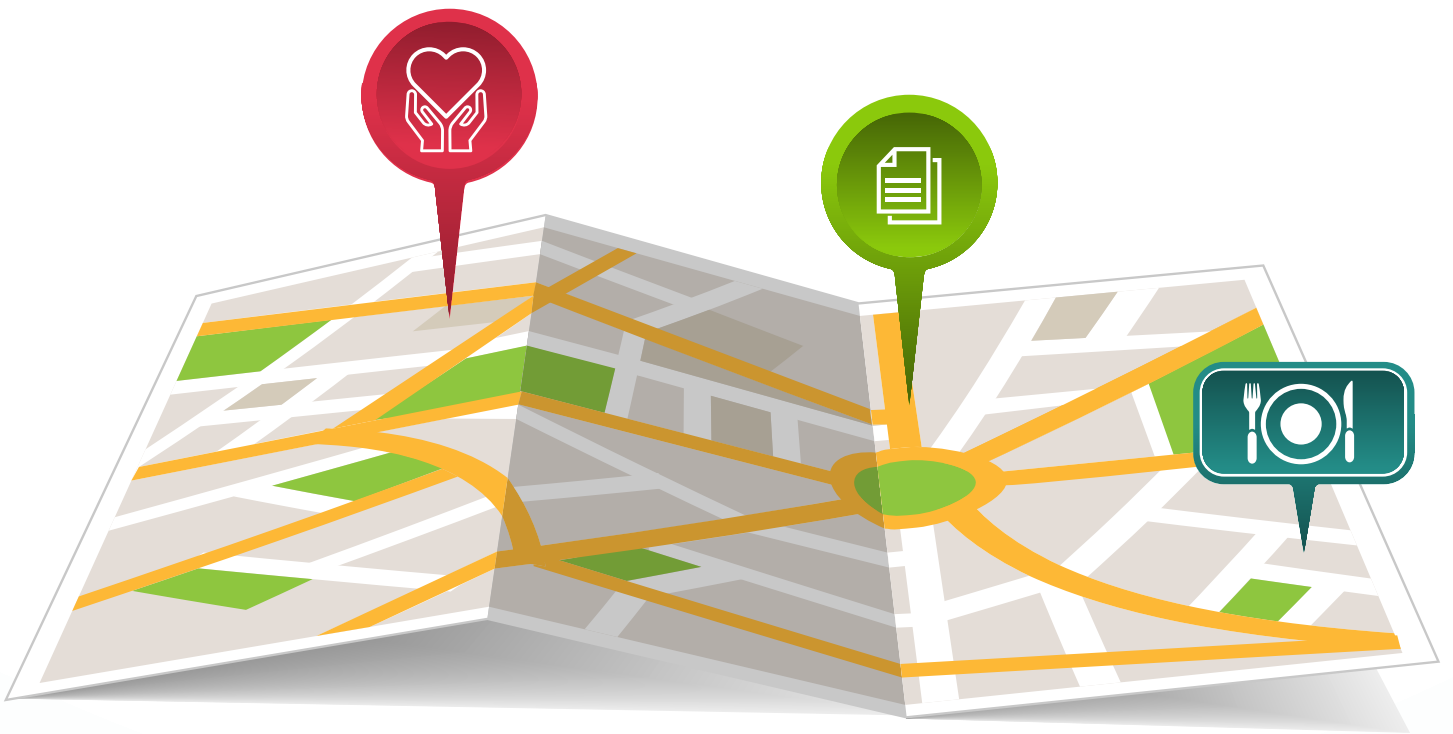


June 2016

Senior Resource Guide



The development of this Senior Resource Guide was made possible with a Balancing Incentives Program (BIP) Transformation Fund grant from the Office for People with Developmental Disabilities (OPWDD), and its contents do not necessarily represent the opinions or policies of New York State.

We would like to express our gratitude to the following people for their contributions to the resource guide:

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Senior Resource Guide

The Senior Resource Guide is designed to assist the people we support, families, caregivers and providers in identifying community-based recreational and socialization programs for older adults that are not funded by OPWDD.

Resources are categorized by region. As the information listed in this resource guide may change over time, people and their circle of support should call the program directly to verify its current services and hours of operation.

Please also consider a person's preference and suitability before enrolling him/her into any community-based program. We hope this resource guide is informative and helpful to you and the people you support.

For more information about YAI and our services visit yai.org or call YAI LINK at (212) 273-6182

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General Information

Senior Services Unit Number (718) 590-3554 (M-F 9am-5pm)
NYC Dept. for the Aging (212) 442-1000

Expanded In-Home services for the Elderly (EISEP): State funded program to assist elders who need activities and services provided where they reside.

Access-A-Ride, NYC Transit, Paratransit Division
2 Broadway, 11th Floor
New York, NY 10004 (877) 337-2017
(646) 252-5287 web.mta.info/nyct/paratran/guide.htm

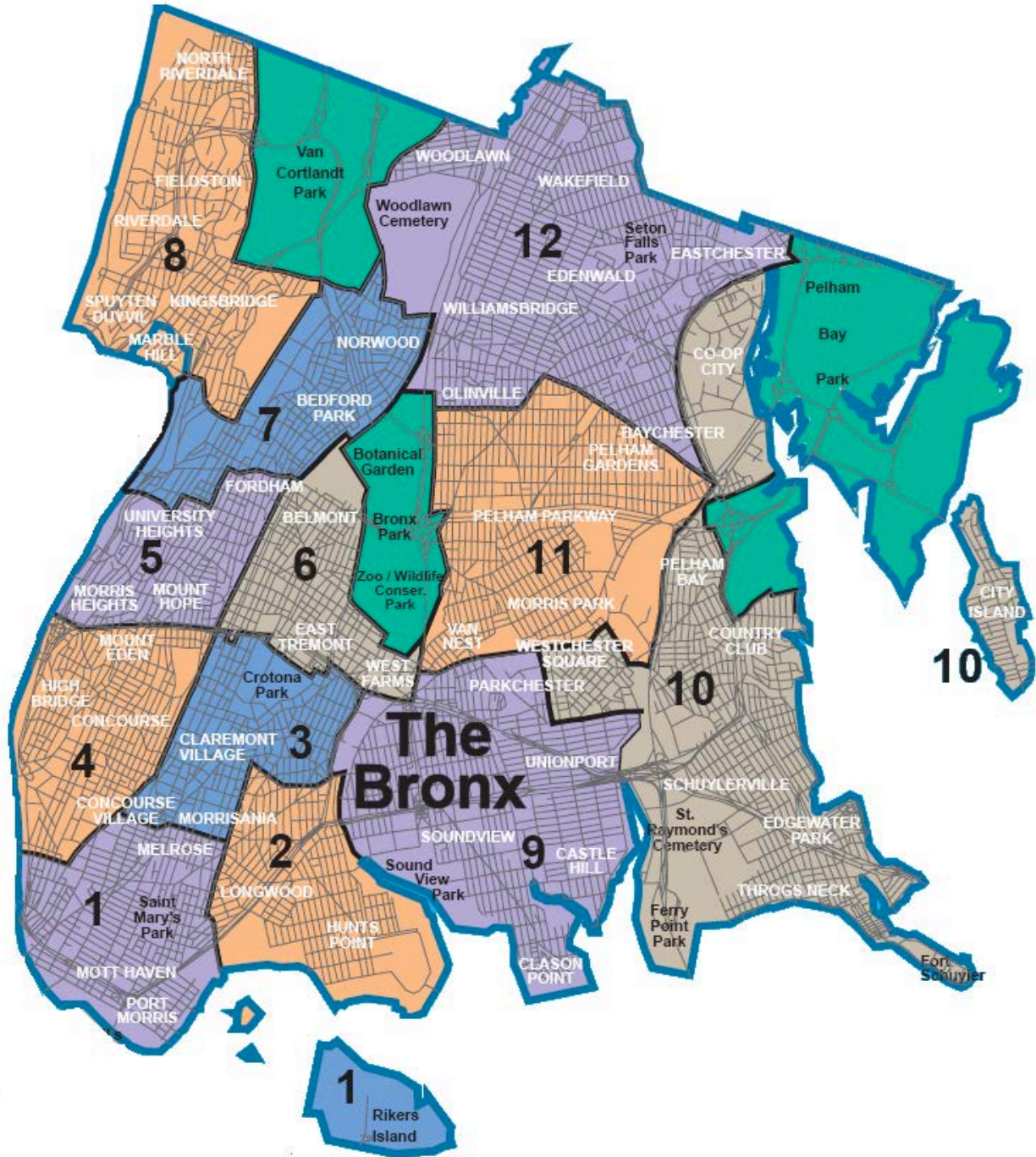
Reduced Fare:

MTA Customer Service Center
3 Stone St,
New York, NY 10004 or call (212) METROCARD

Documentation needed for applying for reduced fare Metrocard:

Proof of age through Birth Certificate, Medicare card, Social Security Award letter, Driver's License or non-driver's license ID

The Bronx



Bronx Community Board #1: Mott Haven, Port Morris, Melrose

BronxWorks Morris Innovative Senior Center

80 East 181st Street, Bronx, NY 10453

(718) 933-5300 (Asst. Dept. Director: Rosalina Luongo)

Funding: United States Dept. of Housing and Urban Development (HUD)

Accessibility: Monday to Friday, 8:00am – 5:00pm; Wheelchair accessible throughout; Transportation not provided

Requirements: Adults 60 years of age & older

Services: (Call to confirm) breakfast & lunch, social, recreational, arts & crafts, day trips, ESL classes, computer classes, exercise classes

BronxWorks Heights Neighborhood Senior Center

200 W. Tremont Avenue, Bronx, NY 10453

(718) 299-0300 (Dept. Director: Maria Rivera)

Funding: United States Dept. of Housing and Urban Development (HUD)

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible throughout; Transportation not provided

Requirements: Adults 60 years of age & older

Services: (Call to confirm) breakfast & lunch, social, recreational, arts & crafts, day trips, ESL classes, computer classes, exercise classes

BronxWorks E. Roberts Moore Senior Center

515 Jackson Avenue, Bronx, NY 10455

(718) 665-5559 (Prog. Director: Wanda Abeyllez)

Funding: United States Dept. of Housing and Urban Development (HUD)

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible throughout; Transportation not provided

Requirements: Adults 60 years of age & older

Services: (Call to confirm) breakfast & lunch, social, recreational, arts & crafts, day trips, ESL classes, computer classes, exercise classes

PSS Andrew Jackson Senior Center (Presbyterian Senior Services)

325 East 156th Street, Bronx, NY 10451
(718) 585-1640

Funding: Presbyterian Senior Services

Accessibility: Monday to Friday, 8:00am – 4:00pm; Walk-ins are welcome; Wheelchair accessible throughout

Requirements: Adults 60 years of age & older; No membership fee

Services: Health & fitness, computer classes, volunteer opportunities, field trips, social and recreational activities

Betances Senior Center

401 St. Ann's Avenue, Bronx, NY 10454
(718) 292-4922/5152

Funding: NYC Housing Authority, Institute for the Puerto Rican Hispanic Elderly

Accessibility: Monday to Friday, 9:00am – 5:00pm

Requirements: Adults 60 years of age & older; No membership fee

Services: Daily lunch (\$1.00 suggested meal donation), case assistance, recreational activities, arts & crafts, and exercise program

Douglas Leon Senior Center

735 E. 152nd Street, Bronx, NY 10455
(718) 708-6897

Funding: Hunts Point Multi-Service Center Inc.

Accessibility: Monday to Friday, 8:30am- 4:30pm; Walk-ins are welcome; 95% of participants are Spanish-speaking

Requirements: Proof of age – Adults 60 years or older

Services: Lunch (suggested \$1 donation), social and recreational activities, case assistance

Patterson Houses Senior Center

308 East 145th Street, Bronx, NY 10451
(718) 993-5146

Funding: East Side House Settlement

Accessibility: Monday to Friday, 8:00am – 4:00pm

Requirements: Proof of age – Adults 60 years of age & older

Services: Lunch (\$1.25 suggested contribution & \$2.50 for non-members or anyone under 59 years old), recreational activities, case management, entitlement assistance, health workshops, day trips, and music & arts

Melrose Mott Haven Senior Center

372 East 152nd Street, Bronx, NY 10455
(718) 665-2280

Funding: East Side House Settlement

Accessibility: Monday to Friday, 8am - 4pm; Wheelchair accessible

Requirements: Proof of age – adults 60 years of age & older, Medical Insurance, Current Medications, and Emergency Contact

Services: Lunch (\$1.50 suggested donation), case assistance, recreational activities

Mitchel Senior Center

188 Lincoln Avenue, Bronx, NY 10454
(718) 665-2168

Funding: East Side House Settlement, NYC Housing Authority

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible throughout

Requirements: Adults 60 years of age & older; Open to people with I/DD with Medicare card; No membership fee.

Services: Congregate meal (\$1.50 suggested contribution), social & recreational activities, nutrition & health classes, physical fitness programs, and case assistance

Community Board #2: Hunts Point, Longwood, and Morrisania

SEBCO Neighborhood Senior Center

Erma-Cava Building
887 Southern Boulevard Bronx NY 10459
(718) 617-3465/2800 (main number)

Funding: SEBCO Development Inc. Accessibility

Accessibility: Monday to Friday, 8am - 4pm; Wheelchair accessible

Requirements: Proof of age – adults 60 years of age & older

Services: Lunch (\$1.00 suggested contribution), social services, case management, lunch, health and nutrition education, computer laboratory, trips and recreational activities

Pio Mendez Houses for the Elderly

1291 Lafayette Avenue, Bronx, NY 10474
(718) 617-1514

Funding: SEBCO Development Inc. Accessibility

Accessibility: Wheelchair accessible

Requirements: Adults 62 years and older with annual income below 50% of the Area Median Income (AMI)

Services: Section 202 Program; 91 Section 8 assisted living units

Community Board #3: Crotona Park, Claremont Village, Concourse Village, Woodstock, and Morrisania

PSS Davidson Senior Center

950 Union Avenue, Bronx, NY 10459
(718) 328-2810

Funding: Presbyterian Senior Services

Accessibility: Monday to Friday, 8am to 4pm; Walk-ins are welcome

Requirements: Adults 60 years of age & older; Open to people with I/DD, 55 years & older; Individuals who require increased support must be accompanied by attendant.

Services: Respite outings, nutritional workshops, exercise program, anger management group, ESL classes, computer training, quilting & sewing classes, cooking classes, arts & crafts, monthly cultural outings, volunteer opportunities, social & support groups

Arturo Schomberg Senior Center

1315 Franklin Avenue, Bronx, NY 10456
(718) 842-6880

Funding: Institute for the Puerto Rican Hispanic Elderly

Accessibility: Monday to Friday, 9am-5pm; Wheelchair accessible throughout

Requirements: Adults 60 years of age & older, Identification, SSI information, and accepts Medicaid & Medicare

Services: Lunch (\$1.00), recreational activities, trips, and parties

William Hodson Senior Center

1320 Webster Avenue, Bronx, NY 10456
(718) 538-1515/3700

Funding: William Hodson Community Center Inc.

Accessibility: Monday to Friday, 8:30am to 4:30pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; No membership fee

Services: Congregate meals (\$1.00 suggested contribution for breakfast & \$1.50 for lunch), social & recreational activities, arts & crafts, nutrition & health classes, and physical fitness programs

Community Board #4 Area: Highbridge, Concourse, Mt. Eden, and Concourse Village

Concourse Village Adult Senior Center

773 Concourse Village East Bronx, NY 10451
(718) 293-6552

Accessibility: Monday to Friday, 10:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 55 years & older; No membership fee

Services: Recreational & social activities, shopping & day trips, and sewing classes; Lunch is NOT provided

Hope of Israel Senior Citizen Center

1068 Gerard Avenue, Bronx, NY 10452
(718) 665-8400

Funding: Hope of Israel Senior Citizens Center, Inc.

Accessibility: Monday to Friday, 9am - 4pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Lunch (\$1.50 suggested contribution), health promotion activities, arts programs, recreational & educational activities, case management, and health screenings

PSS Highbridge Senior Center

1181 Nelson Avenue, 2nd Floor, Bronx, NY 10452
(718) 588-3004

Funding: Presbyterian Senior Services

Accessibility: Monday to Friday, 8am - 4pm; Wheelchair accessible

Requirements: Proof of identification and age – adults 60 years of age & older, two emergency contacts, and medication list

Services: Lunch (\$1.00 suggested contribution for members and mandatory fee of \$4.00 for those under 60 with disability), recreational activities, computer classes, social services, case assistance, information & referrals, and health & education workshops

Morrisania Air Rights Senior Center

3135 Park Avenue, 20th Floor, Bronx, NY 10451
(718) 992-2528

Funding: New York City Housing Authority

Accessibility: Monday to Friday, 9:00am to 3:30pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Registration required; No membership fee

Services: Lunch (\$1.00 suggested contribution), social & recreational activities, arts & crafts, language classes, shopping & day trips, poetry, sewing, cultural activities, blood pressure monitoring, medication management, nutritional & health promotion workshops, walking club, mental & cognitive fitness, physical fitness activities, caregiver support, internet/technology training, and advocacy/assistance

Community Board #5: Fordham University, Heights, Morris Heights, Bathgate and Mount Hope

BronxWorks East Concourse Senior Center

236 E. Tremont Avenue, Bronx, NY 10457
(718) 731-6300 (Solomon Smart, Director)

Funding: United States Dept. of Housing and Urban Development (HUD)

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible throughout; Transportation not provided

Requirements: Adults 60 years of age & older

Services: (Call to confirm) breakfast & lunch, social, recreational, arts & crafts, day trips, ESL classes, computer classes, exercise classes

Community Board #6: Belmont, Bathgate, West Farms, and East Tremont.

COBO Mount Carmel Center for Senior Citizens

2405 Southern Boulevard, Bronx, NY 10458
(718) 733-8852

Funding: Council of Belmont Organizations Inc.

Accessibility: Monday to Friday, 9:00am – 5:00pm; Wheelchair accessible

Requirements: Proof of age and identification – adults 60 years of age & older, medication, emergency contact information, and doctor's information

Services: Congregate lunch (\$2 suggested contribution), social & recreational, case assistance, dancing, and trips

Community Board #7: Norwood, University Heights and Jerome Park

Bronx Jewish Community Council

2930 Wallace Avenue, Bronx, NY 10467
(718) 652-5500

Funding: Jewish Community Council Inc.

Requirements: Services are available to all ages

Services: Food pantry, food voucher program, outreach and transportation program for seniors

Dora & Harry Simon Senior Center

5625 Arlington Avenue, Bronx, NY 10471
(718) 548-8200

Funding: YM YWHA of the Bronx/Riverdale YM YWHA

Accessibility: Monday to Friday, 8:30am to 4:30 pm; Wheelchair accessible

Requirements: Adults 60 years or older; Registration is required

Services: Hot kosher lunch, meals-on-wheels, art classes, fitness activities & clubs, social & recreational activities, day trips (\$2.00 suggested contribution towards lunch & classes)

Fort Independence Senior Center

3350 Bailey Avenue, Bronx, NY 10463
(718)796-2950

Funding: NYC Housing Authority

Accessibility: Monday to Friday, 10:00am – 2:30pm; Within the housing complex; Shuttle van service to main building is available at \$3 round trip;

Requirements: Adults 60 years of age & older – registration required; No membership fee; Walk-ins are welcome

Services: Lunch, classes, fitness activities, clubs, parties, social activities, referral services, monthly legal clinic, and day trips

Main Building Senior Center at

Mosholu Montefiore Community Center
3450 Dekalb Avenue, Bronx, NY 10467
(718) 798-6601 (Director: Lisa Nicotra)

Funding: Child Development Center of Mosholu-Montefiore Community

Accessibility: Monday to Friday, 9:30am – 2:30pm; Within the housing complex

Requirements: Adults 60 years of age & older – registration required; No membership fee; Walk-ins are welcome

Services: Lunch, classes, fitness activities, clubs, parties, social activities, referral services, monthly legal clinic, and day trips

Marble Hill Senior Center

5365 Broadway at W 228th Street, Bronx, NY
(718) 562-8551 (Director: Dan Schmidt)

Accessibility: Monday to Friday, 8:30am – 4:30pm

Requirements: Adults 60 years of age & older – registration required; No membership fee; Walk-ins are welcome

Services: Kosher & non-kosher lunch (\$1 suggested contribution), arts & crafts, fitness activities, music & dance, literature, current events & discussions, health lectures, social activities, referral services, and day trips

Riverdale Social Adult Day Services

2600 Netherland Avenue, Bronx, NY 10463
(718) 884-5900 (Director: Julia Schwartz-Leeper)

Funding: Riverdale Senior Services Inc.

Accessibility: Monday to Friday, 9:00am – 5:00pm; Transportation provided for residents within 10463 & 10471 zip codes at \$1.50 each way

Requirements: Adults 60 years of age & older; No membership fee

Services: Lunch (\$2.00 suggested contribution), social and recreational activities, fitness activities, computer classes, literature groups, arts & crafts, health screenings, guided meditation classes, and recreational trips

Sister Annunciata Bethell Senior Center

243 East 204th Street, Bronx, NY 10458
(718) 365-3725

Funding: Bedford Park Multi-Service Center for Senior Citizens, NY Dept for the Aging

Accessibility: Monday to Friday, 8:00am – 4:00pm

Requirements: Adults 60 years of age & older; No membership fee

Services: Lunch, arts & crafts, opera lectures, health management, nutrition education, physical fitness activities, computer classes, and case assistance

Community Board #8: Riverdale, Spuyten Duyvil, Van Cortlandt Village, Kingsbridge Heights, Fieldston, and Marble Hill

Bronx Jewish Community Council

2930 Wallace Avenue, Bronx, NY 10467
(718) 652-5500

Funding: Jewish Community Council Inc.

Requirements: Services are available to all ages

Services: Food pantry, food voucher program, outreach and transportation program for seniors

Fort Independence

See under Community Board #7

Main Building Senior Center at Mosholu Montefiore Community Center

See under Community Board #7

Riverdale Social Adult Day Services

See under Community Board #7

Institute for Puerto Rican Elderly

5365 Broadway, Bronx, NY 10463

(718) 562-8551 OR

105 East 22nd Street, New York, NY 10010

(212) 677-4181

Services: Information & referral, entitlement assistance, assistance with applying for and obtaining American Citizenship, ESL classes, translation services, case management, counseling, advocacy, crisis intervention, crime prevention services & court accompaniment, social services, nutrition, mental health services, and housing

Van Cortlandt Village Senior Center

3880 Sedgwick Avenue, Bronx, NY 10463

(718) 549-4700

Funding: Jewish Association Serving the Aging

Accessibility: Monday to Friday, 9:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Open to adults with I/DD under 60 years old; Some activities require a fee

Services: Daily kosher & non-kosher meals (\$1.50 for 60 years of age & older and \$5.00 for guests under 60 years old), social & recreational activities, arts & culture, computer literacy & training, physical fitness, and health screenings

Community Board #9: Parkchester Square, Unionport, Soundview, Castle Hill, Bruckner, Harding Park, and Clason Point

Bronx River Senior Center

1619 East 174th St, Bronx, NY 10472 (within housing)
(718) 617-6114 or (718) 328-3785 (Director: Elaine Williams)

Funding: Institute for the Puerto Rican Hispanic Elderly

Accessibility: Monday to Friday, 8:30am to 4pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Walk-in for registration

Services: Breakfast and lunch (\$1 suggested contribution for lunch & \$.50 for breakfast), exercise classes, recreational activities, case management, and entitlements/benefits assistance, referrals, advocacy, and counseling

Glebe Senior Center

2125 Glebe Avenue, Bronx, NY 10462
(718) 829-1564

Accessibility: Monday to Friday, 10:00am – 3:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Daily lunch (\$1.50), social & recreational activities, physical fitness activities, arts & crafts, and health screenings

James Monroe Senior Center

1776 Story Avenue, Bronx, NY 10473 (within housing)
(718) 893-3484 (Director: Glisette Rivera)

Funding: Institute for the Puerto Rican Hispanic Elderly

Accessibility: Monday to Friday, 8am to 4pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Breakfast & lunch (\$1 suggested lunch contribution & \$.50 for breakfast), exercise classes, recreational activities, case management, and entitlements/benefits assistance, referrals, advocacy, and counseling

Mechler Hall Senior Center

2158 Watson Avenue, Bronx, NY 10472
(718) 892-1396

Funding: Jewish Association Serving the Aging

Accessibility: Monday to Friday, 9am – 2pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Service: Kosher & non-kosher meals (\$1.50 suggested contribution for lunch & \$3.50 for those under 60), socialization & recreational activities, arts & cultural programs, computer literacy & training, physical fitness classes, and health screenings

Open Arms Circle Social Adult Day Center

858 Westchester Avenue, Bronx, NY 10459

Also located on:

860 East 161st Street, Bronx NY 10456

(347) 913-4343

Accessibility: Monday to Friday, 9:00am – 5:00pm; Wheelchair accessible; Door to door transportation available

Requirements: Adults 21 years & over receiving Medicaid; Enrollment in Managed Long Term Care required

Services: Nutritious hot meals & snacks, light exercise & stretching programs, health & nutrition education, social services, medication reminders, supervision & monitoring, personal care & assistance with daily living skills, arts & crafts, musical activities, mental stimulation games, discussion groups, computer & language classes, trips and local outings

Soundview Senior Center

1674 Seward Avenue, Bronx, NY 10473 (within housing)

(718) 677-4181 or (718) 328-1809

Funding: NYCHA

Accessibility: Monday to Friday, 8am to 5pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Lunch (\$1.00 suggested meal contribution & \$1.00 for beverages), recreational activities, physical fitness classes, arts & crafts, gardening, trips, and workshops

Bronx YMCA

2 Castle Hill Road, Bronx NY, 10473

Accessibility: Monday to Friday, 5:30am to 10:00pm

Requirements: 65 and Older for reduced membership

Services: Silver Sneaker cardio and exercise classes, nutrition counseling, health and wellness, dance, swimming and training and employment services for NYC immigrants

Community Board #10: Co-op City, City Island, Spencer Estates, Throggs Neck, Country Club, Zerega, Westchester Square, Pelham Bay Park, Eastchester Bay, Schuylerville, Edgewater, Locust Point, Silver Beach

BJCC Ext. Services Program

2157 Holland Avenue, Bronx, NY 10462
(718) 828-1114

Funding: Jewish Community Council Inc.

Services: Offers home attendant program, Naturally Occurring Retirement Communities (NORCs), food pantry, food voucher program, outreach, and transportation program

BJCC Ext. Services Co-op City Site

177 Dreiser Loop, Bronx, New York 10475
(718) 320-1234

Funding: Jewish Community Council Inc.

