



CAREGIVERS: YOU DESERVE TIME TO EXHALE

INTRODUCING A Gathering Place

Senior Respite Program

**WE INVITE YOUR LOVED ONES TO EXPERIENCE
"THE GATHERING PLACE" at The BFNC Life
Center @ Westminster Community House.**

WHAT IS A GATHERING PLACE?

A program designed to provide fun and uplifting activities created for seniors and offers much needed help for their caregivers. If you need a break, or just need to run errands during the day, or simply take a moment to yourself on Saturday mornings.

OLDER ADULTS ENJOY FUN ACTIVITIES AND TIME WITH OTHERS IN A SAFE ENVIRONMENT:

- For older adults age 55+
- 4 hours of planned activities designed for seniors
- A FREE PROGRAM – NO COST TO PARTICIPATE
- Convenient Locations in Buffalo:

The BFNC Life Center @ Westminster Community House

(419 Monroe Street, Buffalo, NY 14212)

Seneca-Babcock Community Association, Inc. at Schiller Park Senior Center

(2057 Genesee Street, Buffalo, NY 14211)

For more information, please call the
BFNC Life Center at 716-852-5065 ext. 132.

The Complete EXHALE Respite
schedule can be found at bfnc.org



A REGIONAL COLLABORATION CREATED BY THESE COMMUNITY-BASED ORGANIZATIONS:

Collaborating partners are BFNC,
Seneca-Babcock Association @ Schiller Park Senior Center, Erie County Senior Services,
and Hearts & Hands — to increase access and support for caregivers and their loved ones.



BFNC
Buffalo Federation of
Neighborhood Centers

