

SENIOR RESOURCE GUIDE

A COMPREHENSIVE GUIDE TO MANHATTAN'S
RESOURCES FOR OLDER ADULTS



MARK LEVINE
MANHATTAN BOROUGH PRESIDENT

Senior Resource Guide

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Senior Resource Guide

Letter from the Manhattan Borough President

Manhattan's senior population is booming – nearly 300,000 older adults call our borough home, helping to shape our economy and the vitality of our communities. It has never been more important for us to ensure that we build a future that is inclusive and supportive of all. It is my hope that this guide will serve as a helpful tool for you and your loved ones, ensuring that you feel connected, cared for, and empowered.

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

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

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

Sincerely,



Mark Levine
Manhattan Borough President

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

Older Adult Centers

Independence Plaza Senior Center

310 Greenwich Street
New York, NY 10013

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

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

City Hall Senior Center

100 Gold Street - Lower Level
New York, NY 10038

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

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

NORCs

St. Margaret's House

49 Fulton Street
New York, NY 10038

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

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

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

Older Adult Centers

Center on the Square Senior Center

20 Washington Square North
New York, NY 10011

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

Tel: (212) 777-3555

Contact: Nicole Brown, Director
nbrown@greenwichhouse.org

Divine Living Adult Daycare Center

280 Delancey St
New York, NY 10002

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

Tel: (212) 477-7755

Contact: info@divineliving.com

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

The HeART Program @ Houston Street

273 Bowery Street
New York, NY 10002

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

Tel: (212) 475-5008

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

Lifelong Skills & Opportunity Center

27 Barrow Street
New York, NY 10014

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

Tel: (917) 261-4598

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

The Mott Street Older Adult Center

180 Mott Street
New York, NY 10012

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

Tel: (212) 966-5460

Contact: OAC office, nyfscinc@aol.com

The Open Door Senior Center

168 Grand Street
New York, NY 10013

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

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

Our Lady of Pompeii Center

25 Carmine Street
New York, NY 10014

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

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

Westbeth Artists Center

155 Bank Street
New York, NY 10014

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

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

Cathay Adult Day Care Center

118 Baxter Street, LL
New York, NY 10013

https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S2701

Tel: (212) 266-1353

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

Older Adult Centers

AAFECare Older Adult Center

111 Norfolk Street
New York, NY 10002

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

Tel: (212) 358-9922
Contact: Emily Rios, Community Services
Managing Director emily_rios@aafe.org

BRC Senior Center

30 Delancey Street
New York, NY 10002

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

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

Chinatown Senior Center

55 Chrystie Street
New York, NY 10002

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

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

80 Pitt Street Community Center

175 Delancey Street
New York, NY 10002

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

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

Henry Street Settlement Older Adult Center

351 Madison Street
New York, NY 10002

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

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

John Paul II Friendship Center

103 E 7th Street
New York, NY 10009

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

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

LaGuardia Good Health and Happiness OAC

280 Cherry Street
New York, NY 10002

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

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

Lilian Wald Older Adult Center

12 Avenue D
New York, NY 10009

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

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

Meltzer Center

94 E 1st Street
New York, NY 10009

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

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

Sirovich Center for Balanced Living

331 East 12th Street
New York, NY 10003

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

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

United Jewish Council of the East Side Adult Lunch Club

15 Willett Street
New York, NY 10002

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

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

University Settlement Neighborhood Center

189 Allen Street
New York, NY 10002

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

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

Weinberg Center for Balanced Living

197 East Broadway
New York, NY 10002

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

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

NORCs

Alfred Smith Houses

50 Madison Street
New York, NY 10038

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

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

Chatham Green/Confucious Plaza

185 Park Row
New York, NY 10038

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

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

Co-Op Village

465 Grand Street
New York, NY 10002

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

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

Knickerbocker Village

36 Monroe Street
New York, NY 10002

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

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

Masaryk Towers NORC

75 Columbia Street
New York, NY 10002

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

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

Two Bridges Senior Apartments

80 Rutgers Slip
New York, NY 10002

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

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

Village View NORC

189 Allen Street
New York, NY 10002

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

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

Vision Urbana NORC

75 Delancey Street
New York, NY 10002

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

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

Adult Day Centers

Angelas Adult Day Care

87 Bowery, 2nd Floor
New York, NY 10002

https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S28401
Tel: (917) 435-6720