Services: Offers home attendant program, Naturally Occurring Retirement Communities (NORCs), food pantry, food voucher program, outreach, and transportation program

City Island Neighborhood Center

116 City Island Avenue, Bronx, New York 10464
(718) 885-0727

Funding: Presbyterian Senior Services

Accessibility: Monday to Friday, 9am to 3pm; Wheelchair accessible; Roundtrip transportation available (\$1.00 from City Island & \$2.50 from off-island)

Requirements: Adults 60 years of age & older

Services: Lunch (\$2.00 suggested contribution), health & nutrition education, exercise program, transportation for day trips, arthritis workshops, computer classes, and art classes

Co-op City Senior Center (JASA)

2049 Bartow Avenue, Bronx, New York 10475
(718) 320-2066

Funding: Jewish Association Serving the Aging

Accessibility: Monday to Friday, 9:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Open to seniors with mild to moderate cognitive disorders

Services: Lunch (\$1.00 suggested meal contribution for adults 60 years of age & older and \$2.00 for guests below 60 years old), health & nutrition classes, recreational programs, weekly trips, and social work services

Dreiser Senior Center (JASA)

177 Dreiser Loop, Bronx, New York 10475
(718) 320-1345

Funding: Jewish Association Serving the Aging

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Kosher & non-kosher lunch (\$2.00 suggested contribution), recreational activities, exercise & fitness, health & wellness programs, computer classes, trips, and educational activities

Einstein Senior Center (JASA)

135 Einstein Loop, Bronx, New York 10475
(718) 671-5161

Funding: Jewish Association Serving the Aging

Accessibility: Monday to Friday, 9:00am – 1:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Kosher & non-kosher meals (\$2.00 suggested contribution), socialization & recreational activities, arts & cultural programs, physical fitness classes, health screenings, computer literacy & training

Northeast Bronx Senior Citizen Center

2968 Bruckner Boulevard, Bronx, New York 10465
(718) 892-6090

Accessibility: Monday to Friday, 9am to 4pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; No membership fee

Services: Lunch (\$1.50 suggested contribution), recreational clubs, bingo, exercise classes, dancing, glee club shows, monthly Atlantic City trips, Yonkers raceway trips, Bay Plaza trips, nutritional speakers, transportation, case assistance, telephone reassurance, and socialization

Community Board #11: Morris Park, Pelham Parkway, Pelham Gardens, Allerton Avenue, Bronxdale, Laconia, Van Nest

Parkchester Enhancement Program (PEP) for Seniors

1525 Unionport Road, Apt. #ME, Bronx, NY 10462
(718) 409-1619

Funding: Bronx Jewish Community Council, Jewish Association Serving the Aging, and NYC Department of Aging

Accessibility: Monday to Friday, 9:00am – 5:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older living in the Parkchester area

Services: Health-related activities, educational & recreational programs, volunteer opportunities, in-home services, and social work to enhance health, quality of life, well-being, and independence of seniors

Bronx House Weinberg Neighborhood Senior Center

990 Pelham Parkway, South Bronx, NY 10461
(718) 792-1800 ext. 225 (Contact: Andrea Ralya)

Funding: NYC Dept. of Aging

Accessibility: Monday to Friday, 9:00am – 4:30pm; Transportation available in the immediate area

Requirements: Adults 60 years of age & older – No membership fee; Adults under 60 years old are welcome as guests with a fee of \$6

Services: Nutritious lunch (\$1.25 suggested contribution), light fitness, computer classes, discussion groups, and creative arts & programming

BJCC CAC/MOW

2930 Wallace Avenue, Bronx, NY 10467
(718) 652-5500

Funding: Jewish Community Council Inc.

Services: Offers home attendant program, Naturally Occurring Retirement Communities (NORCs), food pantry, food voucher program, outreach, and transportation program

Sue Ginsburg Senior Center (JASA)

975 Waring Avenue, Bronx, NY 10467
(718) 881-1758

Funding: Jewish Association Serving the Aging

Accessibility: Monday to Friday, 8:30am – 4:30pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Kosher & non-kosher meals (\$2.00 suggested contribution), socialization & recreational activities, arts & cultural programs, physical fitness classes, health screenings, computer literacy & training

Morris Park Community Association

1824 Bronxdale Avenue, Bronx, NY 10462
(718) 823-0596

Accessibility: Open to all residents of Morris Park

Requirements: \$20.00 Annual Membership Fee

Services: Recreational activities, social gatherings, and available transportation to/from election polls

Northeast Bronx Association, Inc.

2325 Vance Street, Bronx, NY 10469
(718) 231-8569 or (718) 519-1723 for more information

Accessibility: Open to all residents of Northeast Bronx

Services: Offers various programs for all ages including Seniors Day Out for older adults

Parkside Senior Center

644 Adeo Avenue, Bronx, NY 10467
(718) 881-7780

Funding: Presbyterian Senior Services

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Breakfast & lunch (\$.75 suggested contribution for breakfast & \$1.25 for lunch), recreational activities, exercise classes, case assistance, referrals, health & education workshops, and computer classes

Northeast Bronx Senior Citizen Center

2968 Bruckner Blvd, Bronx, NY 10465
(718) 892-6090

Accessibility: Monday to Friday, 9:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; No membership fee

Services: Daily lunch (\$1.50 suggested contribution), knitting, walking club, book club, exercise class, dancing, glee club shows, monthly Atlantic City trips, Yonkers raceway trips, Bay Plaza trips, nutritional speakers, case assistance, telephone reassurance, case assistance, and socialization

Community Board #12: Edenwald, Wakefield, Williamsbridge, Woodlawn, Norwood, Fish Bay, Eastchester, Olinville, and Baychester

Bay Eden Senior Center (JASA)

1220 E. 229th St, Bronx, NY 10466
(718) 882-3815

Funding: Jewish Association Serving the Aging

Accessibility: Monday to Friday, 8:00am – 3:00pm

Requirements: Adults 60 years of age & older; No membership fee

Services: Kosher & non-kosher meals, socialization & recreational activities, arts & cultural programs, physical fitness classes, health screenings, computer literacy & training

NATURALLY OCCURRING RETIREMENT COMMUNITIES (NORCs)

Pelham Parkway Houses North NORC

2425 Williamsbridge Road, Bronx, NY 10467
(718) 652-6363

Brooklyn



MJHS – Metropolitan Jewish Health System

www.mjhs.org

(855) 692-5058

Requirements: Call for specific requirements for each service

Services: Home Care, Hospice and Palliative Care, Rehabilitation, Recreational Therapy, Adult Day Services, Weekend Programming

Young Israel of Midwood Senior Program

1694 Ocean Avenue, (between Avenue, L & M), Brooklyn, NY 11230

(718) 253-7800

Accessibility: Monday to Thursday, 8:30am – 4:30pm, & Friday, 8:30am to 1:30pm; Wheelchair accessible throughout; Transportation available

Requirements: Adults 60 years of age & older; No membership fee

Services: Daily meals (\$1.25 suggested contribution for small breakfast & kosher lunch), exercise classes, arts & crafts, ESL classes, computer technology classes, case management, weekly health screenings, nutrition & health management classes, and caregiver support groups

Cork & Canvas (Adult Paint Night) at Plaster Galaxy

Plastergalaxycrafts.com

2756 Coney Island Avenue, Brooklyn, NY 11235

(718) 769-8500 to make reservations

Accessibility: Wednesday & Saturday nights, 8pm

Requirements: \$35 per person

Services: Pre-sketched canvas & all art materials are provided

Jay Senior Center

2600 Ocean Avenue, Brooklyn, NY 11229

(718) 891-1110

Accessibility: Monday to Thursday, 8:00am -3:30pm, & Friday, 8:00am to 2:30pm

Requirements: Adults 60 years of age & older – Proof of age; Doctor's information & emergency contact information; No membership fee

Services: Daily meals, case assistance, health & nutrition classes, education, cultural & recreational activities, weekly computer classes, and social & recreational activities

Dorchester Senior Center

1419 Dorchester Road, Brooklyn, NY 11226
(718) 941-6700

Accessibility: Monday to Friday, 8:00am – 4:00pm; Closed on religious holidays; Located at synagogue's basement – wheelchair accessible

Requirements: Adults 60 years of age & older; No membership fee

Services: Daily nutritious hot kosher lunch (\$1 suggested contribution for people 60 years of age & older and \$2.50 for people under 60), fitness & health classes, music & dance, arts & crafts, ESL classes, blood pressure screening

Salvation Army

3718 Nostrand Avenue, Brooklyn, NY
(718) 648-8930

Accessibility: Call for details

Services: Volunteer opportunity

Kings Bay Y Senior Center

Main Office: 3679 Nostrand Avenue, Brooklyn, NY 11229
(718) 769-1767 or (718) 648-7703

Accessibility: Multiple Locations – Windsor Terrace, North Williamsburg, Emmons Ave., and Avenue, W Annex

Requirements: Call for information

Services: Social clubs & groups, bible studies, social adult day care, and fitness programs

Council Senior Center

1001 Quentin Road, Brooklyn, NY 11223
(718) 376-8164 or (718) 627-7680

Accessibility: Monday, Tuesday, Wednesday, & Friday, 8:30am-4:30pm, and Thursday, 8:30am-7:00pm

Requirements: Adults 60 years of age & older; No membership fee

Services: Daily lunch (\$1 suggested contribution), educational classes, arts, physical fitness classes, health management, case assistance, nutrition education, and technology classes

Providence House

www.providencehouse.org/volunteer
703 Lexington Avenue, Brooklyn, NY 11221
(718) 455-0197

Requirements: Open to anyone 18 years or older

Services: Volunteer opportunities

Prospect Hill Senior Center

283 Prospect Avenue, Brooklyn, NY 11215
(718) 499-9574

Accessibility: Monday to Friday, 8:00am-4:00pm; Wheelchair accessible throughout

Requirements: Adults 60 years of age & older

Services: Daily meals (\$1.00 for breakfast & \$1.25 for lunch for people 60 & over; \$1.50 for breakfast & \$3.50 for lunch for guests under 60), physical fitness classes, technology sessions, educational classes, arts & crafts, social & recreational activities, and day trips

Abe Stark Senior Center

103-15 Farragut Road, Brooklyn, NY 11236
(718) 485-0604 or (718) 272-9515

Accessibility: Mondays to Fridays, 8:00am-4:00pm

Requirements: Adults 60 years & over – Proof of age; No membership fee

Services: Daily meals (\$.40 suggested contribution for breakfast & \$1.00 for lunch), recreational activities, health & fitness classes, nutrition education, monthly blood pressure screenings, and day trips

Bensonhurst Senior Citizen Center

www.jchb.org/senior-adults
7802 Bay Parkway, Brooklyn, NY 11214
(718) 331-6800 ext. 172/173

Accessibility: Monday to Friday, 8:30am-4:30pm

Requirements: Adults 60 years of age & older; Free membership

Services: Daily kosher lunch (\$1.00 suggested contribution for lunch and/or activities), professional entertainment, dance instruction, physical fitness activities, computer classes, lectures, discussions, art, recreational & social activities, English conversation classes, parties, and trips

Glenwood Senior Center

5701 Avenue, H Brooklyn, NY 11234
(718) 241-7711 or (718) 241-1936

Accessibility: Monday to Friday, 8:00am-4:00pm

Requirements: Adults 60 years of age & older; Open to adults 55 years & older with physical or intellectual/developmental disability

Services: Daily kosher meals (\$.50 suggested contribution for breakfast & \$1.00 for lunch), educational & recreational activities, case assistance, and Alzheimer's adult day care center twice a week (\$16 suggested contribution per day)

Narrows Senior Center

1230 63rd Street Brooklyn, NY 11219
(718) 232-3211 or (718) 232-0512

Accessibility: Monday to Friday, 8:00am-4:00pm; Wheelchair accessible; Predominantly Chinese members

Requirements: Adults 60 years of age & older

Services: Daily lunch, social services, educational workshops, computer classes, healthy aging classes, dance instruction, lifestyle management classes, arts & crafts, humor & politics discussion, karaoke & first run movies, day trips, and volunteer opportunities

Northside Senior Center

179 North 6th Street Brooklyn, NY 11211
(718) 387-2316

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Daily lunch, social services for entitlements, benefits, & referrals, educational workshops, computer classes, healthy aging fitness classes, line and ballroom dance, lifestyle management classes, oil painting & crafts classes, discussion groups, and preventative health screenings

Pete McGuinness Senior Center

715 Leonard Street Brooklyn, NY 11225
(718) 383-1940

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Daily lunch, social services for entitlements, benefits, & referrals, educational workshops, computer classes, healthy aging fitness classes, line and ballroom dance, lifestyle management classes, oil painting & crafts classes, discussion groups, and preventative health screenings

Catholic Charities Progress of Peoples (CCPOP) Development Corporation

191 Joralemon Street, Brooklyn, NY 11201
(718) 722-6042 or (718) 722-6001

Services: Offers senior housing services at various locations

St. Charles Jubilee Senior Center

55 Pierrepont Street Brooklyn, NY 11201
(718) 855-0326

Accessibility: Monday to Friday, 8:30am – 4:30pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Daily lunch, social services for entitlements, benefits, & referrals, educational workshops, computer classes, healthy aging fitness classes, line and ballroom dance, lifestyle management classes, oil painting & crafts classes, discussion groups, and preventative health screenings

St. Louis Senior Center

230 Kingston Avenue Brooklyn, NY 11213
(718) 771-7945

Accessibility: Monday to Friday, 10:00am – 6:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Daily lunch, social services for entitlements, benefits, & referrals, educational workshops, computer classes, healthy aging fitness classes, line and ballroom dance, lifestyle management classes, oil painting & crafts classes, discussion groups, and preventative health screenings

The BAY Senior Center

3643 Nostrand Avenue Brooklyn, NY 11229
(718) 649-2053

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Daily lunch, social services for entitlements, benefits, & referrals, educational workshops, computer classes, healthy aging fitness classes, line and ballroom dance, lifestyle management classes, oil painting & crafts classes, discussion groups, and preventative health screenings

Cypress Hills-Fulton Street, Senior Citizens Center

3208 Fulton Street Brooklyn, NY 11208
(718) 235-0064 or (718) 235-4509

Accessibility: Monday to Friday, 8:15am – 4:15pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily lunch (\$1.50 suggested contribution), social & recreational activities, educational & computer classes, exercise classes, arts & crafts, group day trips, and health screenings

Albany Senior Center

196 Albany Avenue, Brooklyn, NY 11213
(718) 773-2600 or (718) 773-6476

Accessibility: Monday to Friday, 9:00am – 5:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of date of birth, list of medications, and emergency contact information

Services: Daily breakfast & lunch and dinner on Tuesdays & Thursdays (5:00pm to 6:00pm), social & recreational activities, arts & crafts, health & fitness classes, nutrition programs, blood pressure screening, diabetes monitoring, computer classes, trips, photography, group discussions, book club, intergenerational discussions, and swimming

Christopher C. Blenman Senior Center

720 East New York Avenue, Brooklyn, NY 11203
(718) 773-7400 or (718) 778-5644 (Prog. Manager: Merlyn Bruce)

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of date of birth, list of medications, and emergency contact information

Services: Daily meals, arts & crafts, photography, gardening, physical fitness activities, dance, blood pressure screening, walking club, health & wellness programs, computer classes, trips, groups discussions, nutrition workshops, ESL Cantonese, ESL Mandarin, and creative writing

Shalom Senior Center

483 Albany Avenue, (between Lefferts & Empire Aves.) Brooklyn, NY 11213
(718) 774-9213

Accessibility: Monday to Thursday, 9:00am – 5:00pm & Friday, 9:00am – 2:00pm

Requirements: Adults 60 years of age & older

Services: Daily nutritious meals, social & recreational activities, physical fitness classes, and health & wellness programs,

Fort Greene Council – Grace Agard Harewood Center

966 Fulton Street, Brooklyn, NY 11238
(718) 638-6910

Accessibility: Monday, Tuesday, Friday, 9:00am – 5:00pm, and Wednesday & Thursday, 9:00am – 7:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of age, list of current medications, and emergency contact information; Free membership

Services: Daily lunch & dinner on Wednesdays & Thursdays, educational & recreational activities, day trips, art & exercise classes, transportation, health screenings, home delivered meals, health promotion, referral, and computer classes

Fort Greene Council – Hazel Brooks Senior Center

961 Ocean Avenue, Brooklyn, NY 11216
(347) 435-3287

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of age, list of medications & emergency contact information (one of which should be their physician's information); Free membership

Services: Educational & recreational activities, nutrition counseling, health & fitness services, arts & crafts (including beading), computer literacy education, and blood pressure screening

Fort Greene Council – Hugh Gilroy Senior Center

477 Kingsborough 4th Walk, Brooklyn, NY 11233
(718) 756-8400 or (718) 756-8532

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of date of birth, current list of medications, & emergency contact information

Services: Daily breakfast & lunch, dinner on Wednesdays & Thursdays (5:00pm – 6:00pm), arts & crafts, walking club, water aerobics, physical fitness activities, blood pressure screenings, nutritional education, computer learning, and group discussions

Maria Lawton Senior Center

400 Hart Street, Brooklyn, NY 11206
(718) 452-7474 or (718) 452-7493

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of date of birth, current list of medications, and emergency contact information

Services: Daily breakfast & lunch, dinner on Wednesdays & Thursdays (5:00pm – 6:00pm), arts & crafts, walking club, water aerobics, physical fitness activities, blood pressure screenings, nutritional education, computer learning, and group discussions

Fort Greene Council – Stuyvesant Heights Senior Center

69 McDonough Street, Brooklyn, NY 11216
(718) 230-0824 or (718) 774-3477

Accessibility: Monday to Friday, 9:00am – 5:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of age, current list of medications, and emergency contact information; Free membership

Services: Daily congregate meals (\$1.00 suggested contribution), educational & recreational activities, excursions, visual arts & painting, arts & crafts, walking club, digital photography, computer classes, group discussions, and blood pressure screening

Fort Greene Council – Willoughby Senior Center

105 North Portland Avenue, Brooklyn, NY 11205
(718) 875-1011 or (718) 643-0248

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of date of birth, current list of medications, and emergency contact information; Free membership

Services: Daily breakfast & lunch, The Willoughby Voices Choral Group, creative crafts, “Big Apple Strollers” Walking Club, physical fitness activities, nutritional education, computer learning, trips, and telephone reassurance

Heights and Hill

57 Willoughby Street, 4th Floor, Brooklyn, NY 11201
(718) 596-8789

Neighborhoods Served: Boerum Hill, Brooklyn Heights, Carroll Gardens, Clinton Hill, Cobble Hill, Crown Heights, East Flatbush, Farragut, Fort Greene, Gowanus, Park Slope, Prospect Heights, Prospect Lefferts Gardens, Red Hook, Remsen Village, Sunset Park, Windsor Terrace, Wingate, Bedford Stuyvesant

Requirements: Adults over 60 years old & their caregivers living in Brooklyn

Services: Caregiver Services, Case Management, Transportation Services

JASA at H.E.S. Senior Center

9502 Seaview Avenue, Brooklyn, NY 11236
(718) 251-3700 or (718) 531-9816

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily kosher meals (\$1.50), recreational & social activities, and case assistance

JASA Brighton/Manhattan Beach Senior Center

60 West End Avenue, Brooklyn, NY 11235
(718) 646-1118 or (212) 273-5272

Accessibility: Monday to Thursday, 8:00am – 4:00pm & Friday, 8:00am – 3:00pm

Requirements: Adults 60 years of age & older; Free membership

Services: Daily lunch (\$1.50), recreational activities, educational seminars, ESL classes, and computer classes

JASA Luna Park

2880 West 12th Street, Brooklyn, NY 11224
(718) 996-6666 or (718) 996-3663

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily lunch (\$1.50 suggested contribution), recreational & social activities, case management, and health & wellness programs

JASA Scheuer House of Manhattan Beach

161 Corbin Place, Brooklyn, NY 11235
(212) 273-5272 or help@jasa.org for more information

Requirements: 62 years & older who qualify as low to moderate income and/or disabled individuals

Services: Subsidized housing for seniors with available access to entire JASA community including social services and opportunities for community involvement, cultural events, meeting new friends, and having fun

JASA Scheuer House of Brighton Beach

3161 Brighton 6th Street, Brighton Beach, Brooklyn, NY 11235
(212) 273-5272 or help@jasa.org for more information

Requirements: 62 years & older who qualify as low to moderate income and/or disabled individuals

Services: Subsidized housing for seniors with available access to entire JASA community including social services and opportunities for community involvement, cultural events, meeting new friends, and having fun

JASA Scheuer House of Coney Island

3601 Surf Avenue, Coney Island, Brooklyn, NY 11224
(212) 273-5272 or help@jasa.org for more information

Requirements: 62 years & older who qualify as low to moderate income and/or disabled individuals

Services: Subsidized housing for seniors with available access to entire JASA community including social services and opportunities for community involvement, cultural events, meeting new friends, and having fun

JASA Manhattan Beach Senior Alliance Senior Center

161 Corbin Place, Brooklyn, NY 11235
(718) 646-4100

Accessibility: Monday to Friday, 9:00am – 3:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily lunch (\$1.50 suggested contribution), recreational activities, social programs, educational workshops, and health & wellness programs

JASA Shorefront Senior Center

3300 Coney Island Avenue, Brooklyn, NY 11235
(718) 646-1444 ext. 312/317 (Marina Dyachkova)

Accessibility: Call for schedule

Requirements: Adults over 60 years old; Free membership

Services: Daily lunch, health & wellness programs, nutrition & fitness programs, information & assistance, transportation services, public benefits counseling, employment assistance, volunteer & civic engagement opportunities, social & recreational activities, educational & arts programs, intergenerational programs

JASA South Brooklyn Meals-on-Wheels

3161 Brighton 6th Street, Brooklyn, NY 11235
(718) 769-7455

Requirements: Potential clients are individually assessed and evaluated through JASA's Case Management Program

Services: Nutritious & well balanced meals for people who are confined to their homes; Kosher meals are available upon request

JASA Starrett City Senior Center

1540 Van Siclen Avenue, Brooklyn, NY 11239
(718) 642-1010

Accessibility: Monday to Friday, 8:00am – 3:00pm; Wheelchair accessible

Requirements: Adults 60 years old & over; Free membership

Services: Daily lunch (\$1.50 suggested contribution), educational & recreational activities, case assistance, translation assistance, monthly health education classes, computer classes, painting, physical fitness classes, choral group, blood pressure screenings, and nutrition lectures

JASA Williamsburg Senior Center

202 Graham Avenue, Brooklyn, NY 11206
(718) 388-6865 or (718) 218-9673

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Photo ID, insurance card, SSI or other proof of income, emergency contact information, list of current medications, and name & phone number of current physician

Services: Daily lunch (\$1.50 suggested contribution), recreational activities, excursions, exercise & dance classes, and case assistance

Jewish Community Council of Greater Coney Island, Inc.

3001 West 37th Street, Brooklyn, NY 11224
(718) 449-5000 or email info@jccgci.org for more information

Website: www.jccgci.org

Services: Senior centers, home care services (ext. 2303), transportation (ext. 1), case management (ext. 2227), home delivered meals (212-273-5272 or 718-934-4295), services for holocaust survivors, senior ESL & citizenship (ext. 2235), friendly visiting program (ext. 2311)

Haber House Senior Center

3024 West 24th Street, Brooklyn, NY 11224
(718) 372-5775 or (718) 372-5731

Accessibility: Call for hours of operation

Requirements: Adults 60 years of age & older; Free membership

Services: Daily congregate meals, health & nutrition classes, physical fitness classes, blood pressure screenings, dementia screening, brain/memory exercises, diabetes management programs, educational & cultural activities, social & recreational activities, computer classes, and Sunday Senior Center Program

Marlboro Senior Center

2298 West 8th Street, Brooklyn, NY 11223
(718) 373-6161 or (718) 373-4609

Accessibility: Call for hours of operation

Requirements: Adults 60 years of age & older; Free membership

Services: Daily congregate meals, health & nutrition classes, physical fitness classes, blood pressure screenings, dementia screening, brain/memory exercises, diabetes management programs, educational & cultural activities, social & recreational activities, computer classes, and Sunday Senior Center Program

Ocean Parkway Senior Citizens Center

1960 East 7th Street, Brooklyn, NY 11223
(718) 627-2500 or (718) 375-4020

Accessibility: Call for hours of operation

Requirements: Adults 60 years of age & older; Free membership

Services: Daily congregate meals, health & nutrition classes, physical fitness classes, blood pressure screenings, dementia screening, brain/memory exercises, diabetes management programs, educational & cultural activities, social & recreational activities, computer classes, and Sunday Senior Center Program

Surf Solomon Senior Center

3001 West 37th Street, Brooklyn, NY 11224
(718) 449-6363 or (718) 449-0381

Accessibility: Call for hours of operation

Requirements: Adults 60 years of age & older; Free membership

Services: Daily congregate meals, health & nutrition classes, physical fitness classes, blood pressure screenings, dementia screening, brain/memory exercises, diabetes management programs, educational & cultural activities, social & recreational activities, computer classes, and Sunday Senior Center Program

Abe Stark Senior Center

103-15 Farragut Road, Brooklyn, NY 11236
(718) 272-9515

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of age required; Free membership

Services: Daily meals (suggested contribution of \$.40 for breakfast & \$1 for lunch), recreational & social activities, day trips, nutrition education, and monthly blood pressure screenings

Millennium Senior Services

2303 Bergen Avenue, Brooklyn, NY 11234
(718) 444-0101 or (718) 444-6060

Accessibility: Call for more information

Requirements: Adults 55 years & older

Services: Active Adult & Senior services, senior centers, recreational & social activities, educational programs, physical fitness activities, and health screenings

Midwood Senior Center

4815 Avenue, I, Brooklyn, NY 11234
(718) 253-5557 or (718) 444-0101

Accessibility: Monday to Friday, 8:00am to 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily meals (suggested contribution of \$.50 for breakfast & \$1.00 for lunch), social & recreational activities, health & wellness programs, physical fitness activities, and arts & crafts

Vandalia Senior Center

47 Vandalia Avenue, Brooklyn, NY 11236
(718) 272-3949 or (718) 272-3905

Accessibility: Call for schedule

Requirements: Adults 60 years of age & older; Free membership

Services: Daily meals (suggested contribution of \$.50 for breakfast & \$1.00 for lunch), social & recreational activities, health & wellness programs, physical fitness activities, and arts & crafts

Polish & Slavic Center, Inc. Extended Social Services Program

176 Java Street, Suite 1, Brooklyn, NY 11222
(718) 383-3324 or (718) 383-2360

Accessibility: Monday to Friday, 9:00am – 5:00pm

Services: Offers assistance in obtaining benefits in Senior Citizen Rent Increase Exemption (SCRIE), Senior Citizen Homeowners Exemption (SCHE), Disability Benefits, SSI, Lifeline Telephone Service, Medicare Part A, B & D, Medicaid, Elder Pharmaceutical Insurance Coverage, Access-a-Ride, Public Housing, etc.

