

# Seniors in Touch

## Adult Day Services



Painted by Marion Durdovic, *Seniors in Touch* member

*Serving Our Neighbors for  
Over 20 Years*

Offering activities to older adults who are interested in leading active lifestyles but may need assistance.

Seniors in Touch is funded by contract with the New York City Department for the Aging and the New York State Office for the Aging

# JOIN US!

Seniors in Touch is a two-day a week program offered at two locations.

## Activities Include:

- Morning Coffee Hour
- Modified Yoga & Tai Chi
- Crafts, painting, sculpture & more
- Games, music, poetry & entertainment
- Day trips to museums, favorite local restaurants & the Botanic Gardens
- Intergenerational programs
- Educational events
- Health education & wellness

Transportation is provided  
to and from our facility

Lunch provided daily

Trained and licensed staff is always available to assist participants in need of special attention. Personal assistance provided to those participants with limited mobility.

For more information call  
718-630-7588

*"I realize how important it is  
to be among friends and be creative"*

-Member

We can arrange to come to you or have you come to us to learn more about our program!