

**New York StateWide Senior  
Action Council presents:**

# SENIOR GRASSROOTS DAY

## MAY 11, 2026

### WHERE

**Convention Center  
Empire State Plaza  
in Albany, N.Y.**

Plans are being made to provide free charter buses to Albany.

### WHEN

**Monday, May 11**

Transportation is limited. Registration is required by  
**May 1, 2026**

### BRIEFING

**Empire State Plaza,  
Meeting Room 6, 11 AM**

After the briefing, attendees to meet with State Legislators from their regions.

### **NOW MORE THAN EVER, YOUR VOICE IS NEEDED!**

This is your chance to meet with lawmakers, share your story, and push for policies that support the health, financial security, and well-being of older adults.

### **YOUR ADVOCACY CAN DRIVE CHANGE.**

Seniors are a powerful force in shaping public policy. Together, we can ensure lawmakers prioritize the issues that matter most to us. Your participation will make a difference!

- Sign Up Today! Scan the QR code or contact us at 800-333-4374 to register.**
- Transportation Available:** Let us know if you need a ride to Albany.
- Bring Your Questions and Ideas:** This is your opportunity to have your concerns addressed by key decision-makers.

**STATE  WIDE**  
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 **Health Foundation**  
for Western & Central New York



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