

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](#).

May 2022

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

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

- [Personal Training Online](#) - 5/2 at 7am
- [Dementia Support Group](#) - 5/4 at 9am
- [Aging Backwards](#) - 5/4 at 5:30pm
- [Positive Approach to Caring for Persons with Dementia](#) - 5/5 at 5:30pm
- [Death Cafe](#) - 5/10 at 6pm
- [Living with Alzheimer's Series for Caregiver](#) - 5/11 at 5pm
- [Community Activism Fair](#) - 5/11 at 5:30pm
- For a full list of events check out our [events calendar](#).

Save the Date! June 9th 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](#).

Check out our new article for Older Americans Month – [Age My Way in Central New York](#).

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.