



## Kuna Senior Center serves community with FREE senior bus



Connie Edwards  
GRANTS/CONTRACTS OFFICER

The Kuna Senior Center calls themselves a “town within a town.” They are a community center for seniors that provides an environment for them to be socially engaged, stay mentally active, participate in physical activities and enhance their overall quality of life.

The Kuna Senior Center provides a FREE senior bus with rides within town Monday, Wednesday, and Fridays. On Tuesdays, they provide rides for medical trips outside of Kuna and maybe some shopping and lunch. Thursdays are their Fun field trip days. They have three bus drivers on staff, who not only drive their members, but also check up on them if they are absent. The buses are heated and air conditioned and decorated for holidays. They have had contests and prizes to increase ridership and engage their seniors to join the activities.

Some of the activities they provide are: exercise classes, live music, haircuts once a month, foot clinic once a month, blood pressure checks, educational speakers, free bingo every day, Saturdays cash bingo, lending library (books and games), thrift shop, billiards, potlucks, lunch daily, and a place to meet up and be social. All this for \$5 a year membership fee.

Walking into the Kuna Senior Center you feel welcome. You can feel that they care for the well-being of their members. So much thought and preparation go into making sure the activities, services, and trips they provide enhance the lives of the seniors.

They have acquired big-screen TVs from a grant from the Area on Aging (A3). They display the birthdays that month and quizzes for mental stimulation. Also, with this

grant they have made their billiards room safer and more accessible and comfortable for players.

If you know a senior in Kuna who might enjoy this service, or if you/they would like to volunteer or donate, please contact Jill at 208.922.9714.



