



SCVCC Women's Club Introduction to Bay Area Older Adults

The Executive Director of Bay Area Older Adults, Dr. Anne Ferguson, will be our guest speaker at the September 17th, 2020 Luncheon.

BAO is a 501(c)3 nonprofit organization that serves more than 120,000 adults age 50+ each year. Their mission is to improve the health and well-being of older adults.

Some of their activities include: treks on nature trails, opportunities to learn about different cultures, exploring historic sites, experiencing new culinary flavors and connecting with people who have similar interests.

If you want to have lunch on Treasure Island, tour John Muir House, participate in gourmet cheese tastings, take a walking tour and have lunch at Moss Landing, View wildlife in their natural habitat and so much more please feel free to research their website: Bayareaolderadults.org. They provide easy instructions on how to join.

All of these types of adventures are a great way to build new neural connections in addition to building a strong heart and lungs and provide an opportunity to meet new people.

Please feel free to contact me if you have any questions at: Kathieluvsdp@aol.com or contact Dr. Ferguson directly at the BAO website.

