

*Enhancing the
second half*



Lifelong

www.tclifelong.org
607-273-1511

Lifelong's Mission



- Lifelong is a vibrant, active community center for adults 50 and older
- Our mission is to enhance the lives of older adults in Tompkins County

Who does
Lifelong
serve?

CRITICAL THINKERS
TECH-CHALLENGED
TAXPAYERS RETIREES
CREATIVE TYPES CINEMA BUFFS MUSICIANS
LIFELONG LEARNERS STORYTELLERS ARTISTS
ARTISANS PEOPLE WITH DISABILITIES VOLUNTEERS
WRITERS POETS ADULTS 50+ WALKERS
ACTORS
GAME PLAYERS DIVERSE BACKGROUNDS GOLFERS
MEDICARE RECIPIENTS DANCERS
VIRTUAL PARTICIPANTS TRAVELERS
READERS EMPTY NESTERS

What do we provide?

- Learning
- Health and Wellness
- Creative Arts
- Social Groups
- Travel
- Lifelong Mosaic Program
- Free Medicare counseling
- Free tax preparation
- Special Events
- Volunteer Opportunities
- Senior Circle quarterly publication

Benefits of Lifelong Membership



- Access to a Virtual Senior Center
- Personalized Tech support by appointment
- Discounted TCAT bus passes
- Discounts on: Cornell Concert Series, YMCA membership, Mary Durham Boutique, travel bookings with Collette
- Science Center passes

Lifelong Learning



A selection of Lifelong classes...

- Aging Mastery Program
- Kayaking
- How to be a Connected Grandparent
- Shakespeare on Film: The Modern Era
- Learn ukelele
- Developing your Book Concept
- History of London
- Google Tools
- U.S. Supreme Court
- Musical Phrases: A Listening Adventure
- World Cinema

Lifelong Activities



- *Health & Wellness*
 - Tai chi
 - Strength training
 - Enhance your fitness
 - Chair yoga
 - Slow flow yoga
 - Vinyasa flow yoga
 - Square and Line Dancing
 - Walk program
- *Creative Arts*
 - Clay studio
 - Play it Again Theatre Troupe

Lifelong Social Groups



- The Play's the Thing
- French conversation group
- Writing group
- Living Conversation
- Men's group
- Bridge
- Mahjong
- Pinochle
- Open paint studio
- Evening and afternoon book clubs

Lifelong Travel



- Collaboration with Collette Travel
- *Thailand* - February 2024
- *Spain and Portugal*- April 2024
- *Canadian Rockies by Rail*- July 2024
- *Alaska Discovery Land & Cruise*- August 2024
- *Painted Canyons of the West*- September 2024
- *Peru: Machu Pichu and Lake Titicaca*- February 2025

Lifelong Day Trips

- *Merry-Go-Round Theater: "Jersey Boys"*- June 2024
- NYS Fair- August 2024

In the works:

- *Discover Cayuga Lake cruise*
- *Day trip to Cooperstown*
- *Hangar Theater production with backstage pass*

Lifelong Mosaic Program

Mosaic: a pattern or image that is made up of many smaller pieces that vary in size, shape, and color.



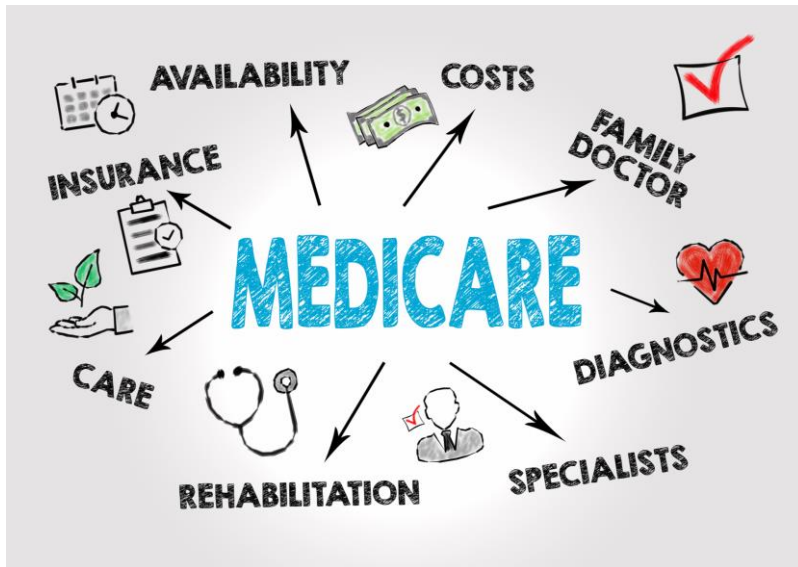
- Goal: offer a myriad of options to a wide variety of people, including those from diverse ethnicities, races, sexual orientations, and ability levels...in short...everyone!
- Focus on offerings that are inclusive, diverse, equitable and accessible to all.
- Africana film library series
- Award-winning Shorts about the LGBTQ+ Experience
- Emergency readiness for people of all abilities
- Lesbian Coffee House 2x/month
- West Africa on a Plate
- Mandu: Korean Dumplings

