

MAIN STREET NEWSLETTER



MAIN STREET
— MEDICAL SUPPLY —
BRINGING HEALTH & WELLNESS HOME

April 2025

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Stay Active, Stay Connected: The Benefits of Your Local Senior Center

At Main Street Medical Supply, we know that staying active, engaged, and connected is essential for healthy aging. That's why we love highlighting the incredible benefits of local senior centers—your community hub for wellness, social activities, and support. Whether you're looking to meet new friends, join a fitness class, or find helpful resources, senior centers provide a welcoming space for older adults to thrive.

Senior centers are more than just a meeting place—they are a gateway to staying independent, active, and healthy. Research shows that older adults who participate in senior center programs experience better physical and mental well-being, including:

- Improved health and mobility
- Increased social connections
- Greater life satisfaction

In This Issue

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Connected: The Benefits of
Your Local Senior Center

Newsletter Highlight

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Senior centers offer a variety of services designed to support the physical, social, and emotional well-being of older adults. Programs often include:

- Health and fitness classes (yoga, tai chi, walking groups)
- Meal and nutrition programs
- Transportation assistance
- Educational workshops and arts programs
- Social and recreational activities (bingo, card games, book clubs)
- Volunteer opportunities and civic engagement

During emergencies, senior centers often play a vital role in connecting older adults with critical services. They also partner with community organizations and local businesses to ensure seniors have access to trusted resources for health and wellness. If you're looking for a place to stay active, engaged, and informed, check out a local senior center in your area:

Belton, TX Area: Belton Senior Activity Center – 842 S. Mitchell St, Belton, TX 76513
Wilson Park Recreation Center (Temple) – 2205 Curtis B Elliott Dr, Temple, TX 76501
Salado Senior Center – 601 N. Main St, Salado, TX 76571

Granbury, TX Area: Hood County Senior Center – 501 E Moore St, Granbury, TX 76048

Visiting your local senior center is an easy way to stay engaged, informed, and active while making meaningful connections within your community. At Main Street Medical Supply, we are more than just a store—we're your local resource for living well. Stop by anytime to learn more about how we can support your health and independence.



Newsletter Highlight

Designed for seniors, elderly adults, and anyone needing a reliable lift, the Stander Step features adjustable height handrails for secure support in daily life. Its portable design helps prevent falls, offering a safe step up or down anywhere in the home.

- Soft-foam Adjustable Handles
- Non-slip Landing Base
- Motion-activated Light

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