

**UNITED WAY OF THE OHIO VALLEY
OWENSBORO-DAVISS COUNTY
PARTNER AGENCY: MUNDAY ACTIVITY CENTER**

Minnie is 94 years old and has been enjoying Daviess County Senior Services since the beginning. She says, "I remember Mrs. Munday and am so thankful the Munday Center is such a big part of my life." When asked what her favorite part of the Munday Center is, Minnie said, "It means so much for me to come over and have lunch. I don't much want to cook anymore, so this is a handy way to avoid that, and it just helps so much financially. When you stop to think about it, \$1.50 per day – my goodness, it would be more than that to make my own lunch, and it's just so enjoyable for me to get out and visit with people. These are my friends and neighbors." Minnie added, "The free groceries you all give away help me out financially too, because I don't have to spend my own money on food." Minnie enjoys crafting, and takes part in those activities weekly. She is grateful for the opportunity to generate a little income by selling her items in our consignment thrift store called The Pincushion. She doesn't recall when she started crafting, but she certainly remembers when she participated in a style show at "Senior Day Out" at Town Square Mall. Her eyes lit up as she shared a picture of herself with a group of women modeling their outfits. Minnie misses the trips the center offers now due to her health, but she used to enjoy traveling to Nashville and Gatlinburg. She enjoys bingo and the health programs, sharing that she really appreciates the blood pressure checks, walking, and using the various exercise programs, saying, "At my age, it's very important we stay informed about all that and take care of ourselves!" Minnie uses our transportation program and says the services has truly helped her stay "by myself, because it's kept me going to the store, and the doctor, too sometimes." When asked what she wanted everyone to know, she said, "Well, the Munday Center is so close to where I live, and that's a big plus. If the MAC wasn't here – I'd definitely miss it – not to mention, I'd have to make my own meals!"

WHAT DIFFERENCE WILL YOUR INVESTMENT MAKE?

With your investment of \$100 **Munday Activity Center** can:

- Provide 10 backpacks - Each backpack contains enough shelf-stable food for five days
- Provide the suggested donation of \$1.50 for 66 rides on the van
- Provide the suggested donation of \$1.50 for 66 congregate meals
- Pay an instructor for five Yoga classes, with 15 participants in each class
- Pay for 25 people to participate in Aquasize
- Sponsor four people for a full Spanish Course
- Provide two cases of adult diapers for our "give a little, take a little" closet
- Provide an estimated five full shelves of food for our food pantry
- Provide 20 boxes of five shelf-stable emergency meals for home bound clients

