

The background is a dark blue gradient with faint, light blue concentric circles and numbers (140, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260) arranged in a circular pattern, resembling a clock face or a radar screen. The text is white and centered.

OLDER ADULT SERVICES

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SENIOR CENTERS &
NORC



OLDER ADULT SERVICES IN ACTION!

OLDER ADULT VIRTUAL PROGRAMMING & SERVICES...

KEEPING OUR MEMBERS ENGAGED!

Health Management
Workshops
Fall Prevention Series
Coping/w Life Transitions

Case Management &
Nursing Services

Current Events Discussion
Groups

Advocacy
Senior Leadership
Advocacy Team (SALT)

Pilates
Chair Yoga
Gentle Moving/Gentle
Breathing

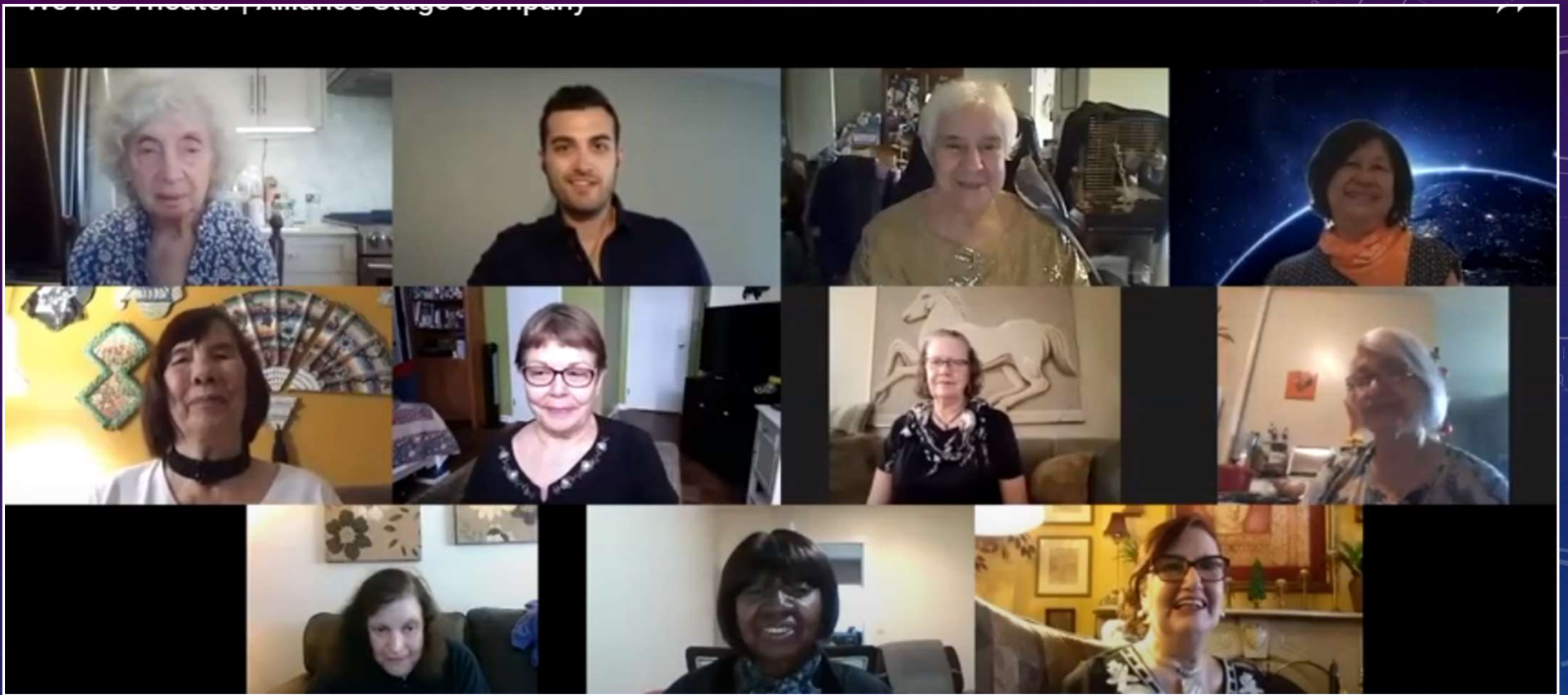
Actions for Balance
Strength & Stretch
Zumba

Drama
Painting
Choir
Concerts in Motion

Meaningful Writings
Short Story Discussion
Group
Book Club



COMMUNITY PLANTING DAY



ALLIANCE STAGE COMPANY...WE ARE THEATER!!



MARGARET AND HELAINE
DOING WHAT THEY DO BEST.....

KEEPING OUR OLDER ADULTS
INFORMED ABOUT:

- 311 GET FOOD
- NYC Air Conditioner Program
- Food Pantries on the LES
- Farmer's Market's Vouchers

AND JUST LENDING A LISTENING EAR..
ALWAYS

NORC'S NEW YEAR'S EVE ZOOM PARTY



