

Entertainment/Programs/Socials/ Exercise: Community Center:

- **Exercise classes M-F,**  Sept.—June: Morning classes: Yoga, Senior Sneakers, Aerobics, Tai Chi.
- **Current Events—Tuesdays**
12 noon
- **Busy Bees:** Bingo - Mondays
1-3:30.  Senior bus available.
- **Bridge:** Mondays, 12 noon
- **Senior Canteen:** Thurs. 1-3:30 pm. Bingo.  Senior bus available.
- **Summer Senior Swim** at Chemka pool. 11:30 - 12:30. Summer weekdays.  Senior bus available.
- **Monthly socials, seminars, presentations:** Oct. - July:
 Senior bus available.
- **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

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- Anne Russak: Senior Outreach:
senioroutreach@hastingsgov.org
 - Trustee Niki Armacost:
trusteearmacost@hastingsgov.org
 - Senior Advisory Council Chair:
Paula Scheiber: ps0418@aol.com

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



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

- **Embassy Club:** Nutrition Site - 60 Palisades St., Dobbs Ferry, (914) 693-0787- Lunch M-F 11-1. Call one day in advance for reservations. Lunch: \$3 pp
 Senior bus available.

Shopping trips to various stores twice a week: Tues & Wed. AM. Stores include: Kohl's, ShopRite, KMart, Stop 'n Shop.  Senior bus available.



Food:

Home Delivered Meals (Meals on Wheels) call (914) 693-8997

Grocery store delivery:

Hastings Prime Meats:
(914) 478-2392

Farmer's Market: June - Oct. Saturdays, 8:30-1 Library lot
Nov. - May: every other Saturday at the Community Center.

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 - February 1st - April 15th (914) 693-6614

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

Shop in Hastings:

- Senior discount on Thursdays: 10%: Pizza Grill; Prime Meats; Slices; Greenleaf (non prescription items); Indigo, Expressions, Hardware store
- Further discounts: Chou Chou: 15%; Village Cleaners: Daily 10%; Hastings Stationary: 10% off all greeting cards; Bauer Optical: 15% daily discount; Center Restaurant: M - F 3-9pm 10%.

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

PLANNING

Senior Advisory Council meets on the fourth Tuesday of every month at 5:00 PM in the Community Center: 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