

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](#).

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## January 2022

### brings opportunities for people 55+ to make connections...

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

- [In-Person Monday Moving Meditation "Back to Nature"](#) weekly on Mon.
  - [Dementia Support Group](#) – Tuesdays at 9am
  - [Wednesday "Move it to Rhythm & Moves" Online](#) – January 5 (weekly)
  - [Gwen's Friday Coffee, Conversation & Chi](#) weekly on Fridays
  - [Living Healthy with a Chronic Condition](#) – January 27 and weekly
  - For a full list of events check out our [events calendar](#).
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January is a slow month with unpredictable COVID. We hope to provide you with much more information next month.

Please let us know what events and information you like to hear – contact [nancy@communitylivingadvocates.com](mailto:nancy@communitylivingadvocates.com) and share your interests and ideas.

Keep Warm!..

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