This guide has been made as accurate as possible at the time of printing. Please be advised that organizations, programs, and contact information are subject to change. Please feel free to contact our office at 212-298-5565 if you find information in this guide that has changed, or if there are additional resources that should be included in our next edition.

Se ha hecho esta guía en la forma más precisa posible en el momento de su impresión. Tenga en cuenta que las organizaciones, los programas y la información de contacto están sujetos a cambios. No dude en ponerse en contacto con nuestra oficina al 212-298-5565 si encuentra en esta guía información que ha cambiado, o si hay recursos adicionales que se deben incluir en nuestra próxima edición.

這本小冊子的資料在印刷出版時儘量準確。但不排除指南內的機構、活動項目或聯絡信息隨時有可能更改。請致電917-254-3138通知我們；如閣下發現資料更改或有更詳盡資訊需要在下一次出版時加印。
Dear Friend,

I am proud to provide this Senior Resource Guide for the 26th State Senate District, a compilation of resources available right in our neighborhood. Quality health care, housing options and a vibrant social community are vital to our well-being. I hope these resources are helpful to you.

If you have any questions or comments, please do not hesitate to contact my office. I look forward to seeing you around the neighborhood!

Sincerely,

Daniel Squadron
State Senator
26th Senate District
Estimado Amigo,

Estoy orgulloso de ofrecer esta guía para las personas mayores, “Senior Guide,” para el Distrito 26 del Senado Estatal, una recopilación de recursos accesibles e importantes en nuestra comunidad. Atención médica de calidad, opciones de vivienda y una comunidad social vibrante son vitales para nuestro bienestar. Espero que estos recursos sean útiles para usted.

Si usted tiene alguna pregunta o comentario, no dude de ponerse en contacto con mi oficina. Espero verlos en el distrito!

Atentamente,

Daniel Squadron
Senador Estatal
Distrito 26
亲爱的家长，

我很荣幸代表第26选区提供这份供家长参考的资源指南。该指南整合了社区内重要资源，包括质优的健保服务和全面的住房选择，以及为活跃社区提供各项福利服务的指引。希望您在选择这些服务时能从这本手册中受益。

如有任何问题或建议，请不要犹豫联系我们的办事处或拨打华语热线电话 (917) 254-3138。

希望很快在其他社区活动中见到你！

友好的，

史葛静

第26选区参议员
<table>
<thead>
<tr>
<th>(1) Important Phone Numbers - Números de Teléfono Importantes</th>
<th>重要电话号码</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Elections and Voting - Elecciones y Votación</td>
<td>選舉及投票</td>
<td>9</td>
</tr>
<tr>
<td>• Community Boards - Juntas Comunitarias</td>
<td>社區委員會</td>
<td>9</td>
</tr>
<tr>
<td>• Elected Officials - Funcionarios Electos</td>
<td>民選代表/議員</td>
<td>10</td>
</tr>
<tr>
<td>• Police Precincts - Precintos Policiales</td>
<td>警察局</td>
<td>12</td>
</tr>
<tr>
<td>(2) Benefits - Beneficios</td>
<td>福利指引及權利</td>
<td>14</td>
</tr>
<tr>
<td>• Employment Benefits - Beneficios de Empleo</td>
<td>就業福利</td>
<td>14</td>
</tr>
<tr>
<td>• Food Benefits - Beneficios de Alimentos</td>
<td>糧食福利</td>
<td>14</td>
</tr>
<tr>
<td>• Health Benefits - Beneficios de la Salud</td>
<td>健保福利</td>
<td>15</td>
</tr>
<tr>
<td>• Housing Benefits - Beneficios de Vivienda</td>
<td>房屋福利</td>
<td>17</td>
</tr>
<tr>
<td>• Social Security - Seguro Social</td>
<td>社會安全保障福利</td>
<td>18</td>
</tr>
<tr>
<td>• Transportation Benefits - Beneficios de Transporte</td>
<td>交通福利</td>
<td>19</td>
</tr>
<tr>
<td>• Veterans Benefits - Beneficios de Veteranos</td>
<td>退伍軍人福利</td>
<td>19</td>
</tr>
<tr>
<td>• Benefit Screening - Preevaluación de Beneficios</td>
<td>福利篩查</td>
<td>20</td>
</tr>
<tr>
<td>(3) Legal Resources - Recursos Legales</td>
<td>法律資訊</td>
<td>22</td>
</tr>
<tr>
<td>• Consumer Protection - Protección al Consumidor</td>
<td>保障消費者權益</td>
<td>24</td>
</tr>
<tr>
<td>• Elder Abuse - Abuso de Ancianos</td>
<td>老人受虐待</td>
<td>25</td>
</tr>
<tr>
<td>(4) Advocacy and Action Groups - Grupos de Defensa y Acción</td>
<td>公益維護及維權團體</td>
<td>27</td>
</tr>
<tr>
<td>• Nursing and Rehabilitation - Residencia Geriátrica y de Rehabilitación</td>
<td>護理院及復康中心</td>
<td>30</td>
</tr>
<tr>
<td>• Independent and Assisted Living - Vivienda Asistida e Independiente</td>
<td>獨居及家居護理</td>
<td>32</td>
</tr>
<tr>
<td>• Assistance with Property Tax and Utilities - Ayuda con los Impuestos de Propiedad y Utilidades</td>
<td>物業稅、租務及能源等的補助</td>
<td>33</td>
</tr>
<tr>
<td>• Assistance with Rent - Asistencia de Alquiler</td>
<td>租務補助</td>
<td>34</td>
</tr>
<tr>
<td>• Fuel and Utility Costs - Costos de Combustible y Utilidades</td>
<td>煤氣及能源補助</td>
<td>35</td>
</tr>
</tbody>
</table>
### Table of Contents

**Tabla de Contenidos**

**内容**

#### Housing, continued

- Weatherization - Climatización - 防寒保暖 ............................... 36
- Tenant Advocacy Organizations - Organizaciones de Defensa de Inquilinos - 住客維權組織 ................................................. 36

#### (6) Transportation - Transporte - 有關交通事項 .......................... 38

- Transportation Discounts - Descuentos de Transporte - 交通費折扣 ............................... 38
- Travel Assistance - Servicios de Asistencia de Viaje - 交通輔助 ................................................. 38
- Accessibility - Accesibilidad - 輔助上落的設施 ................................................. 39

#### (7) Health Care - Recursos de Salud - 健保照顧 .......................... 40

- Health Insurance Programs - Programas de Seguro de Salud - 健康保險計畫 ................................................. 40
- Hospitals - Hospitales - 醫院 ................................................. 41
- Community Health Clinics - Clínicas de Salud Comunitarias - 社區健康診所 ................................................. 42
- Home Care Options - Opciones de Cuidado Domiciliario - 家居照顧的選擇 ................................................. 45
- Mental Health Services - Servicios de la Salud Mental - 心理健康科服務 ................................................. 46
- Prescription Discounts - Descuentos de Recetas Médicas - 藥品折扣計畫 ................................................. 48
- Blood Pressure Programs - Programas de la Presión Arterial - 量度血壓服務 ................................................. 48

#### (8) Senior Centers - Centros de Ancianos - 老人中心 .......................... 50

- Naturally Occurring Retirement Communities - Comunidades de Retiro - 退休社區長者計劃 ................................................. 54

#### (9) Nutrition and Wellness - Nutrición y Bienestar - 營養及健康服務 .......................... 56

- Support Services - Servicios de Apoyo - 支持協調服務 ................................................. 56
- Food Access and Assistance - Acceso a Alimentos y Asistencia - 送餐及護理服務 ................................................. 57
- Greenmarkets - Mercados Publicos - 綠色市集 ................................................. 58
- Friendly Visiting - Visitas Domiciliarias Amistosas - 府上探訪服務 ................................................. 59
- Support Groups - Grupos de Apoyo - 支持協調服務團體 ................................................. 60
Table of Contents
Tabla de Contenidos
内容

Nutrition and Wellness, continued
- Caregiver Resources - Recursos para Cuidadores - 給予照顧/護理的資訊 . 60
- Adult Day Programs - Programas Durante el Día para Adultos - 成人日間活動計劃 ........................................ 61
- Services for People with Disabilities - Servicios para las Personas con Discapacidades - 殘障人仕服務 ........................................... 62
- Services for the Visually Impaired - Servicios para Personas con Discapacidades Visuales - 視障人仕服務 ........................................... 63

(10) Recreation and Fitness - Recreación y Acondicionamiento Físico - 康樂及健身 . 65
- Parks - Parques - 公園 ........................................ 65
- Indoor Pools - Piscinas Cubiertas - 室內泳池 ........................................ 72
- Outdoor Pools - Piscinas Descubiertas - 室外泳池 .......................... 72
- Fitness - Acondicionamiento Físico - 健身中心 .................................. 73
- Recreation Centers - Centros de Recreacion - 康樂體育中心 ........... 75
- Walking Clubs - Clubes de Caminar - 健步班 ............................. 77
- Volunteer Opportunities - Oportunidades para Voluntarios - 參予義工服務 . 77
- Community Activities and Groups - Actividades y Grupos Comunitarios - 社區活動及團體 ........................................ 78

(11) Educational and Cultural Resources - Recursos Culturales y Educativos - 教育及文化資訊 ................................................. 81
- Performing Arts - Artes Escénicas - 表演藝術 ................................. 81
- Museums - Museos - 博物館 ........................................... 82
- Libraries - Bibliotecas - 圖書館 ............................................ 86
- Discount Programs - Programas de Descuentos - 折扣計畫 .......... 88
- Continuing Education - Continuación de Educación - 成人教育 ...... 88
- Computer Training - Entrenamiento de Computación - 學習電腦 .... 90

(12) Financial Planning and Resources - Planificación y Recursos Financieros - 理財計畫及資訊 .............................................. 91
- Financial Protection - Protección Financiera - 財務保障 .................. 92

(13) Emergency Preparedness - Preparación para Emergencias - 緊急準備 .... 94
Important Phone Numbers - Números de Teléfono Importantes - 重要電話號碼

Always Dial 911 in Case of Emergency.
Siempre llame al 911 en caso de una emergencia.
如有緊急情況請致電 911.

Health Services
Poison Control Center............212-764-7667
Parent Helpline......................800-244-5373
NYC Domestic Violence Hotline.................800-621-4673
Suicide Prevention Hotline...212-673-3000
Betances Health Center.......212-227-8401
Charles B. Wang Community Health Center........212-379-6988
Gouverneur Health Center....212-238-7000
NYP/Lower Manhattan Hospital..................212-312-5000
Ryan-NENA Community Health Center, Inc........212-477-8500
VA NY Harbor Healthcare System - Brooklyn..................718-836-6600
VA NY Harbor Healthcare System - Manhattan..............212-686-7500

Legal and Social Services
NYC Domestic Violence Hotline.............800-621-4673
Suicide Prevention Hotline...212-673-3000
NYC Housing Authority Customer Contact Center........718-707-7771

IRS Tax Assistance...............800-829-1040
MFY Legal Services...............212-417-3700
South Brooklyn Legal Services........................................718-237-5500
Unemployment Insurance Claims Helpline..................888-209-8124
Urban Justice Center........646-602-5600

Libraries
New York Public Library........917-275-6975
Brooklyn Public Library........718-230-2100

Senior Services
Elderly Pharmaceutical Insurance Coverage (EPIC) ..........1-800-332-3742
Medicare..............................1-800-MEDICARE
NYS Office for the Aging, 1-800-342-9871
NYC Department of Aging..................311
Senior Citizen Housing Assistance........311

Transportation
Metropolitan Transportation Authority/E-Z Pass..........................511
Access-a-Ride.........................877-337-2017

Utilities
Con Edison Gas and Electric Emergency..................212-683-8830
NYS Public Service Commission Emergency ......................800-342-3355
National Grid Gas Emergency/Customer Support....................718-643-4050
New York State Public Service Commission Utilities, Phone, and Cable Billing Complaint Line ............800-342-3377
Home Energy (HEAP) Grants.........................800-342-3009
National Grid Customer Support......................718-643-4050
Elections and Voting
Elecciones y Votación
選舉及投票

Register to vote by visiting vote.nyc.ny.us/html/voters/voters.shtml and downloading the form. Alternatively, visit your local Board of Elections office.

Brooklyn
345 Adams Street, 4th Floor
Brooklyn, NY 11201
718-797-8800

Manhattan
200 Varick Street, 10th Floor
New York, NY 10014
212-886-2100

To find your local polling place, visit nyc.pollsitelocator.com/ or call 311.

Brooklyn Community Board 1
435 Graham Avenue
Brooklyn, NY 11211
718-389-0009

Brooklyn Community Board 2
350 Jay Street, 8th Floor
Brooklyn, NY 11201-2921
718-596-5410

Brooklyn Community Board 6
250 Baltic Street
Brooklyn, NY 11201
718-643-3027
www.brooklynncb6.org/

Manhattan Community Board 1
1 Centre Street, Room 2202 North
New York, NY 10007
212-669-7970

Manhattan Community Board 2
3 Washington Square Village, Suite 1A
New York, NY 10012
212-979-2272

Manhattan Community Board 3
59 East 4th Street
New York, NY 10003
212-533-5300
Elected Officials
Funcionarios Electos
民選代表/議員

NYS Governor:
Andrew Cuomo
NYS Capitol Building
Albany, NY 12224
518-474-8390
www.governor.ny.gov/

NYS Attorney General:
Eric Schneiderman
NYS Capitol Building
Albany, NY 12224
800-771-7755
www.ag.ny.gov/

NYS Comptroller:
Tom DiNapoli
110 State Street
Albany, NY 12236
518-474-4044
www.osc.state.ny.us/

US Senate:

Charles Schumer
780 Third Avenue, Suite 2301
New York, NY 10017
212-486-4430
www.schumer.senate.gov/

Kirsten Gillibrand
780 Third Avenue, Suite 2601
New York, NY 10017
212-688-6262
www.gillibrand.senate.gov/

US House of Representatives:

7th District — Nydia Velazquez
Brooklyn Office
266 Broadway, Suite 201
Brooklyn, NY 11211
718-599-3658
velazquez.house.gov/

Lower East Side Office
500 Pearl Street, Suite 973
New York, NY 10007
212-619-2606
velazquez.house.gov/

Southwest Brooklyn Office
16 Court Street, Suite 1006
Brooklyn, NY 11241
718-222-5819
velazquez.house.gov/

10th District — Jerrold Nadler
Brooklyn Office
6605 Fort Hamilton Parkway
Brooklyn, NY 11219
718-373-3198
nadler.house.gov/

Manhattan Office
201 Varick Street, Suite 669
New York, NY 10014
212-367-7350
nadler.house.gov/
12th District — Carolyn Maloney
*Brooklyn Office*
619 Lorimer Street
Brooklyn, NY 11211
718-349-5972
maloney.house.gov/

*Manhattan Office*
1651 3rd Avenue, Suite 311
New York, NY 10128
212-860-0606
maloney.house.gov/

*NYS Assembly:*

51st District — Felix Ortiz
5004 4th Avenue
Brooklyn, NY 11220
718-492-6334
assembly.state.ny.us/mem/Felix-W-Ortiz/

52nd District — Jo Anne Simon
341 Smith Street
Brooklyn, NY 11231
718-246-4889
assembly.state.ny.us/mem/Jo-Anne-Simon

53rd District — Maritza Davila
249 Wilson Avenue
Brooklyn, NY 11237
718-443-1205
assembly.state.ny.us/mem/Maritza-Davila/

56th District — Joseph Lentol
619 Lorimer Street
Brooklyn, NY 11211
718-383-7474
assembly.state.ny.us/mem/Joseph-R-Lentol/

65th District — Vacant
250 Broadway, Suite 2234
New York, NY 10007
212-312-1420

66th District — Deborah Glick
853 Broadway, Suite 2007
New York, NY 10003
212-674-5153
assembly.state.ny.us/mem/Deborah-J-Glick/

74th District — Brian Kavanagh
237 1st Avenue, Room 407
New York, NY 10003
212-979-9696
assembly.state.ny.us/mem/Brian-Kavanagh/

New York City Council:

1st District — Margaret Chin
165 Park Row, Suite 11
New York, NY 10038
212-587-3159
council.nyc.gov/d1/html/members/home.shtml
2nd District — Rosie Mendez
237 First Avenue, Suite 504
New York, NY 10003
212-677-1077
council.nyc.gov/d2/html/members/home.shtml

3rd District — Corey Johnson
224 West 30th Street, Suite 1206
New York, NY 10001
212-564-7757

33rd District — Stephen Levin
410 Atlantic Avenue
Brooklyn, NY 11217
718-875-5200
council.nyc.gov/d33/html/members/home.shtml

34th District — Antonio Reynoso
244 Union Avenue
Brooklyn, NY 11211
718-963-3141
council.nyc.gov/d34/html/members/home.shtml

35th District — Laurie Cumbo
1 Hanson Place, Suite 201
Brooklyn, NY 11243
718-260-9191
council.nyc.gov/d35/html/members/home.shtml

39th District — Brad Lander
456 5th Avenue
Brooklyn, NY 11215
718-499-1090
council.nyc.gov/d39/html/members/home.shtml

Police Precincts
Precintos Policiales
警察局

Always Dial 911 in Case of Emergency.
Siempre llame al 911 en caso de una emergencia.
如有緊急情況請致電 911.