Special Services for Senior Citizens

1304 East 57th Street, Brooklyn, NY 11234
(718) 257-1600 or (718) 257-3483

Website: www.specialservicesforseniors.org

Services: Provides a wide range of supportive services to older adults including transportation services and comprehensive case management to coordinate and monitor in-home services such as Meals on Wheels, Homecare & Housekeeping, assistance with applying for benefits & entitlements, referrals to other programs/resources, and ongoing monitoring via telephone and home visits

RAICES Times Plaza Neighborhood Senior Center

460 Atlantic Avenue, Brooklyn, NY 11217
(718) 694-0895

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily breakfast & lunch, social & recreational activities, health & wellness programs, physical fitness activities, arts & crafts, and day trips

Diana H. Jones Innovative Senior Center

9 Noll Street, Brooklyn, NY 11206
(718) 782-3601

Accessibility: Monday to Friday, 8:00am – 4:00pm & Saturday, 9:00am – 4:00pm; Wheelchair accessible; Transportation available

Requirements: Adults 60 years of age & older; Free membership

Services: Daily meals (\$.75 suggested contribution for breakfast & \$1.25 for lunch), recreational & social activities, exercise programs, nutrition education, computer classes, health education & screenings, case assistance, counseling, entitlements advocacy, and housing & immigration assistance

Hope Gardens Multi-Service Center

195 Linden Street, Brooklyn, NY 11221
(718) 455-1100 or (718) 455-1101

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible; Transportation available

Requirements: Adults 60 years of age & older; Free membership

Services: Daily meals (\$.50 suggested contribution for breakfast & \$1 for lunch), recreational & social activities, case assistance & counseling, entitlements advocacy, health & nutrition classes, and physical fitness activities

Borinquen Plaza Neighborhood Senior Center

80 Siegel Street, Brooklyn, NY 11206
(718) 782-6334

Accessibility: Monday to Friday, 8:00am – 4:00pm; Open for special events on Thanksgiving & Christmas; Wheelchair accessible; Meals on Wheels delivers 7 days a week; Transportation available

Requirements: Adults 60 years of age & older; Free membership

Services: Daily breakfast & lunch, educational & recreational activities, health education, health management, recreation & exercise, entitlements advocacy, computer classes, and Meals on Wheels program

Ridgewood Bushwick Senior Center

319 Stanhope Street, Brooklyn, NY 11237
(718) 366-3038 or (718) 417-9056

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible; Transportation available

Requirements: Adults 60 years of age & older; Free membership

Services: Daily meals (\$.50 suggested contribution for breakfast & \$1.00 for lunch), social & recreational activities, health & wellness programs, physical fitness activities, arts & crafts, and case assistance & counseling

Senior Citizens League of Flatbush Senior Center

550 Ocean Parkway, Brooklyn, NY 11218 OR
870 Ocean Parkway, Basement, Brooklyn, NY 11218
(718) 438-7771 or (718) 854-3579

Accessibility: Monday to Friday, 8:30am – 4:30pm; Wheel chair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily lunch (\$1.25 suggested contribution), social & recreational activities, information & referral services, daily discussion groups, computer & ESL classes, yoga & other physical fitness activities, weekly trips & entertainment, nutritional services, blood pressure screenings, group & line dancing, and immigrant education programs

RAICES Gowanus Senior Center

420 Baltic Street, Brooklyn, NY 11201
(718) 797-2472

Accessibility: Monday to Friday, 10:00am – 2:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Focuses on Hispanic community; Free membership

Services: Daily lunch (\$1.25 suggested contribution), social & recreational activities, case assistance, information & referral services, educational classes, and physical fitness activities

RAICES Red Hook Senior Center

110 W. 9th Street, Brooklyn, NY 11231
(917) 769-7518

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily meals (\$.45 suggested contribution for breakfast & \$1.25 for lunch), educational & recreational activities, excursions, housing & entitlement counseling, health education & physical fitness classes, and information & referrals

RAICES Wyckoff Gardens Senior Center

280 Wyckoff Street, Brooklyn, NY 11217
(718) 237-1802

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily meals (\$.45 suggested contribution for breakfast & \$1.25 for lunch), educational & recreational activities, excursions, exercise & nutrition counseling, and case assistance

Prospect Hill Senior Services

283 Prospect Avenue, Brooklyn, NY 11215
(718) 499-9574

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Wheelchair accessible

Services: Daily meals (\$1.00 suggested contribution for breakfast & \$1.25 for lunch), recreational & educational activities, health & wellness programs, physical fitness classes, and arts & crafts

Boulevard Senior Center

726 Stanley, Brooklyn, New York 11207
(718) 272-6202

Accessibility: Monday to Friday, 9:30am – 4:00pm; NOT Wheelchair accessible (call to confirm regarding any changes)

Requirements: Adults 60 years of age & older; Free membership

Services: Daily lunch (\$2.00 suggested contribution), social & recreational activities, health & wellness programs, physical fitness classes, arts & crafts, and case assistance

Brevoort Senior Center

280 Ralph Avenue, Brooklyn, New York 11233
(718) 467-7381

Call for information on hours of operation and membership requirements

Rosetta Gaston Senior Center

460 Dumont Avenue, Brooklyn, New York 11212
(718) 345-5665

Accessibility: Monday to Friday, 9:00am – 5:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily meals (\$1.00 suggested contribution for breakfast & \$2.00 for lunch), arts & crafts, educational & recreational activities, excursions, entitlement assistance, disease information & support, monthly health screenings, metro card distribution for those eligible, and access to social worker

Tilden Senior Center

630 Mother Gaston Blvd, Brooklyn, New York 11212
(718) 498-2990

Accessibility: Monday to Friday, 9:00am – 5:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older AND individuals with disabilities of any age; Free membership

Services: Daily meals (\$1.00 suggested contribution for breakfast & \$2.00 for lunch), educational & recreational activities, excursions, case assistance, technology classes, and arts & culture classes

Van Dyke Senior Center

430 Dumont Avenue, Brooklyn, New York 11212
(718) 385-1110 or (718) 342-9716

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily meals (\$1.00 for breakfast & \$2.00 for lunch), recreational & social activities, health & wellness programs, physical fitness activities, arts & crafts, educational classes, and case assistance

WORD Home Bound Meal Delivery & Meals on Wheels

467 Thomas Boyland St. (aka Hopkinson Ave.), Brooklyn, NY 11233
(929) 234-6333

Accessibility: Monday to Friday, 8:00am – 3:00pm

Requirements: Adults 60 years of age & older; Provide the following when calling: full name, complete address & phone number, date of birth, and emergency contact information

Services: Home delivered meals to homebound elderly and disabled individuals 6 days a week with frozen & emergency food packages for Sundays & Holidays

Wayside Tompkins Park Senior Center

550 Green Avenue, Brooklyn, New York 11216
(718) 638-3000

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily lunch (\$2.00 suggested contribution), educational & recreational activities, excursions, case assistance, counseling, physical fitness activities, and health & wellness programs

YMCA Locations in Brooklyn

Greenpoint YMCA

99 Meserole Avenue, Brooklyn, NY 11222
(212) 912-2260

Accessibility: Monday to Friday, 5:00 am to 12:00am, Saturday 8am to 9pm, Sunday 8am to 8pm

Requirements: 65 and Older for reduced membership

Services: Exercise classes, nutrition counseling, health and wellness, yoga, swimming and other water activities, tai chi and personal training.

Bedford Stuyvesant YMCA

1121 Bedford Avenue, Brooklyn NY, 11216
(718) 789-1497

Accessibility: Monday to Friday, 5:30am to 11:00pm, Saturday 7am to 8pm, Sunday 8am to 8pm.

Requirements: 65 and Older for reduced membership

Services: Exercise classes, health and wellness, dance, water activities, Zumba, and yoga.

Coney Island YMCA

2980 West 29th Street, Brooklyn, NY 11224
(718) 215-6900

Accessibility: Monday to Friday, 6:00am to 10:30pm, Saturday and Sunday 8am to 8pm

Requirements: 65 and Older for reduced membership

Services: Silver Sneaker cardio and exercise classes, health and wellness, water activities, dance, yoga, and tai chi

Dodge YMCA

225 Atlantic Avenue, Brooklyn, NY 11201
(718) 625-3136

Accessibility: Monday to Friday, 5:30am to 11:00pm, Saturday 6am to 8pm, Sunday 7am to 8pm

Requirements: 65 and Older for reduced membership

Services: Exercise classes, health and wellness, dance, yoga, and tai chi

Prospect Park YMCA

357 Ninth Street, Brooklyn, NY 11215
(718) 768-7100

Accessibility: Monday to Friday, 5:00am to 11:00pm, weekends 6am to 9pm

Requirements: 65 and Older for reduced membership

Services: Exercise classes, health and wellness, dance, and yoga

Park Slope Armory YMCA

361 15th Street, Brooklyn, NY 11215
(212) 912-2580

Accessibility: Monday to Friday, 6:00am to 11:00pm, weekends 7am to 9pm

Requirements: 65 and Older for reduced membership

Services: Exercise classes, health and wellness, dance, yoga, and tai chi

Flatbush YMCA of Greater NY

1401 Flatbush Avenue, Brooklyn, NY 11210
(718) 469-8100

Accessibility: Monday to Friday, 6:00am to 11:00pm, weekends 8am to 8pm

Requirements: 65 and Older for reduced membership

Services: Silver Sneaker circuit, cardio and yoga classes, health and wellness, and dance

North Brooklyn YMCA

570 Jamaica Avenue, Brooklyn, NY 11208
(212) 912-2230

Accessibility: Monday to Sunday, 5:00am to 12:00am

Requirements: 65 and Older for reduced membership

Services: Silver Sneaker yoga and exercise classes, water arthritis, aqua jog, swimming, and Zumba

NATURALLY OCCURRING RETIREMENT COMMUNITIES (NORCs)

JASA Warbasse Cares

2844 Ocean Parkway, Brooklyn, NY 11235
(718) 996-5200 or (718) 996-5296

JASA Shorefront NORC

3300 Coney Island Avenue, Brooklyn, NY 11235
(718) 646-1444

Social services provided

JASA Coney Island Active Aging

2950 W. 35th Street, Brooklyn, NY 11224
(917) 443-5559

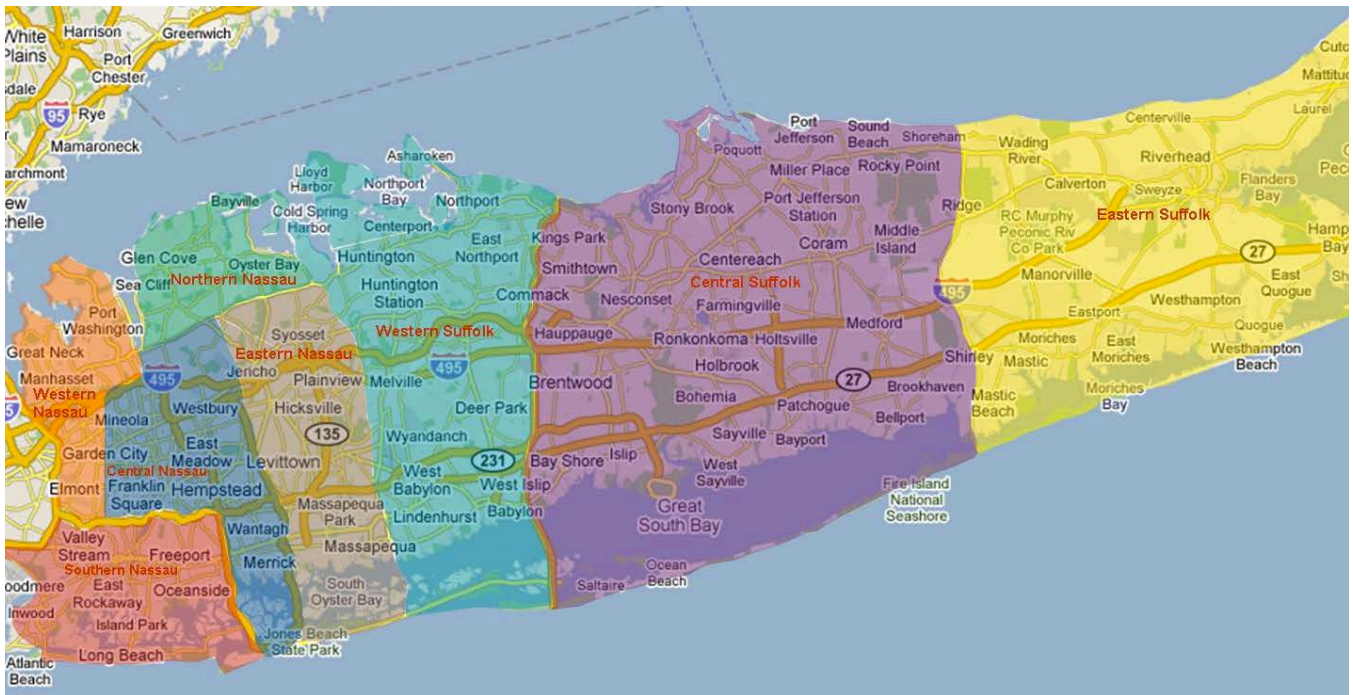
JASA Bushwick Hylan Family Friendly Seniors

50 Humboldt Street, Brooklyn, NY 11206
(212) 273-5200

JASA Trumps United

2915 W. 5th Street, Brooklyn, NY 11224
(718) 372-8815

Long Island Nassau & Suffolk Counties



Long Island – Nassau

BALDWIN

Baldwin Senior Center

1810 N. Grand Avenue, Baldwin, NY 11510
(516) 546-7110

Accessibility: Monday to Friday, 9:00am – 4:45pm; Daily transportation available (call for details)

Requirements: 60 years of age & older adult residents of the Town of Hempstead

Services: Daily lunch (\$2.50 fee & reservations required), socialization & recreational activities, support services, physical fitness classes, health & wellness sessions, arts & crafts, and holiday celebrations

BELLEROSE TERRACE

Floral Park –Bellerose Senior Citizens

St. Hedwig Hall
309 Jericho Turnpike, Floral Park, NY 11001
(516) 459-2856

Accessibility: Mondays & Wednesdays, 9:00am-2:00pm

Requirements: 60 years of age & older adult residents of the villages of Floral Park or Bellerose

Services: Ceramics, crafts classes, dancing, art, discussion groups, periodic day trips, musical shows, and birthday celebrations

BELLMORE

Bellmore Senior Center

2000 Bellmore Avenue, Bellmore, NY 11710
(516) 221-9696

Accessibility: Monday to Friday, 9:00am-4:30pm; Daily transportation available (advance reservation is required)

Requirements: Adult 60 years of age & older (call for residential eligibility requirements)

Services: Daily lunch program (\$2.50 fee & reservations required), food shopping, blood pressure screening, visiting podiatrist, social & recreational activities, physical fitness classes, arts & crafts, ceramics, dance & music, and discussion groups

BETHPAGE

Bethpage Senior Community Center

103 Grumman Road, West Bethpage, NY 11714
(516) 571-9910

Accessibility: Monday to Friday, 8:30am to 4:15pm

Requirements: Adults 60 years of age & older residing in Nassau County

Services: Meeting place for local senior clubs and community groups (call for more information)

CARLE PLACE

The Carle Place Senior Citizens, Inc.

Charles J. Fuschillo Park
Carle Road, & Broadmoor Lane, Carle Place, NY 11514
(516) 869-6311

Accessibility: Monday, Wednesday, & Thursday, 10:00am – 4:00pm

Requirements: Adults 60 years of age & older (call for residential eligibility requirements)

Services: Social & recreational activities, physical fitness classes, arts & crafts, and support services

CEDARHURST

Cedarhurst Senior Center

200 Cedarhurst Avenue, Cedarhurst, NY 11516
(516) 295-1177

Accessibility: Monday to Friday, 9:00am – 4:30pm; Transportation available (advance reservation required)

Requirements: Adults 60 years of age & older; Free for residents of the Town of Hempstead

Services: Daily in-house library, food shopping, social & recreational activities, arts & crafts, physical fitness classes, healthy lifestyle programs, blood pressure screening, birthday celebrations, and day trips

EAST HILLS

Sid Jacobson Jewish Community Center

300 Forest Drive, East Hills, NY 11548
516-485-1545

Accessibility: Program hours vary (call for more information)

Requirements: Various age groups (contact for more information on age-specific programs)

Services: Learning & recreational activities, social clubs, specialized services

EAST MEADOW

East Meadow Senior Center

Mitchell Housing
1485 Front Street, #14, East Meadow, NY 11554
(516) 794-2458

Accessibility: Monday to Friday, 9:00am-4:45pm; Daily transportation available (advance reservation required)

Requirements: Adults 60 years of age & older; Free membership for residents of the Town of Hempstead

Services: Lunch on Tuesdays, Thursdays, & Fridays (\$2.50 & reservation required), social & recreational activities, arts & crafts, physical fitness activities, karaoke, healthy lifestyle lectures, discussion groups, visiting podiatrist, blood pressure screening, and shopping trips

EAST ROCKAWAY

Charles H. Formont Senior Center

6 James St. East Rockaway, NY 11518
(516) 887-6322 or (516) 887-6300 (Contact: Steve Fried)

Accessibility: Mondays and Fridays, 10:00am – 2:00pm

Requirements: Adults 55 years of age & older; Annual membership fee of \$25

Services: Socialization & recreational activities and day trips

ELMONT

Elmont Senior Center

138 Elmont Road, Elmont, NY 11003
(516) 354-4777

Accessibility: Mondays to Fridays, 9:00am - 4:30pm; daily transportation available (advance reservation required)

Requirements: Adults 60 years of age & older (call for residential eligibility requirements)

Services: Lunch program on Monday, Wednesday, & Thursday (\$2.50 fee, food shopping, blood pressure screening, social & recreational activities, arts & crafts, physical fitness classes, discussion groups, and information & referral services

BroadHollow at Elmont

700 Hempstead Turnpike, Elmont, NY 11003
(516) 775-4420

Services: Wednesday matinee for seniors

Requirements: Adults 60 years of age & older

Services: Entertainment, theater & musicals

FLORAL PARK

Retired Men's Club

Knights of Columbus Hall
33 South Tyson Avenue, Floral Park, NY 11001

Accessibility: Mondays, Tuesdays, Wednesdays, Thursdays, & Saturdays, 12:00pm – 5:00pm (Every 4th Wednesday, 2:00pm – 5:00pm & NO meetings every 3rd Wednesday)

Requirements: Garden City residents 60 years of age & older

Services: Socialization & recreational activities, repairs minor appliances for senior citizens such as lamps, radios, toasters, etc.

FRANKLIN SQUARE

Catholic Charities – Franklin Square Senior Center

619 Fenworth Boulevard, Franklin Square, NY 11010
(516) 481-3322/23

Accessibility: Monday to Friday, 8:30am to 4:00pm; Roundtrip transportation is available to residents of Elmont, Floral Park, Franklin Square, Malverne & West Hempstead (\$1 suggested contribution)

Requirements: Adults 60 years of age & older; Free membership

Services: Daily lunch (\$3 suggested contribution), social & recreational activities, physical fitness classes, music & arts, day trips, and live band

FREEPORT

Salvation Army – Freeport Senior Center

66 Church Street, Freeport, NY 11520
(516) 623-2008 or (516) 378-4557

Accessibility: Monday to Friday, 8:00am – 3:00pm; Food Pantry (for emergencies only) & Social Worker – Wednesdays, 10:00am – 12:00pm & 1:00pm – 2:00pm

Requirements: Adults 60 years of age & older

Services: Breakfast & lunch, fellowship & parties, spiritual Christian counseling, and social & recreational activities

Freeport Recreation Center

130 East Merrick Road, Freeport, NY 11520
(516) 771-4194

Accessibility: Adults 60 years of age & older

Requirements: Must purchase annual activity card or annual activity plan to use the facility

Services: Senior lounge with a television, kitchen, computers, billiards, card tables, library with books and videos, variety of programs, and sports

GARDEN CITY

St. Paul's Senior Center

108 Rockaway Avenue, Garden City, NY 11530
(516) 465-4076 or (516) 742-4827

Accessibility: Monday to Thursday, 9:00am – 4:00pm, and Friday, 9:00am – 1:00pm

Requirements: Adult residents of the Village of Garden City, 60 years of age & older

Services: Physical fitness classes & equipments, crocheting, luncheons, speakers, and trips

The Cathedral of the Incarnation

50 Cathedral Avenue, Garden City, NY 11530
(516) 746-2955 or www.cathedralmusic.info

Services: Low cost concerts & choir singing for seniors

GLEN COVE

Glen Cove Senior Center

130 Glen Street, Glen Cove, NY 11542
(516) 759-9610

Accessibility: Monday to Friday, 9:00am – 5:00pm; Transportation is available to seniors residing in Glen Cove, Glen Head, Glenwood Landing, and Sea Cliff

Requirements: Adults 60 years of age & older; Free membership; Walk-in for tour & registration

Services: Nutritious luncheon program, health & wellness classes, health screenings & support groups, brain fitness, lifelong learning center, cultural arts classes, individualized computer training, trips, social services assistance, intergenerational programs, recreational & socialization activities, volunteer opportunities, adult day program, friendly visiting & telephone reassurance to homebound seniors, transportation to local grocery stores, handyman services, defensive driving classes, medical transportation, advocacy, and outreach

GREAT NECK

Great Neck Social Center (Senior Center)

80 Grace Avenue, Great Neck, NY 11021
(516) 487-0025

Accessibility: Monday to Friday, 9:00am - 4:30pm

Requirements: Adults 60 years of age & older from Great Neck, Manhasset, and North New Hyde Park; \$30 for each session of Adult Education classes

Services: Socialization & recreational activities, music & arts, health awareness, physical fitness activities, discussion groups, and support groups

HEMPSTEAD

Hempstead Senior Community Service Center

United Methodist Church
40 Washington Avenue, Hempstead, NY 11550
(516) 565-1568

Accessibility: Monday to Friday, 9:00am – 4:00pm; Transportation available for residents of Hempstead, Uniondale & Lakeview; Wheelchair accessible

Requirements: Adults 60 years of age & older (call for residential eligibility requirements)

Services: Socialization & recreational activities, music & arts, physical fitness activities, shopping trips, FANS food distribution, and special events

Hempstead Senior Center

260 Clinton Street, Hempstead, NY 11550
(516) 489-8500 ext. 135/134

Accessibility: Mondays, Wednesdays, & Fridays, 9:00am - 4:30pm; Transportation to and from the center is available to residents of Hempstead

Requirements: Adults 60 years of age & older; Free membership

Services: Lunch (\$2.50 suggested contribution), arts & crafts, ceramics class, physical fitness classes, and special events

HEWLETT

Peninsula Counseling Center Project CARES (Adult Day Care)

St. Joseph's School
1355 Noel Avenue, Hewlett, NY 11557
(516) 374-9253/9278

Accessibility: Monday to Thursday, 8:30am to 3:30pm

Requirements: Adults 60 years of age & older from East Rockaway, the Five Towns, Lynbrook, and Valley Stream

Services: Printed information about programs and services for seniors, their families and caregivers, is available at no charge by calling the Nassau County Department of Senior Citizens Affairs at (516) 277-8900

LAWRENCE

Inwood Senior Community Service Center at the Five Towns Community Center

270 Lawrence Avenue, Lawrence, NY 11599
(516) 239-6244

Accessibility: Monday to Thursday, 8:00am – 4:00pm; Daily transportation is available (call for more details)

Requirements: Adults 60 years of age & older from Cedarhurst, Hewlett, Inwood, Lawrence, and Woodmere

Services: Daily lunch program, educational/vocational workshops, day trips, shopping, arts & crafts, music, and physical fitness classes

LEVITTOWN

Levittown Senior Center

555 North Newbridge Road, Levittown, NY 11756
(516) 433-5454

Accessibility: Monday to Friday, 9:00am - 4:30pm; Daily transportation available (call for details)

Requirements: Adults 60 years of age & older (call for residential eligibility requirements)

Services: Lunch program on Tuesday, Wednesday, & Friday (\$2.50 & call for reservations), socialization & recreational activities, physical fitness classes, arts & crafts, food shopping, blood pressure screening, visiting podiatrist, and support services

LONG BEACH

Long Beach Senior Center

75 East Walnut Street, Long Beach, NY 11561
(516) 432-5555

Accessibility: Monday to Friday, 9:00am – 4:00pm

Requirements: Adults 60 years of age & older

Services: Daily kosher & non-kosher lunch, socialization activities, cultural programs, physical fitness classes, healthy living programs, intergenerational activities, computer literacy & training, and health screenings

LYNBROOK

Lynbrook Senior Citizens Club of Lynbrook

Frank A. Gulotta Senior Center in Greis Park
55 Wilbur Street, Lynbrook, NY 11563
(516) 599-8000

Accessibility: Wednesdays, 11:00am – 3:00pm

Requirements: Adults 60 years of age & older residing in Lynbrook and East Rockaway

Services: Social and recreational activities

MANHASSET

Active Seniors of Manhasset, Inc.

Unitarian Universalist Congregation at Shelter Rock
48 Shelter Rock Road, Manhasset, NY 11030
(516) 869-6311

Accessibility: Tuesdays, 12:00pm - 3:00pm

Requirements: Adults 60 years of age & older

Services: Call for details

MASSAPEQUA PARK

Massapequa Park Senior Community Service Center

Our Lady of Lourdes School
379 Linden Street, Massapequa Park, NY 11762
(516) 797-5357

Accessibility: Monday to Friday, 8:30am – 4:00pm; Wheelchair accessible; Transportation available (call for details)

Requirements: Adults 60 years of age & older

Services: Congregate meals, socialization & recreational activities (two days a week for seniors with vision & hearing impairment—call for schedule); physical fitness activities, Meals-on-Wheels, and case management

MERRICK

Merrick Senior Center

2550 Clubhouse Road, Merrick, NY 11566
(516) 868-4777

Accessibility: Monday to Friday, 9:00am – 4:45pm; Transportation available (advance reservation is required)

Requirements: Adults 60 years of age & older

Services: Lunch program (Monday, Thursday, & Friday for \$2.50), senior care (call 516-485-8100 for more information), arts & crafts, socialization & recreational activities, physical fitness classes, literature & writing classes, discussion groups, blood pressure screening, and information & referrals

Jewel Quinn Senior Center at North Merrick

Brookside School
1260 Meadowbrook Road, North Merrick, NY 11566
(516) 571-8675/76

Accessibility: Monday to Friday, 9:00am-4:45pm

Requirements: 60 years of age & older residents of Bellmore, East Meadow, Merrick, North Bellmore, Hicksville, Levittown, and North Merrick

Services: Daily meal program, socialization & recreational activities, physical fitness classes, arts & crafts, nutrition & health programs, transportation, and support services

MINEOLA

The Golden Age Club of Mineola, LI, NY, Inc.

155 Washington Avenue, Mineola, NY 11501
(516) 747-7513

Accessibility: Mondays, 10:00am – 3:00pm & Thursdays, 12:00pm-4:00pm

Requirements: Adults 60 years of age & older

Services: Socialization & recreational activities, physical fitness classes, and arts & crafts

The Leisure Club of Mineola, Inc.

