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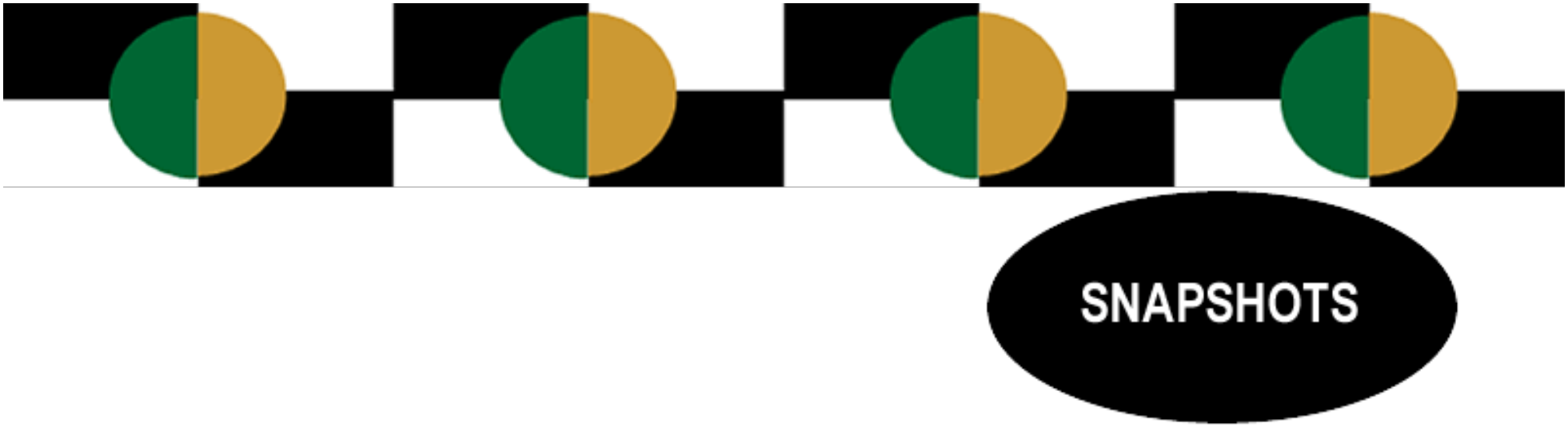


*All programs are made possible by funding through the New York State Office for the Aging and the Clinton County Office for the Aging.*

Who is eligible?

People aged 60 and over are eligible for all activities.

Do I need a membership to participate?

Activities through the Senior Center are available without cost.

Memberships are available for anyone interested in joining the Senior Citizens Council to participate in the trips sponsored by the council.

What types of activities are offered?

Weekly Activities:

- Bingo
- Scrabble
- Quilting
- Craft Classes
- Current Events
- Matinee Movie
- Card Games
- Mah Jongg
- Tai Chi
- Shuffleboard
- Wii Bowling
- Osteo-Arthritis Class
- Educational Presentations
- Language Classes...and much more

Monthly and Annual Activities:

- Holiday parties
- Summer picnic
- And much more

Is it necessary to sign up ahead of time for activities?

Seniors are welcome to drop in for most activities.  Please call ahead to the Senior Center if there is a question about a certain activity.

Where do the activities take place?

With the exception of the trips, all of the activities take place at the Senior Center.

When do the activities take place?

Activities are scheduled for early morning until early afternoon Monday through Friday.  Please check the monthly calendar for specific days and times.

What else does the Senior Center offer?

*Nutrition Site*— The Senior Center is also a nutrition site so come in and have lunch. There is no charge, however there is a $3.00 suggested contribution.

*Recreation*—The Senior Center has a shuffleboard table, a pool table and exercise equipment available. Pickle Ball on site also.

The Senior Center is located at 5139 North Catherine Street in Plattsburgh. Lunch is provided daily by the Clinton County Nutrition Program.

**If you have any questions, call the Senior Center at (518) 563-6180.**

This snap shot provides general information only. Contact the appropriate agency mentioned for information on your individual circumstances.

**Clinton County Office for the Aging**