Lifelong Events & Happenings



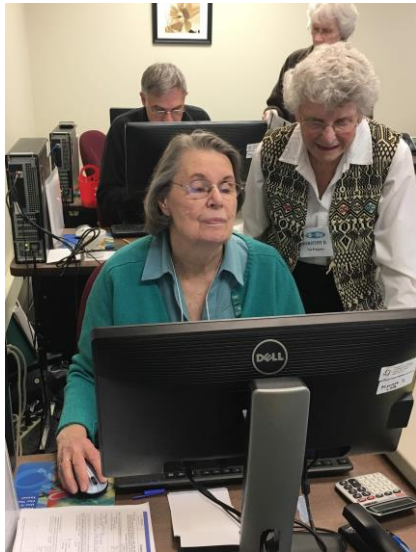
- Hearing and Balance Screenings
- Annual Luncheon and Meeting
- Wine & Cheese Happy Hours with Live Music
- Flu Clinics
- AARP Safe Driver Training
- Holiday open house and Craft/Collectible Sales
- Spring Fling!
- Quarterly rotating art gallery exhibits

HIICAP



- **HIICAP:** Health Insurance Information Counseling & Assistance Program
- **Free** MC counseling by trained counselors who are certified by the NYS office for the aging
- Help individuals navigate their options under Medicare
- Coordination of benefits
- Screen for eligibility for savings programs for medications and premiums, co-pays and deductibles

Free Tax Preparation



Free tax preparation for:

- All seniors age 60+ (regardless of income and with spouse of any age)

as well as

- All individuals with a disability

as well as

- All households/individuals with incomes below \$64,000

Returns prepared by IRS trained and certified volunteer tax counselors

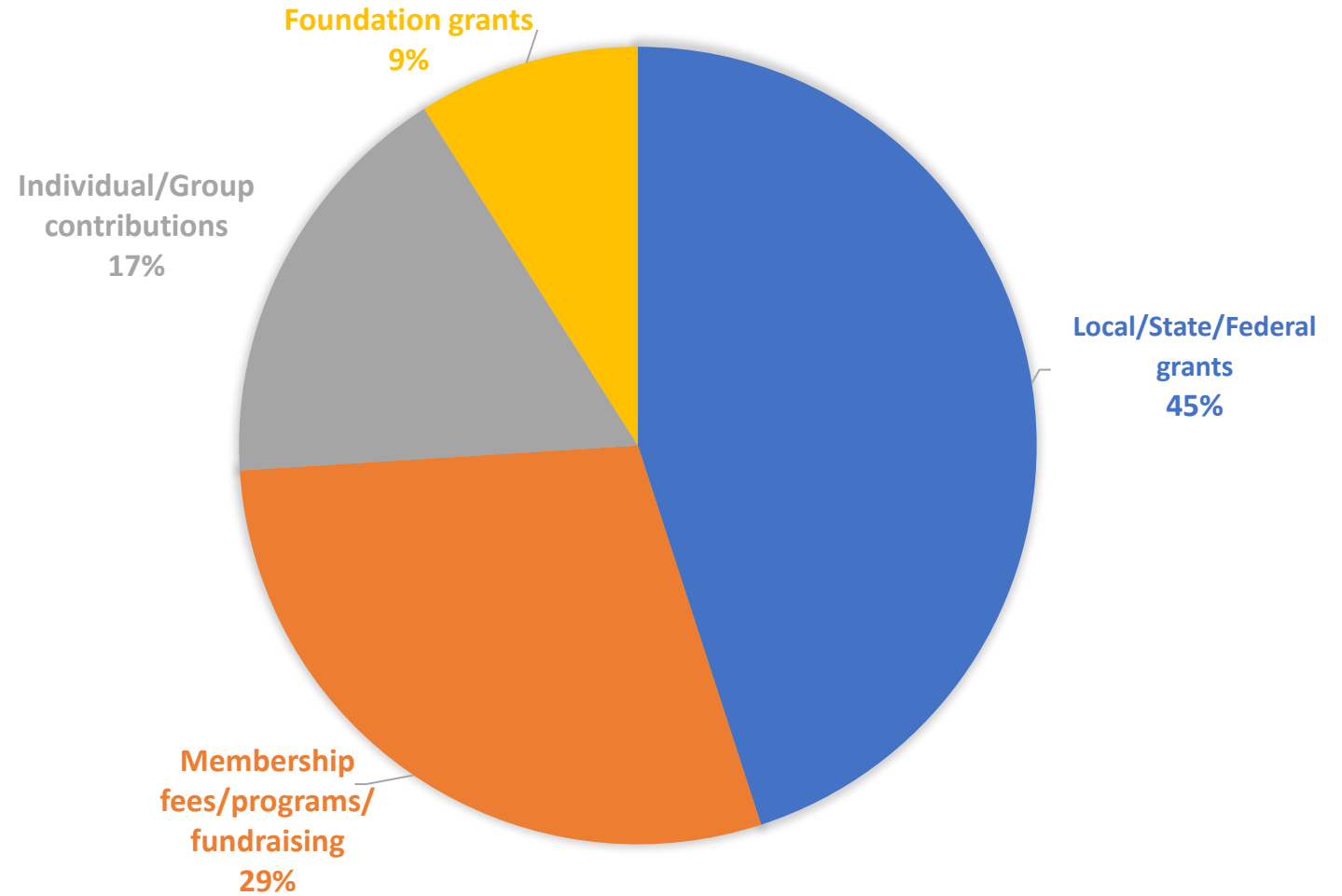
Volunteers, Connected program



- Assist individuals to find meaningful volunteer placements in our community
- Spring Volunteer Fair (April 24, 2024)
- Directory of volunteer opportunities in Tompkins County non-profit agencies

How is
Lifelong
funded?

LIFELONG REVENUES



Looking forward.....

- Increased travel opportunities
- Reaching more individuals who are 50+
- Community Room at Library Place
- Collaboration with other organizations (LLH, GIAC seniors, COFA)
- Expansion of benefits to LL members
- Special events / gatherings
- Additional evidence-based programming