

# SENIOR RESOURCE GUIDE

A COMPREHENSIVE GUIDE TO MANHATTAN'S  
RESOURCES FOR OLDER ADULTS



**MARK LEVINE**  
MANHATTAN BOROUGH PRESIDENT

# Senior Resource Guide

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## Senior Resource Guide

# Letter from the Manhattan Borough President

Manhattan's senior population is booming – nearly 300,000 older adults call our borough home. So as we continue to build a future that is inclusive and supportive of all, our senior community remains a top priority. It is my hope that this guide will serve as a helpful tool for you and your loved ones, ensuring that you feel connected, cared for, and empowered.

This guide is designed to provide you with essential information on health care services, transportation options, housing assistance, recreational programs, and much more. Whether you are seeking help with day-to-day needs, looking for opportunities to stay active, or exploring ways to connect with others, this guide is here to support you every step of the way.

We recognize that navigating the wide range of services offered in our city can sometimes be overwhelming, but know that you are never alone. My office is here to assist you in making informed decisions and accessing the resources that can enrich your life. Please do not hesitate to reach out to my office if you have any questions or need further assistance. Contact us at 212-669-8300 or [info@manhattanbp.nyc.gov](mailto:info@manhattanbp.nyc.gov).

Together, we can make sure that New York City remains a welcoming and supportive place for all older adults.

Sincerely,



Mark Levine  
Manhattan Borough President

## Senior Centers and Naturally Occurring Retirement Communities (NORCs) Community Board District 1

### Older Adult Centers

#### Independence Plaza Senior Center

310 Greenwich Street  
New York, NY 10013

<https://greenwichhouse.org/network-of-older-adult-centers/>

Tel: (212) 267-0499  
Contact: Joe Mayock, Director  
[jmayock@greenwichhouse.org](mailto:jmayock@greenwichhouse.org)

#### City Hall Senior Center

100 Gold Street - Lower Level  
New York, NY 10038

<http://www.hamiltonmadisonhouse.org/older-adult-services.html>

Tel: (212) 788-5580  
Contact: Joanna Chu, Director  
[choac@hmonline.org](mailto:choac@hmonline.org)

### NORCs

#### St. Margaret's House

49 Fulton Street  
New York, NY 10038

<https://www.smhnyc.org/>

Tel: (212) 766-8122  
Contact: Claire Guerette, Executive Director  
[cguerette@smhnyc.org](mailto:cguerette@smhnyc.org)

## Senior Centers and Naturally Occurring Retirement Communities (NORCs) Community Board District 2

### Older Adult Centers

#### Center on the Square Senior Center

20 Washington Square North  
New York, NY 10011

<https://greenwichhouse.org/network-of-older-adult-centers/our-locations/>

Tel: (212) 777-3555

Contact: Nicole Brown, Director  
nbrown@greenwichhouse.org

#### Divine Living Adult Daycare Center

280 Delancey St  
New York, NY 10002

<http://www.divinelivingadc.com/adult-day-care-services>

Tel: (212) 477-7755

Contact: info@divineliving.com

*Provides services such as case management, fitness and recreational activities, meals, and entertainment. Provides a variety of accommodations as well.*

#### The HeART Program @ Houston Street

273 Bowery Street  
New York, NY 10002

<https://www.universitysettlement.org/programs/houston-street-center/adult-senior-programs/>

Tel: (212) 475-5008

Contact: Adam Blackman, Program Director  
ablackman@universitysettlement.org

#### Lifelong Skills & Opportunity Center

27 Barrow Street  
New York, NY 10014

<https://greenwichhouse.org/lifelong-skills/>

Tel: (917) 261-4598

Contact: Jessica Cuttone, Director of Workforce Services  
jcuttone@greenwichhouse.org

#### The Mott Street Older Adult Center

180 Mott Street  
New York, NY 10012

<https://www.nyfsc.org/support-services/older-adult-centers/>

Tel: (212) 966-5460

Contact: OAC office, nyfscinc@aol.com

### **The Open Door Senior Center**

168 Grand Street  
New York, NY 10013

<https://www.cpc-nyc.org/programs/family-support/open-door-senior-center>

Tel: (212) 431-9026  
Contact: Po-Ling Ng, Director [png@cpc-nyc.org](mailto:png@cpc-nyc.org)

### **Our Lady of Pompeii Center**

25 Carmine Street  
New York, NY 10014

<https://www.greenwichhouse.org/venue/our-lady-of-pompeii/>

Tel: (212) 989-3620  
Contact: Mary Springer, Director  
[mspringer@greenwichhouse.org](mailto:mspringer@greenwichhouse.org)

### **Westbeth Artists Center**

155 Bank Street  
New York, NY 10014

<https://greenwichhouse.org/network-of-older-adult-centers/our-locations/>

Tel: (212) 255-5191  
Contact: Ruby Ng, Director  
[rng@greenwichhouse.org](mailto:rng@greenwichhouse.org)

### **Cathay Adult Day Care Center**

118 Baxter Street, LL  
New York, NY 10013

[https://a125-egovt.nyc.gov/egovt/services/service\\_detail.cfm?contract\\_\\_cont\\_dfta\\_id=S2701](https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S2701)

Tel: (212) 266-1353

# Senior Centers and Naturally Occurring Retirement Communities (NORCs) Community Board District 3

## Older Adult Centers

### **AAFECare Older Adult Center**

111 Norfolk Street  
New York, NY 10002

<https://www.coalitionforthehomeless.org/resources/asian-americans-for-equality-community-center/>

Tel: (212) 358-9922  
Contact: Emily Rios, Community Services  
Managing Director [emily\\_rios@aafe.org](mailto:emily_rios@aafe.org)

### **BRC Senior Center**

30 Delancey Street  
New York, NY 10002

<https://www.brc.org/older-adults>

Tel: (212) 803-35700  
Contact: David Tatum, Chief of Staff [info@brc.org](mailto:info@brc.org)

### **Chinatown Senior Center**

55 Chrystie Street  
New York, NY 10002

<https://www.cpc-nyc.org/programs/family-support/chinatown-senior-center>

Tel: (212) 233-8930  
Contact: Jenny Tran, Director [jtran@cpc-nyc.org](mailto:jtran@cpc-nyc.org)

### **80 Pitt Street Community Center**

175 Delancey Street  
New York, NY 10002

<https://www.grandsettlement.org/programs-and-services/seniors>

Tel: (212) 674-1740  
Contact: Ines De La Nuez, Director

### **Henry Street Settlement Older Adult Center**

351 Madison Street  
New York, NY 10002

<https://www.henrystreet.org/programs/oa-services/older-adult-center/>

Tel: (212) 766-9200  
Contact: Rachel Hughes, Program Director  
[hughes@henrystreet.org](mailto:hughes@henrystreet.org)

### **John Paul II Friendship Center**

103 E 7th Street  
New York, NY 10009

<https://hitesite.org/resource/2832>

Tel: (929) 210-2152  
Contact: Jakub Polacyck, Director  
[jp2@polishslaviccenter.org](mailto:jp2@polishslaviccenter.org)

**LaGuardia Good Health and Happiness OAC**

280 Cherry Street  
New York, NY 10002

<https://www.nyfsc.org/support-services/older-adult-centers/>

Tel: (212) 732-3656  
Contact: OAC office nyfscinc@aol.com

**Lilian Wald Older Adult Center**

12 Avenue D  
New York, NY 10009

<https://ujces.org/lillian-wald-older-adult-center-nyc>

Tel: (212) 260-2731  
Contact: OAC office info@ujces.org

**Meltzer Center**

94 E 1st Street  
New York, NY 10009

<https://www.universitysettlement.org/programs/older-adults/meltzer/>

Tel: (212) 253-5624  
Contact: Bing Ji, Senior Program Director  
bjj@universitysettlement.org

**Sirovich Center for Balanced Living**

331 East 12th Street  
New York, NY 10003

<https://www.14streety.org/adult-programs/sirovich-center/>

Tel: (646) 395-4534  
Contact: ShaiMei Zhang, Senior Director  
sirovich@14streety.org

**United Jewish Council of the East Side Adult Lunch Club**

15 Willett Street  
New York, NY 10002

<https://ujces.org/adult-lunch-club-nyc>

Tel: (212) 673-9328 ext. 190  
Contact: Elaine Castro, OAC office info@ujces.org

**University Settlement Neighborhood Center**

189 Allen Street  
New York, NY 10002

<https://www.universitysettlement.org/programs/older-adults/neighborhood-center/>

Tel: (212) 473-8217  
Contact: Jennifer Vallone, Associate Executive Director  
jvallone@universitysettlement.org

