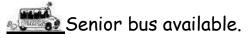
Entertainment/Programs/Socials/ Exercise: Community Center:

- Exercise classes M-F, \wedge 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:



· Check the monthly calendar at the Community Center

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

- 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

<u>Senior Benefits:</u> 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

<u>Housing:</u> STAR; **SCRIE** (Senior Citizen Rent Increase Exemption)

Websites:

Village: http://www.hastingsgov.org

Schools: http://www.hohschools.org

<u>Library</u>: 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)