



WHERE DO YOU SEE YOURSELF LIVING IN 5 YEARS

**Join us on Monday, January 13th
11:30 AM to 1:30 PM**

At the Capital District YMCA

Guilderland Branch

250 Winding Brook Drive, Guilderland

Are you aging in place or contemplating retirement?

It's time to think about where you will live to stay active, avoid isolation and thrive in the future.

This forum will help us better understand the residential options available.

Presenters:

- **Ken Harris**, Executive Director of The Albany Guardian Society, will speak on options in senior housing and the Capital Region Senior Housing Directory.
- **Sandra V. Nardoci**, Licensed Associate Real Estate Broker—Berkshire Hathaway Home Services/Blake, Realtors® is a Seniors Real Estate Specialist with information on downsizing and what's available in the real estate market.

A light lunch will be served. No charge to attend. RSVPs needed by Thursday, January 9, 2020. Call 518-689-1084 or email statewide4@gmail.com

STATE  **WIDE**

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