

# CELEBRATING OLDER ADULT CENTERS

## JOIN US

NYC has over 300 older adult centers. Come and experience the fun, enjoy delicious meals, meet new friends, and get connected to resources.

**What are you waiting for?**  
Join us!



**NYC** Department for the Aging



Centers in the NYC Aging network. During September, NYC Aging staff will visit each one of our centers to extend our appreciation for their ongoing commitment to older adults. Today's Older Adult Centers provide a wide range of resources and supports designed to help older adults live healthy, active, and independent lives in the communities they helped build.

Social connection remains one of their most essential benefits. Every weekday, older New Yorkers can gather and play games like dominos, bingo, and chess at local centers. Some enjoy group trips to the New York Botanical Gardens, Tea Around Town Tea Bus, or one of the city's countless other local attractions. Others take Zumba and tai-chi classes or participate in the dozens of NYC Walk-a-thon OAC groups to engage while keeping active. Sometimes, older adults come in simply for the joy of sharing a meal and having a good conversation with friendly faces.

Dining at the local OAC can also offset the high cost of food burdening many older New Yorkers,

particularly those on fixed incomes. At our Older Adult Centers, they can enjoy nutritionally balanced and culturally aligned meals five days a week at no cost. Those taking advantage of the healthy and tasty options like sanchoco, or fish curry and saved an average of \$898 annually. That's real money in their pockets.

Beyond meals and activities, OACs provide services that help older New Yorkers age in place. Friendly staff are on hand to guide members through city programs and connect them to important benefits like Medicare, Medicaid, SCRIE, and SNAP. Some centers even offer transportation for those who need extra help getting to medical or social service appointments. Mental health is also a priority, with over 80 centers providing on-site and virtual support through NYC Aging's Mental Health Initiative. These services are designed to take care of the whole person, making life a little easier and a lot more fulfilling. Older Adult Centers have become more than just places to gather—they are lifelines for many older New

Yorkers. Whether it's a warm meal, a friendly game, or access to critical services, these centers enrich the lives of those who visit. As the needs of older adults evolve, NYC's commitment to their well-being remains strong, ensuring that every person over 60 can continue to live a full, active, and engaged life. OACs will be as critical to our age-inclusive city as they've been for the past 80 years. I encourage every older New Yorker to visit an OAC and experience what they have to offer. To connect with your local center, go to [www.nyc.gov/aging](http://www.nyc.gov/aging) or call Aging Connect at 212-244-6469.



*NYC Department for the Aging  
Commissioner  
Lorraine Cortés-Vázquez*

In 1943, New York City opened the William Hodson Older Adult Center, the nation's first OAC in the Bronx, to reduce social isolation for people over sixty. Eighty-one years later, William Hodson remains a

community staple, offering socialization, support, and services to older adults. September is National Older Adult Center month, a time for us to acknowledge William Hodson and the more than 300 Older Adult