Brooklyn:

76th Precinct
191 Union Street
Brooklyn, NY 11231
718-834-3211

84th Precinct
301 Gold Street
Brooklyn, NY 11201
718-875-6811

90th Precinct
211 Union Avenue
Brooklyn, NY 11211
718-963-5311

94th Precinct
100 Meserole Avenue
Brooklyn, NY 11222
718-383-3879

Manhattan:

1st Precinct
16 Ericsson Place
New York, NY 10013
212-334-0611

5th Precinct
19 Elizabeth Street
New York, NY 10013
212-334-0711

7th Precinct
19 ½ Pitt Street
New York, NY 10002
212-477-7311

9th Precinct
321 East 5th Street
New York, NY 10003
212-477-7811
Benefits

Public Assistance
311
Cash benefits can provide essential food, clothing, and shelter. Benefits vary depending on specific situations.

Employment Benefits

ReServe
633 3rd Avenue
New York, NY 10017
212-727-4335
www.reserveinc.org/
ReServe is an innovative nonprofit that matches continuing professionals age 55+ with organizations that need their expertise.

Senior Community Service Employment Program
2 Lafayette Street, 6th Floor
New York, NY 10007
311
www.aging.ny.gov/NYSOFA/

Services/
The Senior Community Service Employment Program (SCSEP) helps job seekers improve their skills, obtain training, and find a job. The goal of the program is for participants to gain the skills they need to find and sustain employment in the workforce. Must be 55 or over and meet certain income requirements.

Food Benefits

Commodity Supplemental Food Program (CSFP)
www.health.ny.gov/prevention/nutrition/csfp/
718-498-9208
The New York State Department of Health’s Commodity Supplemental Food Program (CSFP) offers free, nutritious foods to seniors aged 60 years of age and older. Additionally, senior families enrolled in CSFP can receive benefits to purchase fresh fruits and vegetables at farmers’ markets through the Senior Farmers’ Market Nutrition Program.

Supplemental Nutrition Assistance Program (SNAP)
311
Formerly known as the Food Stamp Program, SNAP provides food support to low-income New Yorkers including working families, the elderly and the disabled to increase their ability to purchase food. To receive SNAP benefits, a household must qualify under eligibility rules set by the federal government. To see if you’re eligible, visit www.nyc.gov/accessnyc.

SNAP Offices:

Brooklyn:

Fort Greene
275 Bergen Street, 1st Floor
Brooklyn, NY 11217
718-722-8013

North Brooklyn
500 Dekalb Avenue, 4th Floor
Brooklyn, NY 11205
718-722-8013

Williamsburg
30 Thornton Street
Brooklyn, NY 11206
718-722-8013

Manhattan:

Waverly
12 West 14th Street, 4th Floor

Elderly Pharmaceutical Insurance Coverage (EPIC)
800-332-3742
www.health.ny.gov/health_care/epic/

EPIC is a free New York State program that helps income-eligible seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. EPIC helps pay the Medicare Part D drug plan premiums for low-to-moderate income members. EPIC also provides supplementary drug coverage for Part D covered drugs purchased while in the Medicare Part D coverage gap. To join EPIC, one must be a NYS resident age 65 or over, have an annual income less
than $75,000 (single) or $100,000 (married), be enrolled or eligible to be enrolled in a Medicare Part D plan, and must not be receiving the full Medicaid Benefit. Pharmacies must be EPIC participants.

**Medicaid**

Medicaid is a state-run health insurance program that is primarily available to people with limited incomes or resources but it is also available to those who meet other requirements.

To find out whether you qualify for Medicaid visit ACCESS NY at www.nyc.gov/accessnyc or call the NYC Human Resources Administration at (718) 557-1399.

**Boerum Hill Medicaid Office**

35 4th Avenue
Brooklyn, NY 11217
718-623-7427

**Chinatown Medicaid Office**

115 Chrystie Street, 5th Floor
New York, NY 10002
212-334-6114

**Medicare**

1-800-MEDICARE (1-800-633-4273)
www.medicare.gov
Medicare is a federal health insurance program that covers all seniors over the age of 65 for basic hospital and medical expenses. Medicare can also be supplemented by additional public and private plans, like the prescription drug coverage Medicare Part D supplement plan, depending on individual needs and qualifications.

**Extra Help With Medicare Prescription Drug Plans**

800-772-1313
www.ssa.gov/medicare/prescriptionhelp/
Extra Help pays for the costs of Medicare prescription drug plans. You are eligible for Extra Help if your resources and income are below a certain level.

**Medicare Rights Center**

216 West 37th Street, 3rd Floor
New York, NY 10018
212-869-3850
www.MedicareRights.org
The Medicare Rights Center offers many free resources to help people with Medicare and their caregivers understand their rights and options.

**Senior Medicare Patrol (SMP) Programs**

212-639-9675
www.aging.ny.gov/NYSOFA/Programs/EconSecurity/SMP.cfm
These programs assist Medicare and
Medicaid beneficiaries in order to prevent healthcare fraud by teaching beneficiaries how to best protect their personal identity, report errors on health care bills and identify inappropriate charging for service.

**Housing Benefits**

**Beneficios de Vivienda**

**房屋福利**

**Disabled Rent Increase Exemption (DRIE)**

66 John Street, 3rd Floor, New York, NY 10038

311

www1.nyc.gov/nyc-resources/service/1522/disability-rent-increase-exemption-drie-program

The DRIE program freezes the rents of disabled people living in rent-regulated apartments or Mitchell Lama buildings. Households that are eligible include those receiving Supplemental Security Income, Social Security Disability Income, a disability pension from the US Department of Veteran Affairs, or disability related Medicaid if the applicant has received Supplemental Security Income or Social Security Disability Income in the past. Applicants also must be in a household that in the previous calendar year had a combined income of $50,000 or less.

**Home Energy Assistance Program (HEAP)**

800-692-0557 (General)

212-331-3150 (Heat Line)

www1.nyc.gov/site/hra/help/energy-assistance-page

HEAP is a federally funded program that assists eligible households with grants to pay regular and emergency energy heating costs. HEAP eligibility is determined by whether the household income is below the current New York State income guidelines that correspond to the household size and the household energy costs. HEAP may be able to offer a benefit even if heat and utilities are included in the rent or the applicant lives in subsidized housing and pays directly for heating costs.

**New York City Housing Authority**

212-306-3000 (General)

718-707-7771 (Customer Contact Center)

www1.nyc.gov/site/nycha/index.page

**Residential Emergency Services to Offer Home Repair to the Elderly (RESTORE)**

212-480-6700

www.nyshcr.org/Programs/RESTORE/

RESTORE program funds may be used to pay for the cost of
emergency repairs to eliminate hazardous conditions in homes owned by the elderly when the homeowners cannot afford to make the repairs in a timely fashion.

**Senior Citizens Homeowner Exemption (SCHE)**
311
http://www1.nyc.gov/site/finance/benefits/landlords-sche.page

SCHE provides a tax reduction for property owners who own and live in a co-op, condominium or a one, two- or three family home. To be eligible, applicants must be at least 65 years of age or older with a combined income of $37,399 or less.

**Senior Citizen Rent Increase Exemption (SCRIE)**
311
www1.nyc.gov/nyc-resources/service/2424/senior-citizen-rent-increase-exemption-scrie

SCRIE offers eligible tenants an exemption from rent increases. The owner of the building receives a credit against their real estate taxes from the City of New York. Applicants must meet ALL of the eligibility requirements.

For SCRIE eligibility, applicants must:
• Be 62 years of age or older;

• Rent an apartment that is regulated by the Division of Housing and Community Renewal (DHCR) (i.e. rent controlled or rent stabilized apartments or hotel stabilized);

• Have an annual household income of $50,000 or less;

• Pay more than one-third of the household’s aggregate disposable income for rent.

**Weatherization Referral and Packaging Program (WRAP)**
311
www.aging.ny.gov/NYSOFA/programs/econsecurity/WRAP.cfm

Provides low-income elderly people (60+) with free weatherization services to lower their energy bills and increase the comfort of their homes. Services include insulation, replacement of doors and windows and repairs to furnaces and roofs. No limits on assets, monthly income limit for one person is $1,963 and for couples $2,567. Must receive HEAP benefits to be eligible.

**Social Security**

Social Security

Social Security

社會安全保障福利

**U.S. Social Security Administration**

800-772-1213

www.ssa.gov
If you require a new Social Security Card, need to update your personal information, or your employer requests that you visit a Social Security Office, go to one of the following Card Centers:

**Brooklyn:**
154 Pierrepont Street, 6th Floor
Brooklyn, NY 11201

**Manhattan:**
123 William Street, 3rd Floor
New York, NY 10038

**Supplemental Security Income (SSI)**
800-772-1213
www.ssa.gov/disabilityssi/ssi.html
* A monthly payment for people with low income to supplement social security.

**Transportation Benefits**
**Beneficios de Transporte**
交通福利

**Access-a-Ride**
web.mta.info/nyct/paratran/guide.htm
877-337-2017
*Access-A-Ride, for the same price as full public transit fare, provides door-to-door shared van rides 24/7 throughout New York City and nearby Nassau and Westchester counties for seniors and people with disabilities who have difficulty with public transit. For eligibility and reservations call the number above.

**Reduced-fare Metrocards**
718-330-1234
web.mta.info/nyct/fare/rfindex.htm
*Individuals who are 65 and older or have a disability may apply for a Reduced-fare Metrocard. Proof of age is needed when applying for a Reduced Fare Metrocard and can be provided with a birth certificate, Medicare card, social security award letter, driver’s license or NY State non driver’s ID.

**Veterans Benefits**
**Beneficios de Veteranos**
退伍軍人福利

**U.S. Department of Veteran Affairs**
1-800-827-1000
www.va.gov

**Regional Office:**
245 West Houston Street
New York, NY 10014
800-827-1000

**Veteran Administration New York Harbor Healthcare System - Brooklyn**
80 Poly Place
Brooklyn, NY 11209  
718-836-6600  
www.nyharbor.va.gov/

Veteran Administration New York Harbor Healthcare System - Manhattan  
423 East 23rd Street  
New York, NY 10010  
212-686-7500  
www.nyharbor.va.gov/

New York City Mayor’s Office of Veteran Affairs (MOVA)  
108 Leonard Street  
New York, NY 10013  
212-442-4171  
www.nyc.gov/veterans  
MOVA advises the Mayor on issues and initiatives impacting the veteran and military community. MOVA works with the U.S. Department of Veterans Affairs (VA), the New York State Division of Veterans Affairs (NYSDVA), City Agencies, veteran’s organizations and other stakeholders to offer services to veterans, their dependents and survivors.

Benefit Screening  
Preevaluación de Beneficios  
福利篩查

ACCESSNYC  
311  
www.nyc.gov/accessnyc  
ACCESSNYC is a free electronic information and screening tool that allows people of all ages to identify and screen their eligibility for over 30 city, state, and federal benefit programs, including SNAP, HEAP, and Medicaid. It also provides information on agency office locations that are near you. Available in Spanish, Chinese, Russian, Korean, Haitian Creole, and Arabic.

Benefits Checkup  
571-527-3900  
www.benefitscheckup.org/  
Benefits CheckUp is a free service from the National Council on Aging. Benefits CheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses. You can apply for many of the programs online or you can print an application form.
A team of benefit and housing counselors provide information and resources on public benefit and housing programs to individuals and families seeking assistance.
Legal Resources - Recursos Legales - 法律資訊

Citywide:

New York City Clerk
141 Worth Street
212-669-2400
www.cityclerk.nyc.gov
For marriage licenses.

NYC Department of Health
Bureau of Vital Records
125 Worth Street
New York, NY 10013
212-639-9675
www.nyc.gov/vitalrecords
For birth and death certificates.

NY Law Help
www.lawhelpny.org/
Provides low and moderate-income individuals with free and low-cost legal information and assistance.

Brooklyn:

Brooklyn Legal Services
260 Broadway, Suite 2
Brooklyn, NY 11211
718-487-2300
www.bka.org
Brooklyn Legal Services has provided high-quality, neighborhood

based civil legal services to low-income individuals, families, community groups, and nonprofit organizations in Brooklyn for over 44 years. Non emergency walk-in clients will generally not be seen.

Brooklyn Office for the Aging (BOFTA)
111 Livingston Street, 7th Floor
Brooklyn, NY 11201
718-645-3111
BOFTA provides services to vulnerable seniors in areas such as housing, health care, government benefits, disability benefits, and family law.

Legal Services NYC, Brooklyn Programs
105 Court Street, 3rd Floor
Brooklyn, NY 11201
718-237-5500
www.legalservicesnyc.org
Provides free legal advice and representation to those who would otherwise be unable to afford it. Focus is on housing, government benefits, consumer, and family law cases.
Manhattan:

**Good Old Lower East Side (GOLES) - Tenant Rights and Eviction Prevention Counseling**
171 Avenue B
New York, NY 10009
212-533-2541
www.goles.org/services.html
GOLES provides assistance to tenants living in rent-regulated apartments, public housing, and Section 8 housing. Provides legal counseling, government benefit assistance, and advocacy support.

**Legal Aid Society**
199 Water Street
New York, NY 10038
212-577-3300
www.legal-aid.org
Serves low income residents with legal assistance regarding public benefits, housing, social security, elder abuse and more.

**Manhattan Legal Services**
40 Worth Street, Suite 606
New York, NY 10013
646-442-3100
www.legalservicesnyc.org
Provides free legal advice and representation to those who would otherwise be unable to afford it. Focus is on housing, government benefits, consumer, and family law cases.

MFY Legal Services
299 Broadway, 4th Floor
New York, NY 10007
212-417-3700
www.mfy.org/projects/manhattan-seniors-project/
MFY’s Manhattan Seniors Project helps hundreds of seniors to age in place with dignity each year by preventing evictions and resolving health care problems.

**New York City Bar Justice Center**
42 West 44th Street
New York, NY 10036
212-626-7383
www.mycbar.org/citybarjusticecenter
Provides several programs, including a Legal Referral Service, Veterans Assistance Project, Consumer Bankruptcy Project, and an Elder Law Project. Has a free advice hotline for low-income callers.

**New York Legal Assistance Group**
7 Hanover Square, 18th Floor
New York, NY 10004
212-613-5000
www.nylag.org
Provides free civil legal services to New Yorkers who cannot afford attorneys. Services include: direct representation, case consultation, advocacy, community education,
training, financial counseling, and impact litigation.

**Urban Justice Center - Veteran Advocacy Project**
40 Rector Street, 9th Floor
New York, NY 10006
646-602-5620
vap.urbanjustice.org
The Veteran Advocacy Project provides free legal services to low-income veterans, with a focus on those living with Post Traumatic Stress, Traumatic Brain Injury, substance abuse problems, and mental illness. By appointment only.

**Consumer Protection**
**Protección al Consumidor**
**保障消費者權益**

**Do Not Call Registry**
Consumer Assistance Hotline
888-382-1222
www.donotcall.gov
National registry that allows consumers to block most telemarketing calls to home or mobile phones. Register by phone or online.

**NYC Department of Consumer Affairs**
42 Broadway, 9th Floor
New York, NY 10004

---

311
www1.nyc.gov/site/dca/index.page
The New York City Department of Consumer Affairs (DCA) empowers consumers and businesses to ensure a fair and vibrant marketplace. Complaint forms and educational materials are available on their website.

**NY State Attorney General Consumer Frauds and Protection Bureau**
120 Broadway, 3rd Floor
New York, NY 10271
800-771-7755 (General Hotline)
www.ag.ny.gov/bureau/consumer-fraud-bureau
The Bureau of Consumer Frauds and Protection prosecutes businesses and individuals engaged in fraudulent, misleading, deceptive or illegal trade practices. In addition to litigating, the Bureau mediates thousands of complaints each year from individual consumers.

**NYS Division of Consumer Protection**
800-697-1220 (Consumer Assistance Hotline)
800-503-9000 (Senior Information Line)
www.dos.ny.gov/consumerprotection/
Advocates for and works to empower New York consumers through education and direct assistance. The agency hosts a monthly toll-free “Senior Consumer Information Line” which allows Seniors statewide to access free information they can use to stay safe, maximize their independence and improve their everyday lives. Spanish spoken.

### Elder Abuse
Abuso de Ancianos
老人受虐待

Always Dial 911 in Case of Emergency.  
Siempre llame al 911 en caso de una emergencia.  
如有紧急情况请致电 911.

