

September 2025

Exercise, National Senior Center Month originated as National Senior Center Week in May of 1979, was proclaimed by President Ronald Reagan in 1985, and was extended to the full month of September in 2007; and

Exercise, the Manteca Senior Center serves as a focal point for the provision and coordination of the broad spectrum of services and activities for older adults throughout the City of Manteca; and

Exercise, through the array of services, programs, and activities, the Senior Center empowers older citizens to contribute to their own health and well-being and the health and well-being of their fellow citizens of all ages; and

Exercise, the Manteca Senior Center affirms the dignity, self-worth, and independence of older persons by facilitating their decisions and actions; tapping their experiences, skills, and knowledge; and enabling their continued contributions to the community; and

Pow, Therefore, I, Gary Singh, Mayor of the City of Manteca, on behalf of City Council, do recognize the month of September as Senior Center Month, and urge all citizens to join in and celebrate the special contributions of the Senior Center participants and the special efforts of the staff and volunteers who work every day to enhance the well-being of the older citizens of our community.

DATE: September 16, 2025	
Mayor Gary Singh	