

Boomer Tuesdays at the Ava Dorfman Center

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Beginning Tuesday **September 14th, 3:30 to 5:30PM** and continuing every second Tuesday of each month, The Ava Dorfman Center in Rome in collaboration with the Oneida County OFA/OCC will be hosting **Boomer Tuesday**.

Boomer Tuesday is designed to encourage the younger senior who is still active in the workforce, likely younger family members at home, and beginning the assistance for care with their older family members to take time out of their busy day to enjoy activities especially for them. Besides great food, music, and fun connected to the theme of the month there will be resources available with contact information to help make your busy lives a little easier.

The Ava Dorfman Center's committee is also working with area businesses and organizations to bring you many surprises. Further announcements will be made each month with details of sponsors and activities that will be available.

Each day an average of 80,000 baby boomers celebrate their fiftieth birthdays. Just as this post-war generation has been a trailblazer in so many other areas, it is turning the concept of aging upside down. As a whole, this is a generation determined to squeeze out every drop of their time here on this earth. In the process, they are making healthy aging both a priority and the norm.

In retrospect, the careers of baby boomers have taken a decidedly different trajectory than those of their parents. Unlike previous generations, baby boomers haven't experienced the security of staying with one employer for their entire adult lives. Instead, they have held a number of jobs, sometimes within the same industry, other times across industries. They've picked up new skills along the way and, between gains in the real estate market and savvy investing, have bigger nest eggs. As a result, they're retiring at an earlier age, and supplementing their retirement income by starting new businesses, engaging in consulting work, and taking part time jobs that allow them to follow their passions.

Sixty is the new 50. We hope that each of you will take the time out of your busy lives to join us in celebrating aging and meeting new friends. For any questions on Boomer Tuesdays please feel free to call Margaret at 337-8230. We look forward to seeing you there!