<table>
<thead>
<tr>
<th>Adult Care and Assisted Living Complaints Hotline</th>
<th>866-893-6772</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Care/Hospice Hotline</td>
<td>800-628-5972</td>
</tr>
<tr>
<td>Nursing Home Abuse Hotline</td>
<td>888-201-4563</td>
</tr>
</tbody>
</table>
| Adult Protective Services (APS) | 212-630-1853 (to refer a new case)  
718-722-4830 (Brooklyn Office) |
| 212-279-5794 (South Manhattan Office)  

**APS** is a state mandated case management program that arranges for services and support for physically and/or mentally impaired adults who are at risk of harm.

**Cardozo Guardianship Clinic**  
55 Fifth Avenue  
New York, NY 10003  
www.cardozo.yu.edu/clinics-professional-skills/clinics/guardianship-clinic

The Guardianship Clinic provides direct legal services to the community by assisting low-income individuals and families coping with disability and incapacity who are seeking or opposing guardianships; to provide assistance to the courts, particularly in dealing with low-income individuals seeking or needing guardianship services; and to represent guardians with respect to problems relating to guardianship proceedings.

**Jewish Association for Services for the Aged - Legal Social Work Elder Abuse Program (LEAP)**  
www.jasa.org/community/legal-assistance

212-273-5272
JASA’s LEAP offers specially trained attorneys and social workers to identify, eliminate, and prevent abuse. LEAP staff provide legal assistance and social services directly to seniors.

Kings County District Attorney’s Office Elder Abuse Unit
350 Jay Street, 15th Floor
Brooklyn, NY 11201
718-250-3071
www.brooklynda.org/elder-abuse-unit/
The Elder Abuse Unit prosecutes crimes against victims 60 and older.

LiveOn NY - Elder Abuse Initiative
49 West 45th Street, 7th Floor
New York, NY 10036
212-398-6565
www.liveon-ny.org
 Raises public awareness about elder abuse, strengthens nonprofit and governmental capacities to assist victims, and organizes advocacy campaigns to increase funding for abuse prevention services.

New York County District Attorney’s Office Elder Abuse Program
1 Hogan Place
New York, NY 10013
212-335-8920
The Elder Abuse Program focuses on investigating and prosecuting cases involving elderly victims of crime and also provides social service referrals.

New York City Department For The Aging - Elderly Crime Victims Resource Center
2 Lafayette Street
New York, NY 10007
311

Services include: crisis intervention, emergency assistance, case assistance, counseling and advocacy.
Advocacy and Action Groups
Grupos de Defensa y Acción
公益維護及維權團體

Alliance for Retired Americans - New York Chapter
518-783-6231
www.nysara.org
The Alliance for Retired Americans is a nationwide organization with over 4.2 million members. They have information on voting and voter protection, long-term care and nursing homes, health care reform, Social Security, and Medicare, among other issues.

American Association for Retired Persons (AARP)
780 Third Avenue, 33rd Floor
New York, NY 10017
866-227-7442
www.aarp.org
National organization that offers Medicare supplemental health insurance, along with other insurance, discounts on prescription drugs and other goods, advocacy services, and other information for people age 50 and over.

The American Geriatrics Society (AGS)
40 Fulton Street, 18th Floor
New York, NY 10017
212-308-1414
www.americangeriatrics.org
AGS is a not-for-profit dedicated to improving the health, independence and quality of life of older people.

Elder Care Resource Center
150 Broad Hollow Road, Suite 120
Melville, New York 11747
1-877-Elder-50
www.eldercareresourcecenter.info
This is a website created to provide information and contacts to those who need help. It has over 1,200 links to elder care resources including government benefits, support organizations, geriatric doctors, and skilled nursing facilities.

Jewish Association Serving the Aging
247 West 37th Street
New York, NY 10018
212-273-5200
www.jasa.org
JASA provides a wide range of services to adults age 55 and older. The services include protective services, caregiver assistance, meals, and mental health services.

LiveOnNY
49 West 45th Street, 7th Floor
New York, NY 10036
212-398-6565
<table>
<thead>
<tr>
<th><strong>Advocacy and Action Groups - Grupos de Defensa y Acción -</strong></th>
<th><strong>公益維護及維權團體</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.liveon-ny.org">www.liveon-ny.org</a></td>
<td>202-332-2275</td>
</tr>
<tr>
<td><em>LiveOn NY is a membership organization of more than 200 senior service agencies. Its goal is to ensure that the elderly of New York City receive quality services by helping senior service organizations build their capacity to provide superior programs and services through advocacy, training, innovative programming, and the exchange of ideas.</em></td>
<td>theconsumervoice.org</td>
</tr>
<tr>
<td>The Consumer Voice helps ensure that consumers are empowered to advocate for themselves. They advocate for public policies that support quality care, train and support individuals and groups that advocate for consumers of long-term care, and promote the critical role of direct-care workers.</td>
<td></td>
</tr>
<tr>
<td><strong>Medicare Rights Center</strong></td>
<td>New York Gray Panthers</td>
</tr>
<tr>
<td>266 West 37th Street, 3rd Floor</td>
<td>244 Madison Avenue, Suite 396</td>
</tr>
<tr>
<td>New York, NY 10018</td>
<td>New York, NY 10016</td>
</tr>
<tr>
<td>212-869-3850</td>
<td>917-535-0457</td>
</tr>
<tr>
<td><a href="http://www.medicarerights.org">www.medicarerights.org</a></td>
<td><a href="http://www.graypanthersnyc.org">www.graypanthersnyc.org</a></td>
</tr>
<tr>
<td><em>The Medicare Rights Center is the largest independent source of healthcare information for people with Medicare, and works to bring the consumer voice to the national debate on Medicare reform. It provides direct assistance to older adults and people with disabilities, as well as friends, family, caregivers, and professionals who have Medicare questions or problems.</em></td>
<td><em>A national organization committed to social justice including the expansion of health care programs, the creation of suitable housing, fighting discrimination, and promoting peace.</em></td>
</tr>
<tr>
<td><strong>New York State Coalition for the Aging</strong></td>
<td>New York State Coalition for the Aging</td>
</tr>
<tr>
<td>1450 Western Avenue, Suite 101</td>
<td>1450 Western Avenue, Suite 101</td>
</tr>
<tr>
<td>Albany, NY 12203</td>
<td>Albany, NY 12203</td>
</tr>
<tr>
<td>518-765-2790</td>
<td>518-765-2790</td>
</tr>
<tr>
<td><a href="http://www.coalitionforaging.org">www.coalitionforaging.org</a></td>
<td><a href="http://www.coalitionforaging.org">www.coalitionforaging.org</a></td>
</tr>
<tr>
<td><em>Dedicated to helping older adults live independently, with dignity and with the appropriate support services in their communities.</em></td>
<td><em>Dedicated to helping older adults live independently, with dignity and with the appropriate support services in their communities.</em></td>
</tr>
</tbody>
</table>
SAGE offers supportive services and consumer resources for older adults and their caregivers, advocates for public policy changes that address the needs of older people, and provides training for aging providers and LGBT organizations.

New York Statewide Senior Action Council - New York City Chapter
275 State Street
Albany, NY 12210
518-436-1006
www.nysenior.org
Advocates for the legislative inclusion of seniors and for full representation among service programs to ensure and promote the well-being of the aging. Also helps seniors understand Medicare Part D and hospital patients’ rights. Provides advice on medical plans and offers resource information and intervention services.

Older Women’s League
1627 Eye Street NW, Suite 600
Washington, DC 20006
202-450-8986
www.owl-national.org
A national grassroots organization advocating for economic, political, and social equality for mid-life and older women.

SAGE
305 Seventh Avenue, 15th floor
New York, NY 10001
212-741-2247
www.sageusa.org
Services and Advocacy for LGBT Elders is dedicated to improving the lives of LGBT older adults.
Housing - Vivienda - 有关房屋方面

Nursing and Rehabilitation
Residencia Geriátrica y de Rehabilitación
護理院及復康中心

A complete list of NYC nursing homes can be found at:
www.nursinghomes.nyhealth.gov/

A Place for Mom
866-344-8005
www.aplaceformom.com
This website is a free referral service to help locate an appropriate senior care center.

New York State Department of Health
nursinghomes.nyhealth.gov/
(Nursing Home Profiles)
www.health.ny.gov/facilities/nursing
(General Information)
All nursing homes in New York are regulated by the NY State Department of Health. The agency’s website provides comprehensive information on nursing homes including rankings, regulations, and inspection reports, as well as information about patients’ rights and nursing home alternatives.

Brooklyn:

Bedford Center for Nursing and Rehabilitation
40 Heyward Street
Brooklyn, NY 11249
718-858-6200
www.bedfordcenterrehab.com/
Bedford Center is a 200 bed, Glatt Kosher, Sub-Acute Care Center providing care to the community of Williamsburg. Bedford Center specializes in post-acute rehabilitation and nursing care, and provides families with long term care options in a secure environment.

Cobble Hill Health Care Center
380 Henry Street
Brooklyn, NY 11201
718-855-6789
www.cobblehilllifecare.org/
cobblehill
A not-for-profit long- and short-term care facility offering a range of medical, nursing and rehabilitation services, as well as social workers and counselors making weekly rounds and Alzheimer’s, hemodialysis and cardiac-rehabilitation programs.
Hopkins Center for Rehabilitation and Healthcare
155 Dean Street
Brooklyn, NY 11217
718-694-6700
www.HopkinsCenter.com
The Hopkins Center for Rehabilitation and Healthcare is a long-term care facility located in the Boerum Hill section of Brooklyn. The facility offers an array of services including on-site dental, radiology, rehabilitation therapy, social work services, pastoral care, and a beauty parlor.

Phoenix Rehabilitation and Residential Health Care
140 St. Edwards Street
Brooklyn, NY 11201
718-858-6400
thephoenixrehab.com/
Phoenix Rehabilitation is a 400-bed, long term care facility located in the Fort Greene section of Brooklyn.

Manhattan:

Frederic Fleming House
443 West 22nd Street
New York, NY 10011
212-242-5277
www.wsfssh.org/buildings/frederic-fleming-house/
Provides 24 hour, 7-day-a-week comprehensive congregate care for formerly homeless men and women with special needs over the age of 50.

New East Side Nursing Home
25 Bialystoker Place
New York, NY 10002
212-673-8500

New York Gouverneur Healthcare Services Skilled Nursing Facility
227 Madison Street
New York, NY 10002
212-238-7000
www.nyc.gov/gouverneur
The 215-bed Nursing Facility provides 24-hour care for individuals in need of short-or long-term care, offering skilled nursing and rehabilitation care.

Robert Mapplethorpe Residential Facility
327 East 17th Street
New York, NY 10003
212-420-5690
www.wehealny.org/services/B1_Aidservices/Mapplethorpe.html
The Robert Mapplethorpe Residential Treatment Facility (RMRTF) provides full medical and social services for people living with HIV/AIDS who cannot live on their own, but do not need inpatient hospital care.
VillageCare Rehabilitation and Nursing Center
214 West Houston Street
New York, NY 10014
212-337-9400
www.villagecare.org/vcrnc

105-bed center designed as a place where patients receive rehabilitation and recovery care to prepare them to return home.

Independent and Assisted Living
Vivienda Asistida e Independiente
獨居及家居護理

Brooklyn:

Cumberland Gardens
425 Cumberland Street
Brooklyn, NY 11201
718-623-8181

Cumberland Gardens provides 105 units of subsidized housing for low-income senior citizens. It offers social and recreational services.

Pierrepont House for the Elderly
55 Pierrepont Street
Brooklyn, NY 11201
718-852-3390
www.ccbq.org/what-we-do/housing-services/pierrepont-house-elderly

Pierrepont House for the Elderly is a 188-unit senior citizen independent living program sponsored by Catholic Charities. As a caring community it provides safe, affordable housing as well as support services and opportunities for education, socialization and recreation.

Manhattan:

Brookdale Battery Park
455 North End Avenue
New York, NY 10282
212-766-8782

Privately run independent living facility for senior citizens, with an assisted living section on its second floor.

David Podell House
179 Henry Street
New York, NY 10002
212-766-8782
www.edalliance.org/older_adults

Federally subsidized senior residences operated by the Educational Alliance. Seniors who live in Podell House take advantage of the comprehensive social services and senior programming offered through the Weinberg Center for Balanced Living at Manny Cantor Center.

Helen Harris Senior Housing
80 Rutgers Slip
New York, NY 10002
212-566-2729

Hong Ning Housing for the Elderly
50 Norfolk Street
New York, NY 10002
212-475-7730

Ridge Street Gardens (New York Foundation for Senior Citizens)
80 Ridge Street, Suite 92
New York, NY 10002
212-598-4148
Located on the Lower East Side, Ridge Street Gardens provides 100 units of subsidized, low income housing for seniors.

St. Margaret’s House
49 Fulton Street
New York, NY 10038
212-766-8122
Located in the heart of downtown Manhattan, St. Margaret’s House is comprised of one- and two bedroom units. Common areas include a community dining room, library and outdoor gardens. In order to be eligible, applicants must be 62 or older or disabled/mobility impaired. Additional income and household size criteria also apply.

Assistance with Property Tax and Utilities
Ayuda con los Impuestos de Propiedad y Utilidades
物業稅、租務及能源等的補助

Disabled Homeowner’s Exemption (DHE)
311
www1.nyc.gov/site/finance/benefits/landlords-dhe.page
The Disabled Homeowner’s Exemption (DHE) provides a property tax abatement for eligible property owners who have a medically certifiable disability and an annual income below $37,399. You cannot receive both DHE and SCHE. If your property qualifies for both, only SCHE will be granted.

Real Property Tax Credit
tax.ny.gov/pit/credits/real_property_tax_credit.htm
The Real Property Tax Credit provides relief to low income senior residents of New York State. Contact the New York State Department of Taxation and Finance for more details.

Residential Emergency Services to Offer Home Repair to the Elderly (RESTORE)
212-480-6700
www.nyshcr.org/programs/restore
The RESTORE Program is available
to low-income seniors who need financial assistance for emergency home repairs. The maximum grant is $5,000 and is only available to those who have lived in their homes for at least three years. The program is administered through RESTORE-qualified agencies in your service area. Call or visit the website for additional info.

**Senior Citizens Homeowner Exemption (SCHE)**
www1.nyc.gov/site/finance/benefits/landlords-sche.page
SCHE provides a tax reduction for property owners who own and live in a co-op, condominium or a one-, two-, or three family home. To be eligible, applicants must be at least 65 years of age or older with an income of 37,399 or less.

**New York State School Tax Relief Program (STAR)**
311
www.tax.ny.gov/pit/property/star/index.htm
New York State Residents who are homeowners qualify for the Basic School Tax Relief (STAR) program regardless of age if their annual adjusted gross income is $500,000 or less and the property is their primary residence. Residents 65 and older who qualify for Basic STAR and have an annual household income of less than $84,050 are eligible for the Enhanced STAR program.

**Veterans’ Tax Exemption**
www1.nyc.gov/site/finance/benefits/landlords-veterans.page
The Veterans’ Tax Exemption is a partial property tax exemption available to property owners who served in the U.S. armed forces in WWI & II, Korea, Vietnam, or the Gulf War. The spouse or registered domestic partner of a qualified veteran, the unmarried surviving spouse of a qualified veteran, and a Gold Star parent (the parent of a child who died in the line of duty while serving in the U.S. armed forces during one of the periods above) are also eligible for this exemption.

**Assistance with Rent**
Asistencia de Alquiler
租務補助

**Disabled Rent Increase Exemption (DRIE)**
311
www1.nyc.gov/site/finance/benefits/tenants-drie.page
The DRIE program freezes the rents of disabled people living in rent-
regulated apartments or Mitchell Lama buildings. Households that are eligible include those receiving Supplemental Security Income, Social Security Disability Income, a disability pension from the US Department of Veteran Affairs, or disability related Medicaid if the applicant has received Supplemental Security Income or Social Security Disability Income in the past. Applicants also must be in a household that in the previous calendar had a combined income of $50,000 or less and spent more than 1/3 of monthly household income on rent.

Senior Citizen Rent Increase Exemption (SCRIE)
311
www1.nyc.gov/site/finance/benefits/tenants-scrie.page
SCRIE offers eligible tenants an exemption from rent increases. The owner of the building receives a credit against their real estate taxes from the City of New York. Applicants must meet ALL of the eligibility requirements.

For SCRIE eligibility, applicants must:
• Be 62 years of age or older;
• Rent an apartment that is regulated by the Division of Housing and Community Renewal (DHCR) (i.e. rent controlled or rent stabilized apartments or hotel stabilized);
• Have an annual household income of 50,000 or less;
• Pay more than one-third of the household’s aggregate disposable income for rent.

Fuel and Utility Costs
Costos de Combustible y Utilidades
煤氣及能源補助

Heating Equipment Repair or Replacement
800-342-3009
The Heating Equipment Repair and Replacement Component of the Home Energy Assistance Program is available to help eligible low-income homeowners repair or replace furnaces, boilers and other direct heating components necessary to keep their home’s primary heating source functional. Benefit amounts are based on the actual cost incurred to replace or repair the furnace, boiler and/or other essential heating equipment.

