



NEW YORK STATE SENATOR

James Sanders Jr.

## Dozens of Seniors Enjoy Sanders' "Fun, Fit and Fabulous Day by the Sea" Event

[JAMES SANDERS JR.](#) August 18, 2016

Image not found or type unknown



State Senator James Sanders Jr. (D-Rochdale Village, Far Rockaway) hosted a great day of fun activities for seniors called "Fun, Fit and Fabulous Day by the Sea," at the Dred Surfer Grill in Far Rockaway.

Dozens of seniors attended the event which included line dancing, a hat show, Zumba dancing, solo singers, piano solos, youth performances, free foot and hand massages, swim

safety demonstrations and self defense / martial arts demonstrations. A complimentary lunch was also be served.

"I am proud to have hosted this event which featured many great activities for the golden members of our society," Sanders said. "It is important that we as a community recognize our seniors and show our unwavering commitment to them as a thank you for paving the way for the next generation and providing steadfast guidance during the troubling times of today.

Participants included: Swim Strong Foundation, AARP, NYC Department for the Aging, NYC Human Resources Administration, SNAP Center Brookville, Robert Couche Senior Center, St. John's Episcopal Hospital, Cassie's Creations, Health First, Royal Home Care, Seagirt Adult Day Care Center, Saladmaker, Dr. Eli Greenberg, physician and Surgeon of the foot and ankle, and Dr. Steven Ginsberg.

We would like to extend special thanks to Heritage Adult Day Care Center for preparing a delicious meal, the Dred Surfer Grill for allowing us to you use their space, and our sponsor Alpha Care.