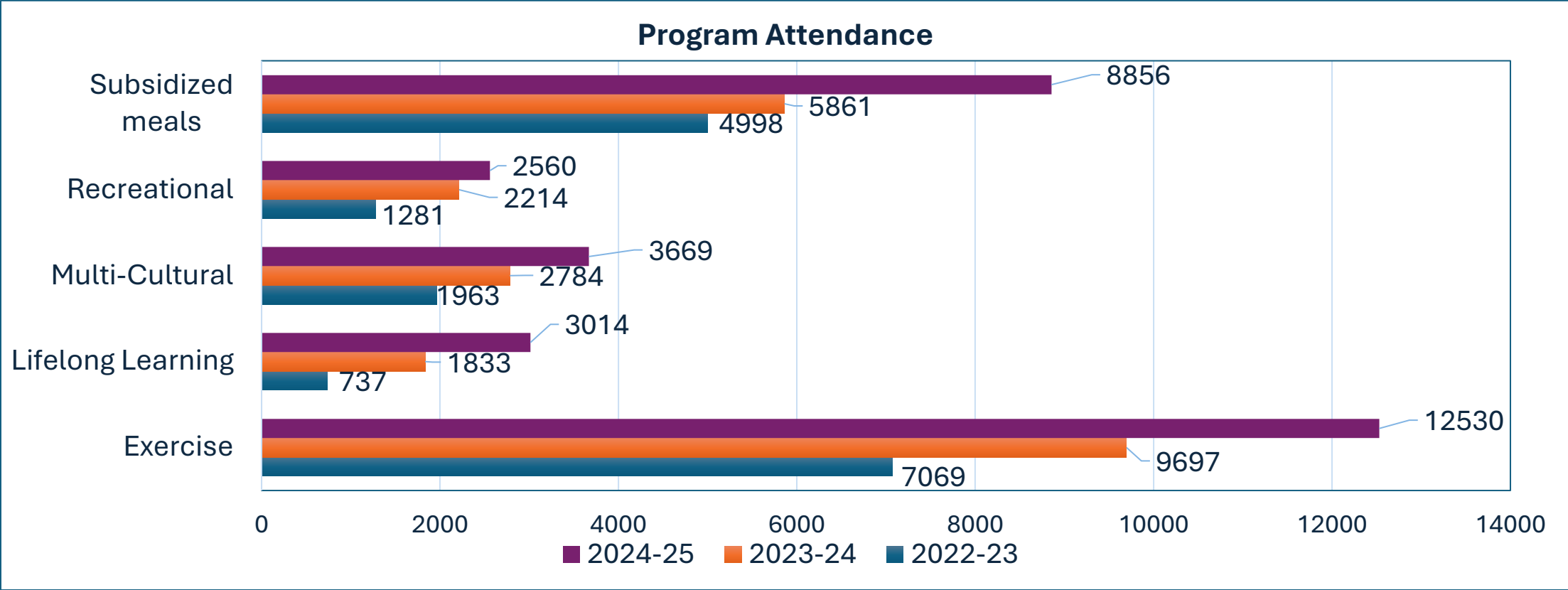
The state funding enabled us to hire a PT Program Coordinator, who has played a key role in expanding our program offerings to better serve the diverse needs of our membership.

We are at full capacity in our current space, fitness classes are surpassing room capacity.

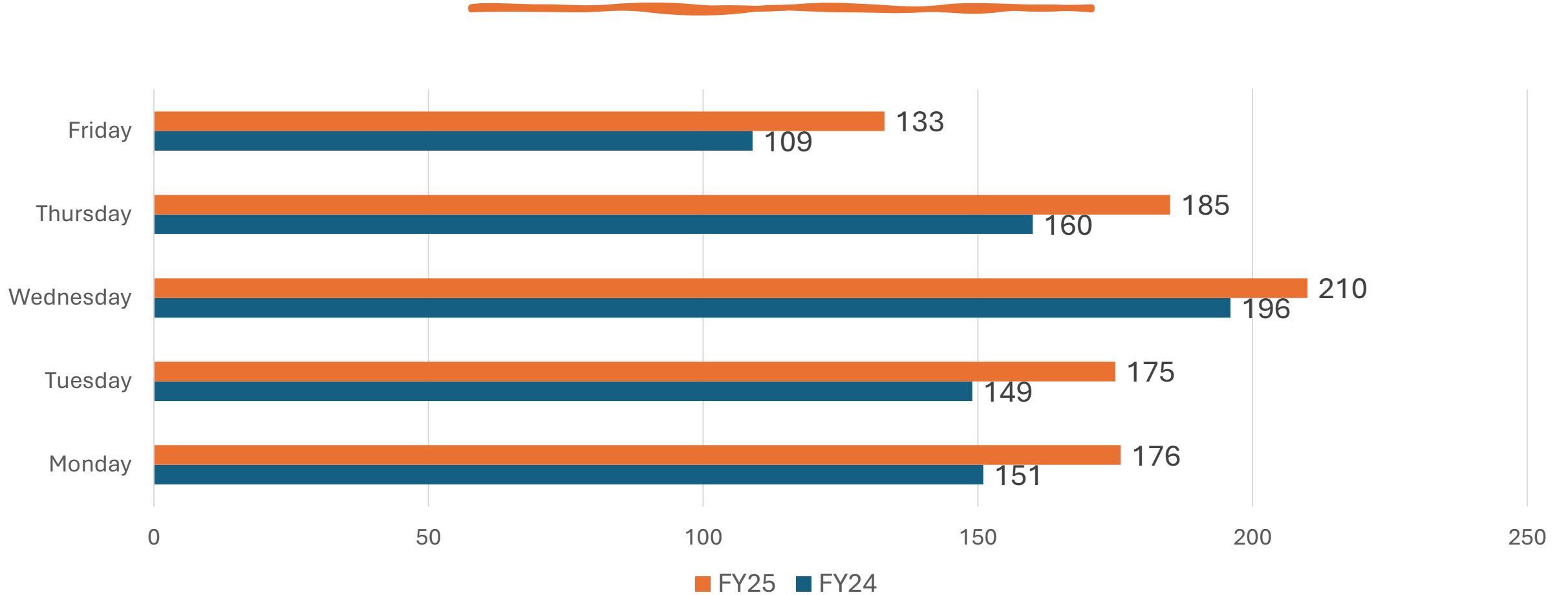
Utilizing the 4th floor dining space has allowed us to expand our programs and serve more seniors, especially during holiday meals, increasing our capacity from 80 to 125 seniors.