**Weinberg Center for Balanced Living**

197 East Broadway  
New York, NY 10002

<https://mannycantor.org/older-adults/>

Tel: (646) 395-4270  
Contact: Xiomara Maldonado, Senior Director  
xmaldonado@mannycantor.org

## NORCs

### **Alfred Smith Houses**

50 Madison Street  
New York, NY 10038

<http://www.hamiltonmadisonhouse.org/older-adult-services.html>

Tel: (212) 349-3724  
Contact: Bonnie Lumagui, Asst. Executive  
Director seniorservices@hmonline.org

### **Chatham Green/Confucious Plaza**

185 Park Row  
New York, NY 10038

<http://www.hamiltonmadisonhouse.org/older-adult-services.html>

Tel: (212) 233-2731  
Contact: Bonnie Lumagui, Asst. Executive  
Director seniorservices@hmonline.org

### **Co-Op Village**

465 Grand Street  
New York, NY 10002

<https://mannycantor.org/co-op-village-norc-educational-alliance/>

Tel: (646) 395-4510  
Contact: Christine Dey, Director  
cdey@edalliance.org

### **Knickerbocker Village**

36 Monroe Street  
New York, NY 10002

<http://www.hamiltonmadisonhouse.org/older-adult-services.html>

Tel: (212) 349-0616  
Contact: Bonnie Lumagui, NORC Director  
seniorservices@hmonline.org

### **Masaryk Towers NORC**

75 Columbia Street  
New York, NY 10002

<https://ujces.org/masaryk-towers-norc-nyc>

Tel: (212) 301-8995  
Contact: NORC Office norc@ujces.org

### **Two Bridges Senior Apartments**

80 Rutgers Slip  
New York, NY 10002

<http://www.hamiltonmadisonhouse.org/locations-1.html>

Tel: (212) 349-9869  
Contact: Bonnie Lumagui, Asst. Executive  
Director seniorservices@hmonline.org

### **Village View NORC**

189 Allen Street  
New York, NY 10002

<https://www.universitysettlement.org/programs/older-adults/village-view-norc/>

Tel: (212) 475-0150  
Contact: Jennifer Vallone, Associate Executive Director [jvallone@universitysettlement.org](mailto:jvallone@universitysettlement.org)

### **Vision Urbana NORC**

75 Delancey Street  
New York, NY 10002

<https://www2.visionurbana.org/SeniorCenterNORC>

Tel: (646) 622-9967  
Contact: NORC office [yudith@visionurbana.org](mailto:yudith@visionurbana.org)

## **Adult Day Centers**

### **Angelas Adult Day Care**

87 Bowery, 2nd Floor  
New York, NY 10002

[https://a125-egovt.nyc.gov/egovt/services/service\\_detail.cfm?contract\\_\\_cont\\_dfta\\_id=S28401](https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S28401)

Tel: (917) 435-6720

### **Confucius Social Daycare Center**

33 Bowery 2nd Floor, Ste. #B201  
New York, NY 10002

[https://a125-egovt.nyc.gov/egovt/services/service\\_detail.cfm?contract\\_\\_cont\\_dfta\\_id=S46601](https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S46601)

Tel: (212) 226-2338

Office of the Manhattan Borough President

### **Vladeck Cares NORC**

351 Madison Street  
New York, NY 10002

<https://www.henrystreet.org/programs/oa-services/norcvladeck-cares/>

Tel: (212) 477-0455  
Contact: Betsy Smith, Program Director [bsmith@henrystreet.org](mailto:bsmith@henrystreet.org)

### **Divine Living Adult Daycare Center**

280 Delancey Street  
New York, NY 10002

<http://www.divinelivingadc.com/>

Tel: (212) 477-7755  
Contact: Oscar Real, SADC office [info@divineliving.com](mailto:info@divineliving.com)

**Fu Kang Senior Center, Inc.**

223 Park Row  
New York, NY 10038

[https://a125-egovt.nyc.gov/egovt/services/service\\_detail.cfm?contract\\_\\_cont\\_dfta\\_id=S373601](https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S373601)

Tel: (718) 603-3999

**Golden Sun Life Daycare**

75 E Broadway, 2nd Floor  
New York, NY 10002

[https://a125-egovt.nyc.gov/egovt/services/service\\_detail.cfm?contract\\_\\_cont\\_dfta\\_id=S29001](https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S29001)

Tel: (646) 492-0625

**Golden Town Adult Day Care Center**

99 Canal Street, 2nd Floor  
New York, NY 10002

[https://a125-egovt.nyc.gov/egovt/services/service\\_detail.cfm?contract\\_\\_cont\\_dfta\\_id=S6501](https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S6501)

Tel: (212) 966-6809

**Longevity Adult Day Care Center**

285 Grand Street  
New York, NY 10002

[https://a125-egovt.nyc.gov/egovt/services/service\\_detail.cfm?contract\\_\\_cont\\_dfta\\_id=S10101](https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S10101)

Tel: (212) 966-1378

**Sunshine Services Enterprises, Inc.**

101 Lafayette Street, 2nd Floor  
New York, NY 10002

<https://www.facebook.com/iSunshineServices/>

Tel: (212) 966-2873

## Senior Centers and Naturally Occurring Retirement Communities (NORCs) Community Board District 4

### Older Adult Centers

#### **Clinton Older Adult Center**

530 W 55th Street  
New York, NY 10019

<https://www.projectfind.org/clinton>

Tel: (212) 757-2026  
Contact: Stephanie Falcon, Director

#### **Coffeehouse Older Adult Center**

331 West 42nd Street  
New York, NY 10036

<https://www.projectfind.org/coffeehouse>

Tel: (646) 545-4621  
Contact: Aaron Debroux, Director  
adebroux@projectfind.org

#### **Eddie Windsor SAGE Center**

305 7th Avenue  
New York, NY 10001

<https://sageserves.org/sage-centers/>

Tel: (646) 576-8669  
Contact: OAC info@sageusa.org

#### **Hudson Guild/Fulton Neighborhood Senior Center**

119 9th Ave  
New York, NY 10011

<https://hudsonguild.org/adult-services>

Tel: (212) 924-6710  
Contact: Jenn Rosas, Program Manager jrosas@hudsonguild.org

#### **VISIONS Center on Aging**

135 West 23rd Street  
New York, NY 10011

<https://visionsvcb.org/what-we-do/oac/>

Tel: (646) 486-4444  
Contact: Diana Cruz, Director  
dcruz@visionsvcb.org

## NORCs

### **Hudson Guild's Elliot-Chelsea Houses**

428 W 26th Street  
New York, NY 10011

<https://hudsonguild.org/adult-services>

Tel: (212) 760-9800  
Contact: Yesenia Zuniga, Director  
yzuniga@hudsonguild.org

### **Penn South Program for Seniors**

290 9th Ave  
New York, NY 10001

<https://www.psss.org/psps>

Tel: (212) 243-3670  
Contact: Joanna Moniuszko, Director  
magosto@jasa.org

## Adult Day Centers

### **Lifelong Learning Center @ Encore West**

755 10th Avenue  
New York, NY 10019

<https://www.encorenyc.org/encore-west-residence/>

Tel: (212) 991-3726

## Senior Centers and Naturally Occurring Retirement Communities (NORCs) **Community Board District 5**

### **Older Adult Centers**

#### **Aging Through the Arts Senior Center at St. Malachy's**

239 West 49th Street  
New York, NY 10019

<https://www.encorenyc.org/contact-us/>

Tel: (212) 581-2910

Contact: Stacey Lee, Interim Assistant Director  
trogers@encorenyc.org

#### **Woodstock Older Adult Center**

127 West 43rd Street  
New York, NY 10036

[https://www.projectfind.org/woodstock\\_center](https://www.projectfind.org/woodstock_center)

Tel: (212) 575-0693

Contact: Chenal Thompson, Program Director  
cthompson@projectfind.org

## Senior Centers and Naturally Occurring Retirement Communities (NORCs) **Community Board District 6**

### **Older Adult Centers**

#### **Older Adult Center @ Saint Peter's Church**

619 Lexington Avenue  
New York, NY 10022

<https://www.lenoxhill.org/saintpeters>

Tel: (646) 306-4492  
Contact: Yameiri Delmonte, Director  
[ydelmonte@lenoxhill.org](mailto:ydelmonte@lenoxhill.org)

#### **Stein Senior Center**

204 East 23rd Street  
New York, NY 10010

<https://www.steinseniorcenter.org/>

Tel: (646) 395-8083  
Contact: Marilyn Green, Executive Director  
[mgreen@steinseniorcenter.org](mailto:mgreen@steinseniorcenter.org)

