

Senior Center

A WELCOMING COMMUNITY FOR SUPPORT,
FRIENDSHIP AND FUN



When they walk through the doors of Riverstone, seniors feel the vibrancy of the community and the whirlwind of activity of this five-day-a-week Center. Our calendar is always full.

SENIOR CENTER ACTIVITIES INCLUDE:

- Computer, jewelry-making and ESL classes
- Playing dominoes, pool and Bingo
- Enjoying trips to a local park or garden
- Health education workshops include diabetes workshops, healthy cooking classes
- Walking club, Zumba, yoga, tai chi and more
- Free consultation on legal issues and benefits
- Book club, sewing class
- A hot nutritious lunch

~more on reverse side~

"YOU'VE GIVEN MY
MOTHER A LIFELINE
– SHE WON'T MISS A
DAY AT THE CENTER.
SHE FOUND NEW
FRIENDS AND A STAFF
SO IN TUNE WITH HER
NEEDS. MY MOTHER'S
LIFE IS FULLER AND
HAPPIER AND I AM
DEEPLY GRATEFUL TO
RIVERSTONE."

Senior Center

~continued from reverse side~

Our center welcomes independent seniors who enjoy a full day of activity.

Activities are in English and Spanish.

The Senior Center is open Monday through Friday, 8:30 am to 4:30 pm.

For more information, call Senior Center Director at (212) 927-5600, ext. 119.

Help us widen our circle of support. For more information about becoming a community partner, call Ilana Dunner, Executive Director at 212-926-5600, ext. 114 or email: idunner@riverstonenyc.org.