Confucius Social Daycare Center

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

https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S46601

Tel: (212) 226-2338

Office of the Manhattan Borough President

Vladeck Cares NORC

351 Madison Street
New York, NY 10002

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

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

Divine Living Adult Daycare Center

280 Delancey Street
New York, NY 10002

<http://www.divinelivingadc.com/>
Tel: (212) 477-7755
Contact: Oscar Real, SADC office
info@divineliving.com

Fu Kang Senior Center, Inc.

223 Park Row
New York, NY 10038

https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S373601

Tel: (718) 603-3999

Golden Sun Life Daycare

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

https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S29001

Tel: (646) 492-0625

Golden Town Adult Day Care Center

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

https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S6501

Tel: (212) 966-6809

Longevity Adult Day Care Center

285 Grand Street
New York, NY 10002

https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S10101

Tel: (212) 966-1378

Sunshine Services Enterprises, Inc.

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

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

Tel: (212) 966-2873

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

Older Adult Centers

Clinton Older Adult Center

530 W 55th Street
New York, NY 10019

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

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

Coffeehouse Older Adult Center

331 West 42nd Street
New York, NY 10036

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

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

Eddie Windsor SAGE Center

305 7th Avenue
New York, NY 10001

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

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

Hudson Guild/Fulton Neighborhood Senior Center

119 9th Ave
New York, NY 10011

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

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

VISIONS Center on Aging

135 West 23rd Street
New York, NY 10011

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

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

NORCs

Hudson Guild's Elliot-Chelsea Houses

428 W 26th Street
New York, NY 10011

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

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

Penn South Program for Seniors

290 9th Ave
New York, NY 10001

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

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

Adult Day Centers

Lifelong Learning Center @ Encore West

755 10th Avenue
New York, NY 10019

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

Tel: (212) 991-3726

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

Older Adult Centers

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

239 West 49th Street
New York, NY 10019

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

Tel: (212) 581-2910

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

Woodstock Older Adult Center

127 West 43rd Street
New York, NY 10036

https://www.projectfind.org/woodstock_center

Tel: (212) 575-0693

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

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

Older Adult Centers

Older Adult Center @ Saint Peter's Church

619 Lexington Avenue
New York, NY 10022

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

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

Stein Senior Center

204 East 23rd Street
New York, NY 10010

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

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

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

Older Adult Centers

ABSW Senior Center

221 W 107th Street
New York, NY 10025

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

Tel: (212) 749-8400

Center at the Red Oak

135 W 106th Street
New York, NY 10025

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

Tel: (212) 749-7015

Contact: Micki Navarro, Director
info@wsfssh.org

Club 76 OAC

120 West 76th Street
New York, NY 10023

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

Tel: (212) 712-0170

Contact: Aisha Parillon, Senior Director of Older Adult Centers help@jasa.org

DOROT Senior Center

171 W 85th Street
New York, NY 10024

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

Tel: (212) 769-2850

Contact: Julia Kessler-Hollar, Senior Program Officer

Goddard Riverside OAC

593 Columbus Avenue
New York, NY 10024

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

Tel: (212) 873-6600

Contact: Marcia Mason, Director
mmason@goddard.org

Hamilton OAC

141 W 73rd Street
New York, NY 10023

https://www.projectfind.org/hamilton_center

tel: (212) 787-7710

Contact: Daniel Young, Senior Program Director
dyoung@projectfind.org

Lincoln Square OAC

250 W 65th Street
New York, NY 10023

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

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

NORCs

Hamilton and Hargrave Houses

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

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

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

Lincoln Square NORC

250 W 65th Street
New York, NY 10023

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

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

Phelps House

595 Columbus Avenue
New York, NY 10024

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

Tel: (212) 873-6600
Contact: Sharon Cruz, Building Manager
scruc@goddard.org

West Side NORC

647 Columbus Avenue
New York, NY 10025

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

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

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

Older Adult Centers

Carter Burden Luncheon Club

351 E 74th Street
New York, NY 10021

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

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

Roosevelt Island Center

546 Main Street
New York, NY 10044

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

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

Stanley M. Isaacs OAC

415 E 93rd Street
New York, NY 10128

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

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

The Center @ Lenox Hill

343 E 70th Street
New York, NY 10021

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

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

NORCs

Stanley M. Isaacs NORC

415 E 93rd Street
New York, NY 10128

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

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

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

Older Adult Centers

Hamilton Grange Senior Citizens Center

420 W 145th Street
New York, NY 10031

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

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

Jackie Robinson Senior Center

1301 Amsterdam Avenue
New York, NY 10027

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

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

Mary McLeod Bethune Center

1970 Amsterdam Avenue
New York, NY 10032

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

Tel: (646) 918-7710

PSS Manhattanville Center

530 W 133rd Street
New York, NY 10027

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

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

Wilson Major Morris Community Center

448 W 152nd Street
New York, NY 10032

<https://wmmcc.org/>