## Senior Centers and Naturally Occurring Retirement Communities (NORCs) Community Board District 7

### Older Adult Centers

#### **ABSW Senior Center**

221 W 107th Street  
New York, NY 10025

<https://abswnych.org/senior-program/>

Tel: (212) 749-8400

#### **Center at the Red Oak**

135 W 106th Street  
New York, NY 10025

<https://wsfssh.org/senior-center/>

Tel: (212) 749-7015

Contact: Micki Navarro, Director  
[info@wsfssh.org](mailto:info@wsfssh.org)

#### **Club 76 OAC**

120 West 76th Street  
New York, NY 10023

<https://www.jasa.org/services/older-adult-centers>

Tel: (212) 712-0170

Contact: Aisha Parillon, Senior Director of Older Adult Centers [help@jasa.org](mailto:help@jasa.org)

#### **DOROT Senior Center**

171 W 85th Street  
New York, NY 10024

<https://www.dorotusa.org/our-programs/at-dorot>

Tel: (212) 769-2850

Contact: Julia Kessler-Hollar, Senior Program Officer

#### **Goddard Riverside OAC**

593 Columbus Avenue  
New York, NY 10024

<https://goddard.org/programs/older-adults/seniorcenter/>

Tel: (212) 873-6600

Contact: Marcia Mason, Director  
[mmason@goddard.org](mailto:mmason@goddard.org)

#### **Hamilton OAC**

141 W 73rd Street  
New York, NY 10023

[https://www.projectfind.org/hamilton\\_center](https://www.projectfind.org/hamilton_center)

tel: (212) 787-7710

Contact: Daniel Young, Senior Program Director  
[dyoung@projectfind.org](mailto:dyoung@projectfind.org)

## **Lincoln Square OAC**

250 W 65th Street  
New York, NY 10023

<https://goddard.org/programs/older-adults/seniorcenter/>

Tel: (212) 874-080  
Contact: Victoriia Zakhary, Aging Services  
Director [vzakhary@goddard.org](mailto:vzakhary@goddard.org)

## **NORCs**

### **Hamilton and Hargrave Houses**

141 W 73rd Street/111 W 71st Street  
New York, NY 10023

<https://www.projectfind.org/hamilton>

Tel: (212) 595-3385 ext. 300  
Contact: Toolaine, Iqbal, Property Management  
and Housing [ssross@projectfind.org](mailto:ssross@projectfind.org)

### **Lincoln Square NORC**

250 W 65th Street  
New York, NY 10023

<https://goddard.org/programs/older-adults/norc/>

Tel: (212) 874-0860  
Contact: Victoriia Zakhary, Aging Services  
Director [vzakhary@goddard.org](mailto:vzakhary@goddard.org)

### **Phelps House**

595 Columbus Avenue  
New York, NY 10024

<https://goddard.org/programs/older-adults/phelps/>

Tel: (212) 873-6600  
Contact: Sharon Cruz, Building Manager  
[scrutz@goddard.org](mailto:scrutz@goddard.org)

### **West Side NORC**

647 Columbus Avenue  
New York, NY 10025

<https://goddard.org/programs/older-adults/norc/>

Tel: (212) 665-3853  
Contact: Nina Kaminsky, Director  
[nkaminsky@goddard.org](mailto:nkaminsky@goddard.org)

## Senior Centers and Naturally Occurring Retirement Communities (NORCs) Community Board District 8

### Older Adult Centers

#### **Carter Burden Luncheon Club**

351 E 74th Street  
New York, NY 10021

<https://www.carterburdennetwork.org/cblc>

Tel: (212) 203-2541  
Contact: Sharon Zeisel, Director  
zeisels@carterburdennetwork.org

#### **Roosevelt Island Center**

546 Main Street  
New York, NY 10044

<https://www.carterburdennetwork.org/risc>

Tel: (212) 980-1888  
Contact: Lisa Fernandez, Director  
fernandezl@carterburdennetwork.org

#### **Stanley M. Isaacs OAC**

415 E 93rd Street  
New York, NY 10128

<https://isaacscenter.org/senior-services/>

Tel: (212) 360-7620  
Contact: Jemma Marens, Aging Services  
Program Director jmarens@isaacscenter.org

#### **The Center @ Lenox Hill**

343 E 70th Street  
New York, NY 10021

<https://www.lenoxhill.org/center-lenox-hill-neighborhood-house>

Tel: (212) 218-0319  
Contact: Sara Woodson, Director  
swoodson@lenoxhill.org

### NORCs

#### **Stanley M. Isaacs NORC**

415 E 93rd Street  
New York, NY 10128

<https://isaacscenter.org/senior-services/>

Tel: (212) 360-7620 x1106  
Contact: Krhistel Simmons, Assoc. V.P. for Aging  
Services ksimmons@isaacscenter.org

## Senior Centers and Naturally Occurring Retirement Communities (NORCs) Community Board District 9

### Older Adult Centers

#### **Hamilton Grange Senior Citizens Center**

420 W 145th Street  
New York, NY 10031

<https://sites.google.com/hamiltongrange.com/hgna/senior-center>

Tel: (212) 862-4181  
Contact: Sylmetta Donaldson, Director  
seniors@hamiltongrange.org

#### **Jackie Robinson Senior Center**

1301 Amsterdam Avenue  
New York, NY 10027

<https://www.instagram.com/walburgcenter/?hl=en>

Tel: (212) 666-4910  
Contact: Carla Brown, Executive Director

#### **Mary McLeod Bethune Center**

1970 Amsterdam Avenue  
New York, NY 10032

<https://cothoa.com/html/center.cfm?cid=6>

Tel: (646) 918-7710

#### **PSS Manhattanville Center**

530 W 133rd Street  
New York, NY 10027

<https://pssusa.org/manhattanville/>

Tel: (212) 862-5562  
Contact: Robert Anthony, Communications  
Coordinator svillar@pssusa.org

#### **Wilson Major Morris Community Center**

448 W 152nd Street  
New York, NY 10032

<https://wmmcc.org/>

Tel: (212) 234-4661  
Contact: Mary E. Ahalbert, Director  
152wmmcc@gmail.com

## **NORCs**

### **Morningside MRHS NORC**

100 La Salle Street  
New York, NY 10027

<https://www.mrhsny.org/>

Tel: (212) 666-4000  
Contact: Ron Bruno, Executive Director  
ronb@mrhsny.org

### **Mannie L. Wilson Towers NORC**

565 Manhattan Ave  
New York, NY 10027

Tel: (212) 280-2121  
Contact: Laura Williams, Coordinator

## Senior Centers and Naturally Occurring Retirement Communities (NORCs) Community Board District 10

### Older Adult Centers

#### **ARC A. Philip Randolph Senior Center**

108 W 146th Street  
New York, NY 10039

<https://www.arcseniors.org/centers/apr/>

Tel: (212) 281-1349  
Contact: Richard Allman, Site Director  
info@arcseniors.org

#### **ARC Central Harlem Senior Center**

120 W 140th Street  
New York, NY 10039

<https://www.arcseniors.org/centers/ch/>

Tel: (347) 919-5072  
Contact: Jessika Roldan, Site Director  
info@arcseniors.org

#### **Kennedy Senior Citizens Center**

34 W 134th Street  
New York, NY 10037

<https://www.chscc.org/central-harlem.html>

Tel: (212) 926-4871  
Contact: Alishia Thomas, Site Director  
kberry@chscc.org

#### **Community Kitchen of West Harlem**

525 W 116th Street  
New York, NY 10027

<https://www.foodbanknyc.org/serving-seniors-harlem/>

Tel: (212) 566-7855

#### **Polo Grounds Older Adult Center**

2965 Frederick Douglass Boulevard  
New York, NY 10039

<https://cothoa.com/html/center.cfm?cid=4>

Tel: (212) 283-5475

#### **PSS Harlem Center**

127 W 127th Street  
New York, NY 10027

<https://pssusa.org/harlem/>

Tel: (212) 222-3132  
Contact: Selenie Villar, Senior Director of OACs  
svillar@pssusa.org