155 Washington Avenue, Mineola, NY 11501
(516) 869-6311

Accessibility: Tuesdays, 1:00pm – 4:00pm; No meetings on July & August

Requirements: Adults 60 years of age & older

Services: Socialization & recreational activities, physical fitness classes, and arts & crafts

NEW HYDE PARK

Herricks Community Center

999 Herricks Road, New Hyde Park, NY 11040
(516) 305-8976

Accessibility: Monday, Tuesday, and Friday, 9:00am – 3:00pm

Requirements: Adults 60 years of age & older residing in Albertson, East Williston, Garden City Park, Herricks, Mineola, New Hyde Park, Searingtown, and Williston Park

Services: Adult Day Care program for people with Alzheimer’s Disease; Socialization & recreational activities, physical fitness classes, arts & crafts, health & nutrition programs, social groups & clubs, and support services

Holy Spirit Golden Age Club

Holy Spirit Roman Catholic Church
500 Jericho Turnpike, New Hyde Park, NY 11040
(516) 354-0359

Accessibility & Requirements: Call for information

Services: Senior choir and concerts

Leisure Club of Greater New Hyde Park, Inc.

1000 Marcus Avenue, New Hyde Park, NY 11040
(516) 869-6311

Accessibility & Requirements: Call for information

Services: Socialization & recreational activities

New Hyde Park Knights of Columbus Council #2852

1000 Marcus Avenue, New Hyde Park, NY 11040
(516) 869-6311

Accessibility: 1st & 3rd Wednesdays at 11:00am

Requirements: Adults 60 years of age & older (call for residential eligibility requirements)

Services: Senior club meeting; call for information on other programs for all age groups

New Hyde Park Senior Citizens, Inc.

Clinton G. Martin Park
Marcus Avenue, & New Hyde Park Road, New Hyde Park, NY 11040
(516) 869-6311

Accessibility: Program hours may vary; call for information

Requirements: Adults 60 years of age & older residing at the New Hyde Park district

Services: Socialization & recreational activities, physical fitness classes, arts & crafts, and support services

Parker Jewish Adult Day Health Care

271-11 76th Avenue, New Hyde Park, NY 11040-1433
(718) 289-2101 or (516) 586-1623

Accessibility: 6 Days a week; Call for specific hours of operation

Requirements: Adults 60 years of age & older

Services: Door-to-door transportation, hot meals, supervised socialization & recreational activities, nursing & medical care, physical & occupational therapy, eye care, podiatry, massage therapy, acupuncture, nutrition counseling, and psychological services

OCEANSIDE

Oceanside Senior Community Service Center

St. Anthony's Catholic School
80 Anchor Avenue, Oceanside, NY 11572
(516) 764-9792/9815

Accessibility: Monday to Friday, 9:00am – 4:00pm; Wheelchair accessible; Transportation available (\$1.00 roundtrip suggested contribution)

Requirements: Adults 60 years of age & older

Services: Hot meals, arts & crafts, shopping, dance & music, QiGong, health services, and other socialization activities

Oceanside Senior Center

2900 Rockaway Avenue, Oceanside, NY 11572
(516) 766-8888

Accessibility: Monday to Friday, 9:00am – 4:45pm; Wheelchair accessible; transportation available (advance reservations required)

Requirements: Adults 60 years of age & older

Services: Lunch program (Monday, Wednesday & Thursday for \$2.50), food shopping (Tuesdays & Thursdays; advanced reservations required), socialization & recreational activities, arts & crafts, discussion groups, physical fitness classes, dance & music, and blood pressure screening

OYSTER BAY

The Life Enrichment Center at Oyster Bay

45 East Main Street, Oyster Bay, NY 11771

(516) 922-1770

www.lifeenrichmentcenteroysterbay.org

Accessibility: (Day Activities Program) Monday to Friday, 8:30am – 4:30pm and (After Hours Evening Program) Monday to Friday, 4:30pm – 9:00pm

Requirements: (Day Activities Program) Adults 55 years of age & older and (After Hours Evening Program) Adults 50 years of age & older

Services: Daily lunch, transportation, social services, non-emergency medical & dental transportation service, home care referral service, shoppers' bus, adult day care program with care giver support, evening strength training classes, healthy cooking lessons, Singles & Couples Night, Boomer Band Camp, wine tasting, career planning & life coaching, game night, exercise & dance programs, trips & tours, lectures & book signings, computer classes & technology, and extensive health & wellness program

PORT WASHINGTON

Port Washington Senior Citizens, Inc.

80 Manorhaven Blvd, Port Washington, NY 11050

(516) 883-6656

Accessibility: Monday to Friday, 9:00am – 1:30pm

Requirements: Adults 60 years of age & older

Services: Socialization & recreational activities

Port Washington Senior Community Service Center

St. Stephen's Church

9 Carlton Avenue, Port Washington, NY 11050

(516) 944-9654/55

Accessibility: Monday to Friday, 9:00am – 4:00pm; Wheelchair accessible; Transportation available to residents of Port Washington, Sands Point, Roslyn, Old Westbury, & Greenvale for a voluntary contribution of \$.50 each way

Requirements: Adults 60 years of age & older; Walk-in or call to register

Services: Daily lunch (\$3.00 suggested contribution), physical fitness classes, socialization & recreational activities, arts & crafts, shopping trips, trips to local attractions, pet therapy, monthly blood pressure screenings, guest speakers, intergenerational programs, discussion groups, music & entertainment, and performances by local schools

ROCKVILLE CENTRE

Hispanic Brotherhood Senior Program

59 Clinton Avenue, Rockville Centre, NY 11570
(516) 766-6610

Accessibility: Tuesday Wednesday, and Thursdays

Requirements: Adults 60 years of age & older from the Rockville Centre, Oceanside, Baldwin, Lynbrook, and Freeport

Services: Nutrition program, recreational & informative activities, specialized social services, information & referrals, translation of documents, housing referrals, and immigration & legal representation in landlord/tenant disputes

ROOSEVELT

Rosa Parks Senior Center

2 Babylon Turnpike, Roosevelt, NY 11575
(516) 867-1612

Accessibility: Monday to Friday, 9:00am – 4:45pm; Wheelchair accessible; Transportation is provided to and from the center for non-driving seniors living in the Roosevelt area

Requirements: Adults 60 years of age & older; Call for registration information; Free membership

Services: Daily lunch (\$2.50 suggested contribution), socialization & recreational activities, arts & crafts, physical fitness classes, and transportation services to local shopping centers

SEAFORD

Seaford Senior Community Service Center

St. Michael's Church
2197 Jackson Avenue, Seaford, NY 11783
(516) 679-8373

Accessibility: Monday to Friday, 8:30am – 4:00pm; Transportation available (call for details)

Requirements: Adults 60 years of age & older from Nassau county, Seaford, and the Town of Hempstead

Services: Daily hot lunch, recreational & educational activities, and volunteer opportunities

UNIONDALE

Uniondale-Hempstead Senior Center

840 Uniondale Avenue, Uniondale, NY 11553
(516) 292-1313

Accessibility: Monday to Friday, 9:00am – 4:45pm; Transportation is available (advanced reservation is required)

Requirements: Adults 60 years of age & older

Services: Lunch Program (Tuesday, Wednesday, & Thursday for \$2.50), food shopping, socialization & recreational activities, arts & crafts, physical fitness classes, dance & music, blood pressure screening, and information & referrals

Uniondale-Merrick Senior Center

750 Jerusalem Avenue, Uniondale, NY 11553
(516) 538-5050

Accessibility: Monday to Friday, 9:00am – 4:45pm; Wheelchair accessible; Transportation is provided to and from the center for non-driving seniors residing in the Uniondale area

Requirements: Adults 60 years of age & older

Services: Lunch (Monday to Wednesday with \$2.50 suggested contribution), social & recreational activities, physical fitness classes, and transportation to shopping & banking services in the Uniondale community

VALLEY STREAM

Green Acres Senior Center

400 Flower Road, Valley Stream, NY 11581
(516) 872-8810

Accessibility: Monday to Friday, 9:00am – 4:45pm

Requirements: Adults 60 years of age & older

Services: Socialization & recreational activities, physical fitness classes, adult day care, and support services

WANTAGH

Wantagh Senior Center

1150 Seamans Neck Road, Wantagh, NY 11793
(516) 785-8505

Accessibility: Monday to Friday, 9:00am – 4:45pm; Daily transportation available

Requirements: Adults 60 years of age & older

Services: Socialization & recreational activities, and senior support services

WESTBURY

Senior Citizens of Westbury Center

Westbury Community Center
360 Post Avenue, Westbury, NY 11590
(516) 334-5886

Accessibility: Monday to Friday, 8:30am - 3:30pm

Requirements: 55 years of age & older residents of The Village of Westbury; Membership fee of \$35 per person or \$60 per couple – Scholarships are available

Services: Curb to curb transportation service to shopping excursions & social outings (small fee is requested), hot lunch program (\$3 suggested confidential contribution), ACES (Adult cultural & educational studies), health programs, recreational programs, wellness programs, information & referrals, adult day care program, telephone reassurance, homebound program, and volunteer opportunities

Salisbury Senior Center

460 Salisbury Park Drive, Westbury, NY 11590
(516) 333-5440

Accessibility: Monday to Friday, 9:00am – 4:45pm; Daily transportation is available (call for details)

Requirements: Adults 60 years of age & older

Services: Socialization & recreational activities and senior support services

Magnolia Gardens Senior Lunch Program

899 Broadway Westbury, NY 11590
(516) 334-6557

Accessibility: Monday to Friday, 10:00am - 2:30pm; Wheelchair accessible; Transportation available

Requirements: Adults 60 years of age & older residing in New Cassel & Westbury

Services: Daily lunch program for residents of Magnolia Gardens & other senior citizens of the local community

Long Island – Suffolk

AMITYVILLE

Broadlawn Manor Adult Day Health Program (Medical Model)

399 County Line Road, Amityville, NY 11701
(631) 608-5650

Accessibility: Sunday to Saturday (7 days a week), 9:00am-3:00pm

Carle Place Senior Citizens, Inc.; Transportation available (call for details)

Requirements: Submit application and personal interview will be arranged; Applicants will be accepted into the program based upon medical need and the recommendation of their family physicians. Determination of eligibility is based on physical, psychological, and psychosocial impairments that require supervision or medical intervention. Service fees are covered by Medicaid; Private rate information is available (call for information).

Services: Medical healthcare services, gardening, music, social & recreational activities, arts & crafts, pet therapy, walking, exercise classes, reminiscence groups, cooking, and brainy day activity program

BRENTWOOD

Brentwood Center

16 Second Avenue, Brentwood, NY 11717
(631) 436-6072

Accessibility: Monday to Friday, 8:30am – 4:30pm

Requirements: Adults 60 years of age & older residing in the township of Islip; Transportation available

Services: Daily lunch (\$2 suggested contribution), socialization & recreational activities, health & wellness programs, physical fitness classes, and senior support services

BRIDGE HAMPTON

Bridgehampton Senior Center

585 Sag Harbor Turnpike, Bridgehampton, NY 11932
(631) 537-3027

Accessibility: Monday to Friday, 7:30am – 3:30pm; Wheelchair accessible; Transportation available if necessary

Requirements: 60 years of age & older residents of the Town of Southampton

Services: Social, cultural, educational, and recreational activities

TOWN OF BROOKHAVEN ADULT DAY PROGRAMS

Centereach Adult Day Care

New Village Recreation Center
20 Wireless Road, Centereach, NY 11720
(631) 451-9142

Accessibility & Requirements: Call for information

Mt. Sinai Adult Day Care

Rose Caracappa Senior Center
739 Route 25A Mt. Sinai, NY 11766
(631) 476-6449

Accessibility: Monday to Friday, 9:00am – 4:30pm

COPIAGUE

Tanner Park Senior Citizen Center

#2 Tanner Park Copiague, NY
(631) 842-7773

Accessibility: Monday to Thursday, call for specific hours of operation

Requirements: Adults 60 years of age & older (call for residential eligibility requirements)

Services: Physical fitness classes, computer classes, dancing & live music, socialization & recreational activities, monthly horse racing activities, monthly blood pressure screening, scheduled summer trips, access to outdoor amenities, annual barbecue & senior Olympic outdoor events, and free transportation to & from center for seniors who no longer drive

COMMACK

Young at Heart Club Senior Center c/o Suffolk Y-JCC

74 Hauppauge Road, Commack, NY 11725
(631) 724-6300

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible; Limited transportation services for residents of Smithtown, Commack, and Kings Park

Requirements: Adults 60 years of age & older

Services: Daily kosher lunch, delivered kosher meals (available to homebound residents of Dix Hills, Smithtown, Huntington, Melville, Parts of Babylon & Deer Park), and social, cultural, educational, & recreational activities

EAST HAMPTON

Town of East Hampton Intergenerational Day Care

328 Accabonac Highway East Hampton, NY 11937
(631) 324-6449

Accessibility: Call for information

Requirements: Adults 60 years of age & older who may have physical or cognitive impairments

Services: Hot lunch, and mentally & physically stimulating socialization activities

EAST NORTHPORT

Birchwood Suites Adult Day Care Program

423 Clay Pitts Road, East Northport, NY 11731
(631) 368-5252

Accessibility: 7 Days a week, 10:00am – 4:00pm

Requirements: Adults 60 years of age & older (call for residential eligibility requirements)

Services: Respite program

HAMPTON BAYS

Town of Southampton Adult Day Care

25 Ponquogue Avenue, Hampton Bays, NY 11949
(631) 728-1235

Accessibility: Monday to Friday, 10:00am – 5:00pm

Requirements: Adults 60 years of age & older (call for residential eligibility requirements)

Services: Daily low cost lunch, transportation services (call for details), socialization & recreational activities, and senior support services

HUNTINGTON

Town of Huntington Adult Day Care Center

423 Park Avenue, Huntington, NY 11743
(631) 351-3293

Accessibility: Monday to Friday, 8:30am – 4:30pm

Requirements: Independent adults 60 years of age & older (call for residential eligibility requirements)

Services: Socialization & recreational activities, health & wellness programs, advocacy, and senior support services

TOWN OF ISLIP

Central Islip Center

555 Clayton Street, Central Islip, NY 11722
(631) 436-6045

Accessibility: Monday to Friday, 8:30am – 4:30pm

Requirements: Residents 60 years of age & older

Services: Nutritional program, and social, cultural & recreational activities

Joyce Fitzpatrick Center

50 Irish Lane, Central Islip, NY 11722
(631) 224-5396

Accessibility: Monday to Friday, 8:30am – 4:30pm

Requirements: Residents 60 years of age & older

Services: Nutritional program, and social, cultural & recreational activities

Oakdale Center

963 Montauk Highway Oakdale, NY 11769
(631) 472-7023

Accessibility: Monday to Friday, 8:30am – 4:30pm

Requirements: Residents 60 years of age & older

Services: Nutritional program, and social, cultural & recreational activities

Day Haven Adult Day Services

2210 Smithtown Avenue, Ronkonkoma, NY 11779
(631) 585-2020

Accessibility: Call for specific program information for each location (Manorville, Sayville, and St. James)

Ronkonkoma Senior Citizen Center

299 Rosevale Avenue, Ronkonkoma, NY 11779
(631) 467-3324

Accessibility: Monday to Friday, 8:30am – 4:30pm

Requirements: Residents 60 years of age & older

Services: Nutritional program, and social, cultural & recreational activities

West Islip Center

90 Higbie Lane, West Islip, NY 11795
(631) 893-8923

Accessibility: Monday to Friday, 8:30am – 4:30pm

Requirements: Residents 60 years of age & older

Services: Nutritional program, and social, cultural & recreational activities

Bayway Arts Center

265 East Main Street, East Islip, N.Y. 11730
(631) 581-2700

Accessibility: Wednesday matinee for seniors

Requirements: Adults 60 years of age & older

Services: Musical plays & theater

KINGS PARK

St. Johnland Social Adult Day Care Program

395 Sunken Meadow Road, Kings Park, NY 11754
(631) 663-2421

Accessibility: Monday to Saturday, 9:00am – 3:00pm

Requirements: Adults 60 years of age & older

Services: Medical & Social Model Adult Day Health Service for seniors with physical, cognitive, or psychological conditions requiring supervised socialization and monitoring during stimulating activities.

PORT JEFFERSON

Frail Elderly Program & Specialized Alzheimer's Program

400 Sheep Pasture Road, Port Jefferson, NY 11777
(631) 476-9698

Accessibility & Requirements: Call for more information on specific programs

MATTITUCK

Katinka House – Southold Town Senior Services

750 Pacific St. Mattituck, NY 11952
(631) 298-4470

Accessibility: Monday to Friday, 9:00am – 3:30pm

Requirements: Adults 60 years of age & older; \$25/day fee for residents and \$50/day for non-residents (Please call for further payment details)

Services: Fee includes access to all socialization and recreational activities and two meals & a snack

MONTAUK

Town of East Hampton/Montauk Adult Day Care

240 Edgemere Road, Montauk, NY 11954
(631) 668-3778

Accessibility: Monday to Friday (call for program hours)

Requirements: Area residents 60 years of age & older

Services: Socialization & recreational activities, music, physical fitness classes, and intergenerational programs with the children at neighboring child day care center

NORTH BABYLON

Spangle Drive Senior Citizen Center

483 Spangle Drive, North Babylon, NY
(631) 422-7610

Accessibility: Monday to Friday (call for program hours)

Requirements: Residents of the Town of Babylon 60 years of age & older

Services: Daily nutritional lunch, creative arts, day & overnight trips to exciting locations, health screenings & health education, social & recreational activities, and transportation

TOWN OF RIVERHEAD

Town of Riverhead Senior Center

60 Shade Tree Lane, Aquebogue, NY
(631) 722-4444

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Residents of the Riverhead community 60 years of age & older

Services: Daily light breakfast & lunch, socialization & recreational activities, physical fitness activities, computer class, discussion group, and information & referrals

SMITHTOWN

Smithtown Senior Citizens Center

420 Middle Country Road, Smithtown, NY 11787
(631) 360-7616

Accessibility: Monday to Friday, 8:30am-4:30pm; Summer hours from July 1st to August 31st, Monday to Friday, 8:30am – 3:30pm

Requirements: Smithtown residents 60 years of age & older; Free membership

Services: Daily lunch, socialization & recreational activities, and senior support services

WYANDANCH

Wyandanch Senior Center Nutrition Center

28 Wyandanch Avenue, Wyandanch, NY
(631) 491-4889

Accessibility: Monday to Friday (call for program hours); Transportation available (call for details)

Requirements: Adults 60 years of age & older (call for residential eligibility requirements)

Services: Transportation to local supermarkets every 2 weeks, socialization & recreational opportunities, arts & crafts, social parties, and computer classes

YMCA Locations

YMCA at Glen Cove

125 Dosoris Lane, Glen Cove, NY 11542
(516) 671-8270

Accessibility: Monday to Friday, 5:00am to 10:00pm, Saturday 6am to 6pm, Sunday 6am to 5:00pm

Requirements: 62 and older for reduced membership

Services: Silver Sneaker exercise classes, swimming, yoga, tai chi and dance

YMCA East Hampton RECenter

2 Gingerbread Lane, East Hampton, NY 11937
(631) 329-6884

Accessibility: Monday to Thursday, 6:00am to 9:00pm, Friday 6:00am to 6:30pm, Saturday 6am to 7pm, Sunday 6am to 5:00pm

Requirements: 62 and older for reduced membership

Services: Cardio classes, Livestrong exercise classes (for cancer survivors), yoga, water exercises and dance

YMCA Great South Bay

200 West Main Street, Bayshore, NY 11706
(631) 665-4255

Accessibility: Monday to Thursday, 5:00am to 11:00pm, Friday 5:00am to 10:00pm, Saturday 6am to 6pm, Sunday 6am to 5:00pm

Requirements: 62 and older for reduced membership

Services: Silver Sneakers exercise classes, yoga, water exercises and dance

YMCA Huntington

60 Main Street, Huntington, NY 11743
(631) 421-4242

Accessibility: Monday to Friday 5:00am to 10:00pm, Saturday 6am to 8pm, Sunday 6am to 5:00pm

Requirements: 62 and older for reduced membership

Services: Silver Sneakers exercise classes, yoga, water exercises, tai chi and dance

YMCA Patchogue Family

225 West Main Street, Patchogue, NY 11772
(631) 891-1800

Accessibility: Monday to Friday 5:00am to 10:00pm, Saturday 6am to 6pm, Sunday 6am to 5:00pm

Requirements: 62 and older for reduced membership

Services: Silver Sneakers exercise classes, yoga, water exercises, tai chi and dance

YMCA Patchogue Family

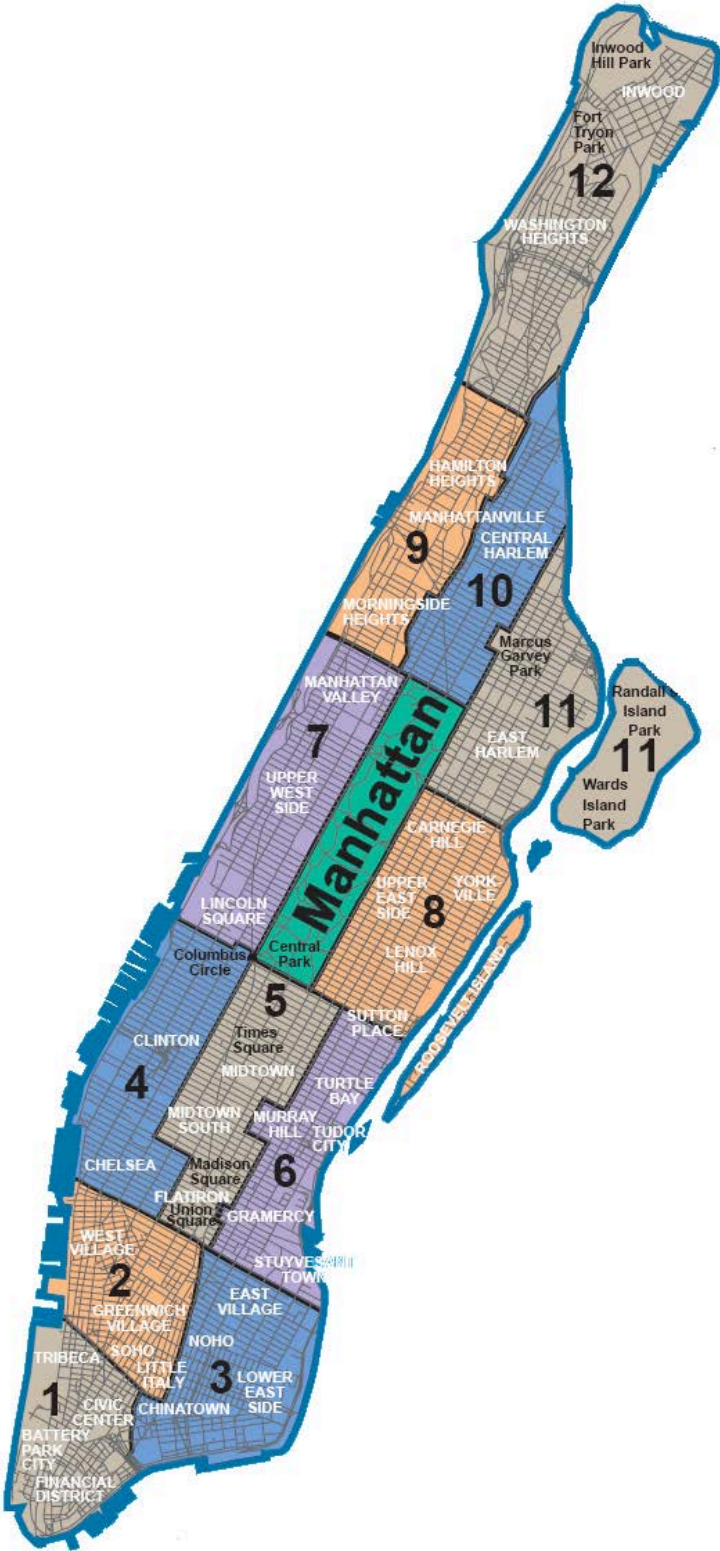
225 West Main Street, Patchogue, NY 11772
(631) 891-1800

Accessibility: Monday to Friday 5:00am to 10:00pm, Saturday 6am to 6pm, Sunday 6am to 5:00pm

Requirements: 62 and older for reduced membership

Services: Silver Sneakers exercise classes, yoga, water exercises, tai chi and dance

Manhattan



MANHATTAN SENIOR CENTERS - Downtown

Senior Center at Independence Plaza (Greenwich House)

310 Greenwich Street, 2nd Fl, New York, NY 10013
(212) 267-0499

Accessibility: Monday to Friday, 9:00am-5:00pm; Transportation available; Wheelchair accessible entrance and entire floor

Requirements: Open to people with I/DD, 55 years and older. Individuals who require increased support (i.e. non-sighted) must be accompanied by an attendant

Services: Lunch (\$1.50 suggested contribution), social, recreational, arts & crafts, fitness & health, and continuing education services

Senior Center on the Square (Greenwich House)

20 Washington Square North, New York, NY 10011
(212) 777-3555 ext. 106

Accessibility: Monday to Friday, 9:00am to 5:00pm; wheelchair accessible entrance and floors (except Mezzanine level)

Requirements: Open to people with I/DD, 60 years of age & older. Director suggests first time visitors to be accompanied by peers.

Services: Lunch (\$1.50 suggested contribution), social, recreational, fitness & health, literature & arts, language & computer classes

Senior Center at our Lady of Pompeii (Greenwich House)

25 Carmine Street, New York, NY 10014
(212) 989-3620

Accessibility: Monday to Friday, 9:00am to 5:00pm; Wheelchair accessible entrance and floor

Requirements: Open to people with I/DD, 60 years of age & older

Services: Lunch (\$1.50 suggested contribution), social, recreational, fitness & health, music & arts, and daytime trips

Judith C. White Senior Center (Greenwich House)

27 Barrow Street, 4th Fl, New York, NY 10014
(212) 242-4140 ext. 260

Accessibility: Monday to Friday, 9:00am to 4:00pm; Wheelchair accessible entrance and floor.

Requirements: Open to people with I/DD, 60 years of age & older.

