

Letter to the Editor, *Naples Daily News*



FROM:

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Collier Senior Center

GOLDEN GATE

vibrant • diverse • caring

Formerly known as Collier Senior Resources

Powered by Connection

Word Count: 234

We humans are “powered by connection”. It enhances our independence and wellbeing, providing a staggering 50% increased likelihood of survival. It’s also the belonging you feel at Collier Senior Center-Golden Gate.

With one in three adults feeling lonely, our founders knew creating a safe, diverse, caring space for seniors and caregivers to enjoy camaraderie and receive support was crucial to preventing depression, anxiety, dementia, stroke and heart disease while building resiliency, wellbeing and quality of life.

This National Older Americans Month (May), come explore how free membership empowers you in maintaining your health, independence and a meaningful life!

Nutrition programs, direct financial assistance, fitness and arts classes, seminars, health fairs, dominoes, bingo, fieldtrips and other enriching activities meet basic needs while creating a sense of community for you and our 1,900 registered members.

Moreover, our life-transformative mental health program, UPSLIDE, offers regular peer support plus a confidential space to speak with a therapist when you’re facing challenges.

A hub of vitality, connection and care, Collier Senior Center is more than a place to socialize, engage in meaningful activities and receive essential services that enhance your life, it’s a place to celebrate life!

Feel welcomed, heard and understood at YOUR Collier Senior Center—Golden Gate! We’re here to greet you Monday – Friday, 9am to 5pm, at 4898 Coronado Parkway, Naples. Online at CollierSeniorCenter.org.

~ Esther Lully, MSML, Senior Center Director, Collier Senior Center—Golden Gate