### **PSS King Towers Center**

50 Lenox Avenue  
New York, NY 10026

<https://pssusa.org/king-towers/>

Tel: (646) 861-2077

Contact: Selenie Villar, Senior Director of OACs  
svillar@pssusa.org

### **Ralph J. Rangel Social Club**

159-36 Harlem River Drive  
New York, NY 10039

<https://cothoa.com/html/center.cfm?cid=5>

Tel: (646) 918-7570

### **SAGE Center Harlem**

220 W 143rd Street  
New York, NY 10030

<https://sageserves.org/sage-centers/>

Tel: (646) 660-8951

Contact: Ruby Fernandez-Brown, Program  
Manager rfernandez-brown@sageusa.org

### **Canaan Senior Center**

1428 5th Avenue  
New York, NY 10035

<https://canaanbaptistcoc.org/>

Tel: (212) 876-2638

Contact: Kim Parker, Director  
canaanseniorcenter@gmail.com

## **NORCs**

### **St. Nicholas Houses**

210 W 131st Street  
New York, NY 10027

<https://www.chscc.org/st-nicholas-houses.html>

Tel: (646) 678-4451

Contact: Monica Warrell, Site Director  
kberry@chscc.org

# Senior Centers and Naturally Occurring Retirement Communities (NORCs) Community Board District 11

## Older Adult Centers

### **Beatrice Lewis Senior Citizens Center**

2322 Third Avenue  
New York, NY 10035

<https://www.chscc.org/beatrice-lewis.html>

Tel: (212) 289-9155  
Contact: Vivian Johnson, Site Director  
kberry@chscc.org

### **Carver Neighborhood OAC**

55 E 102nd Street  
New York, NY 10029

<https://acacianetwork.org/senior-services/>

Tel: (212) 289-2708  
Contact: Gabriela Gonzalez, Communications  
Director ggonzalez@acacianetwork.org

### **Corsi Older Adult Center**

307 E 116th Street  
New York, NY

<https://www.unionsettlement.org/olderadultservices/>

Tel: (212) 828-6756  
Contact: Roosvert Jimenez, Center Director  
rjimenez@unionsettlement.org

### **Gaylord White Older Adult Center**

2029 Second Avenue  
New York, NY 10029

<https://www.unionsettlement.org/olderadultservices/>

Tel: (212) 828-6055  
Contact: Sherice White, Center Director  
shwhite@unionsettlement.org

### **Lincoln Senior Center**

60 E 135th Street  
New York, NY 10037

<https://www.chscc.org/lincoln-senior-center.html>

Tel: (212) 926-4871  
Contact: Gloria McNeal, Program Coordinator  
kberry@chscc.org

### **Jefferson Older Adult Center**

2205 First Avenue  
New York, NY

<https://www.unionsettlement.org/olderadultservices/>

Tel: (212) 828-6104  
Contact: Sacha Tapia, Center Director  
stapia@unionsettlement.org

### **Lehman Village Older Adult Program**

1641 Madison Avenue  
New York, NY 10029

<https://www.carterburdennetwork.org/lehmanvillage>

Tel: (646) 370-5642  
Contact: Alexandra Barragan, Director  
barragana@carterburdennetwork.org

### **Leonard Covello Older Adult Program**

312 E 109th Street  
New York, NY 10029

<https://www.carterburdennetwork.org/covello>

Tel: (212) 423-9665  
Contact: Mara Carrasco, Director  
carrascom@carterburdennetwork.org

## **NORCs**

### **Casabe Senior Houses**

150 E 121st Street  
New York, NY

<https://dftavirtualprogramfinder.cityofnewyork.us/providers/casabe-senior-houses-aka-east-harlem-nsc-240>

Tel: (212) 722-2205

### **Draper Hall**

1918 1st Avenue  
New York, NY 10029

<https://thenyh.org/projects/draper-hall/>

Tel: (646) 289-7700

Office of the Manhattan Borough President

### **Wagner Older Adult Center**

435 E 120th Street  
New York, NY 10035

<https://www.unionsettlement.org/olderadultservices/>

Tel: (646) 672-2599  
Contact: Lamont Wilson, Center Director  
lwilson@unionsettlement.org

### **Washington Lexington Older Adult Center**

1775 Third Avenue  
New York, NY 10029

<https://www.unionsettlement.org/olderadultservices/>

Tel: (212) 828-6115  
Contact: Annette Soto, Center Director  
lwilson@unionsettlement.org

### **Union Settlement at Franklin Plaza**

2078 Second Avenue  
New York, NY 10029

<https://www.unionsettlement.org/olderadultservices/>

Tel: (646) 545-5208  
Contact: Melanie Kane, NORC Director  
mkane@unionsettlement.org

## **NORCs**

### **Access Initiatives SADC**

2162 3rd Avenue  
New York, NY 10035

<https://accessinitiatives.com/senior-programs/>

Tel: (917) 261-2595

Contact: SADC office [info@accessinitiatives.com](mailto:info@accessinitiatives.com)

### **Second Family SADC Center**

203 E 121st Street  
New York, NY 10035

<https://myadultdaycare.com/details/Second-Family-LLC>

Tel: (212) 831-4500

## Senior Centers and Naturally Occurring Retirement Communities (NORCs) Community Board District 12

### Older Adult Centers

#### **ARC Fort Washington Senior Center**

516 W 181st Street  
New York, NY 10033

<https://www.arcseniors.org/centers/fw/>

Tel: (212) 781-7222  
Contact: Dory Garcia, Executive Director  
info@arcseniors.org

#### **The Center for Adults Living Well @ the Y**

54 Nagle Avenue  
New York, NY 10033

<https://www.ywhi.org/adults/calw/>

Tel: (212) 569-6200  
Contact: Scott Taylor, Director  
staylor@ywhi.org

#### **COTHOA Luncheon Club Center**

2005 Amsterdam Avenue  
New York, NY 10032

<https://cothoa.com/html/center.cfm?cid=2>

Tel: (212) 781-6580

#### **Dyckman Older Adult Center**

3754 10th Avenue  
New York, NY 10034

<https://www.nyfsc.org/support-services/older-adult-centers/>

Tel: (212) 569-7790  
Contact: OAC office nyfscinc@aol.com

#### **Moriah Older Adult Luncheon Club**

90 Bennet Avenue  
New York, NY 10033

<https://www.moriahseniorcenter.org/>

Tel: (212) 923-5715  
Contact: Shuli Gutmann, Director  
moriahcenter@gmail.com

#### **R.A.I.N. Inwood Older Adult Center**

84 Vermilyea Avenue  
New York, NY 10034

<https://www.raininc.org/continuum-of-care/senior-centers/>

Tel: (212) 567-3200  
Contact: Priscilla Minaya, Program Director  
info@raininc.org

### **Riverstone Senior Center**

99 Fort Washington Avenue  
New York, NY 10032

<https://www.riverstonenyc.org/programs/senior-center/>

Tel: (212) 927-5600  
Contact: Aleyda Borbon, Director  
aborbon@riverstonenyc.org

### **S.T.A.R. Older Adults Center**

650 W 187th Street  
New York, NY 10033

<https://starseniorcenter.org/>

Tel: (212) 781-8331  
Contact: OAC office  
starseniorcenter187@gmail.com

## **NORCs**

### **Isabella Center Fort George VISTAS Program**

17 Fort George Hill  
New York, NY 10040

<https://www.mjhs.org/our-services/isabella-center/community-programs/>

Tel: (212) 304-1064

## **Adult Day Centers**

### **Akal Care Social Adult Daycare**

507 W 181st Street  
New York, NY 10033

[https://a125-egovt.nyc.gov/egovt/services/service\\_detail.cfm?contract\\_\\_cont\\_dfta\\_id=S370601](https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S370601)

Tel: (516) 945-4475

### **Fort Tryon Rehabilitation and Nursing Center**

801 W 190th Street  
New York, NY 10040

<https://www.forttryonrehab.com/adult-day-care/>

Tel: (212) 588-8987  
Contact: SADC office  
starseniorcenter187@gmail.com

**Golden Era Social Adult Day Care**

3863 10th Avenue  
New York, NY 10034

<https://goldenerasadc.com/servicios/>

Tel: (212) 796-4500  
Contact: SADC office [info@goldenerasadc.com](mailto:info@goldenerasadc.com)

**Hanna Z Adult Day Care Center**

1547 St. Nicholas Avenue  
New York, NY 10040

[https://a125-egovt.nyc.gov/egovt/services/  
service\\_detail.cfm?contract\\_\\_cont\\_dfta\\_  
id=S26801](https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S26801)

Tel: (800) 352-1102

**Nuevo Siglo Social Adult Day Center**

213 Sherman Avenue  
New York, NY 10034

[https://a125-egovt.nyc.gov/egovt/services/  
service\\_detail.cfm?contract\\_\\_cont\\_dfta\\_  
id=S57201](https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S57201)

Tel: (347) 856-8500

## Resources

# Companionship

### Care for Caregivers

*Hamilton-Madison House*  
50 Madison Street  
New York, NY 10038

Tel: (212) 788-2318  
Caregiver@hmonline.org  
<http://www.hamiltonmadisonhouse.org/care-for-caregivers.html>

A program that provides support for caregivers through caregiver services and other resources that can assist overburdened caregivers. A Geriatric Specialist from the Hamilton-Madison House works directly with caregivers to provide assistance.

