



NEW YORK STATE SENATOR

Liz Krueger

# Senator Krueger's Virtual Senior Resource Fair 2021

[Liz Krueger](#)

October 25, 2021

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This year's Senior Resource Fair was once again held virtually, with presentations about exercise, nutrition, and meditation, the benefits and challenges of pet ownership, and arts and continuing education. For more information, visit the Senior Resource Fair website at <https://www.lizkrueger.com/srf/>. Click on the links below for full video of the events.

## **EXERCISE, NUTRITION, AND MEDITATION**

### **Tuesday, October 19th from 2 pm - 3:30 pm**

Put on some comfortable clothes to exercise, and learn about how stretching and moving your body, good nutrition, and meditation can contribute to your overall wellness.

Presentations by:

- Asphalt Green
- Mount Sinai Health
- Older Adult Technology Services (OATS)
- 92Y

## **PETS ARE FAMILY**

### **Wednesday, October 20th from 2 pm - 3:30 pm**

Pets are wonderful, they love us and we love them. But did you know that having a pet can actually help improve your overall physical and mental health? This event will help you to decide if getting a pet is right for you. If you have a pet, hear experts share information about how to keep your pet healthy, looking good, behaving well, and cared for if you have an unexpected health emergency.

Presentations by:

- Animal Haven
- Instinct Dog Behavior & Training Hudson Valley
- PAWS NY
- Search and Care
- Jorge Bendersky – Celebrity Dog Groomer

- Dr. Callie Harris – Veterinarian

## **ARTS, CONTINUING EDUCATION, AND TECHNOLOGY**

### **Thursday, October 21st from 2 pm - 3:30 pm**

Increase your tech skills so that you can expand your mind and nourish your spirit. Learn about arts and continuing education programs that you can access online, and obtain the tech skills you need to access them.

Presentations by:

- DOROT
- Museum of Modern Art
- Older Adult Technology Services (OATS)
- Quest: A Lifetime of Learning, City College of New York
- Theater Development Fund