

# National Senior Center Month

## September 2023



### *“Discover Yours”*

The 2023 theme for National Senior Center Month is **“Discover Yours”**. The theme encourages older adults to discover their unique interests, talents, and aspirations. It conveys a sense of exploration, self-discovery, and individuality.



#### Website to Access All Resources:

<https://www.ncoa.org/page/national-senior-center-month>

#### IMPORTANT NUMBERS:

**Report Elder Abuse**  
(877) 477-3646

**Report Hate**  
(211)

**Older Adult &  
Assistance Services**  
(800) 510-2020

**Community/Senior  
Centers**  
(800) 689-8514

**Disability Information  
&  
Access Line**  
(888) 677-1199

**Public Email**  
Info@ad.lacounty.gov