

Centers for Healthy Aging

Locations

Clinton County Community Center

570-858-5800
124 East Walnut Street
Lock Haven, PA 17745

George C. Meck

570-601-9593
50 Fitness Lane, Suite 2 (East Lycoming YMCA)
Muncy, PA 17756

Jersey Shore

570-601-9591
641 Cemetery Street (Tiadaghton Gardens)
Jersey Shore, PA 17740

Lincoln

570-601-9573
2138 Lincoln Street (STEP Building)
Williamsport, PA 17701

Loyalsock

570-601-9590
1607 Four Mile Drive
Williamsport, PA 17701

Mill Hall

570-726-6378
9 Peale Avenue (Mill Hall Fire Hall)
Mill Hall, PA 17751

Renovo

570-923-2525
415 Fourth Street (South Renovo Fire Hall)
South Renovo, PA 17764

RiverWalk Center

570-601-9592
423 East Central Avenue
South Williamsport, PA 17702



Lycoming County

2138 Lincoln Street
Williamsport, PA 17701
Phone: 570-323-3096
Toll free: 800-332-8555

Clinton County

124 East Walnut Street
Lock Haven, PA 17745
Phone: 570-858-5800
Toll free: 800-332-8555

24-Hour Elder Abuse Hotline: 1-800-332-8555

STEP Office of Aging, the local Area Agency on Aging, works to advance the well-being of Pennsylvania's older adults residing in Lycoming and Clinton counties.

Our vision is that older adults enjoy an enhanced quality of life through service options and the opportunities afforded by choice.

For more information visit:
www.stepcorp.org/Office_of_Aging



Formally known as Lycoming-Clinton Counties Commission for Community Action (STEP) Inc., STEP's mission is to engage diverse individuals, families, and communities in the pursuit of social and economic success.

The Office of Aging is part of STEP's Independent Living Pathway to Success.

Funded by:



and Client Contributions



LIKE US ON
www.facebook.com/STEPOfficeOfAging

www.stepcorp.org

8/2022



Office of Aging

Centers for Healthy Aging



STEP Office of Aging is part of the
Independent Living Pathway to Success

Centers for Healthy Aging

For individuals age 60 or older



The Office of Aging, through its centers for healthy aging provide a variety of recreational, educational, and health related group activities to promote healthy aging. Centers are open daily Monday through Friday.

Social/Recreational Activities include card parties, art classes, crafts, holiday festivities, exercise programs, square dancing with live music, wood carving for beginners, computers with internet access, line dancing, picnics, and much more.

Informative workshops are also offered, including:

Healthy Steps for Older Adults

Living A Healthy Life

Diabetes Self-Management

Contact your nearest Center for Healthy Aging for more information on these workshops!

Wellness Programs

For individuals age 60 or older



Each center for healthy aging offers an array of wellness programs including Tai Chi, Healthy Steps in Motion, Zumba Gold, and Healthy Aging through Local Harvest. Various health screenings are also offered.

Healthy Steps in Motion is a program that offers exercise routines to build strength (especially in the lower body), increase flexibility, and improve balance.

Tai Chi is a type of martial art very well known for its defense techniques and health benefits. Practicing tai chi is good for balance, bones, brains, and other things we risk losing as we age.

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with dance moves.

Healthy Aging through Local Harvest is geared towards helping seniors live longer, healthier lives by preparing and eating fresh, healthy foods.

Congregate Meals

For individuals age 60 or older



Meals are prepared with fresh ingredients every day and menus incorporate locally grown fruits and vegetables when seasonally available. These hot, nutritionally balanced meals are served in each of our centers for healthy aging Monday through Friday.

Donations are welcomed and reservations are required 24 hours in advance.

Call your nearest Center for Healthy Aging today!

Complete listing of locations on reverse.