

Senior Resources Navigation Notes...



What's Happening in
YOUR Senior Center?



Senior Centers offer unique opportunities for you to socialize and access recreational and educational events. Senior Centers are considered focal points for services and resources for older adults.

Senior Centers typically offer a host of **exercise programs** to help you remain fit. While engaging in exercise programs, friendships are created and maintained.



Visit your senior center to **socialize!**



Need to find **benefits or information**? Services provided at or through the Senior Center.



But wait! There's more! Try out some of the **educational sessions.**



Transportation and Congregate Meals may also be available.
Call your local Senior Center or Community Center and see for yourself!



Or visit Senior Resources' website to find a Senior Center near you!
www.SeniorResourcesEC.org/stay-informed/senior-center-directory

Want help navigating the system?

Call Senior Resources Agency on Aging

(860) 887-3561 ° (800) 690-6998