Services: Lunch (\$1.50 suggested contribution), social, recreational, fitness & health, literature & arts, and language classes

Sirovich Center for Balanced Living (Educational Center)

331 East 12th Street, New York, NY 10003
(212) 228-7836

Accessibility: Wheelchair accessible entrance and floors

Requirements: Open to people with I/DD, 55 years and older

Membership is free for individuals 60 years of age & older. Anyone 55-59 years old are required to pay an annual fee of \$90. Anyone under age 60 is required to pay \$1.50 for breakfast and \$3.00 for all other meals

Services: Daily meals (\$1.00 suggested contribution for breakfast and \$1.50 for all other meals), social, recreational, arts, health management & educational classes and activities

City Hall Senior Center

100 Gold Street, #Lower Level, New York, NY 10038
(212) 788-5580

Accessibility: Monday to Friday, 8:00am-5:00pm; Wheelchair accessible entrance and floor

Requirements: Open to people with I/DD, 60 years of age & older

Services: Leisure and recreational activities

HANAC Ravenswood Senior Center

34-35a 12th Street, New York, NY 11106
(718) 786-1550

Accessibility: Monday to Friday, 8:00am to 4:00pm; Wheelchair accessible

Requirements: Open to people with I/DD, 60 years of age & older. Individuals who require increased support must be accompanied by an attendant

Services: Daily meals (\$1.00 suggested contribution for breakfast & \$1.50 for lunch), recreational, educational, fitness & health, music & arts

Good Companions Senior Center (Henry Street, Settlement)

334 Madison Street, New York, NY 10002
(212) 406-5044
Another location: 265 Henry Street, New York, NY 10002
(212) 477-0455

Accesssibility: Monday to Friday, 9:00am to 6:00pm; Wheelchair accessible

Requirements: Open to people with I/DD, 60 years of age & older

Services: Daily meals (\$1.50 suggested contribution for lunch and dinner), recreational, educational, health & wellness, social services

Weinberg Center for Balanced Living at the Manny Cantor Center

197 East Broadway, New York, NY 10002
(646) 395-4270

Accessibility: Monday to Friday, 8:30am to 4:00pm

Requirements: Adults 60 years of age & older

Services: Recreational, health & wellness, music & arts, language classes, and day trips

MANHATTAN SENIOR CENTERS - Midtown

VISIONS at Selis Manor Senior Center

135 West 23rd Street, New York, NY 10011
(646) 486-4444 ext. 16

Accessibility: Wheelchair accessible

Requirements: Open to non-sighted individuals with I/DD, 60 years of age & older

Services: Social, recreational, arts and crafts, fitness & health, and continuing education services designed for visually impaired individuals

Clinton Senior Center (Project Find)

530 West 55th Street, New York, NY 10019
(212) 757-2026

Accessibility: Mon, Tues, Thurs, & Fri, 8:00am to 6:00pm; Wheelchair accessible entrance and floor

Requirements: Open to people with I/DD, 55 years and older

Services: Daily meals (\$1.50 suggested lunch contribution, \$3.00 for party meals, and \$5.00 for anyone 59 years and younger), social, recreational, music & arts, health & wellness, computer technology classes, and day trips

Coffeehouse Senior Center (Project Find)

331 West 42nd Street, New York, NY 10036
(646) 545-4621

Accessibility: Mon, Tues, Wed, Frid. 8am-5pm & Thurs, 8am-8pm. NOT wheelchair accessible entrance - 3 steps to walk up

Requirements: Open to people with I/DD, 60 years of age & older who can navigate independently

Services: Daily meals (\$3.00 suggested lunch contribution for non-seniors), social, recreational, health & fitness, and computer technology classes

Woodstock Senior Center (Project Find)

127 West 43rd Street, New York, NY 10036
(212) 575-0693

Accessibility: Tuesday to Sunday, 8:30am-5:00pm; Wheelchair accessible entrance and floor

Requirements: Open to people with I/DD, 60 years of age & older. Individuals who require increased support must be accompanied by attendant

Services: Language & computer technology classes, music & arts, health & wellness

Stein Senior Center

340 East 24th Street, New York, NY 10010
(646) 395-8083

Accessibility: Monday to Friday, 8:30am-4:30pm; Wheelchair accessible entrance and floor

Requirements: Open to people with I/DD, 60 years of age & older

Services: Daily lunch (\$2.00 suggested lunch contribution), social, recreational, health & wellness, and literature

Encore Senior Center

239 West 49th Street, New York, NY 10019
(212) 581-2910 ext. 127

Accessibility: Monday to Friday, 9:00am-4:00pm; Wheelchair accessible

Requirements: Open to people with I/DD, 60 years of age & older. Individuals who require increased support must be accompanied by attendant

Services: Daily meals (\$1.50 suggested contribution for lunch and \$.50 for coffee cart), social, recreational, health & wellness, and outreach services

Lenox Hill Neighborhood House Senior Center at St. Peter's Church.

619 Lexington Avenue, (at 54th St), New York, NY 10022
(212) 308-1959

Accessibility: Mon, Wed, Thurs, Fri, 9:00am-4:00pm, & Sat, 9:00am-2:00pm; Wheelchair accessible

Requirements: Open to people with I/DD, 60 years of age & older. Individuals who require increased support must be accompanied by attendant

Services: Lunch (\$1.50 suggested contribution), social, recreational, health & wellness, music & arts, day trips, and special workshops

MANHATTAN SENIOR CENTERS - Uptown

Schomberg Plaza Senior Center

1309 Fifth Avenue, New York, NY 10029
(212) 369-9390

Accessibility: Monday to Friday, 9:00am to 2:00pm; Wheelchair accessible

Requirements: Open to people with I/DD, 60 years of age & older. Individuals who require increased support must be accompanied by attendant

Services: Daily lunch (\$1.50 suggested contribution), social, recreational, arts & crafts, and health & fitness

Central Harlem Senior Center

120 West 140th Street, New York, NY 10030
(212) 926-4465

Accessibility: Monday to Friday, 9:00am to 5:00pm; Wheelchair accessible entrance and floors

Requirements: Open to people with I/DD, 55 years and older

Services: Daily lunch for registered members & guests (\$1.50 suggested contribution & \$3.00 for guests), social, recreational, health & education, and continuing education

JASA Westside Senior Center Club 76

120 West 140th Street, New York, NY 10023
(212) 712-0170

Accessibility: Monday to Friday, 9:00am to 3:00pm; NOT wheelchair accessible

Requirements: Open to people with I/DD, 60 years of age & older.

Services: Daily meals (\$1.00 suggested contribution for breakfast & \$2.50 for lunch), social, recreational, fitness and health

RAIN Inwood Senior Center

84 Vermilyea Avenue, New York, NY 10034
(212) 567-3200

Accessibility: Monday to Friday, 8:00am to 4:00pm; NOT wheelchair accessible. Located on ground floor of church, but has 10 steps to walk up

Requirements: Open to people with I/DD who are able to take care of themselves, 60 years of age & older. Individuals who may require extra assistance are welcome if accompanied by attendant. Predominantly Hispanic/Spanish-speaking members

Services: Daily meals (\$1.00 suggested contribution for breakfast & \$1.25 for lunch), social, recreational, arts & crafts, and health & fitness

Corsi House Senior Center (Union Settlement)

307 East 116th Street, New York, NY 10029
(212) 828-6756

Accessibility: Monday to Friday, 8:30am to 4:30pm; Wheelchair accessible throughout

Requirements: Adults 60 years of age & older; Open to adults with I/DD, 55 years and older

Services: Daily meals (\$.50 suggested contribution for breakfast & \$1.50 for lunch), recreational activities, art classes, dance & music, birthday party celebrations, benefits & entitlements case assistance, computer classes, trips & excursions

Hamilton Grange Senior Center

420 West 145th Street, New York, NY 10031
(212) 862-4181

Accessibility: Monday to Friday, 8:30am-5:00pm; Wheelchair accessible entrance and floor. Transportation services available (\$1.25 each way)

Requirements: Adults 60 years of age & older

Services: Daily meals (\$.075 suggested contribution for breakfast & \$1.50 for lunch), recreational activities, community aid, and case management

Jackie Robinson Senior Center

1301 Amsterdam Avenue, New York, NY 10027
(212) 666-4910

Accessibility: Monday to Friday, 8:00am-4:00pm; Wheelchair accessible entrance and floor

Requirements: Open to people with I/DD, 60 years of age & older. Individuals who require increased support must be accompanied by attendant

Services: Daily meals (\$1.25 suggested contribution for breakfast & \$1.50 for lunch), social, recreational, music & arts, and health & fitness

UBA Manhattanville Center

3333 Broadway, New York, NY 10031
(212) 862-5562

Accessibility: Monday to Friday, 9:00am-5:00pm; Wheelchair accessible entrance and floor

Requirements: Open to people with I/DD, 60 years of age & older. Individuals who require increased support must be accompanied by attendant

Services: Lunch (\$1.00 suggested contribution), social, recreational, health and fitness

The Center at Red Oak

135 West 106th Street, New York, NY 10025
(212) 749-7015

Accessibility: Monday to Friday, 8:30am-4:00pm; Wheelchair accessible entrance and floor

Requirements: Open to people with I/DD, 60 years of age & older. Individuals who require increased support must be accompanied by attendant

Services: Daily meals (\$1.50 suggested contribution for breakfast & lunch), arts, health & wellness, education, games, groups, special workshops, and day trips

Beatrice Lewis Senior Center

2322 Third Avenue, New York, NY 10035
(212) 289-9155

Accessibility: Monday to Friday, 9:00am-5:00pm; Wheelchair accessible entrance and floor

Requirements: Open to people with I/DD, 60 years of age & older. Individuals who require increased support must be accompanied by attendant

Services: Daily meals (\$.50 suggested contribution for breakfast & \$1.00 for lunch), recreational, and educational activities

Hamilton Senior Center (Project Find)

141 West 73rd Street, New York, NY 10023
(212) 787-7710

Accessibility: Sun, Mon, Wed, Thurs, & Fri, 9:00am to 5:00pm, and Tues, 9:00am to 6:00pm; Wheelchair accessible throughout

Requirements: Adults 60 years of age & older

Services: Daily meals (breakfast & lunch served everyday at \$1.75 suggested contribution, and dinner is served on Tuesdays at \$2.00 suggested contribution), social, recreational, health & fitness

Hamilton Senior Center Annex (Project Find)

111 West 71st Street, New York, NY 10023
(212) 787-7710

See above

Center at Lenox Hill/Alzheimer's Program

343 East 70th Street, New York, NY 10021
(212) 744-5905

Accessibility: Monday to Sunday, 8:00am – 8:00pm; Wheelchair accessible

Requirements: Individuals 60 years of age & older with I/DD are welcome to apply and pass an interview to become a member

Services: Daily meals (\$1.00 suggested contribution for breakfast & lunch, and \$1.50 for dinner), social, recreational, health & fitness, language & computer technology classes, music, arts, and day trips

Council Senior Center

241 West 72nd Street, New York, NY 10023
(212) 799-7205

Accessibility: Monday to Friday, 9:00am-4:00pm. Wheelchair accessible

Requirements: \$72 annual membership dues (July 1st to June 30th); Open to people with I/DD, 55 years and older

Services: Social, recreational, health & fitness, music & art classes, discussion groups, day trips, volunteer opportunities. Some art and exercise classes have additional fees or suggested amounts of contribution

Golddard Riverside Senior Center

593 Columbus Avenue, New York, NY 10011
(212) 873-6600

Accessibility: Monday to Friday, 8:00am-4:00pm; Wheelchair accessible

Requirements: Open to people with I/DD, 60 years of age & older. Individuals who require increased support must be accompanied by attendant

Services: Daily meals (\$1.00 suggested breakfast contribution & \$2.00 for lunch), social, recreational, health & wellness, and day trips

Carter-Burden Luncheon Club and Senior Program

351 East 74th Street, New York, NY 10021
(212) 535-5235 ext. 10
Meals-on-Wheels: (212) 535-5235

Accessibility: Monday to Friday, 9:00am-5:00pm; Wheelchair accessible

Requirements: Open to people with I/DD, 60 years of age & older. Individuals who require increased support must be accompanied by an attendant

Services: Lunch (\$2.00 suggested contribution), social, recreational, arts & crafts, health & wellness, and day trips

Carter-Burden Leonard Covello Senior Center

312 East 109th Street, New York, NY 10029
(212) 423-9665 ext. 445

Accessibility: Monday to Friday, 8:00am-4:30pm, & Saturday to Sunday, 11:00am-4:00pm; Wheelchair accessible

Requirements: Open to people with I/DD, 60 years of age & older. Individuals who require increased support must be accompanied by an attendant

Services: Daily meals (\$.25 suggested contribution for breakfast & \$1.00 for lunch), social, recreational, music & arts, health & wellness, computer technology classes, and day trips

Himan Brown Senior Program (92nd Street, Y)

1395 Lexington Avenue, New York, Ny 10128
(212) 415-5633

Accessibility: Call to register for different programs

Requirements: \$435 annual membership fee and \$50 registration fee for new members (scholarship program is available)

Services: Health & wellness, music, art, literature classes, and computer technology classes

Manhattan YMCA Locations

YMCA Chinatown

273 Bowery Street, New York, NY 10002
(212) 912-2460

Accessibility: Monday to Friday 6:00am to 11:00pm, Saturday 7am to 9pm, Sunday 7am to 8:00pm

Requirements: 65 and older for reduced membership

Services: Silver Sneakers exercise classes, yoga, water exercises, tai chi and dance

YMCA McBurney

125 West 14th Street, New York, NY 10011
(212) 912-2300

Accessibility: Monday to Friday 5:30am to 11:00pm, Saturday and Sunday 7am to 8pm,

Requirements: 65 and older for reduced membership

Services: Various arthritis classes (including tai chi, water exercises and stretching), yoga, swimming, cardio workouts and dance

YMCA Vanderbilt

224 East 47th Street, New York, NY 10017
(212) 912-2500

Accessibility: Monday to Friday 5:00am to 11:00pm, Saturday and Sunday 7am to 8pm,

Requirements: 65 and older for reduced membership

Services: Various arthritis classes (including tai chi, water exercises and stretching), yoga, swimming, cardio workouts and dance

YMCA West Side

5 West 63rd Street, New York, NY 10023
(212) 912-2600

Accessibility: Monday to Friday 5:00am to 10:45pm, Saturday 7am to 7:45pm, Sunday 8am to 7:45pm

Requirements: 65 and older for reduced membership

Services: Yoga, cardio, tai chi, dance and pilates

YMCA Harlem

180 West 135th Street, New York, NY 10030
(212) 912-2100

Accessibility: Monday to Friday 5:30am to 11:00pm, Saturday 6am to 8:00pm, Sunday 8am to 8:00pm

Requirements: 65 and older for reduced membership

Services: Silver sneakers exercise class, water exercises, yoga, cardio, tai chi, dance and pilates

MANHATTAN NATURALLY OCCURRING RETIREMENT COMMUNITIES

(NORCs) - Downtown

Co-op City (The Educational Alliance)

465 Grand Street, New York, NY 10002
(646) 395-4510

B.E.S.T. - Baruch Elders Service Team (Grand Street, Settlement)

72 Columbia Street, New York, NY 10002
(646) 201-4202

Vladeck Cares (Henry Street, Settlement)

351 Madison Street, New York, NY 10002
(212) 477-0455

HANAC Ravenswood NORC

34-35a 12th Street, New York, NY 11106
(718) 609-1028

Hamilton-Madison House/Knickerbocker Village Senior Services NORC

36 Monroe Street, DG1, New York, NY 10002
(212) 349-0616

NORCs - Midtown

Penn South Program for Seniors (Penn South Social Services)

280 Ninth Avenue, #21K, New York, NY 10001
(212) 243-3670

Elliott Chelsea Houses/Hudson Guild

441 West 26th Street, New York, NY 10001
(212) 760-9800

Phipps Plaza West NORC Program

480 Second Avenue, New York, NY 10016
(212) 683-6583

West Side NORC

593 Columbus Avenue, New York, NY 10024
(212) 665-3853

NORCs - Uptown**Amsterdam Houses (Lincoln Square Neighborhood Center)**

250 West 65th Street, New York, NY 10023
(212) 874-0860

Morningside Heights (Morningside Retirement and Health Services)

100 LaSalle Street, #MC, New York, NY 10027
(212) 666-4000

Isaac Houses (Stanley Isaacs Neighborhood Center)

415 East 93rd Street, New York, NY 10128
(718) 360-7620

St. Martin's Tower

65 West 90th Street, New York, NY 10029
(646) 539-2292

1199 Plaza Services

2106 First Avenue, New York, NY 10029
(212) 289-3836

Project Open at Lincoln Towers

180 West End Avenue, New York, NY 10023
(212) 721-8708

Lincoln House Outreach

303 West 66th Street, New York, NY 10023
(212) 875-8958

Fort George VISTAS NORC

45 Fairview Avenue, New York, NY 10040
(212) 304-1064 or (212) 342-9364

El Corazon Neighborhood NORC

W. 169th to W. 173rd Street, New York, NY 10032
(212) 342-9364 or (212) 342-9367

MANHATTAN PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY

(PACE) PROGRAMS - Downtown

CenterLight Healthcare Grand Street

375 Grand Street, New York, NY 19991
(212) 260-3640

CenterLight Healthcare Chrystie Street

183 Chrystie Street, New York, NY 10002
(212) 432-2000

PACE PROGRAMS - Uptown

ArchCare Senior Life Harlem PACE Center

1432 Fifth Avenue, New York, NY 10035
(212) 432-2000

Accessibility: Open to individuals with I/DD

CenterLight Healthcare 99th Street

216 East 99th Street, New York, Ny 10029
(646) 536-5500

ADDITIONAL MANHATTAN SENIOR PROGRAMS

Retired Senior Volunteer Program

105 East 22nd Street, New York, NY 10010
(212) 674-7787

Services: Offers volunteer opportunities for seniors

Yiddish Club at Stein Senior Center

340 East 24th Street, New York, NY 10010
(646) 395-8083

Accessibility: Club meets on Fridays, 10:30am to 11:30am; Wheelchair accessible entrance and floor

Requirements: Open to people with I/DD, 60 years of age & older

Empire Quilters – Church of the Holy Apostles

296 9th Avenue, (at 28th Street), New York, NY 10001

Email for more information: info@EmpireQuilters.net

Accessibility: Monthly meetings

Requirements: \$55 Guild membership annual fee; Open to all ages

Services: Quilting Club

NYC Metro Mod Quilters at Hartley House

413 West 46th Street, New York, NY 10036

Email about membership and fees: membership@nycmetromodquilters.com

Accessibility: Monthly meetings

Requirements: \$15 visitor fee; Open to all ages

Services: Quilting Club

Senior Planet Exploration Center

127 West 25th Street, New York, NY 10001

(646) 590-0615

Accessibility: Wheelchair accessible

Requirements: Membership and access to classes, workshops and special events are FREE of charge. Open to people with I/DD, 60 years of age & older who can navigate independently

Services: Digital technology course for seniors

The Center at Red Oak

135 West 106th Street, New York, NY 10025

(212) 749-7015

Accessibility: Monday to Friday, 8:30am-4:00pm; Wheelchair accessible entrance and floor

Requirements: Open to people with I/DD, 60 years of age & older. Individuals who require increased support must be accompanied by attendant

Services: Theatre Club

YM/YWHA of Washington Heights and Inwood

54 Nagle Avenue, New York, NY 10040

(212) 569-6200 ext. 219

Type of Service: Drama Club with special program for adults with I/DD

Jewish Guild for the Blind (GuildCare)

25 West 65th Street, New York, NY 10023

(212) 769-7847

SAGE - Gay Senior Center at Merchant Mall

305 7th Avenue, 15th Fl, New York, NY 10001
(212) 741-2447

Type of Service: Senior center & meals-on-wheels serving LGBTQ adults, 60 years of age & older

DEPARTMENT FOR THE AGING SERVICES

60+ Program - 92nd Street, Y

1395 Lexington Avenue, New York, NY 10128
(212) 415-5500

A. Philip Randolph Senior Center

108 West 148th Street, New York, NY 10039
(212) 283-7904

ABSW Neighborhood Senior Citizen Center

221 West 107th Stret, New York, NY 10025
(212) 749-8400

ARC XVI Fort Washington Neighborhood Center

4111 Broadway, New York, NY 10033
(212) 781-5700

BRC Neighborhood Senior Center

30 Delancey Street, New York, NY 10002
(212) 533-2020

Canaan Neighborhood Senior Center

10 Lenox Avenue, New York, NY 10026
(212) 876-2638

Carver Neighborhood Senior Center

55 East 52nd Street, New York, NY 10029
(212) 289-2708

Central Harlem Senior Citizen Center

120 West 140th Street, New York, NY 10030
(212) 926-4465

Central Harlem Senior Citizen Center

34 West 134th Street, New York, NY 10037
(212) 926-4871

City Hall Neighborhood Senior Center

100 Gold Street, New York, NY 10038
(212) 788-5580

Cothoa Luncheon Club Neighborhood Senior Center

2005 Amsterdam Avenue, New York, NY 10032
(212) 543-1927

CPC Project Open Door Neighborhood Senior Center

168 Grand Street, New York, NY 10013
(212) 431-9026

Dyckman Neighborhood Senior Center

3754 10th Avenue, New York, NY 10034
(212) 567-8782

Woodstock Neighborhood Senior Center

127 West 43rd Street, #2, New York, NY 10036
(212) 575-0693

Food Bank Neighborhood Senior Center

252 West 116th Street, New York, NY 10026
(212) 566-7855 ext. 8231

Gaylord White Senior Center

2029 Second Avenue, New York, NY 10029
(212) 828-6055

Hamilton Grange Senior Citizen Center

420 West 145th Street, New York, NY 10031
(212) 862-4181

Harlem Teams Senior Center

175 West 127th Street, New York, NY 10030
(212) 926-1100

Hudson Guild Neighborhood Center

119 Ninth Avenue, New York, NY 10011
(212) 924-6710

Jefferson Senior Center

2205 First Avenue, New York, NY 10029
(212) 828-6098

John Paul II Friendship Center

103 East 7th Street, New York, NY 10009
(212) 673-7704

Laguardia Neighborhood Senior Center

280 Cherry Street, New York, NY 10002
(212) 732-3656

Moriah Senior Center

90 Bennett Avenue, New York, NY 10033
(212) 023-5715

Mott Street, Senior Center

180 Mott Street, New York, NY 10012
(212) 966-5460

Chinatown Senior Citizen Center

70 Mulberry Street, New York, NY 10013
(212) 233-8930

PSS Harlem Senior Center

18 Mount Morris Park West, New York, NY 10027
(212) 222-3132

Retired & Senior Volunteer Program (RSVP)

105 East 22nd Street, Suite 401, New York, NY 10010
(212) 674-7787

Riverstone Senior Life Services

99 Fort Washington Avenue, New York, NY 10032
(212) 795-0578

Stanley Isaacs Senior Center

415 East 93rd Street, New York, NY 10128
(212) 360-7620

Stein Senior Center

204 East 23rd Street, 2nd Fl, New York, NY 10010
(646) 395-8083

Mary Bethune Senior Center

1970 Amsterdam Avenue, New York, NY 10032
(212) 928-6086

United Jewish Council Adult Luncheon Club

15 Bialystoker Place, New York, NY 10002
(212) 673-9328

University Settlement Senior Center

189 Allen Street, New York, NY 10002
(212) 473-8217

Washington Heights S.T.A.R. Senior Center

650 West 187th Street, New York, NY 10040
(212) 781-8331

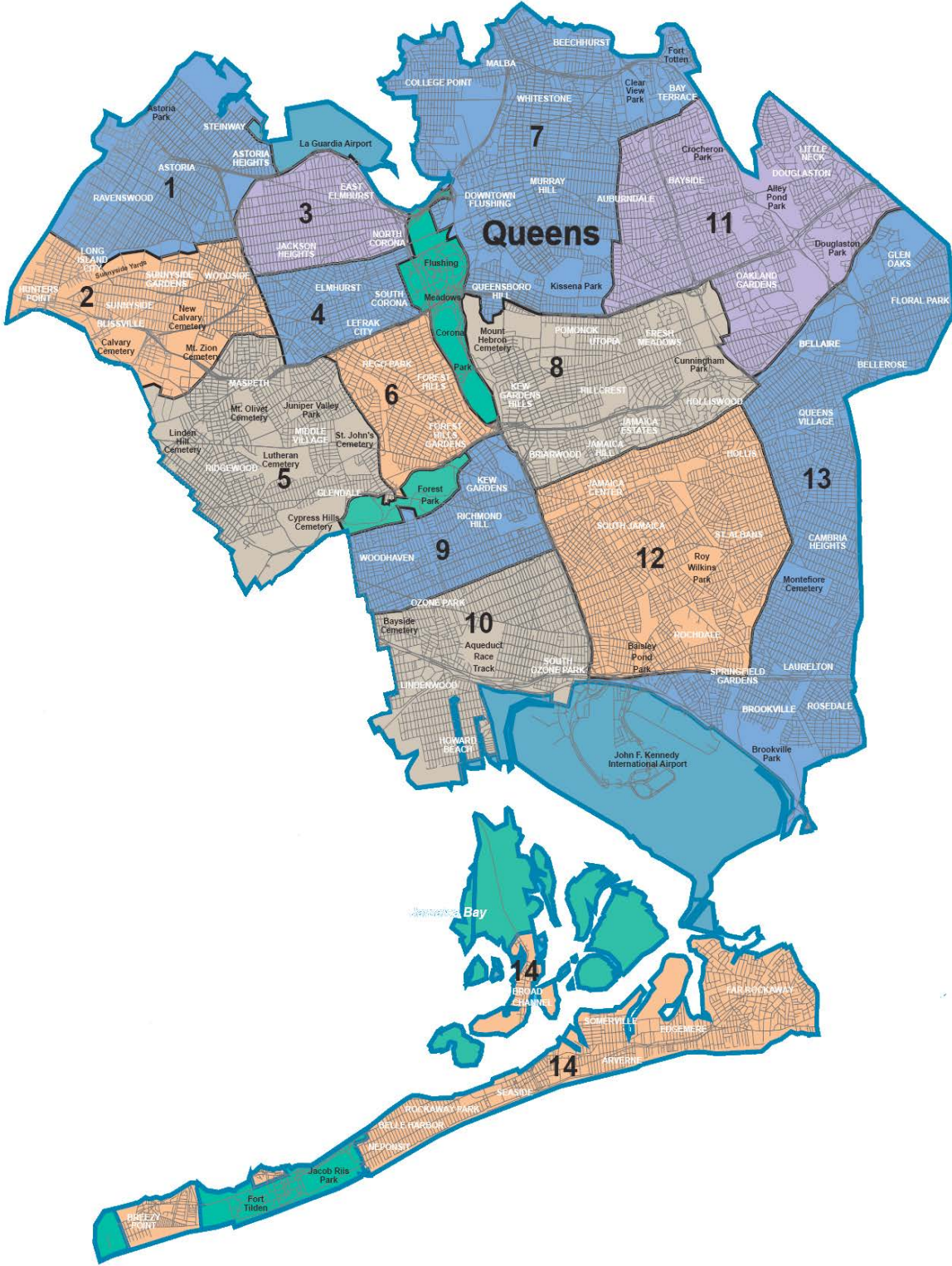
Washington Lexington Senior Center

1775 Third Avenue, New York, NY 10029
(212) 828-6115

Wilson M. Morris Senior Center

459 West 152nd Street, New York, NY 10031
(212) 234-4661

Queens



St. John's Episcopal Hospital South Shore

327 Beach 19th Street, Far Rockaway, NY 11691
(718) 869-7000

Elmcor Senior Center

98-19 Astoria Boulevard East Elmhurst, NY 11368
(718) 457-9757 (Director: Larinda Hooks)
Email: L.Hooks@Eimcor.org

