Our Groups
At Search and Care, we offer a variety of fun and unique group activities for social, cultural, and intellectual enrichment.

Lunch Bunch + Medical Rap
Tea & Creativity
Saturday PET Pro Workshops
Music & Melody with Chris
Tech Games Group
Morning Meditation with Joanne
Medication Education Group
Food for Thought Fridays
Search and Act (Advocacy)
Grupo de Apoyo con Priscila
Nutrition with Christen
Vocal Ease Teleconcerts (Bilingual)
Kindle Connection Group
Newsroom Group
Client Advisory Committee
Gardening and Planting at Home
and more ...

About Us
Search and Care strives to ensure that our older neighbors remain independent at home, whilst providing them with essential services and companionship they require to live with security and dignity in the manner they choose.

Contact Us:
212-289-5300
SandC@searchandcare.org
www.searchandcare.org

Interested in Joining?
We can help you join all of our free telephonic & virtual groups!

1844 Second Avenue
New York, NY 10128
Here are some of our Telephonic and Virtual Groups:

**Saturday PET Pro Workshops**
Our monthly Saturday morning workshops bring senior pet owners together with experts, such as ASPCA vets, behaviorists, groomers, trainers and more.

**Tea & Creativity**
Join our Wednesday Tea & Creativity group, for enlightening conversations about art and creative expression, virtually and telephonically with our art teacher, Nancy DeBono.

**Tech Games Group**
On Fridays, digitally connect and challenge your brain with fun computer games with our Connectivity Coordinator, Michelle.

**Lunch Bunch + Medical Rap**
Every Tuesday, discuss medical topics of importance as we age with our R.N., Joan and our seasoned Care Manager, Esther.

**Morning Meditation with Joanne**
Start your week on a positive note with a guided meditation class led by Joanne, our certified yoga instructor. You will practice breathing exercises with gentle movement to incorporate in your daily routine.

**Medication Education Group**
About a once a month, we invite guest experts in geriatric healthcare to answer questions on medication safety, commonly prescribed medications, flu season readiness, vitamins and supplements, and more!

**Nutrition with Christen**
Christen, our community nutritionist, offers guidance and fun discussions on healthy, budget-friendly, easy-to-prepare recipes that can keep you on the right track especially during a pandemic.

**Grupo de Apoyo con Priscila**
Facilitated weekly by Priscila, LMSW, our telephonic, peer-led support group for Spanish-speaking women offers a safe space to speak openly on shared life experiences and challenges in their daily lives.

**Music & Melody with Chris**
Join Chris Ramos, LMSW, who sings and plays the guitar! Tune in over the phone to listen to some live music from the comfort of your own home.

**Newsroom Group**
**Search and Act (Advocacy)**
In this group, led by Joseph, LMSW, discuss current local and global news. Additionally, learn how to use your voice to exercise your civic rights and responsibilities.

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Contact us if you have any questions on any of our groups or if you would like to receive monthly calendars.

Group activities may vary monthly (and seasonally) and are subject to change, especially in response to public emergencies. For safety precautions, our groups are currently being held telephonically and virtually.

Disclaimer: We do not offer medical or mental health advice - we always recommend speaking to your physician(s) and medical providers for all healthcare needs.