



THE TOWERS
AT TOWER LANE



Always innovating our programming, The Towers introduced Java Music in August of 2023. Java is a research-based peer support program designed for older adults that has been implemented in over 2000 organizations across Canada and the US. A small select

group meets weekly for an hour (or two) for a discussion, snack, sharing and most importantly, friendship. The program is unique because of its focus on peer support. It is based on the altruistic concept that people are happiest when they are helping one another – which adds purpose and meaning to their lives. Sharing vulnerabilities and strengths and finding value in receiving help from one another creates an incredibly strong bond within the group.

The Towers is extremely fortunate to have wonderful volunteers involved in making the program a success. John Doolittle and Nancy Fliss generously give their time and expertise. With support from staff member, Amy Raccagni, they run the weekly program 52 weeks a year! This thoughtful, patient, and caring team makes all the difference. They are the glue that keeps the group together.

We are currently forming a new Veteran's JAVA group and searching for a volunteer Veteran to help run this group. If you are interested, please contact Sarah Moskowitz, sarah@towerlane.org or 203-772-1816 x410.