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

NORCs

Morningside MRHS NORC

100 La Salle Street
New York, NY 10027

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

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

Mannie L. Wilson Towers NORC

565 Manhattan Ave
New York, NY 10027

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

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

Older Adult Centers

ARC A. Philip Randolph Senior Center

108 W 146th Street
New York, NY 10039

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

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

ARC Central Harlem Senior Center

120 W 140th Street
New York, NY 10039

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

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

Kennedy Senior Citizens Center

34 W 134th Street
New York, NY 10037

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

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

Community Kitchen of West Harlem

525 W 116th Street
New York, NY 10027

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

Tel: (212) 566-7855

Polo Grounds Older Adult Center

2965 Frederick Douglass Boulevard
New York, NY 10039

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

Tel: (212) 283-5475

PSS Harlem Center

127 W 127th Street
New York, NY 10027

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

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

PSS King Towers Center

50 Lenox Avenue
New York, NY 10026

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

Tel: (646) 861-2077

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

Ralph J. Rangel Social Club

159-36 Harlem River Drive
New York, NY 10039

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

Tel: (646) 918-7570

SAGE Center Harlem

220 W 143rd Street
New York, NY 10030

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

Tel: (646) 660-8951

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

Canaan Senior Center

1428 5th Avenue
New York, NY 10035

<https://canaanbaptistcoc.org/>

Tel: (212) 876-2638

Contact: Kim Parker, Director
canaanseniorcenter@gmail.com

NORCs

St. Nicholas Houses

210 W 131st Street
New York, NY 10027

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

Tel: (646) 678-4451

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

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

Older Adult Centers

Beatrice Lewis Senior Citizens Center

2322 Third Avenue
New York, NY 10035

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

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

Carver Neighborhood OAC

55 E 102nd Street
New York, NY 10029

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

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

Corsi Older Adult Center

307 E 116th Street
New York, NY

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

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

Gaylord White Older Adult Center

2029 Second Avenue
New York, NY 10029

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

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

Lincoln Senior Center

60 E 135th Street
New York, NY 10037

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

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

Jefferson Older Adult Center

2205 First Avenue
New York, NY

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

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

Lehman Village Older Adult Program

1641 Madison Avenue
New York, NY 10029

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

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

Leonard Covello Older Adult Program

312 E 109th Street
New York, NY 10029

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

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

NORCs

Casabe Senior Houses

150 E 121st Street
New York, NY

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

Tel: (212) 722-2205

Draper Hall

1918 1st Avenue
New York, NY 10029

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

Tel: (646) 289-7700

Office of the Manhattan Borough President

Wagner Older Adult Center

435 E 120th Street
New York, NY 10035

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

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

Washington Lexington Older Adult Center

1775 Third Avenue
New York, NY 10029

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

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

Union Settlement at Franklin Plaza

2078 Second Avenue
New York, NY 10029

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

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

NORCs

Access Initiatives SADC

2162 3rd Avenue
New York, NY 10035

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

Tel: (917) 261-2595

Contact: SADC office info@accessinitiatives.com

Second Family SADC Center

203 E 121st Street
New York, NY 10035

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

Tel: (212) 831-4500

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

Older Adult Centers

ARC Fort Washington Senior Center

516 W 181st Street
New York, NY 10033

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

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

The Center for Adults Living Well @ the Y

54 Nagle Avenue
New York, NY 10033

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

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

COThOA Luncheon Club Center

2005 Amsterdam Avenue
New York, NY 10032

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

Tel: (212) 781-6580

Dyckman Older Adult Center

3754 10th Avenue
New York, NY 10034

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

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

Moriah Older Adult Luncheon Club

90 Bennet Avenue
New York, NY 10033

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

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

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

84 Vermilyea Avenue
New York, NY 10034

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

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

Riverstone Senior Center

99 Fort Washington Avenue
New York, NY 10032

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

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

S.T.A.R. Older Adults Center

650 W 187th Street
New York, NY 10033

<https://starseniorcenter.org/>

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

NORCs

Isabella Center Fort George VISTAS Program

17 Fort George Hill
New York, NY 10040

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

Tel: (212) 304-1064

Adult Day Centers

Akal Care Social Adult Daycare

507 W 181st Street
New York, NY 10033

https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S370601

Tel: (516) 945-4475

Fort Tryon Rehabilitation and Nursing Center

801 W 190th Street
New York, NY 10040

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

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

Golden Era Social Adult Day Care

3863 10th Avenue
New York, NY 10034

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

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

Hanna Z Adult Day Care Center

1547 St. Nicholas Avenue
New York, NY 10040

[https://a125-egovt.nyc.gov/egovt/services/
service_detail.cfm?contract__cont_dfta_
id=S26801](https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S26801)

Tel: (800) 352-1102

Nuevo Siglo Social Adult Day Center

213 Sherman Avenue
New York, NY 10034

[https://a125-egovt.nyc.gov/egovt/services/
service_detail.cfm?contract__cont_dfta_
