

### **Who We Serve**

Programs serve older adults, youth, and families—including households with multiple generations living together. Activities are designed to bring people together to learn, connect, and support one another.

### **Community Impact**

Zion is a shared space where people of all ages come together for food, learning, health, and connection—helping build a stronger and more connected community.

### **Partnership Opportunities**

Working together helps expand impact. Current partnership opportunities include:

#### **Research Partnerships**

Work together on projects that improve outcomes for older adults and underserved communities.

#### **Support Services**

Help expand access to counseling, job training, and family support.

#### **CPR & Safety Training Networks**

Partner to provide important safety and emergency training.

#### **Program Expansion & Community Engagement**

Support programs that bring people together and strengthen community connections.

## *Our Impact*

Zion is more than a center; it is a trusted place in the community. It helps reduce isolation, increases access to important resources, and creates opportunities for people of all ages to thrive.

### GET INVOLVED

There are many ways to get involved—partner, host an event, volunteer, or join a program.

Contact Center Director, Gwendolyn Mami, at 303.333.5746 for more information.

Together, we are building a stronger, healthier, and more connected community.

*For the good of others*

# ZION

## Senior & Community Resource Center

*Where Community,  
Wellness, and Opportunity  
Thrive*





## By the Numbers

- **48%** of Northeast Park Hill residents are people of color
- **15%** of residents are age 60 and older
- **70%+** of Center participants are age 55 and older
- **2** senior housing communities are within walking distance
- **90%** of nearby senior housing residents are people of color

## A Growing Intergenerational Need

- Up to 43% of older adults report feeling lonely
- Intergenerational programs can reduce loneliness by up to 30%
- 77% of these programs show positive results for both youth and older adults

# What We Do

### Wellness & Active Living

Fitness programs, including dance and movement classes, help people stay active, improve strength, and support overall health.

### Arts, Culture & Creativity

Art workshops, sewing classes, and hands-on activities give people a chance to be creative and connect with others.

### Education & Skill Building

Classes like computer training and life skills workshops help people build confidence and learn new skills.

### Food, Nutrition & Healthy Living

Cooking demonstrations and gardening programs teach healthy habits and bring people together through shared experiences.

### Community Connection & Public Forums

Meeting space is available for community conversations, public forums, and events where people can share ideas and stay involved.

### Health & Support Services

Health screenings and wellness resources help meet both short-term and long-term needs.

### Basic Needs & Resource Access

Weekly food pantry services, school supply support, and resource connections help families and individuals meet everyday needs.

### Flexible Community Space

Space is available to rent for meetings, events, and programs, offering a place for community groups to gather.



# Who We Are

Zion Senior & Community Resource Center is a welcoming place for older adults, families, and community members. It brings people of all ages together to connect, learn, and access important resources that support healthy and active lives.

Zion Senior & Community Resource Center  
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[www.zionseniorcommunitycenter.org](http://www.zionseniorcommunitycenter.org)