

RECREATION AND WELLNESS

Holistic wellness is key to supporting older adults' physical, mental, and emotional health. Our Recreation and Wellness programs offer a range of activities designed to enhance fitness, social engagement, and overall well-being, helping older adults stay active and connected in a supportive community.

UNIVERSITY EXPRESS

Lifelong learning classes for older adults span topics from History and Finance to Humanities and Wellness. Each Fall and Spring, we offer 300–400 classes at 28 participating senior centers and libraries that any older adult can attend. Off-shoot programs also include monthly virtual trivia with participating senior centers, book club, March Madness, fantasy football, puzzle contests, and field trips.

RETIRED SENIOR VOLUNTEER PROGRAM

Erie County RSVP enhances lives and strengthens communities through volunteering and service. Discover opportunities that match your skills, passions, and interests, while connecting with your community. This program is federally funded through AmeriCorps.

CLUB 99 FITNESS

Free fitness classes and dance programs to enhance, strength, balance, and mobility.

CONTACT US



716-858-8526



Erie.gov/aging



senior.info@erie.gov



**95 Franklin St Buffalo
NY 14202**



Erie County Department for the Aging



**Erie County Executive
Mark Poloncarz**

**Commissioner
Randall Hoak**



ABOUT US

We strive to promote the wellbeing of all older adults aged 60+ and their families and/or caregivers through coordinated and cost-effective services which enhance their independence, dignity, and quality of life.



OUR SERVICES

THE STAY FIT DINING PROGRAM

Offers nutritious meals designed to support healthy eating and foster social interaction. Available at over 40 senior centers across Erie County, the program provides congregate dining and also offers frozen meal pickup options for added convenience.

NUTRITION EDUCATION

Our program helps you navigate the best nutrients for your health and budget. With expert dietitians available for counseling and regular food demos, we support you in making informed, cost-effective food choices.

CASE MANAGEMENT

Providing personalized support to help access government and community resources, navigate healthcare, enroll in benefits, and enhance overall quality of life.

NY CONNECTS

Our live call center offers information and benefits enrollment assistance for all needs, along with community outreach services for options counseling.

CAREGIVER SUPPORT

Provides support, resources, and guidance to individuals caring for older adults. Services include education, respite options, and assistance with accessing community resources to help caregivers manage their responsibilities.

HEALTH INSURANCE COUNSELING

Free unbiased health insurance assistance and long term care planning.

HOME ENERGY ASSISTANCE PROGRAM

Heating, cooling, and utility outreach assistance supporting older adults aging in place in Erie County.

GOING PLACES TRANSPORTATION

Providing essential and accessible rides for older adults.