id=S57201](https://a125-egovt.nyc.gov/egovt/services/service_detail.cfm?contract__cont_dfta_id=S57201)

Tel: (347) 856-8500

Resources

Companionship

Care for Caregivers

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

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

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

Caregiver Support Program

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

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

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

Carter Burden Social Service Unit

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

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

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

Encore Friendly Visiting Program

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

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

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

Encore Senior Chat

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

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

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

Respite Care Program

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

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

The Respite Care Program provides home-health aides to provide support to caregivers and give short-term care to seniors who are not qualified for Medicaid.

NYFSC Home Attendant Services

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

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

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

The Senior Companion Program

Henry Street Settlement
265 Henry Street
New York, NY 10002

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

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

The Shop and Escort Program

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

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

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

NYC Adult Protective Services

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

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

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

Senior Resident Advisor (SRA) and Service Coordinator Programs

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

Tel: (212) 306-3276

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

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

The Senior Corps

AmeriCorps

Tel: (800)-942-2677

ny@cns.gov

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

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

Resources

Education

DFTA Health Promotion Unit

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

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

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

Nutrition Outreach and Education Program (NOEP)

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

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

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

Riverstone Social Services Program

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

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

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

Tech Coaching

DOROT
171 West 85th Street
New York, NY 10024

Tel: (212)-769-2580
technologyhelp@dorotusa.org
(dorotusa.org)

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

Older Adults Technology Services

AARP

127 West 25th Street
New York, NY 10001

Tel: (646)-590-0615

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

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

Resources

Financials and Housing

Community Guardian Program

JASA
247 W 37th Street
New York, NY 10018

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

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

Community Tax Aid, Inc

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

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

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

Food Bank Tax Assistance Program

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

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

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

Homeless In-Reach Plus (HIR+) Program

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

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

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

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

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

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

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

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

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

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

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

Single Stop USA Tax Program

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

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

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

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

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

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

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

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

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

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

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

Bill Payer Program

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

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

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

Senior Citizen Rent Increase Exemption

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

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

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

Senior Citizen Homeowner's Exemption

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

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

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

Single Stop Tax Program

Single Stop USA
123 William Street
New York, NY 10038

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

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

Supplemental Security Income

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

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

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

Survivors Benefits

Social Security Administration
123 William Street
New York, NY 10038

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

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

Resources

Health and Nutrition

Community Kitchen and Pantry

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

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

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

Fresh Food for Seniors

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

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

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

Henry Street's Meals on Wheels

Henry Street Settlement
265 Henry Street
New York, NY 10002

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

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

Holocaust Survivor Assistance Program

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

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

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

Isaac Center's Meals on Wheels

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

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

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

Nutrition Outreach and Education Program (NOEP)

