



*Take advantage of these exciting opportunities.....*

- Exercise and Dance
- Educational Programs
- Art Classes
- Annual Events and Celebrations
- Trips and Outings
- Music and choral groups
- Socialization
- Transportation
- Nutritious Lunches
- Home-Delivered Meals

*We welcome you to share your interests, talents and skills!*

Voluntary suggested contributions are posted at each nutrition program. Contributions are anonymous, and no one is denied lunch due to inability or unwillingness to contribute.

The centers open as early as 10 a.m., and you are invited to stay until they close. Anyone 60 or older can participate. If married, one spouse must be at least 60.

**Sponsored by**  
**Westchester County**  
**Department of Senior Programs and Services**  
 9 South First Avenue - 10th Floor  
 Mount Vernon, New York 10550  
 (914) 813-6300  
[www.westchestergov.com/seniors](http://www.westchestergov.com/seniors)

Funded through the US Department of Health and Human Services - Administration on Aging and the New York State Office for the Aging and the Westchester County Department of Senior Programs and Services (WCDSPS). In accordance with Federal law, the WCDSPS prohibits discrimination because of race, color, sex, national origin, religion, age or handicap, in all aspects of the provision of services for the benefit and welfare of Senior Citizens, and in all employment practices including hiring, firing, promotion, compensation and other terms, conditions and privileges of employment. Further, subcontractors of the WCDSPS shall be required to meet the above stated standards. *Revised February 2020*

# Nutrition Health & Wellness

Programs for Westchester's Seniors



[Westchester.gov.com](http://Westchester.gov.com)

George Latimer, County Executive  
Mae Carpenter, Commissioner  
Department of Senior Programs and Services

#MyWestchester  
post your pic





## Programs Around Westchester County...

### Cortlandt

Department of Senior Programs and Services  
Muriel H. Morabito  
Community Center  
29 Westbrook Drive  
528-1572



### Eastchester

Eastchester Department of Senior Programs and Services  
40 Mill Road  
771-3340

Senior Center at Lake Isle  
660 White Plains Road  
337-0390

### Greenburgh-Ardsley

Office for the Aging  
11 Olympic Lane, Ardsley  
989-1807

Dobbs Ferry Senior Center  
112 Main Street  
Dobbs Ferry  
231-8529

Theodore D. Young  
Community Center  
32 Manhattan Avenue  
White Plains  
989-3640

The Neighborhood House  
43 Widley Street, Tarrytown  
330-3855

### Mamaroneck

Town of Mamaroneck  
Senior Center  
1288 Boston Post Road  
834-8840

### Mount Kisco

The Fox Senior Center  
198 Carpenter Avenue  
666-8931

### Mount Pleasant

Office of Elder Americans  
& Bradhurst Senior Center  
63 Bradhurst Avenue  
592-6441

Mount Pleasant Senior Center  
125 Lozza Drive  
769-0155

### Mount Vernon

Office of the Aging  
& Armory Senior Center  
144 N. Fifth Avenue  
665-2454

Rev. Shelton E. Doles  
Community Center  
250 S. Sixth Ave  
665-2447

WJCS Senior Programs  
550 N. Columbus Ave (Kosher)  
668-4350

### New Castle

New Castle Community Center  
10 Senter Street, Chappaqua  
238-2093

### New Rochelle

Office for the Aging &  
Hugh A. Doyle Senior Center  
94 Davis Avenue  
235-2363

### Ossining

Ossining Senior Center  
95 Broadway  
762-1350

### Peekskill

Senior Center at the  
Neighborhood Facility  
4 Nelson Avenue  
734-4250

### Port Chester

Senior Community Center  
222 Grace Church St  
939-4975



### Somers

Van Tassel Senior Center  
98 Primrose Street, Route 139  
232-0807

### White Plains

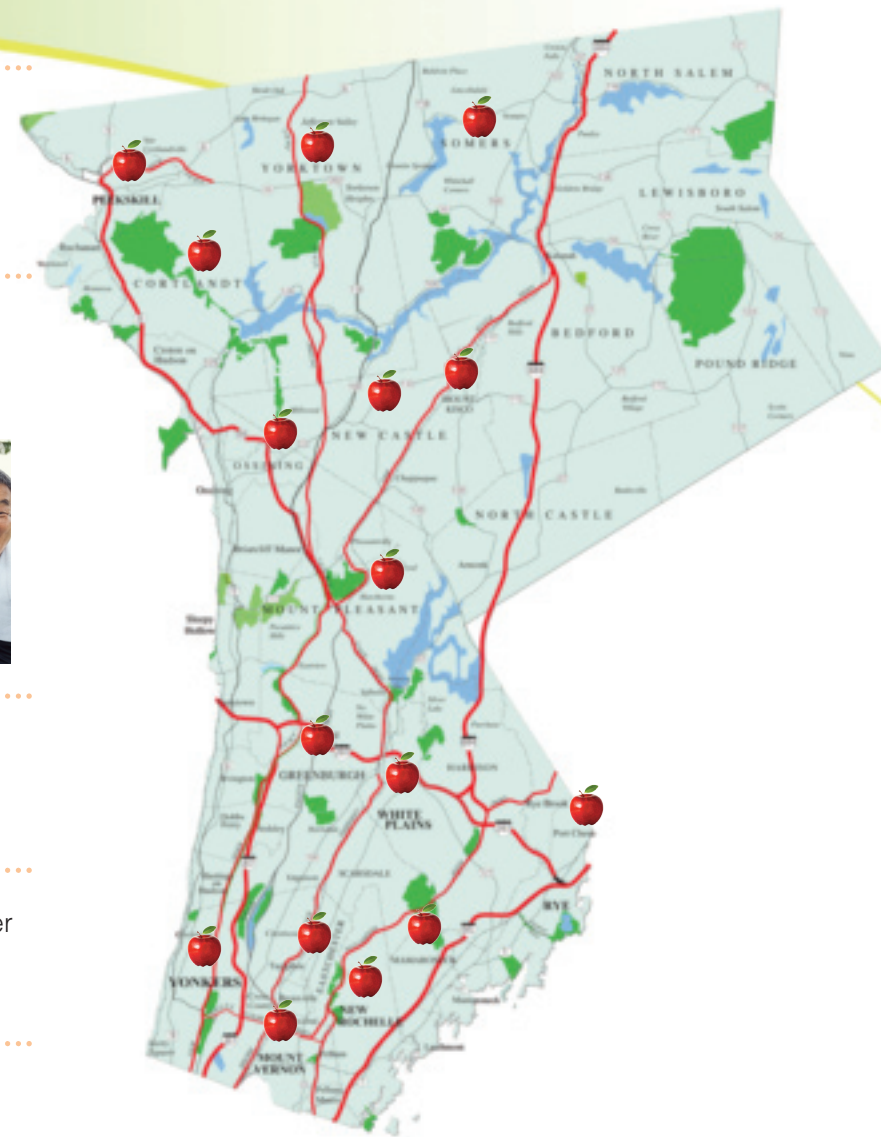
White Plains Community Center  
65 Mitchell Place  
422-1423

### Yonkers

Yonkers Office for the Aging  
Chema Center  
435 Riverdale Ave.  
963-6662

Bronx River Road Scotti Center  
680 Bronx River Road  
377-6490

Nepperhan Community Center  
342 Warburton Avenue  
965-0203



North Yonkers Preservation  
219 Ridge Avenue  
522-0364

YWCA of Yonkers  
YWCA Senior Center  
87 South Broadway  
963-0640

### Yorktown

Community and  
Cultural Center  
1974 Commerce Street  
962-7447

