



NEW YORK STATE SENATOR

Liz Krueger

Senator Krueger's Virtual Senior Resource Fair

LIZ KRUEGER October 16, 2020

| ISSUE: **OLDER ADULTS**



This year's Senior Resource Fair went virtual, with presentations about resources you can access online about arts and culture, exercise and meditation, and job search for people over 50. Click on the links below for full video of the events.

ARTS AND CULTURE

Tuesday, October 13th from 2 pm – 3:30 pm

Join us at the theater, at a lecture, and a concert, look at art in the museum, and attend class

at the University.

Presentations by:

- Carnegie Hall
- DOROT- University Without Walls, On Site and special programs
- The Museum of Modern Art (MoMA)
- Theatre Development Fund
- The Streicker Center at Temple Emanu-El

EXERCISE AND MEDITATION

Wednesday, October 14th from 2 pm – 3:30 pm

Put on some comfortable clothes to exercise and meditate, and find out about programs designed to keep us healthy and to reduce stress

Presentations by:

- Asphalt Green
- Lenox Hill Neighborhood House - learn about the Simonson Technique, an organic approach to movement
- Health Advocates for Older People - learn about how to exercise with arthritis

JOB HUNTING

Thursday, October 15th 2 pm – 3:30 pm

Finding a job is never easy, and it's even harder for individuals over 50, especially during the time of COVID. We are continuing our partnership with the Business Center at the New York Public Library to help you hone your job search skills. Topics include establishing the

right mindset for the job search, creating an effective resume, and refining your interviewing skills.