

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](#).

For housing options for people 55+ [click here](#).

---

**April 2022**

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

---

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

- [Monday "Move it for Momentum" Online](#) – Mondays at 10am
- [Monday Moving Meditation](#) – Mondays at noon
- [Virtual Maple Tree Tapping](#) – 4/6 at 10am
- [Living Healthy with a Chronic Condition](#) – 4/6 at 10am
- [Tai Chi for Arthritis & Fall Prevention](#) – Mondays at 10:30am by Onondaga County Office for Aging
- [Gwen's Wednesday "Healthy Hearts"](#) – 4/6 at 10am
- [Magnarelli Senior Fair in a Bag](#) – 4/7 from 9:30-11:30am
- [Anticipatory Grief as a Caregiver](#) – 4/7 at 5:30pm
- Live Music - [The Cadleys w/special guest Mark Wahl](#) – 4/9 at 7:30pm
- [Dementia Conversations Driving, Doctor Visits, Legal, and Financial Planning](#) - 3/10 at 9:00am by Alzheimer's Association CNY Chapter
- For a full list of events check out our [events calendar](#).

---

**Save the Date! June 9<sup>th</sup> from 10am – 2pm** for the CNY Retirement Showcase at the CNY Regional Market. Free entertainment and information on what our area has for you to enjoy retirement even more! [Click here for details](#).

---

*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.*