

Central Connections



Supporting quality of life
for Middletown's
older adults

Who We Serve

- 925 members ages 50+ in 29 zip codes in OH, mainly Butler and Warren Counties
- 71% Middletown zip codes
- 4% Trenton zip codes
- 8% Franklin zip codes
- 6% Monroe zip codes



"Central Connections is my home away from home! I eat, volunteer, and exercise here daily."
— Marge



17.3% of Middletown's population is over age 62+

Our Services in 2017

- **HOME DELIVERED MEALS**
111,404; avg 9,284 per month;
81% Middletown zip codes
- **CONGREGATE MEALS** (*meets Council on Aging nutrition guidelines*)
13,261; avg 1,105 meals per month
80% Middletown zip codes
- **TRANSPORTATION SERVICES**
12,925 medical and nonmedical trips
(medical, pharmacy, hospital, etc.);
avg 1,077 trips per month;
88% Middletown zip codes
- **SUPPORTIVE SERVICES**
228 clients; avg 19 clients per month;
93% Middletown zip codes
(*home visits, HEAP applicants, city water discounts, vision assistance, other aid*)

Whole-Person Wellness

We promote a philosophy of Whole-Person Wellness, focusing on Six Dimensions of Wellness—emotional, intellectual, physical, social, spiritual, and vocational—and meeting people age 50+ where they are in life.

Programs for Adults Age 50+

SilverSneakers exercise ~ fitness room ~ arts & crafts ~ billiards, bingo, cards ~ computer classes ~ cornhole, chair volleyball, line dance, Tai Chi, yoga ~ wellness fair ~ outings & tours ~ music, dances ~ seasonal events ~ volunteer opportunities ~ wellness seminars

Collaborating with Our Community

Abilities First ~ AK/Armco ~ Atrium Medical Center ~ Bishop Fenwick HS ~ Catholic Charities of Southwestern Ohio ~ City of Middletown ~ Great Miami Valley YMCA ~ Hospice Care of Middletown ~ Kiwanis ~ Middletown Police and Fire Divisions ~ Middletown Schools ~ MidPointe Library System ~ Ministerial Alliance ~ NAACP ~ Neighborhood Watch ~ Ohio Arts Council ~ Rotary ~ Safety Council of Southwest Ohio ~ Shared Harvest Food Bank

One of the area's largest venues for rental space and catering options

3907 Central Ave, Middletown, OH 45044 / 513.423.1734 / www.centralconnections.org