Accessibility: Monday to Friday, 9:00am – 5:00pm; Wheelchair accessible; Transportation available with \$1 suggested contribution

Requirements: Adults 60 years of age & older; Free membership

Services: Daily lunch (\$2 suggested meal contribution), transportation to and from the center, arts & crafts, exercise programs, assistance to homebound clients, educational & recreational activities, and information & referral services

Elmcor – Lefrak Senior Citizens Center

St. Paul the Apostle Church
98-16 55th Avenue, Corona, NY 11368
(718) 271-1222

Accessibility: Monday to Friday, 9:00am – 4:00pm

Requirements: Adults 60 years of age & older; Free membership

Services: Daily congregational lunch (\$2.00 suggested contribution), social & recreational activities, physical fitness classes, arts & crafts, health information & referrals, blood pressure monitoring, and friendly visits & shopping assistance

Selfhelp Scheuer House of Flushing

138-52 Elder Avenue
Flushing, NY 11355
(718) 661-4344

Services: Low Income Housing (LIH) project with 132 total low income units

Selfhelp Alzheimer's Resource Program (SHARP)

Clearview Senior Center
208-11 26th Avenue, Bayside, NY 11360
(718) 805-4230

Accessibility: Call for hours of operation

Requirements: Adults 60 years of age & older

Services: Adult day care for seniors with Alzheimer's disease, Dementia, and other memory impairments; social services, transportation to and from the program, daily hot nutritious lunch & snacks, individual & family counseling, and caregiver support groups

Self Help Alzheimer's Resource Program (SHARP)

Maspeth Senior Center
69-61 Grand Avenue, Maspeth, NY 11378
(718) 429-3636

Accessibility: Monday to Friday, 8:30am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Adult day care for seniors with Alzheimer's disease, Dementia, and other memory impairments; social services, transportation to and from the program, daily hot nutritious lunch & snacks, individual & family counseling, and caregiver support groups

Margaret Tietz Adult Day Health Care Program

158-13 72nd Avenue, Flushing, NY 11365
(718) 591-4500

Accessibility: Call for hours of operation; Wheelchair accessible; Wheelchair accessible transportation provided

Services: Medical, Nursing and Consultant Services; Occupational, Physical and Speech Therapy

Queens Community House

Forest Hills Senior Center
108-25 62nd Drive, Forest Hills, NY 11375
(718) 699-1010 (Director: Rose Desravines)

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily lunch (\$1.50 suggested contribution), arts & crafts, physical fitness activities, health & wellness programs, social & recreational activities, ESL classes, haircut services, case assistance, and housing assistance

Queens Community House

Rego Park Senior Center
93-29 Queens Boulevard Rego Park, NY 11374
(718) 896-8511 (Director: Irina Sarkisova)

Accessibility: Monday to Friday, 9:00am – 3:30pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Arts & crafts, physical fitness activities, health & wellness workshops, social & recreational activities, language & technology classes, and case assistance

Queens Community House

Kew Gardens Community Center
82-02 Kew Gardens Road, Kew Gardens, NY
(718) 268-5960 (Director: Rachel Epstein)

Accessibility: Monday to Thursday, 9:00am – 4:00pm, and Friday, 9:00am – 2:30pm;
Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Physical fitness activities, health & wellness workshops, social & recreational activities, computer laboratory, knitting & crocheting, and entitlement assistance

Queens Community House

Pomonok Senior Center
67-09 Kissena Boulevard Flushing, NY 11367
(718) 591-3377 (Director: Jessica Chin)

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily meals (\$1.00 suggested contribution for breakfast & \$1.50 for lunch), recreational & educational activities, ESL classes, computer workshops, and benefits & entitlements assistance

Queens Community House

Queens Center for Gay Seniors
The Jewish Center of Jackson Heights Building
37-06 77th Street, Jackson Heights, NY 11372
(718) 533-6459 (Director: Chynna Pitlock)

Accessibility: Monday to Friday, 9:30am – 5:30pm

Requirements: LGBT older adults ages 50 years and older

Services: Daily lunch (\$2.00 suggested contribution), volunteer opportunities, recreational activities, acting classes, computer classes & workshops, creative writing, book club, day trips, health awareness workshops, support groups, and individual counseling & case assistance

CCNS Social Adult Day Alzheimer's Program

Redeemer Lutheran Church
157-16 65th Avenue, Flushing, NY 11367
(718) 358-3541

Accessibility: Monday to Thursday, 9:00am – 3:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older diagnosed with Alzheimer's disease or other forms of Dementia; A suggested contribution is encouraged to support the program

Services: This program is designed to offer mental and physical stimulation to cognitively impaired older adults and respite for their caregiver. The program provides supportive individual and group counseling for families and friends who are providing support for their loved ones

COMMUNITY BOARD 1

Queensbridge North Senior Center

10-25 41st Avenue, Long Island City, NY 11101
(718) 784-7447 ext. 130 (Director: Christopher Hanway)
Email: CHanway@riissettlement.org

Accessibility: Monday to Friday, 8:00am – 3:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of age, contact information of primary physician, emergency contact information, & list of current medications

Services: Daily meals (\$.50 suggested contribution for breakfast & \$1.00 for lunch), case/care management, computer classes, recreational & leisure activities, arts & crafts, and specialized information & referrals

Woodside Senior Center

50-37 Newtown Road, Bldg. #19, Woodside, NY 11377
(718) 932-6916 (Director: Matthew Ancona)

Accessibility: Monday to Friday, 7:45am – 3:45pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Provide utility bill & picture ID; No membership fee

Services: Daily breakfast & lunch, computer classes, arts & crafts; physical fitness activities, movies, blood pressure screenings, and basic case assistance

CCHS-Dellamonica – Steinway Senior Center

23-56 Broadway Astoria, NY 11106
(718) 626-1500 (Director: Kathy Suarez)
Email: KSuarez@ccbq.org

Accessibility: Monday to Friday, 8:30am – 4:30pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Daily lunch, social services, educational workshops, healthy aging classes, like dance & ballroom, lifestyle management classes, oil painting & crafts classes, humor & politics discussions, sing-alongs & first-run movies, day trips, health & nutrition lectures, preventative health screenings & intergenerational programs, and benefits & entitlements assistance

HANAC Ravenswood Senior Center

34-35A 12th Street, Astoria, NY 11106
(718) 786-1550 (Director: Christina Serna)
Email: CSerna@hanac.org

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; FREE membership

Services: Daily meals (\$1.00 suggested contribution for breakfast & \$1.50 for lunch), educational & recreational activities, trips, transportation to medical appointments, computer training, nutrition education, and case assistance

RAICES Astoria Senior Center

21-12 30th Drive, Long Island City, NY 11102
(718) 726-9642 (Director: Olga Oukacine)

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; FREE membership

Services: Daily lunch (\$1.25 suggested contribution), recreational & education activities, benefits counseling, and case assistance

HANAC Archbishop Iakovos Senior Center

32-06 21st Street, Astoria, NY 11106
(718) 777-5505 (Director: Debbie Mitropoulos)
Email: DMitropoulos@hanac.org

Accessibility: Monday to Friday, 9:00am – 2:00pm; Wheelchair accessible; Transportation to the center can be arranged through HANAC Transportation Senior Services by calling (718) 267-6910

Requirements: Adults 60 years of age & older

Services: Daily lunch (\$1.50 suggested contribution), educational & recreational activities, physical fitness activities, health & nutrition workshops, and arts & crafts

HANAC Harmony JVL Innovative Senior Center

27-40 Hoyt Avenue, South Astoria, NY 11102
(718) 626-3035 (Director: Metana Georgiadis)
Email: MGeorgiadis@hanac.org

Accessibility: Monday to Friday, 8:30am – 4:30pm, & Saturday, 10:00am – 1:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Daily lunch (\$1.50 suggested contribution), art & technology education, exercise classes, and guided excursions

COMMUNITY BOARD 2

Sunnyside Center for Active Adults

43-31 39th Street, Sunnyside, NY 11104
(718) 784-6173 ext. 411

Accessibility: Monday to Friday, 8:30am – 4:30pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of age

Services: Daily lunch (\$1.00 suggested contribution for members & \$3.00 for non members), recreational activities, physical fitness classes, computer & technology classes, arts & crafts, creative writing, discussion groups, trips, concerts & performances, and birthday & holiday celebrations

COMMUNITY BOARD 3

CCHS-Catherine Sheridan Senior Center

35-24 83rd Street, Jackson Heights, NY 11372
(718) 458-4600 (Director: Lawrence Hoffman)
Email: LHoffman@ccbq.org

Accessibility: Monday to Friday, 8:30am – 4:30pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Daily lunch, social services, educational workshops, healthy aging classes, physical fitness classes, lifestyle management classes, oil painting & crafts classes, humor & politics discussion, sing-along & first-run movies, health & nutrition lectures, benefits & entitlements assistance, preventative health screenings & intergenerational programs, and day trips

COMMUNITY BOARD 4

Newtown Italian Senior Center

83-20 Queens Blvd, Elmhurst, NY 11373
(718) 335-7172 (Director: Maria Cuoco)
Email: MCuoco@nyc.rr.com

Accessibility: Monday to Friday, 9:00am – 4:00pm

Requirements: Adults 60 years of age & older; Proof of age

Services: Daily congregate lunch, educational workshops, social & recreational activities, day trips, case management/social casework services, entitlements assistance, and information & referrals

IPR/HE Corona Senior Center

108-74 Roosevelt Avenue, Corona, NY 11368
(718) 639-2000 (Director: Debra Perez Matos)
Email: Debra.Matos@iprhe.org

Accessibility: Monday to Friday, 8:00am – 4:00pm; Program hours vary each week, please call for more information

Requirements: Adults 60 years of age & older; Call for registration information; Free membership

Services: Daily lunch (\$1.25 suggested contribution), recreational activities, physical fitness classes, arts & crafts, ESL classes, and information referrals

RAICES Corona Neighborhood Senior Center

107-24 Corona Avenue, Corona, NY 11368
(718) 458-7259 (Director: Reyzury Jackson Rogers)
Email: RJackson@raices.us

Accessibility: Monday to Friday, 8:00am – 4:00pm

Requirements: Adults 60 years of age & older

Services: Arts & crafts, discussion groups, holiday & birthday celebrations, local outings, educational discussions & presentations, case assistance, advocacy, information & benefits and entitlements assistance

Florence E. Smith Senior Services

102-19 34th Avenue, Corona, NY 11368
(718) 899-0553/0554

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Call intake coordinator to register

Services: Daily congregate lunch (\$1.25 suggested contribution), recreational activities, educational programs, health & fitness classes, transportation (call for more information), and information & referrals

Korean American Senior Center of Corona (KASCC)

37-06 111th Street, Corona, NY 11368
(718) 651-9220

Accessibility: Monday to Friday, 9:00am – 5:00pm

Requirements: Adults 60 years of age & older; Open to people with I/DD, 60 years of age & older

Services: Daily hot ethnic Korean lunch, recreational activities, educational classes, ESL classes, citizenship workshops, physical fitness activities, case assistance, benefits & entitlements assistance, senior employment program, and hot Korean & Chinese home delivered meals

IPR/HE Elmhurst Jackson Heights Senior Center

75-01 Broadway – 3rd Floor Elmhurst, NY 11373
(718) 478-7171 (Director: Lucy Garcia)

Accessibility: Monday to Friday, 8:00am – 4:00pm

Requirements: Adults 60 years & older; Free membership; Walk-in or call to register

Services: Daily meals (\$.75 suggested contribution for breakfast & \$1.50 for lunch), social & recreational activities, citizenship classes, educational classes, physical fitness activities, multi-lingual/multicultural information, referrals, advocacy, counseling, and case management

COMMUNITY BOARD 5

Ridgewood Older Adult Center

59-14 70th Avenue, Ridgewood, NY 11385
(718) 456-2000

Accessibility: Monday to Friday, 9:00am – 4:30pm

Requirements: Adults 60 years of age & older; Proof of age

Services: Daily congregate lunch, home-delivered meals, social & recreational activities, educational classes, computer classes, driving safety education, physical fitness classes, day trips, shopping assistance, case management, entitlements assistance, crime victim support, and information & referrals

Peter Cardella Senior Center

68-52 Fresh Pond Road, Ridgewood, NY 11385
(718) 497-1908

Accessibility: Monday to Friday, 8:00am – 3:00pm; Wheelchair ramp at entrance, single floor, grab bars in restrooms, flashing emergency lights, sign language

Requirements: Adults 60 years of age & older; Registration is on Monday, Tuesday, & Thursday, 9:30am -11:30am; Proof of age

Services: Daily congregate lunch (\$1.25 suggested contribution), recreational activities, educational programs, physical fitness classes, nutrition & health lectures, day trips, case management, entitlements assistance, and information referrals

Middle Village Older Adult Center

69-10 75th Street, Middle Village, NY 11379
(718) 894-3441

Accessibility: Monday to Friday, 8:30am – 3:20pm

Requirements: Adults 60 years of age & older

Services: Daily congregate lunch (\$3.00 suggested contribution), social & recreational activities, leisure trips, computer classes, physical fitness classes (\$2.00 suggested contribution), transportation for medical services & errands, educational programs, Italian conversational class, and art classes

COMMUNITY BOARD 6

Selfhelp Austin Street, Senior Center

106-06 Queens Boulevard Forest Hills, NY 11375
(718) 520-8197

Accessibility: Monday to Friday, 8:30am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership; Pre-registration is required for computer class; Walk-ins are welcome

Services: Daily congregate lunch (voluntary contributions may vary), social & recreational activities, educational classes, health & wellness classes, immigrant education programs, computer classes, referrals for legal counseling, entitlements/benefits assistance, and referrals for housing assistance

Young Israel Forest Hills Senior League

68-07 Burns Street, Forest Hills, NY 11375
(718) 520-2305 (Director: Susan Rabinowicz)

Accessibility: Monday to Thursday, 8:30am – 4:30am & Friday, 8:30am – 1:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of age

Services: Daily Kosher congregate lunch (\$1.75 suggested contribution), meals on wheels, arts & crafts, day trips, educational classes, physical fitness classes, and information & referrals

Central Queens Y -Adult Wellness Program

67-09 108th Street, Forest Hills, NY 11375
(718) 268-5011 ext. 621 (Director: Lisa Elhyani) or ext. 160

Accessibility: Monday to Friday; Schedule of program activities may vary – please call for more information

Requirements: Adults 60 years of age & older

Services: Retirement & Financial workshops, physical fitness classes, computer & technology classes, memory workshops, writing & poetry classes, guest lecturer or author, weekly P.E.R.C. discussion groups, Jewish cultural experiences & opportunities, volunteer opportunities, and monthly “Simcha Parties”

COMMUNITY BOARD 7

CPC Queens Nan Shan Senior Center

136-18 39th Avenue, 6th Floor Flushing, NY 11355
(718) 358-3030 (Contact: Michael Wang)

Accessibility: Monday to Friday, 9:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Membership form, Department of Ageing form, & SS card

Services: Daily lunch (\$1.00 suggested contribution), Chinese movies, ESL classes, Chinese medicine workshops, karaoke, recreational & social activities, and case management

Selfhelp Latimer Gardens Senior Center

34-30 137th Street, Flushing, NY 11354
(718) 961-3660

Accessibility: Monday to Friday, 8:30am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily lunch (\$1.75 suggested contribution), recreational activities (\$1.00 suggested contribution), ESL classes, computer class, physical fitness activities, and case assistance

Selfhelp Innovative Benjamin Rosenthal Senior Center

45-25 Kissena Boulevard Flushing, NY 11355
(718) 886-5777

Accessibility: Monday to Saturday, 8:30am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of age/ID, Doctor's information, and current list of medications; Free membership

Services: Daily lunch (\$1.75 suggested contribution), recreational activities, immigrant education programs, senior educational classes, citizenship classes, ESL classes, computer classes, gardening program, Virtual Senior Center for homebound seniors, Computer-based bowling & dakim programs, computer access, entitlements assistance, information & referrals, telephone reassurance, case assistance, and food stamp outreach, application, & recertification

HANAC Angelo Petromelis Senior Center

13-28 123rd Street, College Point, NY 11356
(718) 961-0344

Accessibility: Monday to Friday, 8:00am – 3:30pm; Wheelchair accessible; Transportation is available for seniors residing in the College Point catchment area – please call for further details or request a transportation form while registering; Free membership

Requirements: Adults 60 years of age & older; Proof of age, medical records, & list of current medications; Registration is required

Services: Daily lunch (\$1.75 suggested contribution), social & recreational activities, nutrition education, physical fitness classes, educational classes, and transportation to & from the center (\$1.00 suggested contribution each way)

North Flushing Senior Center

29-09 137th Street, #GF1 Flushing, NY 11357
(718) 358-9193

Accessibility: Monday to Friday, 9:30am – 3:30pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of age

Services: Daily congregate lunch, social & recreational activities, educational classes, day trips, and information & referrals

Korean American Senior Center of Flushing

137-70 Northern Blvd, Flushing, NY 11354
(718) 961-2849 or (718) 886-8203

Accessibility: Monday to Friday, 9:00am – 5:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Open to people with I/DD, 60 years of age & older

Services: Daily hot ethnic Korean lunch, recreational activities, educational classes, ESL classes, citizenship workshops, physical fitness activities, case assistance, benefits & entitlements assistance, senior employment program, and hot Korean & Chinese home delivered meals

COMMUNITY BOARD 8

CCNS-Hillcrest Senior Center

168-01 B Hillside Avenue, Jamaica, NY 11432
(718) 297-7171

Accessibility: Monday to Friday, 8:30am – 4:30pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Daily lunch, social & recreational activities, educational workshops, computer classes (Spanish & English), healthy aging classes, physical fitness classes, ballroom dance & Filipino dance, lifestyle management classes; oil painting & crafts classes; humor & politics discussion, health & nutrition lectures; preventative health screenings, case management, information & referrals, and benefits & entitlements assistance

Jewish Center of Kew Gardens Hills – Golden Age Club

71-25 Main Street, Kew Gardens Hills, NY 11367
(718) 263-6500

Accessibility: Monday & Thursday, 1:00pm – 3:00pm

Requirements: Adults 60 years of age & older; \$15 annual membership fee

Services: Social & recreational activities, physical fitness classes, speakers, day trips, and Yiddish group (Thursday)

Young Israel Queens Valley Senior Center

141-55 77th Avenue, Flushing, NY 11367
(718) 263-6995

Accessibility: Monday to Friday, 9:00am – 5:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of age, list of current medications, and doctor's information

Services: Daily congregational Kosher lunch (\$2.00 suggested contribution), interpreter services, social & recreational activities, educational classes, health promotion workshops, and information & referrals

COMMUNITY BOARD 9

CCNS – Ozone Park Senior Center

103-02 101st Avenue, Ozone Park, NY 11416
(718) 847-2100

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible; Transportation available for seniors who are unable to take public transportation

Requirements: Adults 60 years of age & older; Free membership

Services: Daily congregate lunch, social & recreational activities, day trips, educational workshops, computer classes, physical fitness classes, lifestyle management classes, oil painting & crafts classes, humor & politics discussion, health & nutrition lectures, preventative health screenings, case management, benefits & referrals, and volunteer opportunities

CCNS – Woodhaven-Richmond Hill Senior Center

89-02 91st Street, Woodhaven, NY 11421
(718) 847-9100

Accessibility: Monday to Friday, 8:30am – 4:30pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily congregate lunch, social & recreational activities, day trips, educational workshops, computer classes, physical fitness classes, lifestyle management classes, oil painting & crafts classes, humor & politics discussion, health & nutrition lectures, preventative health screenings, case management, benefits & referrals, and volunteer opportunities

COMMUNITY BOARD 10

CCNS Howard Beach Senior Center

155-55 Crossbay Boulevard (156 Ave.) Howard Beach, NY 11414
(718) 738-8100

Accessibility: Monday to Friday, 9:00am – 4:00pm

Requirements: Adults 60 years of age & older

Services: Daily congregate lunch (Kosher meals available upon request), arts & crafts, social & recreational activities, educational classes, computer & technology workshops, physical fitness classes, health & nutrition workshops, and day trips & outings

COMMUNITY BOARD 11

Samuel Field Y Neighborhood Senior Center

58-20 Little Neck Parkway Little Neck, NY 11362
(718) 225-6750 ext. 236 (Director: Ilene Yair)
Email: IleneYair@sfy.org

Accessibility: Monday to Friday, 9:00am – 5:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Daily Kosher lunch (\$2.50 suggested contribution), social & recreational activities, educational programs, day trips, resource and information assistance, arts & crafts, and physical fitness classes

CCBQ - Bayside Senior Center

221-15 Horace Harding Expressway Bayside, NY 11364
(718) 225-1144

Accessibility: Monday to Friday, 8:00am – 4:00pm & Saturday, 11:00am – 3:00pm; Wheelchair accessible; Transportation to the center is available to seniors who are unable to take public transportation

Requirements: Adults 60 years of age & older; Free membership

Services: Daily Kosher lunch, educational workshops, healthy aging classes, line & ballroom dance, lifestyle management classes, oil painting & crafts classes, humor & politics discussion, lectures in health & nutrition, benefits & entitlements assistance, preventative health screenings, day trips, and volunteer opportunities

COMMUNITY BOARD 12

JSPOA Theodora Jackson Senior Center

92-47 165th Street, Jamaica, NY 11433
(718) 657-6618/6500

Accessibility: Monday to Friday, 8:30am – 4:30pm; Wheelchair accessible; Transportation to & from the center for residents in the catchment area (\$2.00 fee)

Requirements: Adults 60 years of age & older; Adults 55 years of age & older for Senior Employment program; Free membership

Services: Daily congregate meals (\$1.00 suggested contribution for breakfast & \$1.50 for lunch), social & recreational activities, nutrition information, blood pressure screenings, computer classes, employment opportunities (55+), and case assistance

Allen Senior Citizens Community Center

166-01 Linden Boulevard Jamaica, NY 11434
(718) 658-0980

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible; Transportation available to & from the center

Requirements: Adults 60 years of age & older; Free membership

Services: Daily congregate lunch (\$1.25 suggested contribution), social & recreational activities, educational classes, and day trips

JSPOA Friendship Nutrition Center

92-33 170th Street, Jamaica, NY 11434
(718) 657-6500 ext. 1543

Accessibility: Monday to Friday, 8:30am – 4:00pm; Wheelchair accessible; Transportation available to the center

Requirements: Adults 60 years of age & older with cognitive & physical disabilities

Services: Daily lunch, social & recreational activities, physical fitness activities, art & music therapy, arts & crafts, memory & physical stimulation, and psychiatric & medical care

Robert Couche Senior Citizens' Center

137-57 Farmers Boulevard Springfield Gardens, NY 11434
(718) 978-8352

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair ramp at entrance, wheelchair ramps internally, single floor, special restroom facilities, grab bars in restrooms, and lowered telephones)

Requirements: Adults 60 years of age & older

Services: Daily congregate lunch (\$1.00 suggested contribution), social & recreational activities, computer classes, Spanish classes, nutrition & fitness classes, health promotion activities, case assistance, and community information & referrals

Rochdale Village Senior Center

169-65 137th Avenue, Jamaica, NY 11434
(718) 525-2800

Accessibility: Call for hours of operation

Requirements: Adults 60 years of age & older who are residents of Rochdale Village & surrounding areas

Services: Daily nutritious lunches, homebound services are available for eligible seniors, arts & crafts, billiards, bingo, trips, recreation activities, and birthday celebrations

Brooks Senior Center

143-22 109th Avenue, Jamaica, NY 11435
(718) 291-3935

Accessibility: Monday to Friday, 9:00am – 4:00pm; Wheelchair accessible; Transportation services available to residents of Southeastern Queens catchment area

Requirements: Adults 60 years of age & older; Free membership

Services: Daily lunch (\$1.25 suggested contribution), social & recreational activities, and case assistance

JSPOA Rockaway Boulevard Senior Center

123-10 143rd Street, South Ozone Park, NY 11436
(718) 657-6468/6500

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible, Transportation to & from the center (\$2.00)

Requirements: Adults 60 years of age & older; Free membership

Services: Daily meals (\$1.00 suggested contribution for breakfast & \$1.50 for lunch), social & recreational activities, physical fitness classes, social worker on site, and case management

COMMUNITY BOARD 13

SNAP Brookville Neighborhood Senior Center

One Cross Island Plaza
133-33 Brookville Boulevard Suite LL5 Rosedale, NY 11422
(718) 525-8899

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible; Transportation available to residents of Rosedale, Laurelton, & Springfield Gardens (\$2.00 roundtrip)

Requirements: Adults 60 years of age & older; Walk-ins are welcome; Free membership

Services: Daily congregate lunch (\$2.00 suggested contribution), social 7 recreational activities, educational classes, nutrition workshops, and case assistance

SNAP Innovative Senior Center of Eastern Queens

80-45 Winchester Boulevard - Building 4 CBU #29 Queens Village, NY 11427
(718) 454-2100

Accessibility: Monday to Friday, 8:30am – 4:30pm; Wheelchair accessible; Transportation available to the center, medical appointments, & shopping (voluntary contribution suggested)

Requirements: Adults 60 years of age & older

Services: Daily lunch (voluntary contribution suggested), social & recreational activities, educational classes, and health & wellness programs

Alpha Phi Alpha Senior Center

220-01 Linden Boulevard Cambria Heights, NY 11411
(718) 528-8238

Accessibility: Monday to Friday, 9:00am – 5:00pm; Wheelchair accessible; Transportation available (\$1.00 roundtrip)

Requirements: Adults 60 years of age & older; Free membership

Services: Daily lunch (\$1.25 suggested contribution), lifestyle management counseling sessions, photography class, arts & crafts, physical fitness classes, dance class, computer class, recreational activities, and day trips

COMMUNITY BOARD 14

JASA Brookdale Village Senior Center
131 Beach 19th Street, Far Rockaway, NY 11691
(718) 471-3200/3201

Accessibility: Monday to Friday, 9:00am – 5:00pm; Wheelchair accessible; Transportation services available to surrounding areas (call for eligibility)

Requirements: Adults 60 years of age & older; Free membership

Services: Daily congregate lunch (\$1.50 suggested contribution), Meals on Wheels (\$1.20), social & recreational activities, ESL classes, fitness programs, social services, and educational classes

JASA Roy Reuther Senior Center

711C Seagirt Avenue, Far Rockaway, NY 11691
(718) 471-3110

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible; Transportation to & from the center

Requirements: Adults 60 years of age & older; Free services

Services: Daily Kosher lunch (\$1.50 suggested contribution), social & recreational activities, educational classes, counseling, and case management

