

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](#).

March 2022

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

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

- [Gwen's Wednesday "Health Hearts" Online](#) – Wednesdays at 11am by Gwen's Helping Hands
- [Living Healthy with a Chronic Condition](#) – 3/3 at 1:15pm by Onondaga County Office for Aging
- [Interactive Medicare 101](#) - 3/3 at 6pm by [Michele Hathorne of Senior Solutions](#)
- [Gwen's Friday Coffee, Conversation & Chi](#) - Fridays at 9am by Gwen's Helping Hands
- ["Rhythm & Moves" DANCE Fit](#) In person and Online Tuesdays at 6pm by Gwen's Helping Hands
- [Tai Chi for Arthritis & Fall Prevention](#) – Mondays at 10:30am by Onondaga County Office for Aging
- [Advance Care Planning Workshop](#) – 3/9 at 1:30pm by [Community Living Advocates](#)
- [Dementia Conversations Driving, Doctor Visits, Legal, and Financial Planning](#) - 3/10 at 9:00am by [Alzheimer's Association CNY Chapter](#)
- [Virtual Tour of Binghamton Nature Preserve](#) – 3/10 at 2pm by [Alzheimer's Association CNY Chapter](#)
- [Cecile Center Senior Fair in a Bag](#) – 3/23 at 9:30am by [Community Living Advocates](#)
- For a full list of events check out our [events calendar](#).

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

Spring's almost here!..

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.