### Caregiver Support Program

*Riverstone Senior Life Services*  
99 Fort Washington Ave  
New York, NY 10032

Tel: (212) 927-5600  
Kperdomo@riverstonenyc.org  
<https://www.riverstonenyc.org/programs/caregiver-support/>

The Riverstone Caregiver Support Program provides support for family caregivers of individuals with Alzheimer's, dementia, and other forms of memory loss. The program is meant to assist family caregivers with their responsibilities whether it be financial, personal, or interpersonal issues.

### Carter Burden Social Service Unit

*Carter Burden Network*  
415 E 73rd Street  
New York, NY 10021

Tel: (212) 879-7400  
Nimmoj@carterburdennetwork.org  
<https://www.carterburdennetwork.org/socialservices>

The Social Services Unit works on case management and focuses on issues such as government benefits, landlord/tenant disputes, transitional healthcare, and other resources necessary to provide support.

### Encore Friendly Visiting Program

*Encore Community Services*  
239 W 49th Street  
New York, NY 10019

Tel: (212) 589-2910  
Trogers@encorenyc.org  
<https://www.encorenyc.org/outreach-programs/>

The Friendly Visiting Program matches volunteers with homebound seniors that provide companionship to seniors who are alone.

### **Encore Senior Chat**

*Encore Community Services*  
239 W 49th Street  
New York, NY 10019

Tel: (212) 589-2910  
Trogers@encorenyc.org  
<https://www.encorenyc.org/outreach-programs/>

The Encore Senior Chat Program connects volunteers and seniors through phone calls once a week.

### **Respite Care Program**

*New York Foundation for Senior Citizens*  
11 Park Place  
New York, NY 10007

Tel: (212) 962-7559  
<https://www.nyfsc.org/support-services/respite-care-program/>

The Respite Care Program provides home-health aides to provide support to caregivers and give short-term care to seniors who are no qualified for Medicaid.

### **NYFSC Home Attendant Services**

*New York Foundation for Senior Citizens*  
11 Park Place  
New York, NY 10007

Tel: (212) 962-7559  
nyfscinc@aol.com  
<https://www.nyfsc.org/support-services/home-attendant-program/>

The Home Attendant program provides home-health aides, personal care aides, housekeeping and nursing supervision for New Yorkers eligible for Medicaid, Medicare, and EISEP.

### **The Senior Companion Program**

*Henry Street Settlement*  
265 Henry Street  
New York, NY 10002

Tel: (212) 473-1474  
Rhughes@henrystreet.org  
<https://www.henrystreet.org/programs/oa-services/senior-companion-program/>

The Senior Companion Program are adult volunteers aged 55 years and older who visit and communicate through telephone to homebound isolated seniors.

### **The Shop and Escort Program**

*Encore Community Services*  
239 W 49th Street  
New York, NY 10019

Tel: (212) 581-2910  
Trogers@encorenyc.org  
<https://www.encorenyc.org/outreach-programs/>

The Shop and Escort Program offers paid escorts for seniors with mobility issues and with the help of an aide can complete needed tasks.

### **NYC Adult Protective Services**

*NYC HRA*  
109 E 16th Street  
New York, NY 10003

Tel: (929) 252-6100  
<https://www.nyc.gov/site/hra/help/adult-protective-services.page>

The NYC Adult Protective Services program offers support for physically and/or mentally impaired adults. APS works with at-risk clients to live safely in their homes.

## **Senior Resident Advisor (SRA) and Service Coordinator Programs**

*New York City Housing Authority*  
90 Church Street  
New York, NY 10007

Tel: (212) 306-3276

<https://home.nyc.gov/site/nycha/residents/senior-programs.page#:~:text=The%20Senior%20Resident%20Advisor%20%28SRA%29%20%26%20Service%20Coordinator,and%20unnecessary%20or%20premature%20institutionalization%20in%20nursing%20homes>.

The Senior Resident Advisor (SRA) and Service Coordinator Program serves seniors through on-site services at NYCHA developments citywide. The program provides assistance to vulnerable elderly public housing residents to prevent social isolation, victimization, and premature institutionalization in nursing homes.

## **The Senior Corps**

*AmeriCorps*

Tel: (800)-942-2677

[ny@cns.gov](mailto:ny@cns.gov)

<https://americorps.gov/serve/amicorps-seniors>

Senior Corps is a network of programs that tap the experience, skills, and talents of older citizens to meet community challenges through its three programs: Foster Grandparents, Senior Companions, and RSVP (the Retired and Senior Volunteer Program).

## Resources

# Education

### **DFTA Health Promotion Unit**

*NYC Department for the Aging*  
2 Lafayette Street  
New York, NY 10007

Tel: (212) 422-3086  
<https://www.nyc.gov/site/dfta/services/older-adult-center.page>

The DFTA Fitness and Health Promotion Unit keeps members active and healthy through fitness and exercise programs. The center also offers training and workshops on health prevention, managing chronic illnesses, and preventing falls at home.

### **Nutrition Outreach and Education Program (NOEP)**

*Isaacs Center*  
415 E 93rd Street  
New York, NY 10128

Tel: (212)360-7620  
[Aflores@isaacscenter.org](mailto:Aflores@isaacscenter.org)  
<https://isaacscenter.org/food-and-nutrition/>

The Nutrition Outreach and Education Program at Isaacs Center offers eligibility screening and referral and application assistance for the Supplemental Nutrition Assistance Program (SNAP).

### **Riverstone Social Services Program**

*Riverstone Senior Life Services*  
99 Fort Washington Ave  
New York, NY 10032

Tel: (212) 927-5600  
[agonzalez@riverstonenyc.org](mailto:agonzalez@riverstonenyc.org)  
<https://www.riverstonenyc.org/programs/social-services/>

Provides several services including a Daily Money Management program, free consultations on obtaining Social Security, SNAP and other benefits, and preventing elder abuse and eviction.

### **Tech Coaching**

*DOROT*  
171 West 85th Street  
New York, NY 10024

Tel: (212)-769-2580  
[technologyhelp@dorotusa.org](mailto:technologyhelp@dorotusa.org)  
([dorotusa.org](http://dorotusa.org))

Mixed in-home visits and videoconferencing to teach older adults technological skills.

## **Older Adults Technology Services**

*AARP*

127 West 25th Street  
New York, NY 10001

Tel: (646)-590-0615

<https://seniorplanet.org/locations/new-york-city/chelsea-center/>

The AARP Senior Planet Center offers free workshops, classes, and talks that offer support for seniors on technology literacy.

## Resources

# Financials and Housing

### **Community Guardian Program**

*JASA*  
247 W 37th Street  
New York, NY 10018

(212) 273-5272  
help@jasa.org  
<https://jasa.org/services/adult-protective-services>

Serves as court-appointed legal guardian for supports with avoiding evictions due to Article 81 “Mental Hygiene Law”. Can consist of property and financial management, daily living aspects, and medical advocacy.

### **Community Tax Aid, Inc**

*Community Tax Aid NYC*  
647 Columbus Ave  
New York, NY 10025

Tel: (646) 200-5080  
Generalinfo@ctanyc.org  
<https://www.ctanyc.org/home>

The Community Tax Aid is a free tax preparation service for low-income individuals.

### **Food Bank Tax Assistance Program**

*Food Bank for New York City*  
39 Broadway  
New York, NY 10006

Tel: (212) 566-7855  
Eitc@foodbanknyc.org  
<https://www.foodbanknyc.org/taxhelp/>

The Food Bank Tax Assistance Program is made up of certified volunteer income-tax assistance providers and provide free tax preparation and help secure refunds and other credits.

### **Homeless In-Reach Plus (HIR+) Program**

*Project FIND*  
127 W 43rd Street  
New York, NY 10036

Tel: (212) 730-1442 x414  
csutton@projectfind.org  
Visit the HIR+ Program website  
[https://www.projectfind.org/serving\\_homeless\\_seniors](https://www.projectfind.org/serving_homeless_seniors)

Houses homeless and destitute seniors at the Woodstock hotel, and provides resources to connect individuals to the shelter/housing system and assess medical needs.

**Housing Preservation and Development  
– SCRIE (Senior Citizen Rent Increase  
Exemption)**

*NYC Housing Preservation and Development*  
100 Gold Street, Room 7M-3  
New York, NY 10038

Tel: (212) 863-8552  
scrie@hpd.nyc.gov  
<https://www.nyc.gov/site/hpd/services-and-information/scrie.page>

Offers seniors exemption from future rent increases in specifically HPD-supervised subsidized housing (Mitchell-Lama development, Redevelopment Company development, Federally-assisted 213 co-op, HDFC shareholder).

