

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](#).

December 2021 brings many opportunities to make connections...

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

- [Rhythm & Moves](#) – Wednesdays at 11am
- [Peer Support for Adults with Type 2 Diabetes](#) – 12/1, 8, 15 at 10am
- [Dementia Support Group](#) – Tuesdays at 9am
- [Wednesday Wellness Walking](#) – Wednesdays at 12:15
- [Gwen's Friday Coffee, Conversation & Chi](#) – Fridays at 9am
- [Caregiver Support Group](#) – 12/27 at 5pm
- [Dementia Support Group](#) – 12/28 at 2pm
- [Effective Communication Strategies](#) 12/13 at 2pm
- For a full list of events check out our [events calendar](#).

Information we thought you might find interesting:

Video: [2021-2022 Medicare Updates](#) Join Sarah Askew with NY StateWide Senior Action Council and Eric Hausman to learn all about changes in Medicare.

Blog: [Too many pills: When less is more](#) provided by Becky Auyer of InspireCare.

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...](#)

Happy Holidays!