

# Neighbors Bulletin



Pictured: Seniors AIM High

## Community Updates

### UPTOWN COMMUNITY GROUPS FOR ELDERS

Uptown is home to a collective of neighborhood groups that are uplifting and spreading joy among our elders. Whether you're looking to connect with your neighbors or you're in search of fun-filled activities for your loved one, there are many offerings for senior citizens in Harlem and Washington Heights.

The **'Seniors AIM High'** program fosters community through fitness. The initiative—led by The Armory Foundation and Columbia University Irving Medical Center's Office of Community Service Programs—offers free weekly exercise sessions for 60+ adults in Washington Heights-Inwood, Harlem, and the South Bronx.

The nonprofit **Dances for a Variable Population** cultivates community through movement. The organization—a Columbia Community Service grantee—provides free, low-cost dance programming and theatrical performances throughout the city for all ages and abilities, with a focus on seniors.

The **ARC Senior Centers** provide safe spaces for elders to commune and connect. The centers—located in Central Harlem, West Harlem, and Washington Heights—are hubs for elder community activists, artists, community leaders, and veterans to participate in recreational activities.

### SHUTTLE BUS SERVICE FOR ELDERLY & DISABLED



Columbia University provides a shuttle bus service free of charge to members of the local community who are disabled or who are senior citizens (including their attendants) via the ADA-accessible Intercampus Shuttle.

The shuttle bus connects the new Manhattanville campus with the Morningside campus (116th Street and Broadway) and the Columbia University Irving Medical Center (168th Street and Broadway), as well as the subway station at 96th Street and Broadway and Harlem Hospital (135th Street and Lenox Avenue). The shuttle bus service runs on a regular schedule on every weekday, except on state and federal public holidays.

## Community Events

Check with event organizers for the latest updates, find more events at [neighbors.columbia.edu/events](https://neighbors.columbia.edu/events)



### Apollo Theater: MLK-Blueprint

Jan 15 3PM

The 17th annual Apollo Martin Luther King Jr. event will celebrate youth impacting society through activism, engagement, and justice. [neighbors.columbia.edu/mlk-apollo](https://neighbors.columbia.edu/mlk-apollo)



### Every Voice Choirs MLK Jr. Day Concert

Jan 16 1:30PM

Every Voice Choirs will perform for a community concert to celebrate the life and legacy of Martin Luther King Jr. [neighbors.columbia.edu/mlk-evc](https://neighbors.columbia.edu/mlk-evc)



### MLK Day of Service: Harlem Tree Care

Jan 16 10AM

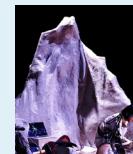
NYC Parks Stewardship is hosting an MLK Day of Service to teach volunteers how to care for local street trees in Harlem. [neighbors.columbia.edu/mlk-trees](https://neighbors.columbia.edu/mlk-trees)



### Rat Academy Training

Jan 31 5PM

This training will focus on rat prevention methods for building superintendents and staff, homeowners and tenants, and managing companies. [neighbors.columbia.edu/rat-academy](https://neighbors.columbia.edu/rat-academy)



### Something About the Weather

Jan 31 7PM

See a new and original work by New York-based composer, producer, and performer, Hahn Rowe at Lenfest Center of the Arts. [neighbors.columbia.edu/hahn-lenfest](https://neighbors.columbia.edu/hahn-lenfest)



### Vijay Iyer Trio

Feb 4 8PM

Composer and pianist Vijay Iyer and his spellbinding trio ensemble will perform at Miller Theatre at Columbia University. [neighbors.columbia.edu/vijay-miller](https://neighbors.columbia.edu/vijay-miller)