

We are the Senior Care Association of Central New York. We're dedicated to bringing people 55+ opportunities for connection including [events](#), [news](#), [services](#), and [resources](#).

To see a full list of online events, [click here](#) and go to our CLA events page.

To read all about what's happening with people 55+ in our Central New York area [click here](#).

To find resources to support people 55+ in living a fuller life [click here](#).

October 2021 brings many opportunities to make connections...

Here are some in-person and on-line events near you:

- [Gwen's Sip, Support & Stretch](#) – Fridays at 9am
- [Tai Chi for Arthritis and Falls Prevention](#) – Tuesdays & Fridays at 10:30am
- [Dementia Support Group](#) – Tuesdays at 9am
- [Gwen's Healthy Hearts](#) – Tuesdays at 10:15
- [Effective Communication Strategies](#) – 10/5 at 2pm
- [Chronic Disease Self-Management](#) – Tuesdays at 5:30pm
- [Wednesday Wellness Walking](#) – Wednesdays at 12:15
- [Rhythm & Moves](#) – Thursdays at 11am
- [Senator Mannion Senior Fair](#) – 10/19
- [Outdoor Tailgate Party at The Hearth](#) – 10/20 at 4pm
- [Medicare Guide 2022](#) – 10/21 at 3pm
- [Caregiver Support Group](#) – 10/25 at 5pm
- For a full list of events check out our [events calendar](#).

The **CNY Senior Fair** on September 22 was a success! [Use this link to see pictures and organizations that were on hand in case you missed it!](#)

We will also loved the live music by [Power of Two](#) and the naturalist led walk. Thank you to everyone who made this a success and we're already planning next year's event.

Information we thought you might find interesting:

What is a neighborhood Advisor? Neighborhood Advisors are trained Senior Services Professionals. They assist older adults in obtaining the services they need in order to remain independent in their home setting. [Use this link to find out more...](#)

What does the NYS Office for Aging Programs & Services have that you may be able to take advantage of? [Use this link to find out more...](#)