Young Israel of Wavcrest & Bayswater Senior League

2716 Healy Avenue, Far Rockaway, NY 11691
(718) 327-0197

Accessibility: Monday to Thursday, 9:00am – 4:00pm & Friday, 9:00am – 1:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Proof of age & list of current medications

Services: Daily congregate Kosher lunch (\$2.00 suggested contribution; aides are required to pay \$4.50 for lunch), social & recreational activities, and information & referrals

CCNS – Seaside Rockaway Senior Center

90-01 Rockaway Beach Far Rockaway, NY 11693
(718) 634-4047

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Daily congregate breakfast & lunch, recreational activities, nutrition education, physical fitness activities, and case management

JASA Rockaway Park Senior Center

106-20 Shore Front Parkway Rockaway Park, NY 11694
(718) 634-3044

Accessibility: Monday to Friday, 8:00am – 4:00pm; Wheelchair accessible

Requirements: Adults 60 years of age & older; Free membership

Services: Daily congregate lunch (\$2.00 suggested contribution), social & recreational activities, educational activities, physical fitness programs, and case assistance

YMCA Locations

YMCA Jamaica

89-25 Parsons Boulevard
(718) 739-6600

Accessibility: Monday to Friday 5:00am to 10:00m, Saturday 6:30am to 8:00pm, Sunday 8am to 8pm

Requirements: 65 and older for reduced membership

Services: Silver sneakers classes, yoga, cardio, dance, and pilates

YMCA Ridgewood

69-02 64th Street, Ridgewood, NY 11385
(212) 912-2180

Accessibility: Monday to Friday 6:00am to 10:00Pm, Saturday and Sunday 8:00am to 8:00pm

Requirements: 65 and older for reduced membership

Services: Yoga, cardio, dance, and pilates

YMCA Cross Island

238-10 Hillside Avenue, Bellerose, NY 11426
(718) 551-9300

Accessibility: Monday to Friday 5:00am to 10:30pm, Saturday and Sunday 7:00am to 8:00pm

Requirements: 65 and older for reduced membership

Services: Yoga, cardio, dance, tai chi, water exercises and pilates

YMCA Flushing

138-46 Northern Boulevard, Flushing NY 11354
(718) 551-9350

Accessibility: Monday to Friday 5:30am to 9:45pm, Saturday 7am to 7:45pm, Sunday 8:00am to 7:45pm

Requirements: 65 and older for reduced membership

Services: Silver sneakers, yoga, cardio, dance, tai chi, water exercises and pilates

YMCA Long Island City

32-23 Queens Boulevard, Long Island City, NY 11101
(718) 392-7932

Accessibility: Monday to Friday 5:00am to 10:45pm, Saturday and Sunday 6am to 9:45pm

Requirements: 65 and older for reduced membership

Services: Silver sneakers, yoga, cardio, dance, tai chi, water exercises and pilates

NATURALLY OCCURRING RETIREMENT COMMUNITIES (NORCs)

NORC Without Walls (WOW)

Neighborhood NORC Supportive Service Program

58-20 Little Neck Parkway Little Neck, NY 11362
(718) 225-6750 ext. 540

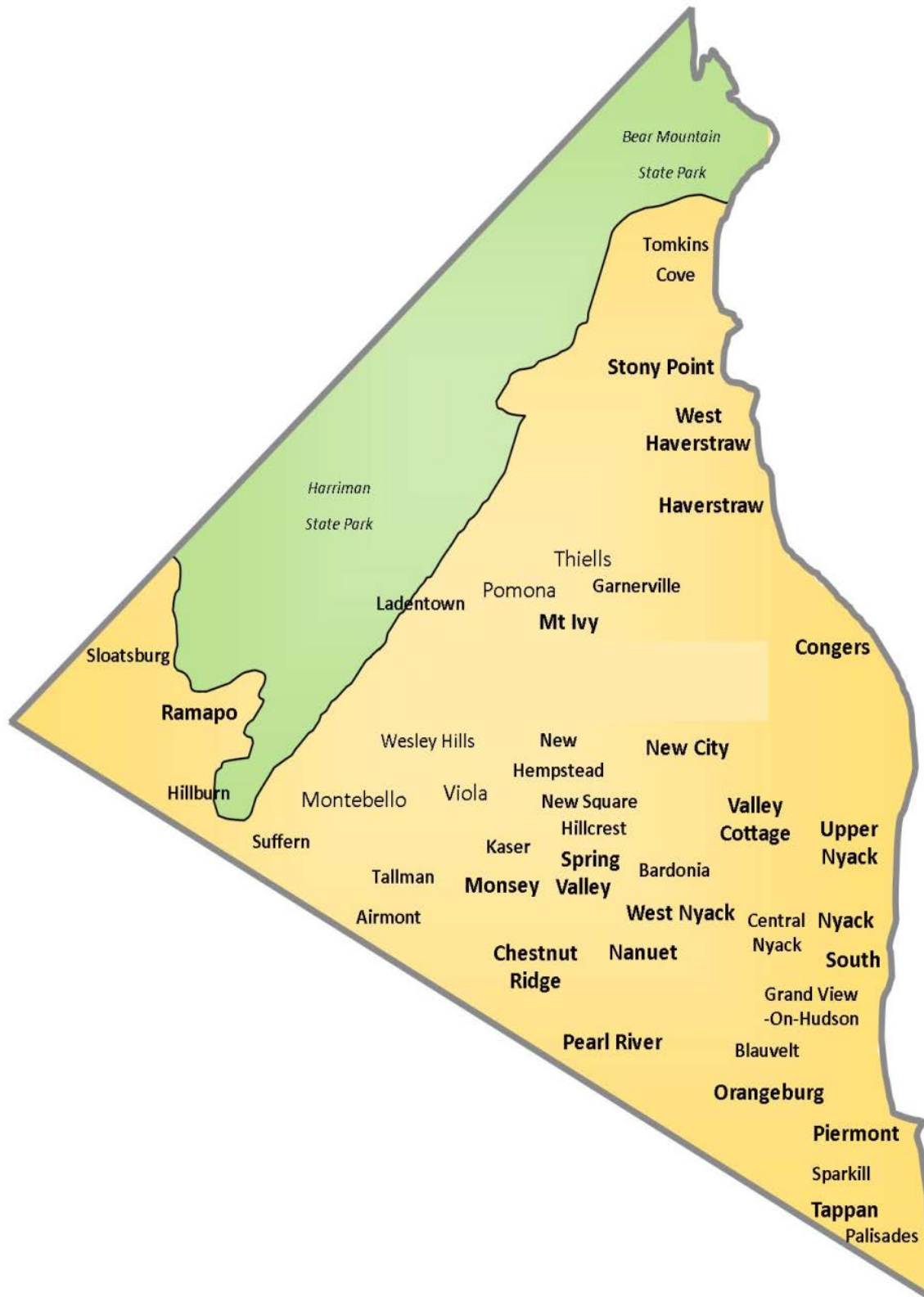
Clearview Assistance Program (CAP) NORC

163-59 17th Avenue, Whitestone, NY 11357
(718) 352-4157

Deepdale CARES NORC

57-17 Marathon Parkway Little Neck, NY 11362
(718) 225-3929

Rockland County



Community Outreach Center

50 Melnick Drive, Monsey, NY 10952
(845) 356-9600

Accessibility: Monday to Thursday, 9:00am – 5:00pm & Friday, 9:00am – 12:00pm; Free transportation available; Yiddish speaking

Requirements: Adults 65 years of age & older; Free membership

Services: Daily hot meals, social programs, exercise classes, events, and trips

JCC of Rockland - Chazen Senior Center

450 West Nyack Road, West Nyack, NY 10994
(845) 362-4400

Website: www.jccrockland.org

Accessibility: Monday to Friday, 9:30am – 5:00pm

Requirements: Adults 65 years of age & older; Membership fee of \$250/year or \$22/month

Services: Blood pressure screening, physical fitness classes, knitting & crocheting circle, arts & crafts, studio arts, cerebral gymnastics, women's group, men's group, board games, film course, AARP sponsored lectures, book review sessions, and Judaism classes

Martin Luther King Multi-Purpose Center

110 Bethune Blvd Spring Valley, NY 10977
(845) 425-8910 or (845) 425-9629

Accessibility: Monday to Friday, 10:30am – 1:00pm; Available transportation through county TRIPS program

Requirements: Adults 55 years of age & older

Services: Computer Room, social programming, nutrition guidance, special speakers, exercise programs, and outings

Meals on Wheels Programs & Services of Rockland, Inc.

121 West Nyack Road, Nanuet, NY 10954
(845) 624-MEAL (6325)

Accessibility: Monday to Friday, 9:00am – 3:00pm (Senior Centers); Free for seniors to participate

Requirements: Adults 60 years of age & older

Services: 5 Senior Centers for recreation; Memory Loss program in Nyack; Transportation; \$1.00 suggested contribution for meals

Rockland Community College (RCC)

145 College Road, Suffern, NY 10901

(845) 574-4000 or (845) 356-3482

Website: www.sunyrockland.edu/community-and-business/seniors

Requirements: Adults 60 years of age & older; Registration must be done in-person – please bring proof of residency; Pay for costs associated with materials needed for course/activities (e.g. art supplies for art courses, lab fee for science courses, admission fee for outings)

Services: Seniors can register for courses free of charge after registration for accrediting students closes; Senior Citizens Club meets every 2nd and 4th Friday of each month at 12noon in the Technology Center, Ellipse (Room 8180); Volunteer opportunities

Rockland Community Development Council (RCDC)

22 Main Street, Monsey, NY 10952

(845) 352-1400

Accessibility: Monday & Wednesday Group meets at 12:45 – 3:00pm

Requirements: Adults 65 years of age & older; Free for seniors to participate

Services: Lunch (\$1 suggested contribution) & transportation

Town of Clarkstown Community Center

31 Zukor Road, New City, NY 10956

(845) 639-6200

Requirements: Adults 60 years of age & older; Must be residents of Clarkstown; Free for seniors to participate; Fill out application to receive access to weekly programming

Services: Access to pools, classes, clubs, and outings

The Village of West Haverstraw

130 Samsondale Avenue, West Haverstraw, NY 10993

(845) 947-2800

Website: www.westhaverstraw.org

Accessibility: 1st & 3rd Thursday of the month, 10:00am – 11:30am

Requirements: Adults 55 years of age & older; Free for seniors residing in Garnerville

Services: Senior Citizens Club

Community Outreach Center

50 Melnick Drive, Monsey, NY 10952

(845) 356-9600

Accessibility: Monday to Thursday, 9:00am – 5:00pm & Friday, 9:00am – 12:00pm; Door to door transportation service is provided

Requirements: Adults 60 years of age & older; Registration required

Services: Daily social program, lectures, musical performances, nutritious meals and socialization opportunities

Clarkstown–Pearl River Senior Activity Center

121 West Nyack Road, Nanuet, NY 10954
(845) 624-6334

Accessibility: Monday to Friday, 9:00am -3:00pm; Closed on holidays; Transportation available to residents of Bardonia, Chestnut Ridge*, Congers*, Nanuet, New City, Pearl River, Valley Cottage, & West Nyack

Requirements: Adults 60 years of age & older or in the company of eligible spouse; Must be a resident of Rockland County

Services: Daily lunch, exercise programs, guest speakers on a variety of topics, musical entertainment, board games/cards/bingo, book clubs, shopping, local trips, Wii tournaments, and other all-center events

North Rockland Senior Activity Center

The Village of West Haverstraw
Village Hall & Community Center
130 Samsondale Avenue, West Haverstraw, NY 10993
(845) 429-2090

Accessibility: Monday to Friday, 9:00am -3:00pm; Closed on holidays; Transportation available to residents of Garnerville, Haverstraw, Mt. Ivy, Pomona, Stony Point, Thiells, Tompkins Cove, Wesley Hills*, & West Haverstraw

Requirements: Adults 60 years of age & older or in the company of eligible spouse; Must be a resident of Rockland County; Members must be able to function independently

Services: Daily lunch, exercise programs, guest speakers on a variety of topics, musical entertainment, board games/cards/bingo, book clubs, shopping, local trips, Wii tournaments, and other all-center events

Nyack Senior Activity Center

90 Depew Avenue, Nyack, New York 10960
(845) 353-1311

Accessibility: Monday to Friday, 9:00am -3:00pm; Closed on holidays; Transportation available to residents of Central Nyack, Congers*, Grandview*, Nyack, Rockland Lake, Upper Nyack, Valley Cottage*, & West Nyack*

Requirements: Adults 60 years of age & older or in the company of eligible spouse; Must be a resident of Rockland County; Members must be able to function independently

Services: Daily lunch, exercise programs, guest speakers on a variety of topics, musical entertainment, board games/cards/bingo, book clubs, shopping, local trips, Wii tournaments, and other all-center events

Ramapo Senior Activity Center

Murchison Hall at New Hempstead
Presbyterian Church
484 New Hempstead Road, New City, NY 10956
(845) 356-2244

Accessibility: Monday to Friday, 9:00am -3:00pm; Closed on holidays; Transportation available to residents of Airmont, Chestnut Ridge*, Hillburn, Monsey, New Hempstead, Soatsburg, Spring Valley, Suffern, Tallman, & Wesley Hills*

Requirements: Adults 60 years of age & older or in the company of eligible spouse; Must be a resident of Rockland County; Members must be able to function independently

Services: Daily lunch, exercise programs, guest speakers on a variety of topics, musical entertainment, board games/cards/bingo, book clubs, shopping, local trips, Wii tournaments, and other all-center events

Thorpe Senior Activity Center

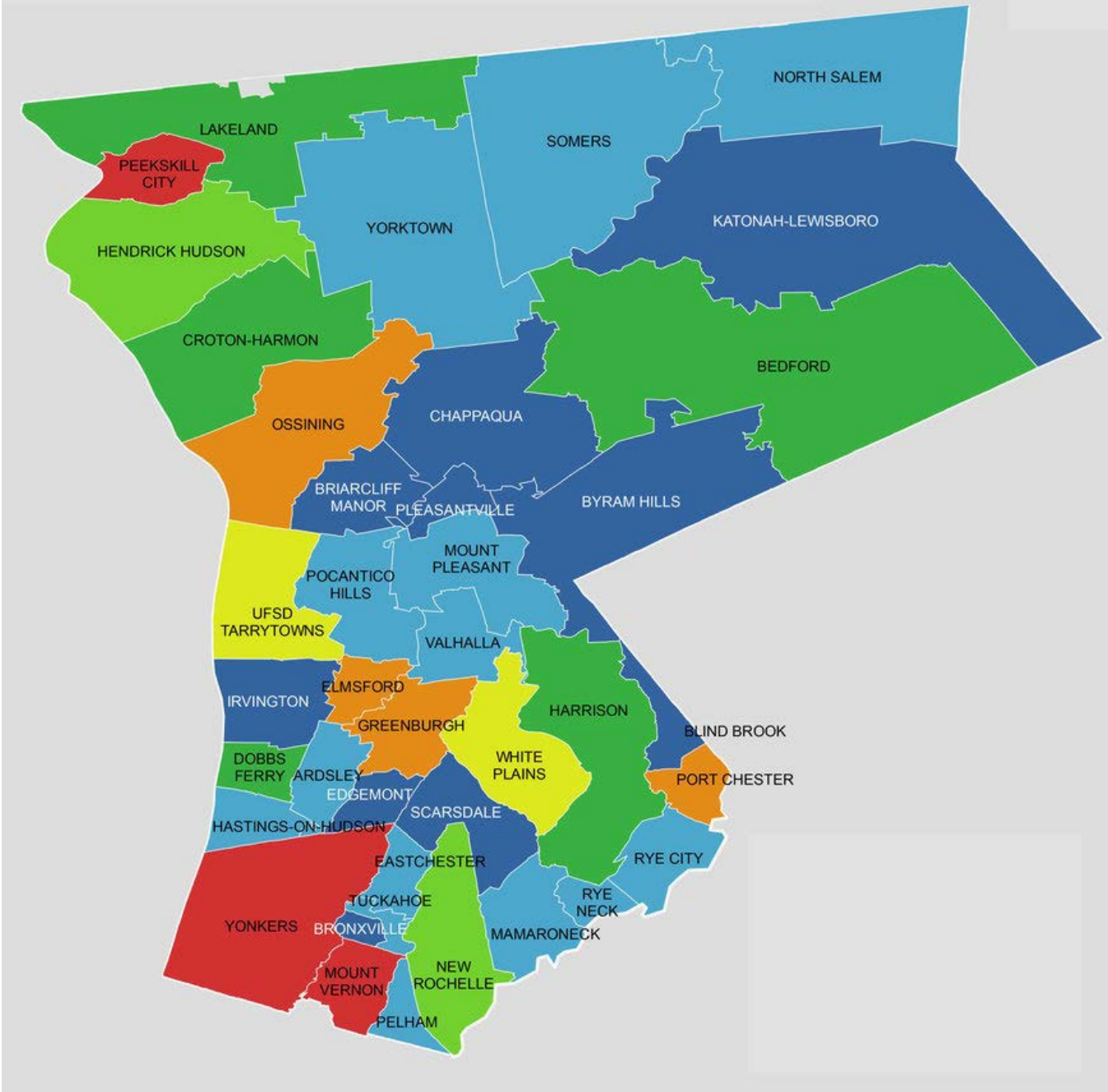
Dominican Convent
Route 340 Sparkill, NY 10976
(845) 359-4058 or (845) 359-5801

Accessibility: Monday to Friday, 9:00am -3:00pm; Closed on holidays; Transportation available to residents of Blauvelt, Orangeburg, Palisades, Piermont, Sparkill, & Tappan

Requirements: Adults 60 years of age & older or in the company of eligible spouse; Must be a resident of Rockland County; Members must be able to function independently

Services: Daily lunch, exercise programs, guest speakers on a variety of topics, musical entertainment, board games/cards/bingo, book clubs, shopping, local trips, Wii tournaments, and other all-center events

Westchester County



ARDSLEY

Ardsley Senior Citizens Club

18 Center Street, Ardsley, NY 10502
(914) 693-8012

Accessibility: Wednesdays, 1:00pm – 3:00pm

Requirements: Adults 60 years of age & older – call for any changes

Services: Recreation & transportation provided for daily shopping trips

Multi Purpose Center

Anthony F. Veteran Park
11 Olympic Lane, Ardsley, NY 10502
(914) 693-8985 ext. 116

Accessibility: Call for hours of operation

Requirements: Proof of residency

Services: Recreational & social activities

BEDFORD

Bedford Village Senior Citizens Program

Bedford Hills Community House
74 Main Street, Bedford Hills, NY 10510
(914) 666-7203 (Contact Jim Whiting for Home-Delivered Meals Program)

Accessibility: Senior Meetings on Monday, Wednesday & Friday, 10:00am – 2:00pm; Call for transportation services

Requirements: Adults 60 years of age & older; Must be a resident of Bedford

Services: Social events, informational presentations, crafts, games, exercise, special events, home-delivered meals program, case management, and local trips

Senior Nutrition Program

Mt. Kisco Fox Center
198 Carpenter Avenue, Mt. Kisco, NY 10549
(914) 666-8931

Accessibility: Monday to Friday

Requirements: Adults 60 years of age & older; Must be a resident of Bedford; Call to make reservations (must be made a day in advance)

Services: Daily hot lunches with a suggested contribution of \$2.50

BRIARCLIFF

Briarcliff Manor Senior Citizens

3 Library Road, Briarcliff, NY 10510
(914) 941-6560/6129 or (914) 760-2779

Accessibility: Call to be placed on the Senior's mailing list to learn more about the different programs & services for residents

Requirements: Adults 60 years of age & older; Must be a resident of Briarcliff

Services: Social security, medicate, and medicaid information & resources; rehabilitation services & long term care services; physical & mental health services; prescription drug program assistance; nutrition, food pantries, Meals on Wheels program; volunteer opportunities & referrals; transportation services (914) 941-6560; Call-A-Cab program for senior residents of the Town of Ossining (Ossining Community Center, Monday to Friday, 9:00am-2:00pm to purchase coupons)

Bronxville Senior Citizens

The Reformed Church of Bronxville
200 Pondfield Road, PO Box 397, Bronxville, NY 10708
(914) 793-2222 or (914) 844-5120

Accessibility: Tuesdays & Thursdays, 9:00am – 3:00pm

Requirements: Adults 55 years of age & older; Must be a resident of Bronxville; Call for membership form, calendar of monthly events, & membership fee information

Services: Recreational activities, weekly exercises, weekly lectures, and some case management

BUCHANAN

Buchanan Senior Citizens Club

236 Tate Avenue, Buchanan, NY 10511
(914) 737-1033

Accessibility: Call for hours of operation

Requirements: Adults 60 years of age & older; Must be a resident of Buchanan

Services: Social & recreational activities, health & nutrition program, and educational lectures

CORTLANDT

Muriel Morabito Community Center

29 Westbrook Drive, Cortlandt Manor, NY 10567
(914) 528-1464 or (914) 528-1572

Accessibility: Monday to Friday, 9:00am – 3:00pm; Weekly Senior Club Meetings: Tuesday, 10:00am – 3:00pm (Nor-Cort Seniors Club); Wednesday, 10:00am – 3:00pm (Cortlandt Seniors Club); Thursday, 11:00am-3:00pm (Crompond Seniors Club)

Requirements: Adults 60 years of age & older; Must be residents of the Town of Cortlandt

Services: Nutrition Program (call 914-528-8377 for home-delivered meals & 914-528-5164 for congregate meals); Bus transportation to community center (call 914-528-5164 for advanced reservations); Prescription pickup & Delivery Service (call Becky Ferguson at 914-528-1572); shopping, physical fitness classes, computer classes, and arts & crafts

Verplanck Seniors Club

Verplanck Schoolhouse
6th Street, Verplanck, NY 10566

Accessibility: Thursday, 10:00am – 2:00pm; Proof of residency required; Transportation available (call for details)

Services: Social & recreational activities and health lectures

CROTON

Croton Senior Club

Municipal Building Community Room
1 Van Wyck Street, Croton-on-Hudson, NY 10520
(914) 271-5804

Accessibility: Fridays, from 11:00am

Requirements: Croton Village & Croton-Harmon school district residents ages 60 years & older; \$10 membership fee for Croton Village residents \$20 for Croton-Harmon school district residents

Services: Social activities, trips, classes, and informative guest speakers; Croton Senior Bus for transportation; Local shopping bus on Mondays & Wednesdays (pre-registration required); JV Mall shopping bus on every 2nd Thursday of each month (pre-registration required)

EASTCHESTER

Tuckahoe Senior Center

Fr. Fata Hall at Assumption Church
PO Box 172 Tuckahoe, NY 10707
(914) 337-8487

Accessibility: Tuesdays & Thursdays from September to July (call for hours of operation)

Requirements: Adults 55 years of age & older; \$20 yearly membership fee
Services: Weekly physical fitness classes, cards & games, presentations on health, legal issues, & history, music & dance, arts & crafts, and literature

ELMSFORD

Elmsford Senior Citizens

15 South Stone Avenue, Elmsford, NY 10523
(914) 909-1260 or (914) 592-6555 (Contact: Marge O'Mara)

Accessibility: Seniors meet Wednesdays at the Community Center on North Stone Avenue, (call for more information)

GREENBURGH

Theodore D. Young Community Center

32 Manhattan Avenue, White Plains, NY 10607
(914) 989-3640

Accessibility: Monday to Friday, hours for different programs may vary (call for information)

Requirements: Adults 60 years of age & older

Services: Daily lunch (Registration required before noon the previous day; \$3.00 for those 60 years of age & older and \$6.00 for those under 60 years of age), AARP Driver's Safety Workshop, Asian American "Evergreen" Club, physical fitness activities, painting & drawing, social & recreational activities, and special events

HARRISON

Drop-in Center at the Harrison Community Center

216 Halstead Avenue, Harrison, NY 10528
(914) 670-3000 ext. 3172

Accessibility: Monday to Friday, 10:00am – 4:00pm

Requirements: Adults 60 years of age & older

Services: Social & recreational activities, and physical fitness activities

West Harrison Senior Citizen Group

Leo Mintzer Senior Annex Building
251 Underhill Avenue, West, Harrison, NY 10528
(914) 949-5265

Accessibility: Thursdays, 12:00pm – 3:00pm

Requirements: Adults 60 years of age & older; \$24/year membership fee

Services: Refreshments are served, social, and recreational activities

Downtown Senior Citizens Group

Veterans Memorial Building
210 Halstead Avenue, Harrison, NY 10528
(914) 670-3000 ext. 3172

Accessibility: Fridays, 12:00pm – 3:00pm

Requirements: Adults 60 years of age & older; \$24/year membership fee

Services: Refreshments are served, social, and recreational activities

HASTINGS

Senior Canteen

44 Main Street, Hastings-on-Hudson, NY 10706
(914) 478-2380

Accessibility: September to June, Thursdays at 1:00pm-4:00pm

Requirements: Adults 60 years of age & older

Services: Refreshments, social activities, and bingo

Hastings Busy Bees

44 Main Street, Hastings-on-Hudson, NY 10706
(914) 478-2380

Accessibility: September to June, Mondays at 1:00pm-4:00pm

Requirements: Adults 60 years of age & older

Services: Social activities, plan trips, bingo, and refreshments

Yoga

44 Main Street, Hastings-on-Hudson, NY 10706
(914) 478-2380

Accessibility: Call for schedule

Requirements: Adults 60 years of age & older

Services: Appropriate for all fitness levels; chairs are provided if needed

Cyberseniors

44 Main Street, Hastings-on-Hudson, NY 10706
(914) 478-2586

Accessibility: Class sessions run in fall, winter, and spring, on Tuesdays between 3:00pm & 4:00pm (dates to be determined before each session); Transportation is available; Call for more information

Requirements: Adults 60 years of age & older

Services: Free basic computer classes for seniors taught in the high school by members of the Hastings High School Technology club

Senior Aquatics

Andrus Children's Home
185 Old Broadway, Hastings-on-Hudson, NY 10706
(914) 478-4802 (Contact: Angela Reeve)

Accessibility: Fall through Spring

Requirements: Adults 60 years of age & older

Services: Indoor swimming for seniors

Senior Swim/Aquatones at Chemka Pool

Hillside Avenue, at Valley Place, Hastings-on-Hudson, NY 10706
(914) 478-2380

Accessibility: Monday to Friday, 11:30am – 12:30pm during July and August special time reserved just for senior residents

Requirements: Adults 62 years of age & older

Services: Swimming for seniors

IRVINGTON

Irvington Senior Center

29 Bridge Street, Irvington, NY 10533
(914) 591-7786

Accessibility: Call for hours of operation

Requirements: Adults 60 years of age & older

Services: Social & recreational activities, arts & crafts, physical fitness classes, and health & nutrition seminars

LEWISBORO

Lewisboro Senior Citizens Weekly Meetings

65 Old Bedford Road, Goldens Bridge, NY 10526
(914) 232-6167

Accessibility: Wednesdays, 10:00am to 3:00pm; Transportation available by calling (914) 232-6162

