

**Lexington and Thomasville Senior Centers
2016 Action Plan for Short Term Goals**

Goal	Actions Needed	Resources Required	Organizations & Agencies Involved	Technical Assistance & Training Required
Increase computer literacy of Davidson County senior population	Develop a Cyber-Senior program	Staff, volunteer time, GP funding, contract with Cyber-Seniors, in-house and community promotion	Senior center staff, Davidson County Schools	Training from Cyber-Seniors webinars/support; Technical assistance from Davidson County IT Department
Increase opportunity for working seniors to improve health and wellness	Extend senior center hours (2) days each week for exercise class and fitness room	Staff, in-house and community promotion	Senior center staff	Web administrator assistance for calendar update, marketing coordinator assistance/training on new schedule
Provide opportunities for healthy lifestyle changes to senior adults	Continue the Passport to Better Health program	Staff, sponsorship funds, in-house and community promotion	Senior center staff, Novant Health, various community partners	None
Recognize the centers for achieving quality standards of operation	Seek NISC accreditation	Staff, volunteer time, funding	Senior center staff, NISC committee, NCOA, NISC	Accreditation Mentor assistance

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Build/enhance the provision of Evidence Based Programs	1. Incorporate more Evidence Based Programs into annual schedule (MOB, Living Healthy – Diabetes & Chronic Disease) 2. Determine who in Davidson County is trained to provide these classes 3. Brainstorm/develop new ways of marketing the classes	Staff, volunteer time, funding, in-house and community promotion	Senior center staff, Piedmont Triad Regional Council (PTRC), volunteer leaders	Technical assistance and leader training from PTRC