Home Energy Assistance Program (HEAP)
800-692-0957 (General)
212-331-3150 (Heat Line)
For the New York State Program: www.otda.ny.gov/programs/heap/

A one-time grant per year to help low-income homeowners and renters pay fuel and utility costs.

Weatherization
Climatización
防寒保暖

Weatherization Referral and Packaging Program (WRAP)
311
www.aging.ny.gov/NYSOFA/programs/econsecurity/WRAP.cfm

Provides low-income elderly people (60+) with free weatherization services to lower their energy bills and increase the comfort of their homes. Services include insulation, replacement of doors and windows and repairs to furnaces and roofs. No limits on assets, monthly income limit for one person is $1,963 and for couples $2,567. Must receive HEAP benefits to be eligible.

Tenant Advocacy Organizations
Organizaciones de Defensa de Inquilinos
住客維權組織

Good Old Lower East Side (GOLES) - Tenant Rights and Eviction Prevention Counseling
171 Avenue B
New York, NY 10009
212-533-2541
www.goles.org/services.html

Good Old Lower East Side (GOLES) provides assistance to tenants living in rent-regulated apartments, public housing and Section 8. Provides legal counseling, government benefit assistance and advocacy support.

Housing Court Answers
212-962-4795
www.cwtfhc.org

A non-profit organization that provides advice to unrepresented tenants in Housing Court proceedings, works to improve the Housing Court system and advocates for the right to counsel in Housing Court. Operates a telephone hotline from 9 am to 5 pm to provide information regarding Housing Court proceedings and the enforcement of housing code violations and other landlord/tenant
issues to New York City residents, community-based organizations and other service providers.

**Metropolitan Council on Housing**
339 Lafayette Street, Suite 301
New York, NY 10012
212-979-6238 (Membership)
212-979-0611 (Tenants’ Rights)
metcouncilonhousing.org/

*A citywide membership-based tenants’ advocacy organization that works to preserve and expand affordable housing and rent regulation through grassroots organizing, lobbying, direct action and public education.*

**New York State Tenants and Neighbors Coalition**
236 West 27th Street, 4th Floor
New York, NY 10001
212-608-4320
www.tenantsandneighbors.org

*A statewide organization of tenants, tenant associations, and other community groups that fight for tenants’ rights and affordable housing through organizing, education, leadership development, and grassroots mobilization.*
Transportation
Transporte
有關交通事項

Transportation Discounts
Descuentos de Transporte
交通費折扣

E-ZPass
www.e-zpassny.com/
Apply for an E-ZPass online, at a retail location, or via mail. See website for more details.

Reduced-fare Metrocards
718-330-1234
web.mta.info/nyct/fare/rfindex.htm
Individuals who are 65 and older or have a disability may apply for a Reduced-fare Metrocard. Proof of age is needed when applying for a Reduced Fare Metrocard and can be provided with a birth certificate, Medicare card, social security award letter, driver’s license or NY State non driver’s ID.

Travel Assistance
Servicios de Asistencia de Viaje
交通輔助

Community Arranged Resident Transportation Program (C.A.R.T.)
11 Park Place, 14th Floor
New York, NY 10007
212-962-7559
www.nyfsc.org/services/fretrans.html
Operating in Manhattan, from the Battery to 96th Street on the East Side and to 110th Street on the West Side five days a week, C.A.R.T.’s five vans take seniors to and from medical appointments and hospitals, planned activities at senior centers and entitlements on which they depend. C.A.R.T. also delivers meals to homebound seniors living in mid-Manhattan. In addition to its established routes, Project C.A.R.T. provides private car service for emergencies as well as for medical, social service and entitlement appointments and visits to relatives and friends in hospitals or nursing homes.

Downtown Connection Free Bus
120 Broadway, Suite 3340
New York, NY 10271
212-566-6700
Operated by the Downtown Alliance, the free Downtown Connection bus route operates from 10 a.m.-7:30 p.m., seven days a week except Thanksgiving, Christmas Day and New Year’s Day, with free Americans with Disabilities Act (ADA) compliant service. Buses come on average at 10-minute intervals on weekdays - traffic permitting - and at 15-minute intervals on weekends. The bus travels from Beekman and Water Street on the East Side, south around the tip of Manhattan, then north through Battery Park City and then East to City Hall, and returning. (Buses make 37 stops around the perimeter of Lower Manhattan, including a Warren/Murray Street retail loop.)

**Accessibility**

*Accesibilidad*

輔助上落的設施

**MTA Guide to Accessible Transit:**

511
web.mta.info/accessibility/transit.htm

**Access-a-Ride**

web.mta.info/nyct/paratran/guide.htm

877-337-2017

Access-A-Ride, for the same price as full public transit fare, provides door-to-door shared van rides 24/7 throughout New York City and nearby Nassau and Westchester counties for seniors and people with disabilities who have difficulty with public transit. For eligibility and reservations call the number above.
Health Care

Health Care Proxy
800-342-9871

Individuals who are unable to make health care decisions can designate a Health Care Proxy to make health care decisions on their behalf.

Health Insurance Information Counseling and Assistance Program (HIICAP)
212-602-4180

The NYC HIICAP is New York’s source for free, current and impartial information about health care coverage. Through a helpline and volunteer counselors, HIICAP provides information on all aspects of health insurance including Medicare, prescription drug information, long-term care insurance, Medicaid for people with Medicare, and more.

New York State Department of Health
Corning Tower, Empire State Plaza
Albany, NY 12237

866-881-2809

New York State Health Insurance Resource Center Long-Term Care
www.health.ny.gov/facilities/long_term_care/
Provides information on long-term care and insurance policies for New York State.

Health Insurance Programs
Programas de Seguro de Salud
健康保險計畫

Medicaid

Medicaid is a state-run health insurance program that is primarily available to people with limited incomes or resources but it is also available to those who meet other requirements.

To find out whether you qualify for Medicaid visit ACCESS NY at www.nyc.gov/accessnyc or call the NYC Human Resources Administration at (718) 557-1399.

Boerum Hill Medicaid Office
35 4th Avenue
Brooklyn, NY 11217
718-623-7427 or 718-623-7428

Chinatown Medicaid Office
115 Chrystie Street, 5th Floor
New York, NY 10002
Medicare
1-800-MEDICARE (800-633-4227)
www.medicare.gov
Medicare is a federal health insurance program that covers all seniors over the age of 65 for basic hospital and medical expenses. Medicare can also be supplemented by additional public and private plans, like the prescription drug coverage Medicare Part D supplement plan, depending on individual needs and qualifications.

Senior Medicare Patrol (SMP) Programs
212-639-9675
www.aging.ny.gov/NYSOFA/Programs/EconSecurity/SMP.cfm
These programs assist Medicare and Medicaid beneficiaries in order to prevent healthcare fraud by teaching beneficiaries how to best protect their personal identity, report errors on health care bills and identify inappropriate charging for service.

New York State Partnerships for Long Term Care
866-950-7526
www.nyspltc.org
The New York State Partnership for Long Term Care combines private long term care insurance with Medicaid to help people prepare financially for possible nursing home care, home care or other long term care services as specified under the policy. It allows New Yorkers to protect assets while remaining eligible for Medicaid Extended Coverage if their long term care needs exceed the period covered by their private partnership insurance policy.

New York State of Health
1-855-355-5777
www.nystateofhealth.ny.gov/
NY State of Health is a marketplace where individuals can shop for and enroll in affordable health insurance plans. These plans are for people who do not currently receive Medicare and who don’t have insurance through their employers.

Hospitals
Hospitales
醫院

Complaints Related to New York Hospitals
New York State Department of Health
Centralized Hospital Intake Program
Mailstop: CA/DCS
Empire State Plaza
Albany, NY 12237
1-800-804-5447
To issue a complaint about a hospital or a diagnostic and treatment center, call the toll-free number above, or file a complaint in writing by mailing the address above.

Brooklyn:

Brooklyn Hospital Center
121 Dekalb Avenue
Brooklyn, NY 11201
718-250-8000
www.tbh.org/

New York Methodist Hospital
506 6th Street
Brooklyn, NY 11215
718-780-3000
www.nym.org/

Veterans Administration New York Harbor Healthcare System - Brooklyn
800 Poly Place
Brooklyn, NY 11209
718-836-6600
www.nyharbor.va.gov/

Woodhull Hospital
760 Broadway
Brooklyn, NY 11206
718-963-8000
nyc.gov/hhc/woodhull

Manhattan:

Gouverneur Healthcare Services
227 Madison Street
New York, NY 10002
212-238-7897

New York Presbyterian/Lower Manhattan Hospital
170 William Street
New York, NY 10038
212-312-5000
www.downtownhospital.org/

Veterans Administration New York Harbor Healthcare System - Manhattan
423 East 23rd Street
New York, NY 10010
212-686-7500
www.nyharbor.va.gov/

Community Health Clinics
Clínicas de Salud Comunitarias
社區健康診所

Brooklyn:

CABS Health Center
94-98 Manhattan Avenue
Brooklyn, NY 11206
718-388-0390
www.chnnyc.org/locations/cabs-
Joseph P. Addabbo Family Health Center
120 Richards Street
Brooklyn, NY 11231
718-945-7150
www.addabbo.org

ODA Primary Care Health Center
14-16 Heyward Street
Brooklyn, NY 11249
718-260-4600
www.odahealth.org
A not-for-profit healthcare provider that offers a full range of primary care and specialty services.

Williamsburg Family Health Center
99 Division Avenue
Brooklyn, NY 11249
718-599-6200
www.tbh.org/outpatient-care/williamsburg-family-health-center

Woodhull Greenpoint Community Health Center
875 Manhattan Avenue
Brooklyn, NY 11222
718-630-3220

Woodhull Williamsburg Community Health Center
279 Graham Avenue
Brooklyn, NY 11221
718-963-7821

Manhattan:

Betances Health Center
280 Henry Street
New York, NY 10002
212-227-8401
www.betances.org/
Geriatric care at Betances provides comprehensive medical services to address the core primary and specialty medical needs of patients 60 years of age and older.

Catherine M. Abate Health Center
150 Essex Street
New York, NY 10002
212-477-1120
www.chcnyc.org/our-locations/catherine-m-abate
Geriatric care, preventative medicine, nutrition counseling, social services and health education are offered. Spanish and Chinese spoken.
Charles B. Wang Community Health Center
125 Walker Street, 2nd Floor
New York, NY 10013
268 Canal Street
New York, NY 10013
168 Centre Street, 3rd Floor
New York, NY 10013
212-966-0461 Health Education
212-379-6988 Adult Medicine
212-966-0228 Women’s Health
212-941-2213 Mental Health
212-226-3888 Pediatrics
212-226-9339 Dental
212-226-1661 Social Work
www.cbwchc.org/
Non-profit health center providing medical and mental health services for children, and dental and optical services for all ages, with a focus on Asian-Americans. The center is also a local WIC enrollment and services site where staff conduct community education, advocacy, and outreach. Chinese, Spanish, Vietnamese, and Korean spoken.

Henry Street Settlement - Community Consultation Center
40 Montgomery Street
New York, NY 10002
212-233-5032
www.henrystreet.org/programs/
A non-profit clinic providing mental health and approved primary healthcare services, the CCC delivers outpatient mental health services, psychiatric day treatment, crisis services, HIV family mental health services, Asian bi-cultural services, vocational rehabilitation, housing, primary healthcare, parent education and support and job training opportunities, as well as legal and financial services and screenings for entitlement benefits and Food Stamp enrollment. Languages spoken include Spanish, Chinese, Mandarin, Cantonese, Italian, and German.

Judson Health Center
34 Spring Street
New York, NY 10012
212-925-5000

Ryan-NENA Community Health Center
279 East 3rd Street
New York, NY 10009
212-477-8500
www.ryancenter.org/home.htm
A non-profit outpatient health center for patients of all ages offering medical, dental, and optical care; HIV/AIDS care; substance abuse treatment; and counseling. Languages spoken include Spanish, French, Russian, and Chinese.
Roberto Clemente Center
540 East 13th Street
New York, NY 10009
212-387-7400

Smith Family Health Center
60 Madison Street
New York, NY 10038
212-346-0500

Home Care Options
Opciones de Cuidado Domiciliario
家居照顧的選擇

CPC Home Attendant Program
1 York Street, 2nd Floor
New York, NY 10013
212-219-8100
Provides personal care services in the home to clients who are medically disabled, aged and/or physically handicapped. The program is staffed with bilingual/bicultural Chinese and Spanish speaking registered nurses and case coordinators to supervise the delivery of home care services.

Expanded In-Home Services for the Elderly Program (EISEP), NYC Dept. for the Aging
EISEP assists older New Yorkers who need help with activities of daily living (e.g., dressing, bathing, personal care) and instrumental activities of daily living (e.g., shopping, housekeeping, cooking), who want to remain at home and are not eligible for Medicaid. Case managers help elders and their families decide what help is needed and arrange for services that may include non-medical in-home services, non-institutional respite services for caregivers, ancillary services and other services available in the community. EISEP supports and supplements care provided by families and friends. Participants whose incomes are above 150% of poverty share in the cost of the services, according to a sliding scale.

Home Care Service Program (HCSP)
311
The Home Care Services Program (HCSP) offers access to Medicaid-funded long-term care programs designed to help eligible elderly or disabled individuals remain safely at home, rather than in a nursing home or other institution. In some cases, the Home Care Services Program will assess medical needs and determine the appropriate care...
required. Eligibility for Medicaid-funded home care programs varies among programs but all programs require that the applicant be Medicaid eligible.

The New York Foundation for Senior Citizens - Home Attendant Program
11 Park Place, 14th Floor
New York, NY 10007
212-962-7559
www.nyfsc.org/services/support_homeattend.html
Under the Home Attendant Program, the Foundation’s registered nurses and social workers visit seniors at home - to assess their needs and to supervise the more than 1,000 home attendants the Foundation employs to meet their needs. Home attendants are trained by Foundation staff to perform daily tasks such as health-related personal care, housekeeping, shopping, cooking and accompanying seniors to medical appointments.

Visiting Nurse Service of New York
800-675-0391
www.vnsny.org
This home health care service provides members of the community support using both care and technology to maximize effectiveness. The VNSNY matches patients with the care they need while being sure to account for any financial concerns. Both Medicare and Medicaid are accepted, and services run 24/7.

Brooklyn Office:
1630 East 15th Street
Brooklyn, NY 11229

Manhattan Office:
1250 Broadway, 7th Floor
New York, NY 10001

Mental Health Services
Servicios de la Salud Mental
心理健康科服務
Brooklyn:

Brooklyn Veterans Center
25 Chapel Street, Suite 604
Brooklyn, NY 11201
718-630-2830

Heights and Hills
57 Willoughby Street, 4th Floor
Brooklyn, NY 11201
718-596-8789
www.HeightsAndHills.org
Heights and Hills delivers information, direction and support for the elderly of Brooklyn.
### Manhattan:

**Geriatric Mental Health Alliance of New York City**  
50 Broadway, 19th Floor  
New York, NY 10004  
212-614-5772  
www.mhaofnyc.org/gmha/  
The Geriatric Mental Health Alliance (GMHA) operates a Geriatric Mental Health Training and Technical Assistance Center without walls that provides support to various provider systems to increase their capacity and skill to meet the mental health needs of the older adults with whom they work.

**Greenwich House Senior Health and Consultation Center**  
27 Barrow Street, 3rd Floor  
New York, NY 10014  
212-242-4140 ext. 251  
www.greenwichhouse.org/senior_health/index  
This program offers affordable consultation as well as help with the necessary changes that come with aging. Services are provided at the center, but necessary home calls can sometimes be made.

**Hamilton Madison House Chinatown Family Consultation Center (CFCC)**  
253 South Street, 3rd Floor

### New York, NY 10002

**212-720-4540**

A full-service mental outpatient clinic, the CFCC provides evaluations, therapy and community outreach.

**Hamilton Madison House Social Adult Day Program**  
253 South Street, 2nd Floor, East Wing  
New York, NY 10002  
212-349-3724  
Striving to improve the quality of life for those 55 years and above with dementia and memory loss, this program offers transportation, nutritious meals, support groups, and recreational activities. Staff speaks Mandarin and Cantonese.

**Manhattan Veterans Center**  
32 Broadway, 2nd Floor, Suite 200  
New York, NY 10004  
212-951-6866

**University Settlement Consultation Center**  
184 Eldridge Street  
New York, NY 10002  
212-453-4522  
www.universitysettlement.org/us/programs/mental_health_services/consultation_center/  
The Consultation Center works to provide mental health services to
those in need. Professionals at the Center speak English, Mandarin, Cantonese and Spanish.

