

Lunch & Learn

Finding the Right Fit: Housing Choices for Older Adults



Tuesday, January 27, 2026 12:00 PM – 1:00 PM

Location: Age Friendly Teaneck Community Room

1425 Teaneck Road, Teaneck, New Jersey 07666

Parking is free at the municipal lot found at 1391 Teaneck Road

Description:

Thinking about where you want to live as you age? Join us for a free Lunch & Learn for older adults, focused on exploring today's housing solutions and support programs to help you find the right fit. Enjoy a meal while learning about senior housing options, shared living arrangements, and other supportive environments designed to help you stay informed and empowered. Guest speakers from the **Women's Rights Information Center** and the **County Housing Navigator** will share valuable insights, and informational tables will highlight a variety of programs and services available to you. Come eat, learn, and connect!

What will be offered:

- Free lunch for all attendees
- Information on affordable housing options
- Education on shared housing and alternative living arrangements
- Guidance from the County's Housing Navigator
- Overview of local housing programs and assistance options
- Informational tables with resources and program details
- Opportunity to ask questions and speak one-on-one with experts
- Take-home materials and resource information



WOMEN'S
RIGHTS
INFORMATION
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Please **RSVP** by calling 201-530-6756
or emailing sfsw@agefriendlyteaneck.org
Refreshments will be served



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