

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](#).

February 2022

**bringing opportunities for people 55+
to make connections...**

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

- Alzheimer's [Tompkins County Community Forum](#) - 2/2 at 10am
 - [Understanding Alzheimer's and Dementia](#) - 2/2 at 4pm
 - [Understanding & Responding to Dementia Behaviors](#) - 2/3 at 11am
 - [Living Healthy with a Chronic Condition](#) - 2/3 at 1:15pm
 - [Advance Care Planning Workshop](#) - 2/8 at 2:00pm
 - [Jim's Virtual Introduction to Reptiles and Fish](#) - 2/10 at 2:00pm
 - [Tai Chi for Arthritis & Fall Prevention](#) - 2/14 at 10:30am
 - [CLA Networking & Education Meeting](#) - 2/15 at 2:00pm
 - [Online Allan Rohan Crite Exhibition from Munson-Williams-Proctor Arts Institute](#) - 2/23 at 10:00am
 - For a full list of events check out our [events calendar](#).
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Here are some articles we think you'll like:

- [Lifelong Brain Health Education Series](#) – offered by the Syracuse Jewish Family Service for people with Parkinson's Disease.
- [Let's start with 5](#) – When you're still with yourself you may notice what your body and mind want...

Please let us know what events and information you like to hear – contact nancy@communitylivingadvocates.com and share your interests and ideas.

Keep Warm!..

If you are a senior care professional and would like to learn more about becoming a member of Community Living Advocates, please contact Nancy Aureli (315) 409-9361.