**Prescription Discounts**

**Descuentos de Recetas Médicas**

藥品折扣計畫

**AARP Prescription Discount Program**

877-422-7718
www.aarppharmacy.com
This program was created by AARP to provide exclusive discounts on FDA-approved prescription medications and specialty drugs.

**BigAppleRx**

311
www.bigapplerx.com
A free discount card accepted at many pharmacies in New York City; cannot be used in conjunction with other discounts/insurance but can be used for medications not covered.

**Elderly Pharmaceutical Insurance Coverage (EPIC)**

800-332-3742
www.health.ny.gov/health_care/epic/
EPIC is a free New York State program that helps income-eligible seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. EPIC helps pay the Medicare Part D drug plan premiums for low- to moderate income members. EPIC also provides supplementary drug coverage for Part D covered drugs purchased while in the Medicare Part D coverage gap. To join EPIC, one must be a NYS resident age 65 or over, have an annual income less than $35,000 (single) or $50,000 (married), be enrolled in a Medicare Part D plan, and must not be receiving the full Medicaid Benefit. Pharmacies must be EPIC participants.

**Extra Help Paying for Medicare Prescription Drug Plans**

800-772-1213
www.ssa.gov/medicare/prescriptionhelp/
Extra Help pays for the costs of Medicare prescription drug plans. You are eligible for Extra Help if your resources and income are below a certain level.

**Blood Pressure Programs**

**Programas de la Presión Arterial**

量度血壓服務

Organized by the New York City Department for the Aging, trained senior volunteers measure the
blood pressure of their peers in bi-weekly screening and monitoring sessions. Adhering to a special protocol developed in association with the Department of Health, the volunteers keep records and follow-up with anyone whose blood pressure is too high. The program is available at the following senior centers:

**Brooklyn:**

**Diana H. Jones Senior Center**  
9 Noll Street  
Brooklyn, NY 11206  
718-782-3601

**Eileen Dugan Senior Center**  
380 Court Street  
Brooklyn, NY 11231  
718-596-1956

**Park Slope Senior Center**  
463A Seventh Street  
Brooklyn, NY 11215  
718-832-3726

**Prospect Hill Senior Center**  
283 Prospect Avenue  
Brooklyn, NY 11215  
718-499-9574

**Raices Times Plaza Senior Center**  
460 Atlantic Avenue

---

**Manhattan:**

**University Settlement Senior Center**  
189 Allen Street  
New York, NY 10002  
212-473-8217
Senior Centers - Centros de Ancianos - 老人中心

Brooklyn:

Eileen Dugan Senior Citizens Center
380 Court Street
Brooklyn, NY 11231
718-596-1956
Provides a variety of services, including group lunches, nutritional programs, educational and recreational activities and case assistance.

Independence Neighborhood Senior Center
114 Taylor Street
Brooklyn, NY 11211
718-388-9242
milldev.org/senior-programs/independence/
Provides a variety of activities including zumba, dominoes, bingo and origami.

Northside Senior Center
179 North 6th Street
Brooklyn, NY 11211
718-387-2316
www.ccbq.org/what-we-do/older-adult-services/northside-senior-center

Services include lunch, case assistance, educational, recreational and health promotional activities.

Pete McGuinness Senior Center
715 Leonard Street
Brooklyn, NY 11222
718-383-1940
www.ccbq.org/what-we-do/older-adult-services/pete-mcguinness-senior-center
Offers a range of activities and services Monday through Friday, which includes: lunch; social services provided by an experienced Case Manager and a Program Manager (Polish/English speaking) for entitlements, benefits and referrals; educational workshops, computer classes, healthy aging classes in Tai Chi, chair yoga, meditation and aerobics; line dance and ballroom dance; lifestyle management classes; oil painting and crafts classes; humor and politics discussion; sing-alongs and first run movies. Transportation to the center is provided to seniors who are unable to take public transportation.
Senior Centers - Centros de Ancianos - 老人中心

Polish and Slavic Center (PSC)
“Krakus” Senior Center
176 Java Street
Brooklyn, NY 11222
718-383-3434
Krakus activity is not limited to serving meals. Krakus also offers educational and recreational activities such as chess, cards, dominoes, bingo, movies, a choir and many more activities. ESL classes are offered twice a week. Polish spoken.

St. Charles Jubilee Senior Center
55 Pierrepont Street
Brooklyn, NY 11201
718-855-0326
www.ccbq.org/what-we-do/older-adult-services
Provides nutritional, educational, recreational, health promotional, social service and intergenerational programs as well as multi-cultural events.

Swingin’ Sixties Seniors Center
211 Ainslie Street
Brooklyn, NY 11211
718-963-3793
This senior center offers breakfast and hot lunch as well as a variety of programs including art classes, computer classes, yoga, dancing, nutrition and wellness programs, a walking club and bingo and card playing.

Manhattan:

BRC Senior Center
30 Delancey Street
New York, NY 10002
212-533-2020
www.brc.org/programs_senior_services.php
BRC’s Senior Center provides community, social and educational activity, health and mental health services, recreation, and nutritious meals.

Chinese American Planning Council NY Chinatown Senior Citizens Center
70 Mulberry Street
New York, NY 10013
212-233-8930
CSCC is celebrated for its orchestra room, where seniors actively practice and perform for their predominantly Cantonese-speaking peers. This senior center also offers the Senior Strollers walking club.

CPC Project Open Door
168 Grand Street
New York, NY 10013
212-431-9026
cpc-nyc.org/programs/senior-
CPC provides meals, social activities such as art shows, and homecare services to New York’s population of elderly Chinese. Breakfast, lunch, health promotion and nutrition information, educational and recreational opportunities and case assistance are available.

**Good Companion Senior Center**
334 Madison Street, Basement
New York, NY 10002
212-406-5044
www.henrystreet.org/programs/senior-services/good-companions-senior-center.html

*Health and wellness classes, exercise facilities, legal services, benefits and entitlements counseling, case management, recreation and educational classes including arts, computers, games, current events discussions, and holiday celebrations are offered. This senior center also offers a Stay Well Exercise Program, providing weekly exercise classes to enhance balance and build muscle strength which run approximately 40-50 minutes.*

**Grand Street Settlement Grand Coalition of Seniors**
80 Pitt Street

New York, NY 10002
646-201-4251

*The Grand Coalition offers nutritious meals that meet multi-ethnic dietary preferences. Other services at Grand Street include assistance with Medicare, HEAP, SSI and Food Stamps, health and mental health care, housing assistance, exercise programs, recreational and cultural activities, and volunteer opportunities.*

**Greenwich House Senior Center at Independence Plaza**
310 Greenwich Street
New York, NY 10013
212-267-0499
www.greenwichhouse.org/about/senior_services

*Meals, classes, health and wellness activities, social work services, and specialized services for homebound seniors are offered.*

**Hamilton Madison House City Hall Senior Center**
100 Gold Street, Lower Lobby
New York, NY 10038
212-788-5580

*The center serves as a hub for information and referrals, including consultation regarding Social Security, food stamps, financial assistance, and housing assistance.*
Medicaid, Medicare, and senior housing. It also offers nutritious meals, recreational activities, and educational classes.

Mott Street Senior Center
180 Mott Street
New York, NY 10002
212-966-5460
www.nyfsc.org/services/sencenters.html
Exercise, bingo and mahjong, dancing, painting, ceramics, sculpting, sewing, knitting, and crocheting, among other activities, are offered. Each day, members can enjoy delicious, nutritionally balanced breakfasts and lunches, many of which feature Italian and Chinese dishes.

Southbridge Adult and Senior Citizens Center
90 Beekman Street
New York, NY 10038
212-732-9363
www.southbridgetowers.com/development/community_groups.aspx
A variety of recreational and cultural programs are open to anyone over 55 in the downtown area, including health and fitness programs, arts and crafts, drawing and chess. The Center also offers a nurse, a shopping van service, and assistance with social services such as Medicare, Access-A-Ride, and Meals-On-Wheels.

UJC Adult Luncheon Club
15 Willett Place
New York, NY 10002
212-673-9328
www.ujces.org/events.aspx

University Settlement Neighborhood Center
189 Allen Street
New York, NY 10002
212-473-8217
www.universitysettlement.org/us/programs/older_adults/senior_center/
Breakfast and lunch, classes, activities, and social services including errand escorts and meal delivery for homebound seniors are offered. This senior center also offers bi-weekly blood pressure screening and monitoring sessions, a walking club and the Stay Well Exercise Program, a program that provides weekly exercise classes that run approximately 40-50 minutes.

Weinberg Center for Balanced Living
197 East Broadway
New York, NY 10002
646-395-4270
mannycantor.org/program/adults/
weinberg-center/
Provides empowering classes, workshops, and social events focused on maintaining personal health, engaging the senses and motivating individuals through an ongoing learning curve of experiences related to fitness, general wellness, and arts and culture. Also provides social services such as counseling and health and wellness programs.

Naturally Occuring Retirement Communities
Comunidades de Retiro
退休社區長者計劃

Our district is also home to a number of development-based senior centers and Naturally Occurring Retirement Communities (NORCS). These senior centers provide many services for residents of a particular housing development or neighborhood.

Educational Alliance, Co-Op Village NORC
465 Grand Street
New York, NY 10002
646-395-4510
www.edalliance.org/older_adults Available to all NORC residents ages 60 and above, Co-Op Village offers social work assistance, nursing services, and limited transportation to medical appointments. Provides classes in yoga, board games, creative writing, tai chi, mah-jong, arts, dance, knitting, and exercise.

Grand Street Settlement Baruch Elders Services Team (BEST) Program
72 Columbia Street
New York, NY 10002
212-982-4171
www.grandsettlement.org/programs/senior-services This program provides comfortable lounges and a host of activities and services to elderly residents of Bernard Baruch Houses. Programs include classes in gardening, yoga and art, activities such as bingo and gardening, and mental health support groups.

Hamilton Madison House
Knickerbocker Village Senior Services NORC
32 Monroe Street, Apartment G1
New York, NY 10002
212-349-0616
www.knickvill.com/en/senior_service.php Community health seminars, activities including bingo, tai chi, dance, scheduled trips, and holiday celebrations.
Hamilton Madison House, Smith Senior Center NORC
50 Madison Street
New York, NY 10038
212-349-3724 ext. 9312
Case management and benefit and entitlement, hot lunches served five days a week, a variety of scheduled classes including computer classes geared toward seniors with limited or no prior knowledge of computers, “Stay Well” exercise classes, ceramics classes and more are provided.

Henry Street Settlement, NORC/Vladeck Cares
351 Madison Street
New York, NY 10002
212-477-0455, ext. 19
www.HenryStreet.org/programs/senior-services/norcvladeck-cares.html
This program provides free services to residents of Vladeck Houses who are 60 years of age and older to assist them in independent living, scheduling and transportation to medical appointments, financial management and long term care planning. Health screenings, free flu shots, and counseling services are also available. Nurses and social workers speak English, Spanish, and Chinese.

Lillian Wald Houses Senior Center
12 Avenue D
New York, NY 10009
212-260-2731
The Center provides important nutritional information and offers affordable hot lunches Sunday through Friday and dinners Monday through Friday. Seniors can participate in recreational activities and use the two fitness rooms, complete with machines and free weights. The staff speaks Chinese and Spanish.

NY Foundation for Senior Citizens-LaGuardia Senior Center
280 Cherry Street
New York, NY 10002
212-732-3656
For a small suggested contribution, seniors can eat balanced meals (breakfast and lunch) that have been carefully planned by nutritionists. Seniors can participate in a range of activities: exercises, arts and crafts, music, bingo, mahjong, health promotion, and English classes.
Nutrition and Wellness
Nutrición y Bienestar
營養及健康服務

Support Services
Servicios de Apoyo
支持協調服務

Alert and Alive Programs
Informal Alert and Alive discussion groups are offered at centers throughout the City. They are led by trained senior volunteers in sessions that run continuously. Members share their beliefs, attitudes and concerns about aging in a warm and congenial atmosphere. Alert and Alive Programs can be found at the following locations:

Brooklyn:

Diana H. Jones Senior Center
9 Noll Street
Brooklyn, NY 11206
718-782-3601

Eileen Dugan Senior Center
380 Court Street
Brooklyn, NY 11231
718-596-1956

Northside Senior Center
179 North 6th Street

GOLES Healthy Aging Program (GHAP)
169 Avenue B
New York, NY 10009
212-533-2541
www.goles.org/services.html
This preventative healthcare initiative assists those in the Lower East Side age 50 and above. Offers counseling and assistance for housing and health services as well as referrals and cultural programs.

New York Foundation for Senior Citizens, Inc.
11 Park Place, 14th Floor
New York, NY 10007
212-962-7559
www.nyfsc.org
The New York Foundation for Senior Citizens provides a wide range of support services for older adults, including information about housing, transportation, senior centers, activities and theatre discounts.

Service Program for Older People at Grand Street Settlement
72 Columbia Street
New York, NY 10002
212-787-7120 ext. 514
www.spop.org/
Offers clinical, integrated physical and mental health care, and specialized substance abuse counseling.

United Jewish Council of the East Side
235 East Broadway
New York, NY 10002
212-233-6037
www.ujces.org
The UJC provides services to East Side senior citizens, including friendly visiting, telephone reassurance, and access to food service pantries.

Food Access and Assistance
Acceso a Alimentos y Asistencia
送餐及護理服務

The City of New York Home-Delivered Meals for Seniors
311
New York City delivers nutritionally balanced meals to the homes of seniors age 60 and older who are unable to attend a group meal program or prepare their own meals.

Citymeals-on-Wheels
212-687-1234
www.citymeals.org/
This privately funded organization provides home-delivered meals to anyone who is: 60 years of age or older; physically and/or mentally incapacitated and in need of some assistance; unable to prepare nutritious meals or has no friends or family to do so; or is receiving only limited Medicaid services (recipients of Medicaid home and personal care services are currently ineligible for home delivered meals). To request meals-on-wheels service, please call the case management agency listed below that is closest to your home:

Brooklyn:

Heights and Hills Community Council
57 Willoughby Street, 4th Floor
Brooklyn, NY 11201
718-596-8789
www.heightsandhills.org

Ridgewood Bushwick Case Management
555 Bushwick Avenue
Brooklyn, NY 11206
718-821-0254

Manhattan:

New York Foundation for Senior Citizens
11 Park Place
New York, NY 10007
212-962-7817
www.nyfsc.org
Jewish Association for Services for the Aged (JASA) Meals and Nutrition
212-273-5272
www.jasa.org/community/meals
Provides home-delivered and kosher meals.

Greenmarkets
Mercados Publicos
綠色市集

For more information on greenmarkets, including a list of vendors, visit www.grownyc.org/greenmarket or call 311.

Manhattan:

Abingdon Square Greenmarket
Hudson Street and West 12th Street
Open Saturday year-round

Bowling Green Greenmarket
Broadway at Battery Place
Open Tuesday & Thursday year-round

City Hall Park Greenmarket
Broadway at Chambers Street
Open Tuesday & Friday March - December

Saint Mark’s Church Greenmarket
East 10th Street and 2nd Avenue
Open Tuesday June - November

Staten Island Ferry Whitehall Terminal Greenmarket
4 South Street, inside Ferry Terminal Building
Open Tuesday & Friday year-round

Tompkins Square Greenmarket
Ave A and East 7th Street
Open Sunday year-round

Tribeca Greenmarket
Greenwich Street between Chambers Street and Duane Street
Open Saturday (year-round) and Wednesday (March - December)

Union Square Greenmarket
North and West sides of Union Square Park
Open Monday, Wednesday, Friday, and Saturday year-round

Water Street Greenmarket
Water Street at Coenties Slip
Open Thursday July - November

Brooklyn:

Brooklyn Borough Hall Greenmarket
Plaza at Court Street and Montague Street
Open Tuesday, Thursday and Saturday year-round
Carroll Gardens Greenmarket
Carroll Street, between Smith Street and Court Street
Open Sunday year-round

Grand Army Plaza Greenmarket
Prospect Park West and Flatbush Avenue
Open Saturday year-round

Greenpoint/McCarren Park Greenmarket
Union Avenue between Driggs Avenue & North 12th Street
Open Saturday year-round

Friendly Visiting
Visitadas Domiciliarias Amistosas
府上探訪服務

Henry Street Settlement Senior Companion Program
265 Henry Street
New York, NY 10002
212-477-0455
Senior Companions are volunteers who make independence a reality for older adults. Senior Companions are at least 55 years old, can use mass transit, and are available 10-40 hours a week. Senior Companion services include companionship, friendly visiting, light errands, meal planning, medication reminders, caregiver respite, and medical escort.

Heights and Hills Friendly Visiting Service
57 Willoughby Street, 4th Floor
Brooklyn, NY 11201
718-596-8789
Program matches volunteers of all ages with homebound and isolated seniors for weekly companionship - volunteers and clients go on walks, run errands, cook together, play cards, knit, talk about music, art, sports, politics, their families, and whatever else they find in common.