Requirements: Adults 60 years of age & older; Must be a resident of Lewisboro

Services: Social meetings at South Salem Firehouse

MAMARONECK

Town of Mamaroneck Senior Center

VFW David Potts Jr. Post #1156
1288 Boston Post Road, Larchmont, NY 10538
(914) 381-7865 (Coordinator: Maria Gallagher)

Accessibility: Monday to Friday; Wheelchair accessible; Transportation is available to residents of the Town of Mamaroneck, Village of Mamaroneck, Village of Larchmont, and Larchmont Library on the Senior Bus

Requirements: Adult residents 55 years of age & older; Annual membership of \$35.00 per person

Services: Recreational, social, and educational activities including language classes, movies & discussion groups, exercise & dance classes, board & card games, parties, and celebrations for participants

Westchester Jewish Center - Senior Citizens Club

Rockland and Palmer Avenue, Mamaroneck, NY 10543
(914) 698-2960

Accessibility: Call for hours

Requirements: Adults 60 years of age & older

Services: Jewish cultural affairs

MOUNT KISCO

Mount Kisco Senior Group

Fox Senior Center- 198 Carpenter Avenue
104 Main Street, Mount Kisco, NY 10549
(914) 666-8766 (Sr. Recreation) or (914) 666-8931 (Nutrition/Lunch Registration & Transportation)

Accessibility: Monday to Friday, 9:00am – 3:00pm; Wheelchair accessible; Transportation is available for residents

Requirements: Independent Seniors 55 years of age & older; Non-residents are required to pay a \$3 fee for activities with an instructor

Services: Recreational & social activities, arts & crafts, physical fitness activities, music & dance, computer with internet access, language classes, movies & entertainment, parties & cultural programs, community service projects & volunteer opportunities, trips, wellness programs, health smart telehealth program, Wii Bowling Team, AARP driving course & tax help, and intergenerational programs

MOUNT PLEASANT

Thornwood Neighborhood Group & Pleasant Seniors of Mt. Pleasant

Mt. Pleasant Community Center
125 Lozza Drive, Valhalla, NY 10595
(914) 742-2310

Accessibility: Thornwood Neighborhood Group meets Mondays, 12:00pm – 4:00pm, except holidays; Pleasant Seniors of Mt. Pleasant meets Thursdays, 12:00pm – 4:00pm, except holidays

Requirements: Adults 55 years of age & older living in the Unincorporated portions of the Town of Mt. Pleasant

Services: Arts & crafts, social & recreational activities, and physical fitness activities

MOUNT VERNON

Armory Senior Citizens

144 North Fifth Avenue, Mount Vernon, NY 10550
(914) 665-2435

Accessibility: Call for hours of operation

Requirements: Adults 60 years of age & older

Services: Case management, assistance with ID card, reduced fare card, nutrition, recreation, and government assistance referrals

WJCS Senior Center – Sinai Free Synagogue

550 North Columbus Avenue, Mt. Vernon, NY 10552
(914) 668-4350

Accessibility: Mondays, 10:00am – 3:00pm; Wednesdays, 12:00pm – 3:00pm; Tuesdays & Thursdays, 9:00am – 2:00pm; Transportation is available to eligible participants

Requirements: Adults 60 years of age & older; Activities are available for a nominal fee and no one gets turned away for inability to pay

Services: Daily hot kosher lunch, recreational & social activities, arts & crafts, and physical fitness classes

St. Peter & Paul – St. Ursula Church Seniors Leisure Club

125 Birch Street, Mount Vernon, NY 10552
(914) 668-9815

Accessibility: Second Wednesday of each month following the 12:00pm mass

Requirements: Adults 60 years of age & older

Services: Religious meetings

NEW CASTLE

New Castle Senior Citizens Program

Community Center
10 Senter Street, Chappaqua, NY 10514
(914) 238-8888

Accessibility: Program hours may vary – call for information; Transportation is available to & from Community Center for \$3 roundtrip

Requirements: Adults 60 years of age & older

Services: Social & recreational activities, physical fitness classes, and volunteer opportunities

NEW ROCHELLE

Beth-El Senior Synagogue Center

1324 North Avenue, New Rochelle, NY 10804
(914) 235-2700 ext. 256 (Contact: Julie Rockowitz)

Accessibility: Wednesdays, 10:30am – 11:30am and Tuesdays, 9:30am – 11:30am

Requirements: Seniors 60 years of age & older; \$60 for 10 classes for community members or \$8 for a drop in class

Services: Physical fitness classes and special SMART events (Tuesdays)

NORTH CASTLE

Hergenhan Recreation Center

40 Maple Avenue, Armonk, NY 10504
(914) 273-2944

Accessibility: Mondays & Thursdays, 10:00am – 2:00pm; Transportation is available (call 914-273-2944 or 914-438-5629)

Requirements: Adult residents 60 years of age & older

Services: Social and recreational activities, arts & crafts, music, physical fitness, trips, and parties

North Castle Community Center – North White Plains

10 Clove Road, White Plains, NY 10603
(914) 946-3244

Accessibility: Wednesdays & Fridays, 11:00am – 3:00pm; Transportation is available (call 914-273-2944 or 914-438-5629)

Requirements: Adult residents 60 years of age & older

Services: Social and recreational activities, arts & crafts, music, physical fitness, trips, and parties

NORTH SALEM

North Salem Senior Citizens Club

21 Deveau Road, North Salem, NY 10560
(914) 669-5662

Accessibility: 11:30am on every second Tuesdays of each month at the North Salem Fire House

Requirements: Adults 55 years of age & older

Services: Social meetings

Somers–North Salem–Lewisboro Senior Citizen Nutrition Program

Wayne Van Tassell Memorial Park, Route 139, Somers, NY 10589
(914) 232-0807 (call for reservations between 10:30am & 1:30pm)

Accessibility: Monday to Friday, 12:00pm; Transportation is available on Tuesdays & Thursdays (call 914-232-0807 for more information)

Requirements: Adult residents 60 years of age & older; Reservations must be made one day in advance

Services: Daily lunch for a suggested contribution of \$2.00

Senior Home-Delivered Meal Program

Wayne Van Tassell Memorial Park, Route 139, Somers, NY 10589
(914) 232-0807

Accessibility: Monday to Friday, 12:00pm; Program is available to all Somers, Lewisboro, and North Salem Seniors (call for reservations)

Requirements: Adult residents 60 years of age & older who are unable to get to the Nutrition Site due to health reasons

Services: Home-delivered meals for a suggested contribution of \$2.00 per meal

OSSINING

Joseph J. Caputo Center

95 Broadway, Ossining, NY 10562
(914) 941-3189

Accessibility: Monday to Friday, 8:00am-3:00pm; Transportation available

Requirements: Adult residents of Ossining 60 years of age & older

Services: Daily hot meals (call (914) 762-8953 to make reservations), social & recreational activities, blood pressure screening, dance & exercise activities, art class, food shopping, taxi coupons, and walking program

PEEKSKILL

Peekskill Senior Citizens Club

4 Nelson Avenue, Peekskill, NY 10566
(914) 734-4254 (Director: Julie Bentley)

Accessibility: Monday to Thursday, 9:30 am – 3:30pm; Transportation available (call for schedule)

Requirements: Adult residents of Peekskill 60 years of age & older

Services: Social & recreational activities, choral group, holiday events, and occasional overnight group trips

PELHAM

Town of Pelham Senior Citizens Club

Daronco Town House
20 Fifth Avenue, Pelham, NY 10803
(914) 738-5004

Accessibility: Meetings are held on Mondays, 1:00 – 4:00pm; Other activities are available on Tuesdays to Fridays, 10:00am – 4:00pm

Requirements: Adult Pelham residents 55 years of age & older

Services: Senior Club Meeting (Mondays, 12:00pm – 4:00pm), exercise classes, blood pressure & blood sugar screening, computer class, and social & recreational activities

Town of Pelham Senior Citizen Medical Van Transportation

Daronco Town House
20 Fifth Avenue, Pelham, NY 10803
(914) 864-1155

Accessibility: Monday to Friday, 9:00am – 4:00pm except holidays

Requirements: 55 years of age & older adult residents of Pelham, New Rochelle, Larchmont, Eastchester, Bronxville, Mt. Vernon, Scarsdale (Lord & Taylor area only), and Yonkers (Ridge Hill area only)

Services: Transportation for seniors to receive their medical care at doctors, dentists, clinics, or hospital. The vehicle may not stop for personal business other than to drop off and pick up prescriptions. The service is for non-emergency use only

PLEASANTVILLE

Pleasantville Senior Services

1A Clinton Street, Pleasantville, NY 10570
(914) 769-2021

Accessibility: Monday to Friday, 8:00am – 5:00pm; Transportation is available (advanced reservations required; \$2.00 roundtrip)

Requirements: Adult residents 55 years & older

Services: Daily lunch (advance reservations required; \$5.00), home delivered meals are available for adults 60 years & older who are homebound (\$5.00), weekly & monthly shopping trips (\$2-\$5 fee), van service (\$3 roundtrip), medical escort service (no fee; minimum of 3 day reservation required), social & recreational activities, and information, referral & support services

PORT CHESTER

Port Chester Senior Citizens

222 Grace Church Street, Port Chester, NY 10573
(914) 939-4975

Accessibility: Monday to Saturday, 9:00am – 4:00pm; Wheelchair accessible; Transportation available (advance reservation required by calling number above)

Requirements: Adult Portchester residents 60 years of age & older; Proof of residency is required

Services: Daily hot lunch (\$2 suggested contribution & reservation required a week before), social & recreational activities, library, computer laboratory, arts & crafts, physical fitness classes, parties & celebrations, and trips for a fee

POUND RIDGE

Neighbor to Neighbor Program

179 Westchester Avenue, Pound Ridge, NY 10573
(914) 764-8201

Accessibility: Call for more services

Requirements: Adult residents of Pound Ridge 60 years of age & older

Services: Transportation services to doctors and food shopping at Scotts Corner Market; Volunteers can shop for seniors who are unable to leave home due to health reasons; Hot meals are also available for delivery to seniors who are temporarily unable to cook

RYE

Rye Recreation Department Seniors Program

281 Midland Avenue, Rye, NY 10580
(914) 967-2535

Accessibility: Wednesdays, call for hours of operation

Requirements: Adult residents of Rye 60 years of age & older; Annual Dues of \$10 payable in September

Services: Physical fitness activities, social & recreational activities, arts & crafts, line dancing, special events, trips, holiday celebrations, shopping, and health & wellness programs; Senior tennis permits available

Rye YMCA

21 Locust Avenue, Rye, NY 10580
(914) 967-6363

Accessibility: Program hours may vary – call to confirm; Wheelchair accessible

Requirements: Adults 60 years of age & older

Services: Annual Senior Health & Fitness Day, shallow water exercise classes, stretch & fitness class, adult exercise & swimming program, fall-proof program, blood pressure screenings, “spirit, mind & body” classes, yoga, and group recreational activity for arthritis sufferers

Rye Free Reading Room (RFRR)

1061 Boston Post Road, Rye, NY 10580
(914) 967-0480

Accessibility: (Village Green Branch) Monday, Wednesday & Friday, 9:30am – 5:30 pm; Tuesday & Thursday, 9:30am – 8:00pm; Saturday, 10:00am – 5:00pm; (Osborn Branch) Monday, Wednesday, & Friday, 9:00am – 1:00pm

Requirements: Rye resident or Westchester Library System cardholder of all ages

Services: Access to large print books, audiobooks, music CDs, DVDs and downloadable material; computer classes are available in the new Tech Center

Rye ARTS Center

51 Milton Road, Rye, NY 10580
(914) 967-0700

Accessibility: Class hours vary – call for more information

Requirements: Adults 60 years of age & older; \$25 annual membership fee that allows 10% discount on classes & additional merchant discounts

Services: Classes on digital photography, colored pencils, portrait painting, regular oil/acrylic painting, watercolor & drawing, contemporary art, precious metal clay, writing, poetry, and memoir classes, as well as jewelry, ceramics, and hand building

Purchase College

735 Anderson Hill Road, Purchase, NY 10577
(914) 251-6500

Accessibility: Course schedules may vary – call for more information

Requirements: NY state residents 60 years of age & older are welcome to enroll tuition-free

Services: “Special auditor” opportunities in a maximum two credit-bearing courses, providing space is available

RYE BROOK

Rye Brook Senior Center

32 Garibaldi Place Rye Brook, NY 10580
(914) 939-7904

Accessibility: Monday to Thursday, 9:00am – 4:00pm & Friday, 9:00am – 2:00pm; Wheelchair accessible; Transportation available (call for more information)

Requirements: Adult residents of Rye Brook 60 years of age & older; \$15 annual membership fee

Services: Daily hot meals, health screenings, lectures, social & recreational activities, physical fitness classes, door-to-door transportation to medical appointments, local errands & grocery shopping, and day & overnight trips

SCARSDALE

Scarsdale Senior Adult Program

1001 Post Road, Scarsdale, NY 10583
(914) 722-1160

Accessibility: Program hours & location may vary (call for details)

Requirements: Scarsdale residents 60 years of age & older; \$15 membership fee for current residents; Former residents of 30 years or parents of children who live in Scarsdale, even if they live outside of Scarsdale, are welcome to participate in the activities for \$20.

Services: Social & recreational activities, arts & crafts, transportation for a small fee, and case management

SHRUB OAK

Yorktown Community & Cultural Center

1974 Commerce Street, Yorktown Heights, NY 10598
(914) 962-7447

Accessibility: Monday to Friday, 9:00am – 2:30pm

Requirements: Senior residents 60 years of age & older

Services: Daily hot lunch (reservation required at least one day in advance by 1pm), weekly blood pressure screenings, sugar screening every 2nd Wednesday of the month, transportation to local supermarkets (Tuesdays & Thursdays), meal delivery to homebound seniors, lectures, social & recreational activities, and physical fitness groups

SLEEPY HOLLOW

Village of Sleepy Hollow Recreation Center

James F. Galgano Senior Center
55 Elm Street, Sleepy Hollow, NY 10591
(914) 366-5109

Accessibility: Monday to Friday, 8:00am - 3:00pm

Requirements: Adult residents 60 years of age & older; \$10.00 annual membership fee

Services: Daily hot lunch at the Knights of Columbus Hall in Tarrytown (\$2.50 suggested contribution; for reservations, call 914-361-2717), social & recreational activities, physical fitness classes, knitting, movies, swimming (10:00am on Tuesdays at Kendal on Hudson located at 1010 Kendal Way), and Meals on Wheels for a low cost

SOMERS

Van Tassell House

98 Primrose Street, Rt. 139, Katonah, NY 10536
(914) 232-0807

Accessibility: Monday to Friday, 8:00am – 3:30pm; Transportation available to residents of Somers

Requirements: Adults 60 years of age & older

Services: Daily lunch (\$2.00 suggested contribution), Meals on Wheels for senior residents of Somers, Lewisboro, & North Salem (\$2.00 suggested contribution per meal; call for reservations), social & recreational activities, arts & crafts, trips, transportation to/from medical appointments (Tuesdays, Wednesdays & Thursdays; call for reservations), transportation to local groceries, shops & library, visiting podiatrist, large print library, flu clinic, and physical fitness activities

Amawalk Firehouse

1 Liberty Way, Amawalk, NY 10501
(914) 485-1960

Accessibility: Wednesdays, 12:00pm – 3:00pm; Transportation available

Requirements: Adult residents 60 years of age & older; Annual membership fee of \$15

Services: Social activities, birthday parties, trips, exercise groups, speakers, and annual BBQ

TARYTOWN

The Neighborhood House

43 Wildey Street, Tarrytown, NY 10591
(914) 631-0205

Accessibility: Tuesday to Friday, 10:00am – 4:00pm

Requirements: 60 years of age & older residents of Tarrytown, Sleepy Hollow & surrounding communities

Services: Daily lunch (served Monday to Friday with \$3.00 suggested contribution; call in the morning of the day before for reservations), home-delivered meals (\$3.50 suggested contribution), social & recreational activities, knitting, movies, and health & fitness classes

Transfiguration Seniors

Church of the Transfiguration
268 South Broadway, Tarrytown, NY 10591
(914) 591-4276

Accessibility: Call for schedule of bi-monthly meetings

Requirements: 55 years of age & older members of Church of The Transfiguration OR residents of Tarrytown

Services: Social & recreational activities, holiday parties, and trips

TUCKAHOE

Tuckahoe Senior Center

Fr. Fata Hall at Assumption Church
100 Pleasant Avenue, Tuckahoe, NY 10707
(914) 337-8487

Accessibility: Tuesdays & Thursdays from September to July (call for hours)

Requirements: Adults 55 years of age & older; Annual membership fee of \$20

Services: Social & recreational activities, exercise classes, and lectures

WHITE PLAINS

White Plains Senior Center

65 Mitchell Place, White Plains, NY 10601
(914) 422-1423

Accessibility: Monday to Friday, 8:30am – 4:30pm; Wheelchair accessible; Metered parking available; Transportation is available (\$1.00 each way; Reservations must be made the day before by 4pm)

Requirements: Adults 60 years of age & older; Open to non-residents; Activities require registration with minimal fee

Services: Daily hot lunch (24 hour reservation required; \$3.00 suggested contribution), social & recreational activities, special lectures, computer & creative arts classes, health & fitness activities, and special event celebrations

Old Guard of White Plains - Memorial United Methodist Church

250 Bryant Avenue, White Plains, NY 10605
(914) 381-6347

Accessibility: Tuesdays, 10:00am

Requirements: Residents of Westchester of any age group, religion, and ethnicity are welcome to join

Services: Lectures on wide range of topics; The group provides community assistance either together or individually

Rainbow Drop-in Center & Outreach Program

Grace Church Community Center
33 Church Street, White Plains, NY 10607
(914) 948-5044

Accessibility: Wednesdays, 3:00pm – 6:00pm & Saturday morning programs for individuals and their family members

Requirements: Adults with developmental disability from minority and low-income families

Services: Daily dinner, arts & crafts, educational films, photography, trips to the Galleria mall, visits to area parks, social & cultural outings, and referral services through the Outreach Program

YONKERS

Grinton I. Will Library - Senator Flynn Room

1500 Central Park Avenue, Yonkers, NY
(914) 337-1500 ext. 348

Accessibility: Monday to Friday, 12:30pm – 4:30pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Social & recreational activities, dance & music, coffee hour, arts & crafts, computer courses, and physical fitness groups

Coyne Park Community Center

777 McLean Avenue, Yonkers, NY
(914) 377-6472

Accessibility: Monday to Friday, 12:00pm - 4:00pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Social & recreational activities, dance & music, coffee hour, arts & crafts, physical fitness groups, intergenerational program, and trips

Charles Cola Community Center

945 North Broadway, Yonkers, NY
(914) 377-6483

Accessibility: Monday, Wednesday, & Friday, 12:30pm - 4:30pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Arts & crafts, social & recreational activities, woodcarving, and parties

Rauso Post

178 Waverly Street, Yonkers, NY
(914) 377-6474

Accessibility: Tuesdays, 11:00am-3:00pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Social & recreational activities and in-house parties

Bryn Mawr Church Hall

20 Buckingham Road, Yonkers, NY
(914) 377-6478

Accessibility: Mondays & Wednesdays, 12:30 pm– 4:30pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Social & recreational activities and in-house parties

St. Marks's Hall

1373 Nepperhan Avenue, Yonkers, NY
(914) 377-6479

Accessibility: Tuesday & Friday, 11:30am– 4:30pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Social & recreational activities, arts & crafts, and in-house parties

Runyon House

21 Runyon Avenue, Yonkers, NY
(914) 969-2733

Accessibility: Wednesdays, 10:30am– 4:30pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Social & recreational activities, physical fitness classes, and parties

Terrace City Lodge #1499

95 North Broadway, Yonkers, NY
(914) 969-9752

Accessibility: Wednesdays, 11:00am – 3:00pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Daily lunch and social & recreational activities

Scotti Community Center - Bronx River Road, Community Center

680 Bronx River Road, Yonkers, NY
(914) 377-6486

Accessibility: Monday to Friday, 11:30am – 3:30pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Social & recreational activities, arts & crafts, parties, and lunch program (call 914-377-6822)

Nodine Hill Community Center

140 Fillmore Street, Yonkers, NY
(914) 377-6475

Accessibility: Monday to Friday, 12:00pm– 4:00pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Social & recreational activities, physical fitness classes, music & dance, AARP courses, and a coffee hour

North East Jewish Center Hall

11 Salisbury Road, Yonkers, NY
(914) 377-6491

Accessibility: Thursdays, 12:30 pm– 4:30pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Social & recreational activities, monthly meetings, and luncheon trips

Nepperhan Community Center

342 Warburton Avenue, Yonkers, NY
(914) 965-0203

Accessibility: Tuesdays & Thursdays, 12:30 pm– 4:30pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Social & recreational activities, exercise, arts & crafts, and lunch program (call 914-377-6822)

Our Lady of Fatima Church Hall

963 Scarsdale Road, Yonkers, NY
(914) 377-6492

Accessibility: Mondays & Tuesdays, 12:00 pm– 4:00pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Social & recreational activities and coffee hour

Crestwood Library

16 Thompson Steet, Yonkers, NY
(914) 337-1500 ext. 363

Accessibility: Mondays & Tuesdays, 12:00 pm– 4:00pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Social & recreational activities

Peter Chema Senior Community Center

435 Riverdale Avenue, Yonkers, NY
(914) 963-6662

Accessibility: Monday to Friday, 10:00 am– 2:00pm

Requirements: Adult residents of Yonkers 60 years of age & older; Free membership; Non residents are welcome for a nominal fee

Services: Daily hot lunch and social & recreational activities

YWCA of Yonkers

87 South Broadway, Yonkers, NY 10701
(914) 963-0640 ext. 105

Accessibility: Monday to Friday, 11:00 am– 3:00pm

Requirements: Adults 60 years of age & older

Services: Daily meals, social & recreational activities, physical fitness classes, preventative care, healthcare lectures, referral services for legal assistance, and health screenings

YORKTOWN HEIGHTS

Yorktown Community and Cultural Center

1974 Commerce Street, Yorktown Heights, NY 10598
(914) 962-7447

Accessibility: Monday to Friday, 9:00am-2:30pm; Yorktown Chapter 1 Meeting on Tuesdays, 10:00am – 2:00pm; Yorktown Chapter 2 Meeting on Thursdays, 10:00am – 2:00pm; Yorktown Seniors New Horizon Meeting on 10:00am – 2:00pm; Yorktown Seniors Shrub Oak Meeting on Monday, 10:00am – 2:00pm

Requirements: Adults 60 years of age & older

Services: Daily lunch (reservations required), Nutrition program, fitness classes, arts and crafts, knitting, social & recreational activities, and computer laboratory for use

Additional Senior Programming and Clubs

Dobbs Ferry Senior Citizens Center

60 Palisade Street, Dobbs Ferry, NY 10522
(914) 693-0787

Sacred Heart Seniors

Sacred Heart Church
18 Bellewood Avenue, Dobbs Ferry, NY 10522
(914) 693-0119

Sacred Heart Leisure Club

10 Lawton Avenue, Hartsdale, NY 10530
(914) 949-0029

Swinging Seniors of Sacred Heart

115 Sharpe Boulevard, Mount Vernon, NY 10550
(914) 668-7440

Trinity Church Seniors

335 South Fourth Avenue, Mount Vernon, NY 10550
(914) 667-5524

Hugh A. Doyle Senior Center

94 Davis Avenue, New Rochelle, NY 10805
(914) 235-2363

Ganon Road, Senior Center

235 Garth Road, Scarsdale, NY 20583
(914) 725-6406

Steinberg Senior Center

1001 Central Avenue, Scarsdale, NY 10583
(914) 725-0808

Hebrew Institute Senior Citizens Club

20 Greenridge Avenue, White Plains, NY 10605
(914) 948-3095

Westchester Lighthouse

170 Hamilton Avenue, White Plains, NY 10605
(914) 949-2146

YWCA of White Plains and Central Westchester

515 North Street, white Plains, NY 10605
(914) 949-6227

Day Programs

Cabrini of Westchester Adult Day Program

115 Broadway, Dobbs Ferry, NY 10522
(914) 693-6800 ext. 850

Accessibility: Monday to Friday (call for hours of operation)

Services: Round-trip transportation, meals, and podiatry services

Adult Day Care Center at Fieldhome

2300 Catherine Street, Cortlandt Manor
(914) 739-2244

St. Andrew's Day Program, Inc.

101 North Central Avenue, Hartsdale, NY 10530
(914) 448-5645

Bradhurst Adult Day Care Program (Town of Mount Pleasant only)

63 Bradhurst Avenue, Hawthorne, NY 10532
(914) 592-6441

Jewish Home Life Care - Sarah Newman Adult Day Health Program

845 Palmer Avenue, Mamaroneck, NY 10543
(914) 864-5800 or 5806

My Second Home

Adult Day Program of Family Services of Westchester, Inc.
95 Radio Circle, Mount Kisco, NY 10549
(914) 241-0770

Club Wartburg

Bradley Avenue, Mount Vernon, NY 10550
(914) 699-0800 ext. 472

Haven Senior Social Adult Day Program

403 East 3rd Street, Mount Vernon, NY 10553
(914) 699-1488

Westchester County Department of Senior Programs and Services

9 South 1st Avenue, 10th Fl, Mount Vernon, NY 10550
(914) 813-6442

The Bethel Social Day Program

17-19 Narragansett Avenue, Ossining, NY 10562
(914) 941-7300 ext. 238

Margeliz Center Social Adult Day Program

334 Route 202, Somers, NY 10589
(914) 276-7601

The Fountains at RiverVue

One RiverVue Place, Tuckahoe, NY 10707
(914) 768-6000
Beth Abraham Family of Health Services
(also known as CCM Alternative Care Setting)
235 Old Tarrytown Road, White Plains, NY 10603
(914) 289-0400

Edna Lillian Roker Social Adult Day Program

311 North Street, Suite 101, White Plains, NY 10605
(914) 761-3885

Our Place ElderServe - Adult Day Social Club for Seniors

347 Saw Mill River Road, Yonkers, NY 10701
(914) 964-6980

Medical Based Day Programs

Morningside House - Alzheimer's Adult Day Health Care Program

50 Broadway, Hawthorne, NY 10532
(914) 769-0953

Sound Shore Medical Center - Adult Day Care Program

16 Guion Place, New Rochelle, NY 10802
(914) 365-4237

Bethel Nursing Home - Adult Day Health Program

17 Narragansett Avenue, Ossining, NY
(914) 941-7300 ext. 203

Hebrew Hospital Home -Adult Day Services Program

51 Grasslands Avenue, Valhalla, NY 10595
(914) 681-8696

Beth Abraham Health Services - Adult Day Health Center

335 Old Tarrytown Rd, White Plains, NY 10603
(914) 683-1600

GuildCare - Adult Day Care

4 Executive Plaza, Suite 175, Yonkers, NY 10701
(914) 220-8590