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

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

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

NYFSC Home Attendant Services

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

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

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

Riverstone Memory Center

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

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

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

Senior Community Connection Project

JASA
247 West 37th Street
New York, NY 10018

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

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

Center for Independence of the Disabled

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

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

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

Chinatown Medicaid Office

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

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

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

Commodity Supplemental Food Program

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

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

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

Farmers Market Nutrition Program

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

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

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

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

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

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

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

DFTA Health Promotion Unit

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

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

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

Dyckman Community Medicaid Office

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

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

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

Nursing Home Compare

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

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

Elderly Pharmaceutical Insurance Coverage Program

NYS Department of Health
1 Commerce Plaza
Albany, NY 12210

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

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

Facilitated Enrollment for the Aged, Blind and Disabled Program

Public Health Solutions
40 Worth Street
New York, NY 10013

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

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

HRA Benefits Access Centers

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

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

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

Nursing Home Transition and Diversion (NHTD) Waiver Program

NYS Department of Health
100 South Mall
Albany, NY 12223

Tel: (518) 408- 0919
https://www.health.ny.gov/facilities/long_term_care/nhtd/

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

Office of Citywide Health Insurance Access

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

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

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

Supplemental Nutrition Assistance Program (SNAP) - Northeast Regional Office

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

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

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

Center for Medicare and Medicaid Services

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

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

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

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

Resources

Legal

Community Elder Mistreatment and Abuse Prevention Program (CEMAPP)

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

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

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

Community Guardian Program

JASA
247 W 37th St
New York, NY 10018

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

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

Holocaust Survivor Assistance Program

UJCES
465 Grand St
New York, NY 10002

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

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

Legal Services for Elder Justice (LSEJ)

JASA
247 W 37th St
New York, NY 10018

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

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

Legal/Social Work Elder Abuse Program (LEAP)

JASA
247 W 37th St
New York, NY 10018

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

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

NYC Adult Protective Services

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

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

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

Project ORE

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

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

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

Riverstone Social Services Program

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

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

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

New York City Department of Homeless Services

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

Senior Community Connection Project

JASA
247 West 37th Street
New York, NY 10018

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

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

Immigration and Legal Services Program

Polish and Slavic Center
176 Java Street
Brooklyn, NY 11222

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

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

NYC Adult Protective Services

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

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

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

Veterans Administration

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

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

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

Resources

Recreation

Access Initiatives Senior Program

Access Initiatives
2162 3rd Ave
New York, NY 10035

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

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

Alliance Stage Company

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

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

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

CARE Program at Lenox Hill

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

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

Divine Living Adult Daycare Center

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

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

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

Project ORE

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

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

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

Seniors United to Serve

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

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

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

Riverstone Memory Center

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

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

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

The Pearls of Wisdom

DOROT
171 West 85th Street
New York, NY 10024

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

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

Resources

Transportation

Access-A-Ride

Metropolitan Transportation Authority
130 Livingston St
Brooklyn, NY 11201

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

Provides Paratransit services for customers with mobility issues.

Fair Fares NYC

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

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

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

Reduced Fares

Metropolitan Transportation Authority
130 Livingston St
Brooklyn, NY 11201

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

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

Shop and Escort Program

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

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

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

Washington Heights Inwood Senior Transportation Program (WHIST)

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

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

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

Access-A-Ride

Metropolitan Transportation Authority
130 Livingston Street
Brooklyn, NY 11201

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

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

Fair Fares NYC

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

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

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

Reduced Fares

Metropolitan Transportation Authority
130 Livingston Street
Brooklyn, NY 11201

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

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

Travel.State.Gov

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

Considerations for Older Travelers (state.gov)

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