

Lifespan Downtown is open to any person age 60 or older. There is no entrance fee and no zip code restriction.

Lifespan Downtown is open 365 days a year.

Location: Ground floor level of the Sibley Building in the “old Sibley’s Café.”
25 Franklin Street, Rochester, NY 14604

Hours:

Monday-Friday 8:30am-4:00pm
Weekends & Holidays 9:00am-1:00pm

Call us at **232-3280**

The Wolk Older Adult Center at Lifespan Downtown is a program of Lifespan of Greater Rochester Inc.
Main office: 1900 S. Clinton Avenue, Rochester, NY 14618. 244-8400.

www.lifespan-roch.org

Lifespan Downtown is funded by participant contributions, the U.S. Administration on Aging, NYS Office For the Aging, Monroe County Department of Health and Human Services/Office For the Aging, the United Way and Lifespan. No person shall be denied benefits or subjected to discrimination under any program or activity receiving federal assistance on the grounds of race, color, sex, religion, national origin, disability or marital status.

Lifespan provides information, guidance and services that help older adults take on both the challenges and opportunities of the second half of life.

Eldercare Services

- Care management through Eldersource*
- CheckIt!, a bill payer service
- In-home financial management assistance
- Guidance on financing long-term care related to Medicare & Medicaid
- Guidance about long-term care insurance
- Guidance on Medicare & Medicare Part D
- Elder abuse prevention & scam intervention/education
- Home modification for fall prevention
- Advocacy for nursing home residents
- Geriatric addictions program
- Care management for older adults with developmental disabilities
- Day care for older adults with developmental disabilities
- Future Care Planning for persons with disabilities**
- Home Energy Assistance Program (HEAP)
- Guardianship for incapacitated older adults

Employment & Volunteerism

- Job placement assistance for women re-entering the workforce
- Job training for low income adults (55 and older)
- Volunteer placement for adults (55 and older) in area non-profits
- Volunteer recruitment for transportation programs

Training & Education

- Workshops in aging issues
- St. John Fisher Geriatric Certificate Program
- Elder Aware training for businesses
- Keys to Independence — safe driving for older adults

Deaf & Hard of Hearing

- Interpreter service

Wolk Older Adult Center at Lifespan Downtown

- Meals, recreation, education, socialization

**in partnership with Catholic Family Center*

***in partnership with Al Sigl Center and The Arc of Monroe County*

Se habla Español.



1900 South Clinton Avenue
Rochester, New York 14618
(585) 244-8400 ■ www.lifespan-roch.org

The Wolk Older Adult Center

at
Lifespan Downtown
in the Sibley Building



*Where you will find
good food, good fun
and good friends!*

At Lifespan Downtown we strive to enhance well-being through creative social, nutritional, recreational, educational, physical and cultural programs, activities and services.

Good Food!

The Wolk Older Adult Center at Lifespan Downtown is a Monroe County nutrition site. Healthy and nutritious meals are served every day of the week, 365 days a year!

Breakfast*	9:00am-10:00 am
Weekday Lunch	Noon-12:30 pm
Weekend & Holiday Lunch	11:30-noon

*A cold breakfast is available all day

Suggested meal donations

60 years of age and older and spouses of any age:	\$2.50
Guests under 60 years of age:	\$4.00



Good Fun!

A wide variety of programs are offered including:

- Special breakfasts, Desserts, Parties, Entertainment
- Dominoes, Board Games, Puzzles
- Bell Choir, Chorus, Mountain Dulcimer Lessons
- Crafts
- Exercise Programs
- Oil Painting Instruction
- Current Movies
- Computers with Internet Access and Computer Classes
- Local and Long Distance Trips
- Trips to Walmart, Farmer's Market, Thrift Shops, Community Events, etc.
- And yes, Bingo.

Transportation is provided on a limited basis. Some programs and activities have a fee. Please contact the Center for more information and ask for our monthly newsletter.

Good Friends!

The Center is a welcoming place where older adults meet new people and make fast friends.

“A place where friends get together and relax.”

“I don't know what I would do without the Center.”

On-site Services

- An Eldersource social worker is on-site weekly to assist with benefits questions and problems and linkages to other community services.
- A podiatrist (foot doctor) visits twice a month.
- Blood pressure screenings are held twice a month.

For the residents age 60 and older of Andrews Terrace at 125 St. Paul Street.

- A program and lunch is brought to Andrews Terrace once a month.
- Transportation provided to the Wolk Center several days a week
- Monthly newsletter

Please contact the Center for more information.