SAGE Friendly Visitor Program
305 7th Avenue, 6th Floor
New York, NY 10001
212-741-2247
www.sageusa.org/cure/visitor.cfm
All those who participate in this program must be a SAGE client, or a referral, friend, neighbor, or other service provider. Once a client decides to participate, a SAGE staff person comes to the home of the client and matches the client with a volunteer. All volunteers are screened, trained, and committed to at least one year with each client.

Visiting Neighbors
3 Washington Square Village
Suite 1F
New York, NY 10012
212-260-6200
www.visitingneighbors.org/
This service matches volunteers with seniors 60+ in Lower Manhattan. Volunteers are carefully screened and trained, and are committed to a few hours each week. Volunteers will escort seniors to medical appointments, on errands, and to the grocery store.

Support Groups
Grupos de Apoyo
支持協調服務團體

Center for Bereavement
118 East 93 Street, Suite 1C
New York, NY 10128
212-289-8570
www.centerforbereavement.com
Provides grief counseling and therapy in a safe, confidential, and private setting to assist in the mourning process through individual grief counseling/therapy or in bereavement groups with other mourners, facilitated by a seasoned, licensed therapist.

Friends In Deed
594 Broadway, Suite 706
New York, NY 10012
212-925-2009
www.FriendsInDeed.org
Friends In Deed is a crisis center that provides emotional and spiritual support for anyone diagnosed with HIV/AIDS, cancer and other life-threatening physical illnesses.

Heights and Hills
57 Willoughby Street, 4th Floor
Brooklyn, NY 11201
718-596-8789
www.HeightsAndHills.org
Heights and Hills promotes successful aging in place by providing case management for homebound seniors, information, referral and supportive counseling for family and friends caring for seniors, as well as transportation services.

Caregiver Resources
Recursos para Cuidadores
給予照顧/護理的資訊

Caregivers Action Network
202-454-3970
www.caregiveraction.org/
Provides educational materials and guides for family caregivers, including resources and information on workshops and tips for caregiving.

The Eldercare Locator
800-677-1116
www.eldercare.gov/
This public service developed by the U.S. Administration on Aging
connects seniors and their families to local services.

Hamilton Madison House
Caregiver Services Manhattan
100 Gold Street, Lower Level
New York, NY 10038
212-788-1688
Provides services to the Chinese and Korean communities including supportive counseling, respite care, shopping assistance and home visits.

NYS Caregiving & Respite Coalition
585-244-8400
www.nyscrc.org/
Provides information, research and support to caregivers.

Williamsburg Social Services
32 Penn Street
Brooklyn, NY 11211
718-782-2315
This center, run by the Jewish Association Serving the Aging (JASA), provides social services and support to senior citizens of all backgrounds.

Adult Day Programs
Programas Durante el Día para Adultos
成人日間活動計劃

Hamilton Madison House Adult Day Services
253 South Street, 2nd Floor
New York, NY 10002
212-720-4540
www.hamiltonmadisonhouse.org
Hamilton Madison House’s mission is to improve quality of life for participants with memory loss while providing support and education to caregivers and family members. Services include meals, door to door transportation, social and recreational activities, and support groups. Mandarin and Cantonese spoken.

VillageCare Adult Day Health Center
121B West 20th Street
New York, NY 10011
212-337-9220
www.vcny.org/communitycare
Adult Day Health Care program providing comfort and promoting independence through a full range of nursing, nutritional, case management, rehabilitative services and social activities. Services include physical therapy, personal care assistance, health-related diagnostic services, and
social services, as well as full-time nursing services. A comprehensive therapeutic recreation program includes creative arts, exercise, yoga, tai chi, discussion groups, lectures, live musical entertainment, movies, and local trips. Individualized programs are geared to helping persons with behavioral health problems, Parkinson’s disease, Alzheimer’s disease, dementia and other chronic illnesses. Private door-to-door transportation is provided.

Services for People with Disabilities
Servicios para las Personas con Discapacidades
殘障人仕服務

Access-a-Ride
877-337-2017
web.mta.info/nyct/paratran/guide.htm
Access-A-Ride, for the same price as full public transit fare, provides door-to-door shared van rides 24/7 throughout New York City and nearby Nassau and Westchester counties for seniors and people with disabilities who have difficulty with public transit. For eligibility and reservations call the number above.

Brooklyn Center for Independence of the Disabled
27 Smith Street, Suite 200
Brooklyn, NY 11201
718-998-3000
www.bcid.org/
Empowers persons with disabilities by improving the quality of their lives and fostering their integration into the mainstream of society. Also develops educational programs including training for advocacy for their individual civil rights.

Center for Independence of the Disabled of New York
841 Broadway, Suite 301
New York, NY 10003
212-674-2300
www.cidny.org
Provides benefits counseling and direct services to those with disabilities. Also advocates to improve the lives of people living with disabilities.

Mayor’s Office for People With Disabilities
100 Gold Street, 2nd Floor
New York, NY 10038
311
711 (Relay Service for Deaf/Hard of Hearing)
www.nyc.gov/mopd
The Mayor’s Office for People with Disabilities works to ensure that New Yorkers with disabilities can lead happy, healthy and productive lives.
Services for the Visually Impaired
Servicios para Personas con Discapacidades Visuales
視障人仕服務

American Foundation for the Blind
2 Penn Plaza, Suite 1102
New York, NY 10121
212-502-7600
www.afb.org
Provides directory of services for seniors with vision impairments.

Computer Center for Visually Impaired People at Baruch College
55 Lexington Avenue
New York, NY 10010
646-312-1420
www.baruch.cuny.edu/ccvip
The Computer Center for Visually Impaired People (CCVIP) has been in the business of Assistive Technology training, research and service since 1978.

Helen Keller Services for the Blind - Brooklyn
57 Willoughby Street
Brooklyn, NY 11201
718-522-2122
www.helenkeller.org/
Helen Keller Services for the Blind enables individuals who are blind, visually-impaired, deaf-blind, and/or have combined hearing-vision loss to live, work and thrive in their community of choice.

Lighthouse International
15 West 65th Street
New York, NY 10023
800-284-4422
www.lighthouseguild.org
Assists people of all ages who are blind or partially sighted to lead independent and productive lives.

National Federation of the Blind of New York State
718-567-7821
www.nfbny.org
The National Federation of the Blind is the largest organization of blind and low-vision people in the United States. The group strives to reform general attitudes towards the blind.

New York State Commission for the Blind
866-871-3000
ocfs.ny.gov/main/cb
Provides a listing of not-for-profit agencies in New York that offer resources for those with visual impairments.
VISIONS - Services for the Blind and Visually Impaired
500 Greenwich Street, 3rd Floor
New York, NY 10013
212-625-1616
www.visionsvcb.org/

Non-profit agency offering blind or visually impaired individuals rehabilitation through at-home instruction on safety techniques for independent living, indoor/outdoor mobility training, and employment services for youth and adults, including prevocational, skills training, and job placement.
Recreation and Fitness - Recreación y Acondicionamiento Físico - 康樂及健身

Parks
Parques
公園

Brooklyn:

**Adam Yauch Park**
Atlantic Avenue, Columbia Place, State Street
www.nycgovparks.org/parks/adamyauchpark
*Features dog friendly areas, playgrounds, fitness equipment, and sprinklers.*

**American Playground**
Franklin Street between Milton Street and Noble Street
www.nycgovparks.org/parks/americanplayground/
*Features basketball courts, handball courts, playgrounds, and sprinklers.*

**Bedford Playground**
Bedford Avenue between South 9th Street and Division Avenue
www.nycgovparks.org/parks/bedfordplayground/
*Features basketball courts, handball courts, playgrounds, and sprinklers.*

**Brooklyn Bridge Park**
Furman Street and Montague Street to Plymouth Street and Adams Street
718-222-9939
www.brooklynbridgepark.org
*Features a carousel, playgrounds, kayaking, rowing, biking, dog runs, volleyball, fitness, swimming, and weekend family programs.*

**Bushwick Inlet Park**
Kent Avenue between North 7th Street and North 10th Street
www.nycgovparks.org/parks/bushwickinletpark
*Features a multipurpose field, a green building with a green roof, a viewing platform, playground, football field, baseball field, soccer field, and public access to the waterfront.*

**Carroll Park**
Court Street to Smith Street, between Carroll Street and President Street
www.nycgovparks.org/parks/carrollpark
*Features bocce courts, playgrounds, sprinklers, and wi-fi.*
Cobble Hill Park
Clinton Street between Verandah Place and Congress Street
www.nycgovparks.org/parks/cobblehillpark/
Features playgrounds.

Commodore Barry Park
Navy Street to North Elliot Place, between Flushing Avenue and Park Avenue
www.nycgovparks.org/parks/commodorebarrypark
Features baseball fields, basketball courts, football fields, handball courts, outdoor pools, playgrounds, and sprinklers.

De Hostos Playground
Harrison Avenue between Walton Street and Lorimer Street
www.nycgovparks.org/parks/dehostosplayground/
Features basketball courts, handball courts, playgrounds, and sprinklers.

DiMattina Playground
Hicks Street and Rapelye Street
www.nycgovparks.org/parks/dimattina-playground/
Features dog friendly areas, playgrounds, and sprinklers.

East River State Park
Kent Avenue and North 10th Street
718-782-2731
www.nysparks.com/parks/155/details.aspx
Features lawns, picnicking, and barbecue areas.

Grand Ferry Park
Grand Street and River Street
www.nycgovparks.org/parks/grandferrypark/
Features dog friendly areas.

Hillside Park
Columbia Heights and Vine Street
www.nycgovparks.org/parks/hillsidepark/
Features dog friendly areas and wifi hotspots.

Jacob’s Ladder Playground
Clymer Street between Kent Avenue and Wythe Avenue
www.nycgovparks.org/parks/jacobsladderplayground/
Features a playground.

Marcy Park South
Marcy Avenue and Division Avenue
http://www.nycgovparks.org/parks/marcy-park-south/map
Features handball courts and basketball courts.

McCarren Park
Berry Street, Nassau Avenue,
Lorimer Street, Driggs Avenue, North 10th Street, Manhattan Avenue, Bayard Street, Union Avenue
www.nycgovparks.org/parks/mccarren-park
Features baseball fields, basketball courts, bocce courts, dog friendly areas, eateries, fitness equipment, football fields, handball courts, ice skating rinks, outdoor pools, playgrounds, recreation centers, running tracks, skate parks, soccer fields, sprinklers, tennis courts, and wifi.

Middleton Playground
Lee Avenue between Lynch Street and Middleton Street
www.nycgovparks.org/parks/middletongplayground/
Features basketball courts, handball courts, sprinklers, and a playground.

Monsignor McGolrick Park
Russell Street, Monitor Street between Nassau Avenue and Driggs Avenue
www.nycgovparks.org/parks/mcgrmcgolrickpark
Features dog friendly areas, playground, and sprinklers.

Mother Cabrini Park
President Street and Van Brunt

Street
www.nycgovparks.org/parks/mothercabrinipark
Features playgrounds.

Roberto Clemente Ballfield
Division Avenue between Wythe Avenue and Kent Avenue
www.nycgovparks.org/parks/B382A
Features a baseball field.

Rodney Park South
Rodney Street between Division Avenue and South 9th Street
www.nycgovparks.org/parks/B223OC/map
Features basketball courts and a playground.

Roebling Playground
Lee Avenue between Wilson Street and Taylor Street
www.nycgovparks.org/parks/roeblingplayground/
Features basketball courts, handball courts, and a playground.

Sobel Playground
Division Avenue between Lee Avenue and Roebling Street
www.nycgovparks.org/parks/sobelpark
Features a playground.
Recreation and Fitness - Recreación y Acondicionamiento Físico - 康樂及健身

**Steuben Playground**
Flushing Avenue between Steuben Street and Williamsburg Place  
www.nycgovparks.org/parks/B221/  
Features fitness equipment, handball courts and a playground.

**Van Voorhees Park**
Columbia Street, Hicks Street between Congress Street and Atlantic Avenue  
www.nycgovparks.org/parks/vanvoorheespark  
Features fitness equipment, handball courts, playground, and tennis courts.

**WNYC Transmitter Park**
West Street between Kent Street and Greenpoint Avenue  
www.nycgovparks.org/parks/transmitter-park  
Features fishing, playgrounds, and sprinklers.

**Manhattan:**

**ABC Playground**
East Houston Street between Norfolk Street and Essex Street  
www.nycgovparks.org/parks/abcplayground/  
Features basketball courts, playgrounds, and sprinklers.

**Alfred E. Smith Playground**
Catherine Slip and Catherine Street  
www.nycgovparks.org/parks/alfred-e-smith-playground  
Features basketball courts, handball courts, volleyball courts, recreation centers, playgrounds, and wifi.

**Baruch Playground**
Baruch Place and Mangin Street  
www.nycgovparks.org/parks/baruchplayground  
Features basketball courts, handball courts, and playgrounds.

**Bowling Green**
Broadway and Bowling Green  
www.nycgovparks.org/parks/bowlinggreen  
Features eateries.

**Canal Park**
Canal Street between West Street and Washington Street  
www.nycgovparks.org/parks/canalpark  
Features benches.

**Capsouto Park**
Varick Street between Canal Street and Laight Street  
www.nycgovparks.org/parks/capsoutopark  
Features a fountain and chess tables.
Captain Jacob Joseph Playground
Henry Street and Rutgers Street
www.nycgovparks.org/parks/m122
Features playgrounds.

City Hall Park
Broadway, Park Row and Chambers Street
www.nycgovparks.org/parks/cityhallpark
Features benches, eateries and wifi.

Collect Pond Park
Leonard Street between Centre Street and Lafayette Street
www.nycgovparks.org/parks/M242/
Features benches.

Columbus Park Playground
Baxter Street, Mulberry Street, Worth Street, Bayard Street
www.nycgovparks.org/parks/M015
Features basketball courts, playgrounds, and sprinklers.

Coleman Playground
Cherry Street, Pike Street, Monroe Street, and Market Street
www.nycgovparks.org/parks/colexmanplayground/
Features baseball fields, handball courts, skate parks, basketball courts, dog runs, playgrounds, and sprinklers.

Corlears Hook Park
Jackson Street, Cherry Street, FDR Drive
www.nycgovparks.org/parks/M017
Features baseball fields, playgrounds, dog runs, and sprinklers.

Duane Park
Hudson Street, Duane Street
www.nycgovparks.org/parks/M025/
Features benches.

East River Park
Montgomery Street to East 13th Street and FDR Drive
www.nycgovparks.org/parks/eastriverpark/
Features barbecuing areas, baseball fields, basketball fields, bicycling and greenways, dog runs, fitness equipment, football fields, playgrounds, running tracks, soccer fields, sprinklers, eateries and tennis courts.

Governors Island
govisland.com
Governors Island is a 172-acre island located in the heart of New York Harbor. Features bike
rentals, mini-golf, children’s play area, sprinklers, ballfields, and hammocks. Accessible via ferry from Pier 6 at Brooklyn Bridge Park and the Battery Maritime Building at 10 South Street in Lower Manhattan. The park is open from late May through late September.

Hamilton Fish Park
Pitt Street, Stanton Street, Sheriff Street, East Houston Street
www.nycgovparks.org/parks/hamilton-fish-park
Features a pool, basketball courts, handball courts, fitness equipment, wifi, rec center, playground, and sprinklers.

Hudson River Park - Pier 40
West Side Highway and West Houston Street
212-627-2020
www.hudsonriverpark.org/
Features dog-runs, mini golf, trapeze, play areas, kayaking and a carousel.

Little Flower Playground
Madison Street between Clinton Street and Rutgers Street
www.nycgovparks.org/parks/littleflowerplayground/
Features basketball courts, handball courts, playgrounds, and sprinklers.

Luther Gulick Playground
Willett Street, Broome Street, Columbia Street, Delancey Street
www.nycgovparks.org/parks/luthergulickplayground
Features basketball courts, handball courts, playgrounds, and sprinklers.

Playground One
Madison Street between Catherine Street and Oliver Street
www.nycgovparks.org/parks/playgroundone/
Features basketball courts, playgrounds, and sprinklers.

Sara D. Roosevelt Park
East Houston Street to Canal Street between Chrystie Street and Forsyth Street
www.nycgovparks.org/parks/saradroosevelt
Features basketball courts, handball courts, playgrounds, soccer fields, sprinklers, and volleyball courts.