**Senior Citizen Rent Increase Exemption  
(SCRIE)**

*NYC Department of Finance*  
66 John Street, 12th Floor  
New York, NY 10039

Tel: (212) 291-4220  
<https://www.nyc.gov/site/finance/property/landlords-scrie.page>

Offers seniors exemption from future rent increases in return for a property tax credit for the landlord that covers the rent differential.

**Single Stop USA Tax Program**

*Single Stop Penn South Senior Center*  
290 Ninth Avenue,  
New York, NY 10001  
Service: Appointment Only  
Tel: (800) 290-7189

The Single Stop program provides free tax preparation to low-income families. Volunteer Income Tax Assistance services are provided to individuals with a gross income of less than 66k a year.

*Single Stop Ottendorfer Library*  
135 2nd Avenue  
New York, NY 10003  
Service: Walk-ins

*Single Stop Center on the Square Senior Center*  
20 Washington Square North  
New York, NY 10011  
Service: Appointment Only  
Tel: (800) 290-7189

*Single Stop Visions at Selis Manor*  
135 West 23rd Street  
New York, NY 10011  
Service: Appointment Only

*Single Stop Bloomingdale Library*  
150 West 10th Street  
New York, NY 10025  
Service: Appointment Only

*Single Stop Harlem Library*  
9 West 124th Street  
New York, NY 10027  
Service: Appointment Only

*Single Stop East Harlem Neighborhood Health  
Action Center*  
158 East 115th Street,  
New York, NY 10029  
Service: Appointment Only

*Single Stop East Harlem Tutorial Program*  
2050 2nd Avenue,  
New York, NY 10029  
Service: Appointment Only

*Single Stop YM/YMHA of Washington Heights*  
54 Nagle Avenue  
New York, NY 10040  
Service: Appointment Only  
Tel: 800-290-7189

*Single Stop Roosevelt Island Senior Center*  
546 Main Street,  
Roosevelt Island, NY 10044  
Service: Appointment Only

### **Bill Payer Program**

*NYC Department for the Aging*  
2 Lafayette Street  
New York, NY 10007

Tel: (212) 602-4245  
<https://www.nyc.gov/site/dfta/services/bill-payer-program.page>

The Bill Payer Program assists individuals 60 years and older organize and pay their bills on time. The service also scrutinizes bills for errors and fraud to prevent fraudulent payments and ensure bills are not overpaid.

### **Senior Citizen Rent Increase Exemption**

*NYC Housing Preservation and Development*  
100 Gold Street , Rm 7M-3  
New York, NY 10038

Tel: (212) 863-8552  
[Scrie@hpd.nyc.gov](mailto:Scrie@hpd.nyc.gov)  
<https://www.nyc.gov/site/hpd/services-and-information/scrie.page>

The Senior Citizen Rent Increase Exemption Program offers eligible senior citizens an exemption from future rent increases.

### **Senior Citizen Homeowner's Exemption**

*NY Department of Finance*  
66 John Street, 12th Floor  
New York, NY 10039

Tel: (212) 291-4220  
<https://www.nyc.gov/site/finance/property/landlords-sche.page>

The Senior Citizen Homeowner's exemption program provides a property tax break for seniors who own one-three family homes, condominiums, or cooperative apartments.

### **Single Stop Tax Program**

*Single Stop USA*  
123 William Street  
New York, NY 10038

<https://singlestop.org/about-our-free-tax-program/>

VITA (Volunteer Income Tax Assistance) services that are free to individuals who make less than \$66,000/year to help with tax returns.

## **Supplemental Security Income**

*Social Security Administration*  
26 Federal Plaza - 31st Floor  
New York, NY 10278

Tel: (800)-772-1213  
<https://www.ssa.gov/ssi>

The Supplemental Security program provides financial help to older low-income adults and people with disabilities by providing those eligible with monthly payments.

## **Survivors Benefits**

*Social Security Administration*  
123 William Street  
New York, NY 10038

Tel: (800)-772-1213  
<https://www.ssa.gov/benefits/survivors/#:~:text=Your%20family%20members%20may%20receive%20survivors%20benefits%20if,receive%20survivors%20benefits%20when%20a%20family%20member%20dies.>

The Survivors Benefits Program helps those who have a lost a family member determines their eligibility for benefits. The Social Security Administration Office also helps determine benefit eligibility for those who are retired.

## Resources

# Health and Nutrition

### **Community Kitchen and Pantry**

*Food Bank for New York City*  
647 Columbus Ave  
New York, NY 10024

Tel: (212)-566-7855  
<http://foodbanknyc.org>

The Community Kitchen and Pantry provides free nutritious meals to all from several different locations all across the borough of Manhattan.

### **Fresh Food for Seniors**

*Office of Councilwoman Gale Brewer*  
593 Columbus Ave  
New York, NY 10024

Tel: (212)-873-0282  
[District6@council.nyc.gov](mailto:District6@council.nyc.gov)  
<https://council.nyc.gov/gale-brewer/fresh-food-for-seniors/>

The Fresh Food for Seniors program offers a bag of local produce for a discounted price of \$10 and can be picked up at the Goddard Riverside Older Adult Center.

### **Henry Street's Meals on Wheels**

*Henry Street Settlement*  
265 Henry Street  
New York, NY 10002

Tel: (212)-473-1474  
[Jrathbun@henrystreet.org](mailto:Jrathbun@henrystreet.org)  
<https://www.henrystreet.org/programs/oa-services/meals-on-wheels/>

Henry Street's Meals on Wheels delivers fresh and frozen meals to 1,300 homebound seniors in Manhattan Monday-Friday.

### **Holocaust Survivor Assistance Program**

*United Jewish Council of the East Side*  
465 Grand Street  
New York, NY 10002

Tel: (212)-233-6037  
[Info@ujces.org](mailto:Info@ujces.org)  
<https://ujces.org/holocaust-survivor-assistance-program-nyc>

The Holocaust Survivor Assistance Program assists Holocaust Survivors with emergency financial assistance, home delivered kosher food packages, case management, and counseling.

### **Isaac Center's Meals on Wheels**

*Isaacs Center*  
415 E 93rd Street  
New York, NY 10128

Tel: (212)-360-7620  
Aflores@isaacscenter.org  
<https://isaacscenter.org/food-and-nutrition/>

The Isaac Center's Meals on Wheels service deliver seven meals a week to homebound seniors in Manhattan: specifically on the East Side between 59th to 142nd street.

### **Nutrition Outreach and Education Program (NOEP)**

*Isaacs Center*  
415 E 93rd Street  
New York, NY 10128

Tel: (212)360-7620  
Aflores@isaacscenter.org  
<https://isaacscenter.org/food-and-nutrition/>

The Nutrition Outreach and Education Program at Isaacs Center offers eligibility screening and referral and application assistance for the Supplemental Nutrition Assistance Program (SNAP).

### **NYFSC Home Attendant Services**

*New York Foundation for Senior Citizens*  
11 Park Place  
New York, NY 10007

Tel: (212)-962-7559  
<https://www.nyfsc.org/support-services/home-attendant-program/>

The Home Attendant program provides home-health aides, personal care aides, housekeeping and nursing supervision for New Yorkers eligible for Medicaid, Medicare, and EISEP.

### **Riverstone Memory Center**

*Riverstone Senior Life Services*  
99 Fort Washington Ave  
New York, NY 10032

Tel: (212)-927-5600  
Cnunez@riverstonenyc.org  
<https://www.riverstonenyc.org/programs/riverstone-memory-center/>

The Riverstone Memory Center offers supervised programming by caring professionals for individuals at different stages of memory loss and Alzheimer's. The program offers activities and social engagement activities.

### **Senior Community Connection Project**

*JASA*  
247 West 37th Street  
New York, NY 10018

Tel: (212) 273-5272  
help@jasa.org  
<https://www.jasa.org/services/seniorcommunityconnection>

Offers comprehensive assessment, service planning and connection to assistance, benefits and entitlements, and other relevant interventions.

### **Center for Independence of the Disabled**

*NY Connects*  
1010 Avenue of the Americas, Suite 301  
New York, NY 10018

Tel: (212) 674-2300  
Info@cidny.org  
<https://www.cidny.org/about/>

The Center for Independence of the Disabled offers support services for people with disabilities such as counseling, housing assistance, and independent living skills development. The Center for Independence of the Disabled provides a voice for the disabled community in New York.

### **Chinatown Medicaid Office**

*NYC Social Service Administration*  
115 Chrystie Street  
New York, NY 10002

Tel: (212) 334-6114  
<https://www.nyc.gov/site/hra/locations/medicaid-locations.page>

The Medicaid Offices house a Certified Application Counselor that can assist with submitting an application for Medicaid. There are several Medicaid offices throughout the state of New York.