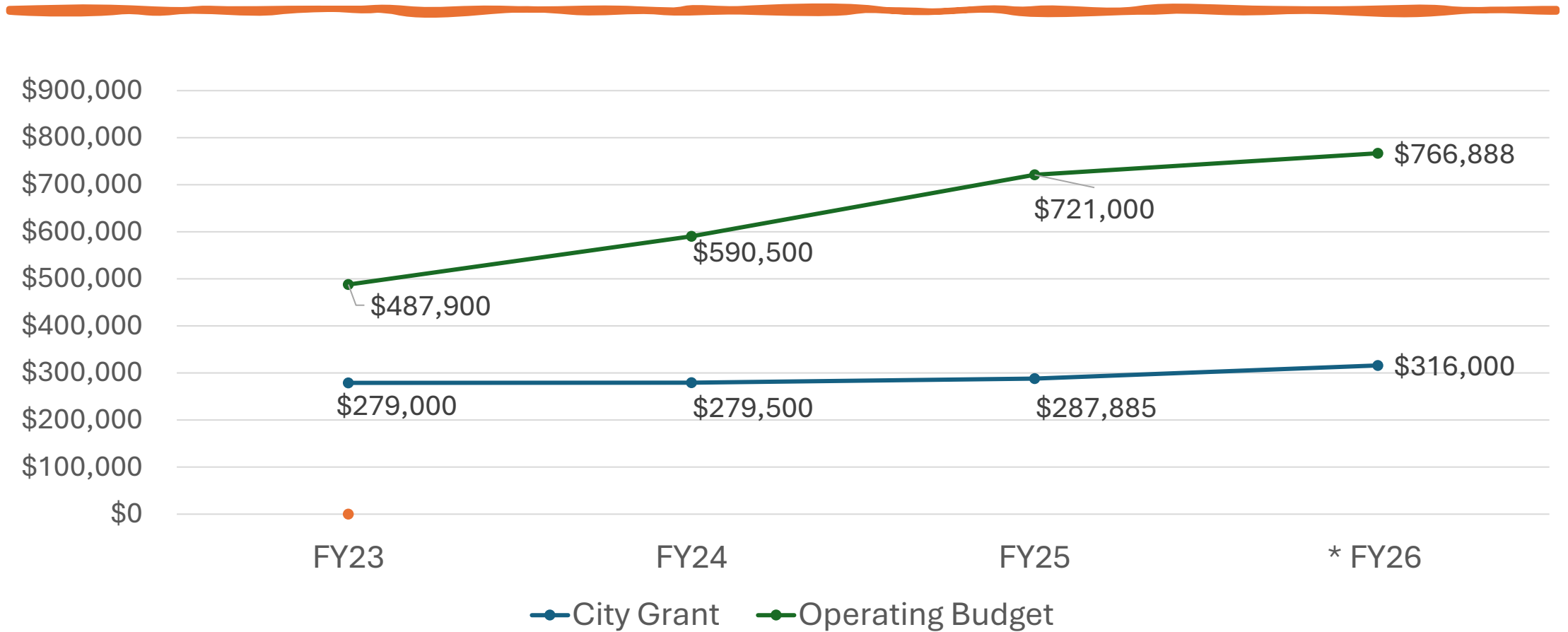
Year over Year Growth in Attendance



Average Daily Attendance



City Funding in relation to Annual Operating Budget





We respectfully ask that the Board of Representatives Fiscal Committee support the Mayor's proposed budget for the Stamford Senior Center.

Follow us on social media to see our impact throughout the year.

- Our Website at www.stamfordseniorct.org
- Facebook @stamfordsc
- Instagram @ stamfordsenctr
- LinkedIn
- Our YouTube Channel @STAMFORDSENIORCENTER
- Subscribe to our weekly email blast through Constant Contact

