

# Featured Programs October 2020

## Free Taxi Service for Seniors (60+)

## Windsor, NY

- Wednesdays after 12 PM
- In and around the village of Windsor



# **Getthere** 855-373-4040

### **Other Programs Available**

### Northern Broome CARES

- Age 60+
- Towns of Lisle and Triangle, including the Village of Whitney Point

Contact: Sandy Atwood, satwood@rhnscny.org

#### "Living Healthy Today" (CDSMP) Chronic health condition management

"Whole Health Action Management" (WHAM) **Stress management class** 

Classes delivered by telephone, open to adults in the Southern Tier

Contact: Mary Maruscak, <u>mmaruscak@rhnscny.org</u>