### **Commodity Supplemental Food Program**

*NYS Department of Health*  
150 Broadway Suite 600  
Menands, NY 12204

Tel: (518) 402-7251  
Csfp@health.ny.gov  
<https://www.fns.usda.gov/csfp/commodity-supplemental-food-program>

The Commodity Supplemental Food Program supports individuals 60 years and older of low-income households by providing them with nutritious USDA foods.

## **Farmers Market Nutrition Program**

*NYS Department of Health*  
10B Airline Drive  
Albany, NY 12235

Tel: (518)-457-7076  
Farmersmarkets@agriculture.ny.gov  
<https://www.health.ny.gov/prevention/nutrition/fmnp/>

The Farmers Market Nutrition Program provides checks to women, infants, children, and seniors to purchase locally grown fresh produce.

## **Community Health Access to Addiction and Mental Health Care Project (CHAMP)**

*NY State Office of Addiction Services and Supports*  
501 Fashion Ave Ste 8  
New York, NY 10018

Tel: (888)-614-5400  
Ombuds@oasas.ny.gov  
<https://oasas.ny.gov/champ-community-health-access-addiction-and-mental-health-care-project-0>

The Community Health Access to Addiction and Mental Health Care Project is a statewide helpline for individuals struggling with substance use disorder and in need of mental health care. CHAMP ensures that everyone can access insurance and healthcare.

## **DFTA Health Promotion Unit**

*NYC Department for the Aging*  
2 Lafayette Street  
New York, NY 10007

Tel: (212) 422-3086  
<https://www.nyc.gov/site/dfta/services/older-adult-center.page>

The DFTA Fitness and Health Promotion Unit keeps members active and healthy through fitness and exercise programs. The center also offers training and workshops on health prevention, managing chronic illnesses, and preventing falls at home.

## **Dyckman Community Medicaid Office**

*NYC Social Service Administration*  
4055 10th Ave, LL  
New York, NY 10034

Tel: (929) 221-6774  
<https://www.nyc.gov/site/hra/locations/medicaid-locations.page>

The Medicaid Offices house a Certified Application Counselor that can assist with submitting an application for Medicaid. There are several Medicaid offices throughout the state of New York.

## **Nursing Home Compare**

*US Centers for Medicare and Medicaid Services*  
Tel: 1-800-633-4227  
<https://www.medicare.gov/care-compare/?redirect=true&providerType=NursingHome>

The primary purpose of this tool is to provide detailed information about the past performance of every Medicare and Medicaid certified nursing home in the country.

## **Elderly Pharmaceutical Insurance Coverage Program**

*NYS Department of Health*  
1 Commerce Plaza  
Albany, NY 12210

Tel: (800) 332-3742  
<https://nyconnects.ny.gov/services/epic-elderly-pharmaceutical-insurance-coverage-721>

The Elderly Pharmaceutical Insurance Coverage Program is a New York State program that assists income-eligible seniors 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs.

## **Facilitated Enrollment for the Aged, Blind and Disabled Program**

*Public Health Solutions*  
40 Worth Street  
New York, NY 10013

Tel: (646) 619-6759  
Csubia@healthsolutions.org  
<https://www.healthsolutions.org/community-work/health-insurance/aged-blind-disabled/>

The Facilitated Enrollment for the Aged, Blind and Disabled Program assists individuals 65 years and older, certified blind, or disabled apply for Medicaid and the Medicare Savings Program through NYC's Human Resources Program.

## **HRA Benefits Access Centers**

*NYC HRA*  
Dyckman - 4055 10th Ave,  
East End - 2322 Third Ave,  
St. Nicholas - 132 W 125th St,  
Lower Manhattan - 109 E 16th St  
Dyckman - (212) 331-5110,  
East End - (212) 274-4951,  
St. Nicholas - (212) 274-5162,  
Lower Manhattan - (212) 835-8300

<https://www.nyc.gov/site/hra/locations/job-locations-and-service-centers.page#manhattan>

The HRA Benefits Access Center throughout New York State are hubs that individuals can go to learn more about what benefits they qualify for and negotiate.

## **Nursing Home Transition and Diversion (NHTD) Waiver Program**

*NYS Department of Health*  
100 South Mall  
Albany, NY 12223

Tel: (518) 408- 0919  
[https://www.health.ny.gov/facilities/long\\_term\\_care/nhtd/](https://www.health.ny.gov/facilities/long_term_care/nhtd/)

The NHTD Waiver Program helps New York's Medicaid eligible seniors and people with physical disabilities receive support while living in a community based setting.

## **Office of Citywide Health Insurance Access**

*NYC Social Service Administration*  
150 Greenwich St, 40th Floor  
New York, NY 10007

Tel: (929) 221-6774  
<https://www.nyc.gov/site/ochia/about/inside-ochia.page>

The Office of Citywide Health Insurance Access expands access to health insurance coverage for New York City residents and small business owners.

## **Supplemental Nutrition Assistance Program (SNAP) - Northeast Regional Office**

*USDA Food and Nutrition Service*  
Tel: (800)-342-3009

Links to local SNAP centers near you: <https://otda.ny.gov/workingfamilies/dss.asp>  
<https://otda.ny.gov/programs/snap/>

The Supplemental Nutrition Assistance Program issues electronic benefits that can be used to purchase food. SNAP assists low-income working individuals, senior citizens, and the disabled to feed their families.

## **Center for Medicare and Medicaid Services**

*US Health and Human Services*  
26 Federal Plaza – 38th Floor  
New York, NY 10278

<https://www.cms.gov/>  
Federal agency connecting people to Medicare and Medicaid services.

Nutrition.gov  
US Department of Agriculture  
10301 Baltimore Avenue  
Beltsville MD 20705  
Tel: (301)-504-5414  
Nutrition.gov

A federal resource that provides easy access to all online federal government information on nutrition.

## Resources

### Legal

#### **Community Elder Mistreatment and Abuse Prevention Program (CEMAPP)**

*Jewish Association Serving the Aging (JASA),  
Carter Burden Network*  
415 E 73rd St  
New York, NY 10021

Tel: (917) 409-1261  
woodsm@carterburdennetwork.org  
<https://www.carterburdennetwork.org/cemapp>

Helps prevent and alleviate elder abuse through safety planning, security device installation, court advocacy, counseling, legal guidance and police coordination.

#### **Community Guardian Program**

*JASA*  
247 W 37th St  
New York, NY 10018

Tel: (212) 273-5272  
help@jasa.org  
<https://jasa.org/services/adult-protective-services>

Serves as court-appointed legal guardian for support with avoiding evictions due to Article 81 “Mental Hygiene Law”. Can consist of property and financial management, daily living aspects, and medical advocacy.

#### **Holocaust Survivor Assistance Program**

*UJCES*  
465 Grand St  
New York, NY 10002

Tel: (212) 233-6037 x172  
info@ujces.org  
<https://ujces.org/holocaust-survivor-assistance-program-nyc>

Provides case management, counseling and legal advocacy to elderly Holocaust survivors under the poverty line. Provides special accommodations for Kosher diets and food adjustment during Passover.

#### **Legal Services for Elder Justice (LSEJ)**

*JASA*  
247 W 37th St  
New York, NY 10018

Tel: (212) 273-5272  
help@jasa.org  
<https://www.jasa.org/services/legal>

Provides free legal services for adults, age 60+, who live in the borough of Queens. LSEJ’s legal advocacy professionals are experienced in matters affecting senior clients and are trained to assist with issues pertaining to civil law.

**Legal/Social Work Elder Abuse Program (LEAP)**

JASA  
247 W 37th St  
New York, NY 10018

Tel: (212) 273-5359  
help@jasa.org  
<https://www.jasa.org/services/legal>

ASA LEAP offers specially trained attorneys and social workers to identify, eliminate, and prevent abuse. This innovative team approach positions JASA as the go-to expert. LEAP staff provide legal assistance and social services directly to seniors, and conduct comprehensive training for professionals, gatekeepers, and community members.

**NYC Adult Protective Services**

NYC HRA  
109 E 16th St  
New York, NY 10003

Tel: (929) 252-6100  
<https://www.nyc.gov/site/hra/help/adult-protective-services.page>

Assigns a caseworker to conduct home visits, manage and make referrals to proper psychiatric or medical care, and assist in obtaining and maintaining public benefits. Will also evaluate and pursue the possibility of abuse, neglect or financial exploitation.

**Project ORE**

14th Street Y, Educational Alliance  
344 E 14th St  
New York, NY 10003

Tel: (646) 3950-4534  
sbadiaespinal@edalliance.org  
<https://www.14streety.org/adult-programs/project-ore/>

Provides several services including a Daily Money Management program, free consultations on obtaining Social Security, SNAP and other benefits, and preventing elder abuse and eviction.