Sophie Irene Loeb Playground
Henry Street, Market Street, East Broadway
www.nycgovparks.org/parks/sophieireneloeb/facilities/playgrounds
Features a playground.
Seward Park
Essex Street, Jefferson Street and East Broadway
www.nycgovparks.org/parks/sewardpark/
*Features basketball courts, volleyball courts, playgrounds, and sprinklers.*

Tanahey Playground
Cherry Street to Water Street, Catherine Slip to Market Slip
www.nycgovparks.org/parks/tanaheyplayground
*Features basketball courts, playgrounds, and roller hockey.*

The Battery
Battery Place and State Street
www.nycgovparks.org/parks/batterypark
*Features eateries, playgrounds, a carousel, and wi-fi.*

Thomas Paine Park
Lafayette Street, Centre Street, Worth Street, and Duane Street
www.nycgovparks.org/parks/thomaspaineppark
*Features eateries and wi-fi.*

Tompkins Square Park
Avenue A to Avenue B from East 7th Street to East 10th Street
212-387-7685
www.nycgovparks.org/parks/tompkinssquarepark/
*Features basketball courts, dog runs, fitness equipment, handball courts, pool, playground, wifi and sprinklers.*

Vesuvio Playground
Spring Street between Thompson Street and Sullivan Street
www.nycgovparks.org/parks/vesuvioplayground
*Features basketball courts, handball courts, outdoor pools, playgrounds, and sprinklers.*

Washington Market Park
Chambers Street and Greenwich Street
www.nycgovparks.org/parks/washingtonmarketpark
*Features basketball courts, tennis courts, fitness equipment, and eateries.*

William Passannante Ballfield
West Houston Street, between 6th Avenue and Macdougal Street
www.nycgovparks.org/parks/williampassannanteballfield/
*Features playgrounds and ballfields.*
Indoor Pools  
Piscinas Cubiertas  
室內泳池

**Metropolitan Recreation Center Pool**
261 Bedford Avenue  
Brooklyn, NY 11211  
www.nycgovparks.org/parks/metropolitan-recreation-center/facilities/indoor-pools/metropolitan-pool  
*Must be a member of the Metropolitan Recreation Center to use the pool. Membership is free for youths under 18, $25 for youths 18-24 and $150 for adults.*

**Tony Dapolito Pool**
Clarkson Street and Seventh Avenue South  
www.nycgovparks.org/parks/tony-dapolito-recreation-center/facilities/indoor-pools/tony-dapolito-pool  
*Must be a member of the Tony Dapolito Recreation Center to use the pool. Membership is free for youths under 18, $25 for youths 18-24 and $150 for adults. Pool is closed during summer months to make room for outdoor pool.*

Outdoor Pools  
Piscinas Descubiertas  
室外泳池

**Brooklyn Bridge Park Pop Up Pool**
Pier 2  
www.nycgovparks.org/parks/brooklynbridge-park/facilities/outdoor-pools/brooklyn-bridge-park-popup-pool  
**Commodore Barry Pool**
Flushing and Park Avenues, Navy and North Elliot Streets  
718-243-2593

**McCarren Park Pool**
776 Lorimer Street  
Brooklyn, NY 11222  
718-965-6580

**Manhattan:**

**Hamilton Fish Pool**
Pitt Street and Houston Street  
212-387-7687

**Tompkins Square Pool**
Avenue A between East 7th Street and East 10th Street  
212-387-6784
Residents age 65 and above. During designated Senior Swim hours, the entire pool is reserved for senior use.

Greenpoint YMCA
99 Meserole Avenue
Brooklyn, NY 11222
212-912-2260
www.ymcany.org/greenpoint
Includes a fitness center as well as health and wellness, adult education, childcare and family programs.

Senior HEART Wellness Program
275 Bowery
New York, NY 10002
212-475-5008
Organized by University Settlement, this health and wellness program is for adults age 50 and above and offers classes in aquatics, fitness and health.

Shape Up NYC
212-360-3307
www.nycgovparks.org/programs/recreation/shape-up-nyc
This program, a joint effort between the NYC Parks Department and the Department of Health and Mental Hygiene, offers classes in a number of recreation
centers in both Manhattan and Brooklyn. Classes offered range from zumba to yoga and pilates and are run by qualified instructors. Below are centers located in or close to the district. Call for more information on classes and times.

Brooklyn:

Independence Towers
114 Taylor Street
Brooklyn, NY 11249
718-302-3416

McCarren Play Center
776 Lorimer Street
Brooklyn, NY 11222
718-218-2380

Metropolitan Recreation Center
261 Bedford Avenue
Brooklyn, NY 11211
718-599-5707

Williamsburg Community Center
195 Graham Avenue
Brooklyn, NY 11206
718-387-7482

Manhattan:

Alfred E. Smith Recreation Center
80 Catherine Street

New York, NY 10038
212-285-0301

Chinatown YMCA Cornerstone
200 Madison Street
New York, NY 10002
212-385-9349

Community Center at Stuyvesant High School
345 Chambers Street
New York, NY 10282
212-267-9700

Hamilton Fish Recreation Center
415 East Houston Street
New York, NY 10002
212-673-2290

Two Bridges Community Center
286 South Street
New York, NY 10002
212-385-9352

Two Bridges Neighborhood Council
82 Rutgers Slip
New York, NY 10002
212-233-7859

The Silversneakers Fitness Program
www.silversneakers.com
This program is the nation’s leading exercise program designed
exclusively for older adults and involves aerobics and access to the fitness center and pool. This opportunity is offered to those 65+ and applicants must be Medicare-eligible members of a sponsoring health plan, though those who do not meet this qualification may pay a fee. Below are locations within the district:

**Chinatown YMCA - Houston Street Center**  
273 Bowery  
New York, NY 10002  
212-912-2460

**Jian Hui Dance Studio**  
118-122 Baxter Street  
New York, NY 10013  
212-334-9998

**Southbridge Fitness**  
66 Frankfort Street  
New York, NY 10031  
212-964-4414

**St. Charles Jubilee Senior Center**  
55 Pierrepont Street  
Brooklyn, NY 11201  
718-855-0326  
This senior center offers daily lunches and a variety of activities including tai chi, aerobics, yoga, dancing, art classes, a computer lab and cultural trips.

**St. Francis College**  
180 Remsen Street  
Brooklyn, NY 11201  
718-489-5272  
www.sfc.edu/page.cfm?p=463

In addition to cultural and entertainment programming, St. Francis College offers swimming, Tai-Chi and other fitness classes.

**Weinberg Center for Balanced Living**  
197 East Broadway  
New York, NY 10002  
www.mannycantor.org/programs/adults/weinbergcenter

Part of the Educational Alliance, this program for registered members and seniors age 55 and above offers classes and workshops to improve one’s fitness, flexibility, and personal health. Includes yoga, swimming, pilates, tai chi, and more.

**Recreation Centers**  
**Centros de Recreacion**  
**康樂及健身中心**

Provided by the Department of Parks & Recreation, these facilities offer indoor pools, game rooms, libraries, computer resources and
more. Seniors age 62 and above receive a discounted fee of $25 for annual membership access to all centers.

Brooklyn:

**McCarren Play Center**
776 Lorimer Street
Brooklyn, NY 11222
718-218-2380
www.nyegovparks.org/facilities/recreationcenters/B058
Features an outdoor pool, indoor and outdoor basketball courts, cardio room, fitness room, outdoor soccer field, and other fitness equipment.

**Metropolitan Recreation Center**
261 Bedford Avenue
Brooklyn, NY 11211
718-599-5707
www.nyegovparks.org/facilities/recreationcenters/B085
Features an indoor pool, fitness room, and cardio room.

Manhattan:

**Alfred E. Smith Recreation Center**
80 Catherine Street
New York, NY 10038
212-285-0301
www.nyegovparks.org/facilities/recreationcenters/M194
Features fitness room, playground, artificial turf field, outdoor and indoor basketball courts, and an indoor volleyball court.

**Hamilton Fish Recreation Center**
128 Pitt Street
New York, NY 10002
212-387-7687
www.nyegovparks.org/facilities/recreationcenters/M033
Features an outdoor pool, outdoor basketball court, cardio room, and outdoor handball court.

**Tony Dapolito Recreation Center**
1 Clarkson Street
New York, NY 10014
212-242-5228
www.nyegovparks.org/facilities/recreationcenters/M103
Features athletic fields, baseball fields, indoor basketball courts, outdoor bocce courts, fitness room, handball courts, indoor and outdoor pools, and an outdoor soccer field.
Walking Clubs
Clubes de Caminar
健步班

These clubs are active in a variety of senior centers and other facilities throughout New York City that provide services to seniors. Each club walks to achieve a target number of steps, anywhere from 25,000 to 100,000+. Members use pedometers to count their steps. Individual totals contribute to the club’s goal.

Big Apple Senior Strollers
212-442-8962
A walking club for senior citizens run by the NYC Department for the Aging.

Brooklyn:

Pete McGuinness Senior Center
715 Leonard Street
Brooklyn, NY 11222
718-383-1940

Swinging Sixties Senior Center
211 Ainslie Street
Brooklyn, NY 11211
718-963-3793

Manhattan:

New York Chinatown Senior Citizens Center
70 Mulberry Street
New York, NY 10013
212-233-8930

University Settlement Neighborhood Center
189 Allen Street
New York, NY 10002
212-473-8217

Volunteer Opportunities
Oportunidades para Voluntarios
參予義工服務

Foster Grandparent Program
311
Seniors can work one-on-one to provide support to at-risk children, helping them with developmental and learning tasks.

Home Safety Audit Program
212-962-7559
www.nyfsc.org/services/repair.html
Organized by the New York Foundation for Senior Citizens, volunteers aged 55 and above can be trained and dispatched to visit the homes of seniors in order to
identify potential hazards and ways to resolve them.

**Home Sharing Program**
212-962-7559
www.nyfsc.org/services/home_sharing.html

*Organized by the New York Foundation for Senior Citizens, this program matches adult “hosts” who wish to share excess space in their homes or apartments with compatible guests in need of housing. This successful program helps seniors relieve financial hardship and provides companionship.*

**New York Cares**
65 Broadway, 19th Floor
New York, NY 10006
212-228-5000
www.newyorkcares.org

*New York Cares is New York City’s largest volunteer organization that arranges volunteer programs for nonprofits, city agencies and public schools.*

**Retired Senior Volunteer Program**
105 East 22nd Street, Suite 401
New York, NY 10010
212-614-5394
www.cssny.org/services/rsvp/

*RSVP’s mission is two-fold: providing meaningful, invigorating opportunities for older adults and helping nonprofit organizations in New York City reach more clients and provide more services.*

**Community Activities and Groups**

**Actividades y Grupos Comunitarios**

**社區活動及團體**

**Battery Park City Seniors**
21 West Thames Street
New York, NY 10280
212-912-0678
bpcseniors@gmail.com

*A free membership group for seniors offering programs which include a walking group, luncheons, theater trips, visits to museums as well as exercise and art history classes.*

**Battery Park City Conservancy**

**Public Programs**
75 Battery Place
New York, NY 10280
212-267-9700
www.BpcParks.org

*This non-profit organization is in charge of approximately 36 acres of public space and hosts programs which include walking tours, bird watching, drawing classes, tai-chi classes, music and dance performances and gardening projects.*
The American Legion, the nation’s largest wartime veterans organization, is devoted to mutual helpfulness, and is committed to mentoring youth and sponsoring wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow servicemembers and veterans.

Local Posts:

Colonel John R. Slattery, NY Post 1099
245 West Houston Street, Room 212B
New York, NY 10014
212-807-3066
nylegion.net

Customs, NY Post 51
245 West Houston Street, Room 212B
New York, NY 10014
212-807-3066
nylegion.net

Department of Public Works, NY Post 1222
245 West Houston Street, Room 212B
New York, NY 10014
212-807-3066
nylegion.net

Franklin Delano Roosevelt, NY Post 1284
346 Broadway, Room 3E
New York, NY 10013

Fraternity, NY Post 612
1 Washington Square Village
Suite 2A
New York, NY 10012
212-228-3330

Greenwich Village, NY Post 18
346 Broadway, Room 3E
New York, NY 10013

Liberty-Grand Street, NY Post 22
346 Broadway, Room 3E
New York, NY 10013

Lt. B. R. Kimlau, NY Post 1291
191 Canal Street
New York, NY 10013
212-925-5528
www.ltkimlau.com/

Metropolitan, NY Post 385
346 Broadway, 3rd Floor
New York, NY 10013

New York City Police, NY Post 460
346 Broadway, Suite 812
New York, NY 10013
646-801-8839
al460.org/
Recreation and Fitness - Recreación y Acondicionamiento Físico - 康樂及健身

Rhinelander East Side  
NY Post 6  
346 Broadway, Room 3E  
New York, NY 10013

Robert L Hague, NY Post 1242  
346 Broadway, Room 3E  
New York, NY 10013

Schoolmens, NY Post 543  
346 Broadway, Room 802  
New York, NY 10013

Sgt. Carl G. Tos, NY Post 1396  
346 Broadway, Room 802  
New York, NY 10013

St. Stanislaus Memorial, NY Post 1771  
519 Leonard Street  
Brooklyn, NY 11222  
718-383-9822  
ststanspost1771.org/

United Manhattan, NY Post 9  
346 Broadway, Room 3E  
New York, NY 10013  
212-567-0474

Veterans Administration, NY Post 1347  
346 Broadway, Room 802  
New York, NY 10013

Wall Street, NY Post 1217  
346 Broadway, Room 802  
New York, NY 10013

Washington Square, NY Post 1212  
193 Prince Street  
New York, NY 10012  
212-674-9517
In this free monthly series, seniors 65 and over watch classic movies on the big screen while enjoying complimentary popcorn and soda.

**Brooklyn Arts Council- Seniors Partnering with Artists Citywide (SPARC)**
20 Jay Street, Suite 616
Brooklyn, NY 11201
718-625-0080, ext. 234
www.brooklynartscouncil.org/documents/2100
SPARC provides selected artists with a stipend in exchange for the creation and delivery of arts programming for seniors. Artists will engage participating seniors in an art project or series of cultural programs over the course of the residency, which will also include a public program component – exhibits, readings, performances, open houses or other cultural interactions open to the surrounding community.

**Brooklyn Center for the Performing Arts**
2900 Campus Road
Brooklyn, NY 11210
718-951-4660
www.BrooklynCenter.org
*Presents classical music, opera, ballet, modern dance, popular*
artists in concert, and more. Seniors age 65 and older receive $2 off ticket prices.

Heights Players
26 Willow Place
Brooklyn, NY 11201
718-237-2752
www.HeightsPlayers.org

Presents musicals, dramas and comedies, as well as readings and workshops. With Senior discount, play tickets are $18 and musical tickets are $23.

St. Francis College Special Events
180 Remsen Street
Brooklyn, NY 11201
718-489-5272
www.sfc.edu/page.cfm?p=463

St. Francis College hosts a variety of special lectures, concerts and performances.

Manhattan:

Borough of Manhattan Community College (BMCC)
Tribeca Performing Arts Center
199 Chambers Street
New York, NY 10007
212-220-1459
www.TribecaPac.org

This performing arts center strives to present new and high quality work in music, theater, film, visual arts, and dance for audiences of all ages.

Third Street Music Settlement
New Horizons Band and New Horizons Chorus
235 East 11th Street
New York, NY 10003
212-777-3240

Offers adults age 50+ the opportunity to learn how to play an instrument in a band or how to sing in a chorus. All skill levels welcomed. Participants in band may bring their own instruments or rent them.

Museums

Brick Rotunda Gallery
33 Clinton Street
Brooklyn, NY 11201
718-683-5604
bricartsmedia.org/contemporary-art/exhibitions

This contemporary art gallery produces six shows per year, featuring works by those who live, work or were born in Brooklyn.
Brooklyn Historical Society
128 Pierrepont Street
Brooklyn, NY 11201
718-222-4111
www.BrooklynHistory.org
Dedicated to preserving and encouraging the study of Brooklyn’s history, this urban history center houses an array of exhibitions as well as workshops and a library. Discounted admission of $6 for seniors.

Brooklyn Museum
200 Eastern Parkway
Brooklyn, NY 11238
718-638-5000
www.BrooklynMuseum.org
Senior discount: Admission for senior citizens is $10. The Brooklyn Museum, housed in a 560,000-square-foot, Beaux-Arts building, is one of the oldest and largest art museums in the country. Its world-renowned permanent collections range from ancient Egyptian masterpieces to contemporary art, and represent a wide range of cultures. The Museum also offers year-round programs for adult learners, including art-making classes and one-day workshops, films, performing arts, gallery talks and tours.

Brooklyn Navy Yard Center at BLDG 92
63 Flushing Avenue
Brooklyn, NY 11205
718-907-5992
www.bldg92.org
Originally a part of one of Americas first Naval Yards, BLDG 92 has been transformed into a museum dedicated to the history of the Brooklyn Navy Yard and Naval operations in general. Admission is free and within the building is an art gallery located on the third floor.

