

Under One Roof

WHAT SENIORS NEED, SENIOR CENTERS PROVIDE

There will be 1.4 Million Seniors in NYC by 2040
The Department for the Aging funds more than 250 Senior Centers
More than 30,000 seniors access Senior Centers everyday

Loneliness surpasses obesity as an early predictor of death

11% of seniors live alone



Socialization



Senior Center members report higher levels of social support

70% of seniors surveyed attended a Senior Center to avoid isolation

26% of households do not have internet

50% of seniors are immigrants



Education



Senior Centers are culturally competent

50% of seniors surveyed attended a Senior Center to for classes & educational programming

17% of residents are food insecure

120+ million meals are needed to reach food secure



Nutrition



Senior Centers offer nutritious congregate lunches

Some centers even offer breakfast, dinner, or a weekend meal

23% of adults had no exercise in the past 30 days

24% of adults are obese



Health



Senior Centers offer health classes

Over 70% of seniors surveyed experienced improved or maintained health after 1 year of attending

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