

Lets Get Acquainted!

To learn more about Neighborhood House,
43 Wildey Street,
Tarrytown, NY 10591
914-631-0205,
<http://www.theneighborhoodhouse.org>.

Senior Buses



Free bus transportation is available to seniors of Tarrytown and Sleepy Hollow. Get out of the house and widen your horizons by joining our various activities.

We're Connected

These are some of the organizations that work with the Neighborhood House in its community projects and activities, or that meet at Neighborhood House:



- The Sleepy Hollow Chamber of Commerce ad members
- Local chapters of the Girl Scouts of America
- The Westchester County Health Department
- Tarrytown YMCA
- E F Language School
- The Union Free District of the Tarrytowns
- The Rotary Club/Council of Agencies

Weekly Calendar

All programs are open to Tarrytown, Sleepy Hollow and surrounding areas Seniors. Free unless otherwise noted

Tuesday 10:30 Computer Instruction for seniors
Basic computer skills taught and explore the internet! All levels welcome.

Cooking Class once a month 10:30 on Tuesday.

Fall and Spring sessions– Personal Journal Writing with Natalie Safir

Wednesday 1 pm: Senior Art Workshop– all levels welcome

1 pm: A Knitting Group making small throw covers for Tarry Hall Nursing Home.

Thursday 10:15 Going On

Developing coping techniques to deal with major life changes such personal loss, adjustment to retirement, death, loneliness.

1 pm: Senior Canteen, social, bingo, and refreshments. Meets every week. New members welcome.

Friday 10:15 Yoga for Seniors.

11:30AM-12:30 PM: Fit Over 50: Exercise to music with a YMCA instructor.

1:00 pm: Movie Afternoon.
Bridge/Cards Club.



Welcome

What is the Neighborhood House?

We serve as the base for numerous daytime activities, geared mainly toward older community residents of Tarrytown and Sleepy Hollow. We also function as a meeting place for local community groups. Neighborhood House is located at the corner of Washington and Wildey Streets in Tarrytown. It is run by a volunteer board, assisted by a program coordinator Tuesday-Friday from 10 am to 4 pm.



A Brief History

We have been in continuous operation throughout the twentieth century. The



Women's Civic League was established in 1912. The League created the Neighborhood House which has been at the corner of Washington and Wildey Streets since 1920. Mrs. Worcester Warner donated the original property. The current structure was built in the 1960s with the help of the Community Chest, among a number of other organizations, as well as with individual donations.

Daytime Activities

You are invited to participate in these programs:

- The Senior Canteen meets weekly, on Thursdays at 1 pm. It provides an opportunity for social interaction, bingo and a variety of programs. All senior citizens are welcome to join.



- A senior citizen art workshop, directed by professional instructors.
- Weekly Tai-Chi sessions.
- A weekly exercise class including strength and training run by a YMCA instructor.
- A personal memoir-writing series in the Spring and Fall.
- Small-group computer
- Cooking class once a month.
- Yoga for Seniors.
- Bridge afternoon.
- A weekly movie.
- A Knitting group making small throw covers for Tarry Hall Nursing Home.



Other groups

The Neighborhood House is a host to various local groups, such as:

- Tarrytown Girls Scouts
- SAT prep course
- Even Start Family Literacy Program
- Yoga for the Community

Note: The Neighborhood House does not host meetings by groups with religious or political affiliations.

Health Care

- In the Fall, in conjunction with the County Health Department, Neighborhood House offers a flu shot program for seniors. With the help of volunteers, the County administers flu shots to village residents. (Free with Medicare Part B)
- Neighborhood House maintains a small amount of donated wheelchairs, walkers, bath stools, and other aids for local residents (on loan by request).



Outreach Activities

- Each winter various groups drop off donations of non-perishable food.

Volunteers and staff then assemble holiday baskets for seniors and families in the commu-



nity.



- Throughout the year, the Neighborhood House organizes special programs with local public schools involving

interaction between the generations.

- Each May we have wine tasting to help pay for our community efforts.

We Need Your Input

Volunteers are always needed to help in many areas. We also look for interesting speakers, musicians, or other entertainment. Bring your ideas or simply come and enjoy companionship with new and old friends.