New York City Transit Museum
Corner of Boerum Place & Schermerhorn Street
Brooklyn, NY 11201
718-694-1600
www.mta.info/mta/museum
Senior discount: “Senior Wednesdays” offers free admission to all senior citizens (62+); on other days, there is a reduced admission fee of $5 for senior citizens. The New York Transit Museum is the largest museum in the United States that is dedicated to urban transportation history. It is home to over 100 years of transit artifacts and memorabilia, including elevator and subway cars.
Manhattan:

**Anne Frank Center**
44 Park Place
New York, NY 10007
212-431-7993
www.annefrank.com

*The Anne Frank Center USA is a full service gallery that uses Anne Frank’s life and words to explore the disastrous effects of injustice and prejudice. Through a permanent exhibition on her life, as well as interactive displays, visitors learn about Anne’s world in hiding and her incredible optimism despite the chaos around her. Also on display are copies of her famous diary, family photos, and other artifacts from the Holocaust.*

Lower East Side Tenement Museum
103 Orchard Street
New York, NY 10002
877-975-3786
www.tenement.org

*Senior discount: Tickets for senior citizens (65+) are offered at a reduced fee of $20. This museum provides a glimpse into the heart-tugging hardship and continuing relevance of the turn-of-the-century American immigrant experience. Offers a number of interactive, family-friendly tours led by guides in period costume.*

**Museum at Eldridge Street**
12 Eldridge Street
New York, NY 10002
212-219-0888
www.EldridgeStreet.org

*This museum is one of New York’s City’s most treasured American Jewish sites, which you can explore on your own or with a guided tour. Tours are offered on every hour on the hour. With senior discount admission is $10 and Monday admission is free.*

**Museum of American Finance**
48 Wall Street
New York, NY 10005
212-908-4110
www.moaf.org/index

*The Museum of American Finance is the nation’s only independent museum dedicated to preserving, exhibiting and teaching about American finance and financial history. Housed in an historic bank building on Wall Street, the Museum’s magnificent grand mezzanine banking hall provides an ideal setting for permanent exhibits on the financial markets, money, banking, entrepreneurship, and Alexander Hamilton.*
Museum of Chinese in America
215 Centre Street
New York, NY 10013
212-619-4785
www.mocanyc.org
Senior discount: Museum admission is $5 for senior citizens (65+) and is free for all ages on Thursdays. This museum illustrates the rich history and culture of Chinese-Americans through historical and visual art exhibitions, walking tours, and extensive archives.

Museum of Jewish Heritage
36 Battery Place
New York, NY 10280
646-437-4202
www.mjhnyc.org
Senior discount: Reduced admission price of $10 for senior citizens (65+), and is free for all ages every Wednesday from 4p.m. to 8p.m. This museum uses personal objects, photos, and film to highlight Jewish cultural heritage from the 19th and 20th century.

New Museum of Contemporary Art
235 Bowery
New York, NY 10002
212-219-1222
www.NewMuseum.org
Senior discount: The museum offers a reduced admission fee of $14 to senior citizens and is free on Thursdays from 7:00 p.m. - 9:00 p.m. The New Museum of Contemporary Art is Manhattan’s only museum solely devoted to contemporary art and is a leading venue for new art.

New York City Fire Museum
278 Spring Street
New York, NY 10013
212-691-1303
www.NycFireMuseum.org
Senior discount: The museum offers a reduced admission fee of $5 for senior citizens. The museum surveys the profession of firefighting from the days of hand-pumped, horse-drawn fire engines to the modern era’s blaze-dousing behemoths.

One World Observatory
285 Fulton Street
New York, NY 10007
844-696-1776
oneworldobservatory.com/
One World Observatory provides breathtaking views of the city skyline from the 102nd floor of 1 World Trade Center.
### Educational and Cultural Resources - Recursos Culturales y Educativos - 教育及文化資訊

<table>
<thead>
<tr>
<th><strong>Skyscraper Museum</strong></th>
<th><strong>Libraries</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>39 Battery Place</td>
<td><strong>Bibliotecas</strong></td>
</tr>
<tr>
<td>New York, NY 10280</td>
<td>圖書館</td>
</tr>
<tr>
<td>212-968-1961</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.skyscraper.org">www.skyscraper.org</a></td>
<td></td>
</tr>
<tr>
<td><em>The Skyscraper Museum celebrates the architecture of New York City through photography and interactive exhibits. There is a $2.50 admission for seniors.</em></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Smithsonian National Museum of the American Indian</strong></th>
<th><strong>Brooklyn:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Bowling Green</td>
<td>The Brooklyn Public Library offers a free Books-by-Mail service that provides books-on-tape, eBooks and audio for e-readers as well as audio CDs and DVDs to seniors who are homebound and have a vision disability. To find out more about this program, contact the Service to the Aging (SAGE) office at 718-236-1760 or email <a href="mailto:seniors@bklynlibrary.org">seniors@bklynlibrary.org</a>.</td>
</tr>
<tr>
<td>New York, NY 10004</td>
<td></td>
</tr>
<tr>
<td>212-514-3700</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.nmai.si.edu">www.nmai.si.edu</a></td>
<td></td>
</tr>
<tr>
<td><em>Admission is free every day for all ages. A panoply of Native American art gathered from every corner of the continent, including masks, pottery, and other assorted artifacts.</em></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>South Street Seaport Museum</strong></th>
<th><strong>Central Library</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Fulton Street</td>
<td><strong>Carroll Gardens Library</strong></td>
</tr>
<tr>
<td>New York, NY 10038</td>
<td>396 Clinton Street</td>
</tr>
<tr>
<td>212-748-8600</td>
<td>Brooklyn, NY 11231</td>
</tr>
<tr>
<td><a href="http://www.seany.org">www.seany.org</a></td>
<td>718-596-6972</td>
</tr>
<tr>
<td><em>The South Street Seaport Museum preserves and interprets the history of New York City as a world port, a place where goods, labor and cultures are exchanged through work, commerce, and the interaction of diverse communities.</em></td>
<td><a href="http://www.bklynlibrary.org/locations/carroll-gardens">www.bklynlibrary.org/locations/carroll-gardens</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Brooklyn Heights Library</strong></th>
<th><strong>Central Library</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>280 Cadman Plaza West</td>
<td>10 Grand Army Plaza</td>
</tr>
<tr>
<td>Brooklyn, NY 11201</td>
<td>Brooklyn, NY 11238</td>
</tr>
<tr>
<td>718-623-7100</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.bklynlibrary.org/locations/brooklyn-heights">www.bklynlibrary.org/locations/brooklyn-heights</a></td>
<td></td>
</tr>
</tbody>
</table>
Greenpoint Library
107 Norman Avenue
Brooklyn, NY 11222
718-349-8504
www.bklynlibrary.org/locations/greenpoint

Williamsburgh Library
240 Division Avenue
Brooklyn, NY 11211
718-302-3485
www.bklynlibrary.org/locations/williamsburgh

Manhattan:

Battery Park City Library
175 North End Avenue
New York, NY 10282
212-790-3499
www.nypl.org/locations/battery-park-city

Chatham Square Library
33 East Broadway
New York, NY 10002
212-964-6598
www.nypl.org/locations/chatham-square

Hamilton Fish Park Library
415 East Houston Street
New York, NY 10002
212-673-2290
www.nypl.org/locations/hamilton-fish-park

Mulberry Street Library
10 Jersey Street
New York, NY 10012
212-966-3424
www.nypl.org/locations/mulberry-street

New Amsterdam Library
9 Murray Street
New York, NY 10007
212-732-8186
www.nypl.org/locations/new-amsterdam

Seward Park Library
192 East Broadway
New York, NY 10002
212-477-6770
www.nypl.org/locations/seward-park

Stephen A. Schwarzman Building (Main Branch)
Fifth Avenue at 42nd Street
New York, NY 10018
917-275-6975
www.nypl.org/locations/schwarzman
Discount Programs
Programas de Descuentos
折扣計畫

Project S.T.E.P. (Senior Theatre Enrichment Program)
11 Park Place, 14th Floor
New York, NY 10007
212-962-7655
www.nyfsc.org/services/sentheatre.html

The New York Foundation for Senior Citizens collaborates with the Theatre Development Fund (TDF) to give seniors ages 62 and over an opportunity to obtain low-cost tickets for on- and off-Broadway performances.

Continuing Education
Continuación de Educación
成人教育

Age-Friendly NYC College Link
1216 5th Avenue
New York, NY 10029
212-822-7251
www.agefriendlycollege.org/

A searchable database, Age-Friendly College provides information about educational opportunities for older adults at local colleges and universities.

Baruch College
55 Lexington Avenue
New York, NY 10010
646-312-1000
www.baruch.cuny.edu
Seniors age 60 or older can audit classes for $80 per semester.

Borough of Manhattan Community College
199 Chambers Street
New York, NY 10007
212-220-8000
www.bmcc.cuny.edu
Seniors are able to apply as a non matriculated student and audit classes for $80 a semester.

Brooklyn College, Brooklyn Lifelong Learning
2900 Bedford Avenue
Brooklyn, NY 11210
718-951-5647
www.brooklyn.cuny.edu/web/academics/centers/irpe.php
Offers an extensive array of courses, workshops and lectures in art, literature, history, foreign languages, computers and more. Also film screenings, tai
chi or yoga classes and trips. Membership fee is required.

CUNY School of Professional Studies
119 West 31st Street
New York, NY 10001
212-652-2869
www.sps.cuny.edu
Senior citizens may enroll in undergraduate courses only, on an audit basis for $80 a semester.

City College - QUEST: A Community for Lifelong Learning
25 Broadway, 7th Floor
New York, NY 10004
212-925-6625 ext. 229
questcontinuingednyc.org/
This non-profit organization is self-governed by retired professionals age 55 years and above. Members use the facilities of the Center for Worker Education at the City College of New York to participate in over 30 college level classes and workshops each semester.

Kingsborough Community College, My Turn Program
2001 Oriental Boulevard
Brooklyn, NY 11235
718-368-5079
www.kbcc.cuny.edu/myturn
NY State residents 60 years of age or older can attend classes as matriculating or non-matriculating students tuition-free.

The New School, Institute for Retired Professionals (IRP)
66 West 12th Street, Room 502
New York, NY 10011
212-229-5682
www.newschool.edu/irp/
IRP members are people who have come together to create a community in which each person’s learning experience is enriched through exchange with other members of diverse backgrounds and interests. The program is open to retired and semi-retired people. Courses are offered in history, literature, philosophy, the humanities, science, art, music, drama, and other subjects. An application and tuition fees are required. Scholarships are available.

NYU School of Continuing and Professional Studies Professional Pathways Program
7 East 12th Street, Room 133
New York, NY 10003
212-998-7200
www.scps.nyu.edu
### Pace University’s Adult Resource Center (PARC)
1 Pace Plaza
New York, NY 10038
212-346-1244
www.pace.edu/continuing-professional-education/senior-programs

*This senior program, which costs $100 for one year, offers those ages 55+ a host of different opportunities. Those involved in the PARC program have access to lecture series, the school’s library, the school’s computer lab, and social events.*

### Computer Training Programs
**Entrenamiento de Computación**

**Brooklyn Public Library**
www.bklynlibrary.org/calendar/list?keys=computer+basics

*Offers introductory computer classes at a variety of branches throughout Brooklyn.*

**New York Public Library**
www.nypl.org/classes

*Offers hands-on classes from the basics to internet search strategies to Microsoft Word and Excel – and much more. Register online or contact local branches for details.*

### YMCA
Various Sites
212-630-9600
www.ymcanyc.org/association/classes/computer-classes

*Introductory and more advanced classes offered at various locations. Call or visit the web site for more information.*
Financial Planning and Resources
Planificación y Recursos Financieros
理財計畫及資訊

AARP Tax Counseling for the Elderly (TCE)
888-687-2277
www.aarp.org/money/taxes/aarp_taxaide/
The IRS-sponsored TCE Program provides free tax help to people aged 60 and older. As part of the program, AARP offers the Tax-Aide counseling program at more than 7,000 sites nationwide during the filing season. Trained and certified AARP Tax-Aide volunteer counselors help people of low-to-middle income with special attention to those age 60 and older.

Bill Payer Program
195 Montague Street
Brooklyn, NY 11201
718-858-2360
www.cscs-ny.org/money_management/index.php
Coordinated by the Council of Senior Centers and Services of New York City, Inc. (CSCS) with the AARP Foundation, this free service ensures that low-income adults and individuals with disabilities are meeting their financial obligations. Trained volunteers meet one-on-one with seniors in their own homes to assist in monthly bill-paying.

Free Credit Reports
877-322-8228
www.annualcreditreport.com
While there are many companies that charge people to obtain copies of their credit reports, all New Yorkers are entitled to receive one free credit report each year from each of the major credit reporting agencies. All three national credit bureaus (Experian, Equifax and TransUnion) must provide you with a copy of your credit report once every year, upon request, under provisions of the Fair Credit Reporting Act. If you are the victim of identity theft, you are entitled to a second report from each agency.

Grand Street Settlement Single Stop
80 Pitt Street
New York, NY 10002
646-201-4289
www.grandsettlement.org/programs/adult-a-family-services
This program provides legal consultation, financial counseling
and benefits and social service assistance.

Human Resources Administration Emergency Assistance for Adults (EAA)
718-557-1399
New York City residents may apply for a one-time emergency grant, also called a “One Shot,” when an unforeseen circumstance prevents the applicant from meeting an expense. An applicant must meet eligibility guidelines and is subject to investigative review of the application. Emergency grant applicants may obtain rental assistance in cases of impending evictions, assistance with home energy and utility bills, disaster assistance including moving expenses, and the purchase of personal items for health and safety.

Met Council
120 Broadway, 7th Floor
New York, NY 10271
212-453-9500
www.MetCouncil.org

Met Council is the voice of the Jewish poor and the first line of defense for the community’s needy. It fights poverty through comprehensive social services and strives to treat every individual with dignity and respect. Its grassroots Jewish Community Council network works to strengthen families and neighborhoods throughout New York City.

NYC Financial Empowerment Centers
311
In cooperation with a number of non-profit organizations, New York City operates free Financial Empowerment Centers in each borough. The centers provide free one-on-one financial counseling by professional counselors in person or by phone in English and Spanish. It is best to make an appointment ahead of time.

Financial Protection Protección Financiera
財務保障

Center for NYC Neighborhoods
17 Battery Place, Suite 702
New York, NY 10004
212-566-3050
www.cnycn.org
The Center for New York City Neighborhoods (CNYCN) was created to address the local repercussions of the national foreclosure crisis. Through comprehensive citywide programming that includes legal services, housing counseling, and consumer education, CNYCN pursues multiple strategies to assist those at risk of losing their homes to foreclosure. The center also operates a free confidential foreclosure prevention hotline.

Credit Freeze
New Yorkers who believe they are the victims of identity theft can place a security freeze on their credit files. This prohibits crediting agencies from releasing the contents of their credit reports or scores so no new credit accounts can be issued until the freeze is lifted. To activate the freeze, consumers must contact each of the three individual credit-reporting agencies listed below via certified mail or overnight mail with a name, address, date of birth, Social Security number, and proof of current address. Individuals must contact each agency again when they want to lift the freeze.

Equifax Security Freeze
P.O. Box 105788
Atlanta, GA 30348
860-349-9960
www.freeze.equifax.com

Experian Security Freeze
P.O. Box 9554
Allen, TX 75013
888-397-3742
www.experian.com/freeze/center.html

TransUnion Security Freeze
P.O. Box 6790
Fullerton, CA 92834
888-909-8872
freeze.transunion.com

New Economy Project – NYC Financial Justice Hotline
212-925-4929
www.neweconomynyc.org/nychotline
Provides information and referrals for low-income residents regarding issues with unfair debt collection practices, tax refund loans, payday loans, credit reporting and repair.
Emergency Preparedness
Preparación para Emergencias
緊急準備

A collective effort of NYS Agencies and other regional organizations, this website provides a variety of resources to help individuals and their families prepare in the event of an environmental disaster.

Disaster Preparedness for Seniors Guide
www.redcross.org/prepare/location/home-family/seniors

Developed by the American Red Cross, this guide helps seniors develop a plan of action in the event of a house fire, power outage, hurricane, or attack on the community.

Federal Emergency Management Agency (FEMA) Hotline
800-621-3362
www.fema.gov

Features tips on how to prepare for an emergency and how to apply for assistance after an emergency.

Ready New York Guide
311
ww1.nyc.gov/site/em/ready/guide-resources.page

This guide was collaboratively developed by DFTA and the Office of Emergency Management (OEM). It addresses issues specific to seniors and people with disabilities in the event of an emergency. The guide is available in English, Russian, Spanish and Chinese. You can call 311 for the guide on audiotape.
Contact me with questions, concerns, or suggestions:

Lower Manhattan Office:
250 Broadway, Suite 2011
New York, NY 10007
☎ (212) 298-5565

Brooklyn Office:
209 Joralemon Street, Borough Hall
Rm. 300
Brooklyn, NY 11201
☎ (718) 875-1517

Albany Office:
515 Legislative Office Building
Albany, NY 12247
☎ (518) 455-2625
✉ squadron@nysenate.gov
✉ squadron.nysenate.gov

Póngase en contacto conmigo con preguntas, preocupaciones o sugerencias:

任何你關心的問題或寶貴意見，請與我聯絡。

華語熱線電話：(917) 254-3138