**Riverstone Social Services Program**

Riverstone Senior Life Services  
99 Fort Washington Ave  
New York, NY 10032

Tel: (212) 927-5600  
agonzalez@riverstonenyc.org  
<https://www.riverstonenyc.org/programs/social-services/>

Provides several services including a Daily Money Management program, free consultations on obtaining Social Security, SNAP and other benefits, and preventing elder abuse and eviction.

**New York City Department of Homeless Services**

Department of Homeless Services (DHS)  
33 Beaver Street, 20th Floor  
New York, NY 10004  
Tel: (212) 361-8000

## **Senior Community Connection Project**

**JASA**  
247 West 37th Street  
New York, NY 10018

Tel: (212) 273-5272  
help@jasa.org  
<https://www.jasa.org/services/seniorcommunityconnection>

Offers comprehensive assessment, service planning and connection to assistance, benefits and entitlements, and other relevant interventions.

## **Immigration and Legal Services Program**

*Polish and Slavic Center*  
176 Java Street  
Brooklyn, NY 11222

Tel: (718) 594- 0894  
Immigration@polishslaviccenter.org  
<https://en.polishslaviccenter.us/program-emigracyjny-2/>

The Immigration and Legal Services Program assists newly arrived immigrants to adapt to the United States. The program offers legal services with a focus on immigration.

## **NYC Adult Protective Services**

**NYC HRA**  
109 E 16th Street  
New York, NY 10003

Tel: (929) 252-6100  
<https://www.nyc.gov/site/hra/help/adult-protective-services.page>

The NYC Adult Protective Services program offers support for physically and/or mentally impaired adults. APS works with at-risk clients to live safely in their homes.

## **Veterans Administration**

*US Department of Veteran Affairs*  
201 Varick Street  
New York, NY 10014

Tel: (800)-827-1000  
VA.gov Home | Veterans Affairs

This administration provides information regarding VA benefits and services like healthcare, employment, education, housing and more.

## Resources

# Recreation

### **Access Initiatives Senior Program**

*Access Initiatives*  
2162 3rd Ave  
New York, NY 10035

Tel: (917) 261-2595  
info@accessinitatives.com  
<https://accessinitatives.com/senior-programs/>

Access Initiatives Senior Programs offer programming for seniors seven days a week Monday-Friday from 7:30AM-12:30PM. Some programs are “Exercise and Fitness in Your Golden Years” and various Social Activities.

### **Alliance Stage Company**

*Manny Cantor Center, Education Alliance*  
197 East Broadway  
New York, NY 10002

Tel: (646)- 395-4534  
Cmherman@edalliance.org  
<https://mannycantor.org/the-alliance-stage-company/>

The Alliance Stage Company is a Senior theatre group for adults 60 years and older with a wide range of offerings such as drama classes, musical comedy, and plays.

### **CARE Program at Lenox Hill**

*Lenox Hill Neighborhood House*  
331 East 70th Street  
New York, NY 10021  
Tel: (212)-218-0407  
Ofelibrico@lenoxhill.org  
<https://www.lenoxhill.org/careprogram>

The CARE Program at the Lenox Hill neighborhood house is an arts-based day program for older adults living with Alzheimer's and Dementia. In person and online programming is offered throughout the week.

### **Divine Living Adult Daycare Center**

*Divine Living Adult Daycare Center*  
280 Delancey St  
New York, NY 10002

Tel: (212) 477-7755  
info@divineliving.com  
<http://www.divinelivingadc.com/adult-day-care-services>

Provides services such as case management, fitness and recreational activities, meals, and entertainment. Provides a variety of accommodations as well.

## **Project ORE**

*14th Street Y, Educational Alliance*  
344 E 14th St  
New York, NY 10003

Tel: (646) 3950-4534  
sbadiaespinal@edalliance.org  
[https://www.14streety.org/adult-programs/  
project-ore/](https://www.14streety.org/adult-programs/project-ore/)

Provides several services including a Daily Money Management program, free consultations on obtaining Social Security, SNAP and other benefits, and preventing elder abuse and eviction.

## **Seniors United to Serve**

*Union Settlement*  
118 E 10th Street  
New York, NY 10003

Tel: (212)-828-6103  
Lcarty@unionsettlement.org  
[https://www.unionsettlement.org/  
olderadultservices/](https://www.unionsettlement.org/olderadultservices/)

The Seniors United to Serve Program offers seniors an opportunity to serve up to 20 hours a week at any of the four Union Settlement locations.

## **Riverstone Memory Center**

*Riverstone Senior Life Services*  
99 Fort Washington Ave  
New York, NY 10032

Tel: (212)-927-5600  
Cnunez@riverstonenyc.org  
[https://www.riverstonenyc.org/programs/  
riverstone-memory-center/](https://www.riverstonenyc.org/programs/riverstone-memory-center/)

The Riverstone Memory Center offers supervised programming by caring professionals for individuals at different stages of memory loss and Alzheimer's. The program offers activities and social engagement activities.

## **The Pearls of Wisdom**

*DOROT*  
171 West 85th Street  
New York, NY 10024

Tel: (212)-769-2580  
Lastingimpressions@dorotusa.org  
[https://www.dorotusa.org/our-programs/  
community-partnerships/pearls-wisdom](https://www.dorotusa.org/our-programs/community-partnerships/pearls-wisdom)

The Pearls of Wisdom program at Dorot is a storytelling program where individuals and groups perform for communities and promote intergenerational conversation.

## Resources

# Transportation

### **Access-A-Ride**

*Metropolitan Transportation Authority*  
130 Livingston St  
Brooklyn, NY 11201

Chris Pangilinan, Vice President for Paratransit  
Tel: 511  
<https://new.mta.info/accessibility/access-a-ride>

Provides Paratransit services for customers with mobility issues.

### **Fair Fares NYC**

*NYC Social Service Administration*  
150 Greenwich St - 40th Floor  
New York, NY 10007

Monica Ealey, Assistant Deputy Commissioner for the Fair Fares Program  
Tel: (212) 331-4631  
<https://www.nyc.gov/site/fairfares/index.page>

City program created to help New Yorkers with low incomes manage their transportation costs. Using the Fair Fares NYC MetroCard, eligible New York City residents receive a 50% discount on subway and eligible bus fares.

### **Reduced Fares**

*Metropolitan Transportation Authority*  
130 Livingston St  
Brooklyn, NY 11201

Tel: (212) 878-7000  
<https://new.mta.info/fares/reduced-fare>

MTA program that gives half-fare for subways, LIRR, and select Bus Service buses for any person 65 or over with a qualifying disability. Application is required.

### **Shop and Escort Program**

*Encore Community Services*  
239 West 49th Street  
New York, New York 10019

Stacey Lee, Interim Assistant Director of Encore Senior Services  
Tel: (212) 581-2910 x1125  
[trogers@encorenyc.org](mailto:trogers@encorenyc.org)  
<https://www.encorenyc.org/outreach-programs/>

Provides paid escorts to seniors with mobility issues who need assistance travelling to medical appointments, shopping, pharmacies, etc.

## **Washington Heights Inwood Senior Transportation Program (WHIST)**

*ARC XVI*  
516 W 181st St  
New York, NY 10033

Marlene Suculanda, WHIST Transportation Coordinator  
Tel: (929) 431-4665  
info@arcseniors.org

Available to all seniors registered at an ARC XVI center. Provides transit exclusively between 110th to 220th, and across all of Manhattan from the Hudson to Harlem Rivers.

### **Access-A-Ride**

*Metropolitan Transportation Authority*  
130 Livingston Street  
Brooklyn, NY 11201

<https://new.mta.info/accessibility/access-a-ride/booking-trips-with-my-aar>

Access-A-Ride provides public transportation to individuals who have disabilities that prevent them from using the public buses and subways.

### **Fair Fares NYC**

*NYC Social Service Administration*  
150 Greenwich Street –40th Floor  
New York, NY 10007

Tel: (212) 331-4631  
<https://www.nyc.gov/site/fairfares/index.page>

The Fair Fares City program helps New Yorkers with a low income manage their transportation costs. Eligible residents receive a 50% off ride on the subways and eligible bus fares.

### **Reduced Fares**

*Metropolitan Transportation Authority*  
130 Livingston Street  
Brooklyn, NY 11201

<https://new.mta.info/fares/reduced-fare>

The Reduced Fare Program is offered for riders 65 years or older and who have qualifying disabilities.

### **Travel.State.Gov**

*US Department of State – Bureau of Consular Affairs*  
600 19th Street  
NW Washington DC 20036  
Tel: (888)-407-4747

Considerations for Older Travelers (state.gov)

The State Department offers travel tips and provides special tips for older Americans traveling abroad.