

Entertainment/Programs/Socials/ Exercise: Community Center:

- Exercise classes M-F,  Sept.—June: Morning classes: Chair Yoga, Senior Sneakers, Aerobics, Tai Chi.
 - Current Events—Tuesdays 11AM via Zoom
 - Bingo - Mondays & Thursdays 12:30PM-3:30PM.
 - Summer Senior Swim at Chemka pool. 11:30AM - 12:30PM. Summer weekdays.
 - Monthly socials, seminars, presentations: Offered throughout the year:
 Senior bus available.
 - Check the monthly calendar at the Community Center
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We want to hear from you:
ideas, services, excursions,
questions? Contact →→→→→→→

Transportation for medical services:


- FISH (Friends in Service Helping) Transportation to/from medical appointments within Westchester, volunteers drive -- for those with no other means of transportation.
(914) 478-0688 - 2 days advance.
 - Westfair: transportation for medical appointments. (914) 764-3533. Donations welcome
 - RideConnect M-F & weekends; medical appointments, grocery shopping: call or email for details & apply: (914) 242-7433
www.rideconnectwestchester.org
 - Para-Transit: Curb-to-curb transportation services for those unable to use the public bus system.
Details/apply: (914) 995-2956
Reservation: (914) 995-7272
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- Anne Russak: Senior Outreach:
senioroutreach@hastingsgov.org
- Mayor Niki Armacost:
mayor@hastingsgov.org
- Senior Advisory Council Chair:
Polly Bijor

Transportation: Events/Shopping Hastings Seniors have their own BUS!



Door-to-door transportation for many senior activities -- call us:
(914) 478-2380 ex. 0

 Senior bus available. **Shopping trips** to various stores once a week: Wed. AM. Stores include: Kohl's, ShopRite, Trader Joes.

 Senior bus available.

Food:

Home Delivered Meals (Meals on Wheels) call (914) 989-1807

Grocery store delivery:

Four Seasons Marketplace:
(914) 478-2392

Farmer's Market: First and third Saturday, January through May June - December Weekly.
Saturdays, 8:30-1 Commuter lot by Train Station

Senior Benefits: Information

Centers -- free counseling on medicare issues:

- ✓ Greenburgh Public Library - 300 Tarrytown Rd., Elmsford, N.Y. Mondays 10 - 1 pm (914) 721-8200
- ✓ Grinton Will Library - 1500 Central Park Ave., Yonkers, N.Y. - Thursdays 11-3 (914) 337-1500
- ✓ AARP Tax-Aide - Dobbs Ferry Library -693-6614 st

Planning:

Greenburgh Livable Communities: assess needs/help people remain actively engaged in their communities. Westchester Jewish Community Services:

(914) 761 -0600, ext. 314

Housing: STAR; **SCRIE** (Senior Citizen Rent Increase Exemption)

Websites:

Village: <http://www.hastingsgov.org>

Schools: <http://www.hohschools.org>

Library: <http://www.hastingslibrary.org>
Westchester County Senior Programs and Services:

<http://www.westchestergov.com/seniors>

Local Organizations: Join the fun!

- ✓ Veterans of Foreign Wars, American Legion, Mothers Club, Hastings Schools: (theater, music: all programs free charge to seniors; one performance per year with a catered dinner), Houses of Worship, Southside Athletic Club & more...



- ✓ Hastings Public Library: book groups, film series, local author events, art lessons, knitting club, music -- refreshments, companionship and lively engagement. Website: www.hastingslibrary.org (914) 478-3307

HASTINGS ON HUDSON SENIOR INFORMATION

OUTREACH: Information, resources, support, advocacy

ACTIVITIES & SERVICES

- ✓ Classes, socials, holiday events, shopping, transportation, referrals for home healthcare
- ✓ Speakers on important subjects
- ✓ Information about arts, leisure, educational programs, benefits

Senior Advisory Council meets on the fourth Monday of every month at 5:00 PM via Zoom: comprised of Board of Trustees liaison and Hastings resident volunteers.

Anne Russak: Senior Outreach:
(914) 478-2380 x 644

M. & Thurs. 9-3 Tues. 10-3
Senioroutreach@hastingsgov.org
Community Center at 44 Main St
Transportation Village Senior Bus



914 478-2380

Current List of Businesses Offering Senior Discounts (age 65 and up):

- Bauer Optical 10% daily/15% off on Thursdays
- Bistro House 10% off on Thursday
- Boro6 Wine Bar 15% off lunch on Wednesday (dine in only)
- Bread & Brine 10% off Thursday lunch
- Center Restaurant 10% off dinners Thursday
- Chou Chou Salon 15% off on Thursday
- Fashion Without Trashin' 15% off on Thursday
- Greenleaf 10% off excluding co-pays Thursday
- Hastings Beauty Salon 15% off all hair services on Thursdays
- Hastings Hardware 10% off on Thursdays
- Hudson Coin free appraisals on Thursdays, call Marc Rosner for an appointment at 914-649-3317
- Hudson Line 10% off on homewares on Thursdays
- Hudson Valley Barbers \$5 or 15% discounts for Senior cuts any day we are open!
- Maud's Tavern 10% off on Thursdays
- Mossy Fern 10% off on Thursdays
- N'Lighten Infrared Sauna 15% off on all sessions for seniors on Thursdays
- Pizza Grill 15% off Thursday, dine in only
- Refill Room 10% off on Thursday
- Saint George Bistro 10% off of dinner on Thursdays
- Slices 10% off on Thursday
- Suburban Renewal 10% off on Thursday
- Taiim Falafel Shack 10% off on Thursday
- The Good Witch Coffee Bar "Tuesday Senior Special" Coffee + a Specialty Bagel Sandwich \$7.50 (dine in only)