

# Senior Group Description

FY18

The purpose of this program is to enhance the knowledge and lifestyle of seniors in the community.

After TESS staff met with local seniors in 2012, it was noted that there was a need in our community for seniors to have more opportunities to interact with each other. By TESS staff providing guidance, coordination, and a free, safe and accessible venue with staff that residents trust, the Center started to build a senior network.

The group is open to all seniors in the community. The group encourages participants to have fun in an informal “social hour” setting. Seniors can stay active and united and have an opportunity to learn about the different resources available to them. A light meal is served at all programs.

The goal of the senior group is for participants to stay strong and continue meeting every month to discuss ideas, reconnect with their talents, and explore issues that are of interest to them through networking, guest speakers, arts & crafts, music and other activities.

The group is typically conducted in Spanish but all are welcome.



[montgomerycountymd.gov/tess](http://montgomerycountymd.gov/tess)

**For more information or to request accommodations, please call 240-773-8260.  
TTY users, please call MD Relay (711).**



# TESS Center's Senior Social Group

Open to all 55 and older

**Next Meeting:**  
**Friday, October 26, 2018**  
**11 am- 1 pm**

Please join us for a social gathering to:

Hear from guest speakers about community issues and resources

Meet new friends

Participate in arts & crafts

Enjoy physical activities

This free program meets the last Friday of each month  
**April - October**



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# Programa Social del Centro TESS

Abierto para todos desde 55 años en adelante

**Próxima Reunión:**

**Viernes, Octubre 26, 2018**

**11am- 1:00pm**

**Por favor, acompáñenos a:**

Escuchar invitados comunitarios acerca de asuntos y recursos

Conocer nuevos amigos

Hacer manualidades

Disfrutar de actividades físicas

Este programa gratuito se reúne el último viernes de  
cada mes entre **abril - octubre**



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**Para información, o para acomodaciones especiales, por favor llame 240-773-8260  
Usuarios de TTY, por favor llamar al MD Relay (711).**