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Subject: 4 ways to celebrate LIFE at senior centers

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4 ways to celebrate LIFE at senior centers

It's Senior Center Month,
sponsored by our National
Institute of Senior Centers!
See 4 ways older adults can
celebrate LIFE (Learning,
Independence, Friends, and
Energy) at their local center.

[Read More](#)

Sept. 1, 2015

Enter our Falls Free® Video Contest

Thanks to generous support from GSK, NCOA's Falls Free® Initiative is holding a video contest. We're looking for positive videos of older adults engaged in falls prevention activities. Winners will receive Amazon gift cards and have their videos used in NCOA materials.

[Submit a video by Nov. 2](#)

Grandparents Day is Sept. 13

Generations United has a week's worth of activities planned to celebrate. See how your organization can help older adults #DoSomethingGrand.

[Get ideas](#)

Coming up ...

- **Senior Center Month: Engaging with Boomers+**: Get strategies for

- creating and promoting baby boomer programs, making community connections, and mobilizing 50+ volunteers. *Sept. 10 @ 1:30 p.m. ET*
- **Suicide Prevention and Older Adults:** Learn the risk factors for suicide among seniors and strategies for prevention. *Sept. 17 @ 2:30 p.m. ET*
- **SEEK: 2015 NISC Senior Center Conference:** Discover how to make your senior center the best it can be. *Sept. 20-22 in Columbus, IN*

Did you miss this?

- **SNAP Best Practices Handbook:** See best practices in enrolling eligible seniors into the Supplemental Nutrition Assistance Program (SNAP).
- **5 Steps for Avoiding Medicare Scams:** Get educated and share these five tips from My Medicare Matters®.
- **FamilyWize Prescription Savings Card:** Explore another option to help individuals save on their medicine.

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