



Community Services  
& Parks



# THE PSYCHOLOGY OF SENIOR LIVING

WEDNESDAY, FEBRUARY 18, 2026  
10:00 AM - 11:00 AM  
ADULT RECREATION CENTER  
201 E. Colorado St., Glendale, CA 91205

Discover how assisted living can positively support emotional well-being, social connection, and overall quality of life. This presentation will explore the mental and emotional benefits of living in a supportive community, as well as the potential risks of isolation and living alone as we age.

If you have any questions or would like to RSVP to this event, please email [CSPCares@GlendaleCA.gov](mailto:CSPCares@GlendaleCA.gov) or call (818) 548-3775.



Disclaimer: The City of Glendale's Community Services & Parks Department is not affiliated with the presenting organization. All topics and speakers are presented for informational purposes. The organizations' or speakers' opinions do not necessarily reflect or represent the official policy or position of the City and its Community Services & Parks Department.