

“Youth is a gift of Nature, but age is a work of Art.” -
Stanislaw Jerzy Lec

PSS Manhattanville provides adults 60 years and up and their community with a broad array of programs and services such as:

**Hot Lunch
Served:
Mon - Fri
12 pm - 1 pm**

Engaged

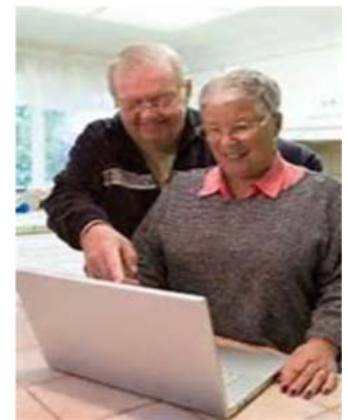
- Arts and crafts
- Cultural activities
- Special events
- Trips
- Independence

Connected

- Internet/Technology Training
- Information workshops
- Current events
- Birthday celebrations
- Client-centered surveys
- Benefits entitlements workshops
- Advocacy/Assistance
- Outreach to the isolated

Healthy

- Nutrition workshops
- Health promotion workshops
- Physical fitness activities
- Walking group
- Socialization



**530 W. 133rd Street New
York, NY 10027 Phone:
(212) 862 - 5562**