

About Us...

The AWC is the main older adult (60+) engagement location for Cortland County! Programming and events are designed to enrich the lives of older adults in Cortland County.

Our Services:

The AWC is open Monday - Friday from 8am to 4pm. Daily programming and activities are offered from 9am to 3pm, and transportation is available through our OFA Bus Program by calling to request a reservation (at least 24 hours in advance): 607-753-5084.



Our Mission

The mission of the Cortland County Office for Aging is to advocate, plan, develop and provide a coordinated system of programs and services on behalf of all aging citizens of Cortland County so that they may live with maximum independence and dignity.



Contact Us



On the Web:
<https://www.cortlandcountyny.gov/1117/Age-Well-Center>



Via E-mail:
ccaaa@cortlandcountyny.gov



By phone:
607-218-6284

AGE WELL CENTER



AGE WELL CENTER
165 Main Street, Suite B2
Cortland, NY 13045
607-218-6284

AMBER GIAMEI, OFA Director

In addition to meals and socialization, the Age Well Center can provide health screenings, nutrition & health education, nutrition counseling, access to services and information on topics of interest to all older adults.



Entrance and parking are available in the back of the building from Huntington Street.

The AWC closes during inclement weather and for County holiday observances.

Sign-up for our Blooming Health notifications to stay informed about events & closings. Call 607-753-5060.



Congregate Meal Service

Meal service is available from 11am until 12:30pm when the AWC is open. Meals must be reserved a day in advance either in-person or by calling 607-753-5084. Menu options change seasonally.



The Cortland County Office for Aging is sponsored by the Cortland County Legislature in conjunction with the New York State Office for the Aging under Title III of the Older Americans Act of 2020, as amended.

Activities

New and special activities, including guest speakers and presentations, are planned monthly. Regular activities include:



Bingo

Bonesavers

Nutrition Education

Crafting

Cornhole

Puzzles & Games

Pitch

Dancing

Art Classes

OFA Outreach

Travel Book Club

Technology Classes

Walking Club



NEW ACTIVITIES ADDED REGULARLY!

Facilities

Our facility layout offers the following:

- Computer Room
- 1:1 Consultations
- Wii Bowling & Games
- Fitness Room
- Reading Room
- Shuffleboard
- Ping Pong
- Billiards
- Board Games
- Corn Hole