



AGING MASTERY PROGRAM

Talk with the front desk to sign up!

This 10 class program will assist you in developing sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, enhanced well-being, and increased connectedness to communities



Navigating Longer Lives
Schiller Park Senior Center
September 23, 2025
1:00pm-2:00pm

Phone: 716-895-2727

Address:

2057 Genesee St.
Buffalo NY 14211

- Sleep
- Exercise
- Falls Prevention
- Financial Fitness
- And more!
- Medication Management
- Healthy Eating
- Community Engagement
- Memory Matters
- Navigating longer lives
- Healthy Relationships

Have questions?

Visit
Erie.gov/aging

Email
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Call
716-858-2114