

WAVERLY FREE LIBRARY

ENGAGED ELDERS: NEXT CHAPTER TALKS SCHEDULE THURSDAYS AT 1PM

9/24	Tioga Opportunities Nutrition Resources, NY Connects Resource Guide, Transportation Programs, and More!
10/01	Elderwood Levels of Care, Specialty Programs, and More!
10/08	Ageless Strength Benefits of exercise, Cardio vs Strength, Building muscle at any age and Fall prevention
10/15	Gannon Insurance - Medicare 2027 Medicare Changes
10/22	Blauvelt Funeral Home Pre-Planning, Resources, and More!
10/29	Beth Herbst - Chair Yoga Athletico / Pivot Performance Discover the benefits of yoga - whatever your age or ability!

Participants are entered to win door prizes at each session!