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Bloomingdale

AGING IN PLACE bloominplace.org

New York for a Song: Free and Low-Cost Recreation and Cultural Activities

This list is provided in the hope that it will help you discover activities that are both interesting and pocket-book friendly. While the information is believed to be accurate, policies and schedules change, as do accessibility and accommodations for special needs, so we recommend that you check before visiting any of the places listed. We have included all available telephone numbers. Some of these resources, however, are reachable only by visiting the *websites*.

CULTURE: GENERAL

- clubfreetime.com

Daily events free or for a nominal fee; better deals for members (\$1.95/week; \$19.95/year).

- theskint.com

Sign up with this blog to receive emails of daily deals, or visit the site.

- myupperwest.com

UWS blog, free and cheap events in our neighborhood.

- BAiP Ticket Program

Email discounttix@bloominplace.org to learn about free or cheap music, theater and other performances.

- audienceextras.com

Complimentary tickets (\$3.50 service charge); annual membership \$85.00.

212-686-1966, Tues.-Sat. 10:30-5

- Theater Development Fund - tdf.org

520 Eighth Avenue, Suite 801, NY 10018-6507; 212-912-9770. Annual membership fee \$30.00, offered to retirees over 62, for discounts on- and off-Broadway.

- TKTS Booth

Run by TDF, this Times Square facility offers many last-minute theater discounts.

CULTURE: PERFORMANCE

- David Rubenstein Atrium at Lincoln Center – atrium.lincolncenter.org

61 W. 62, NY 10023; 212-875-5350; Tues.-Sat. 8am-10pm. Same-day discounts to Lincoln Center halls; free performances Thursdays at 7:30pm. Subscribe to Atrium DiscountTix by visiting the website or calling the number above.

Metropolitan Opera - metoperafamily.org/metopera/rush/index.aspx

Limited number of orchestra seat tickets available at \$20 (only two per person) Monday-Thursday, day of performance; \$25 weekend. For instructions, including procedure for weekend rush ticket online drawing, check website or call: 212-362-6000.

Juilliard Free Concerts - events.juilliard.edu or call 212-769-7406

60 Lincoln Center Plaza. Student recitals are free. Simply check the calendar on the website and show up. For certain other free performances, usually evening events, tickets must be obtained in advance.

Mannes Free Concerts - www.newschool.edu/Mannes/events.aspx or call 212-580-0210, x4817

150 West 85th Street. Student recitals are free. Consult events calendar.

Manhattan School of Music - mastercalendar.msmnyc.edu/mastercalendar.aspx or call 917-493-4428

Broadway and 122nd Street. Concerts free unless marked "\$". Consult master calendar.

Peoples' Symphony Concerts - pscny.org or call 212-586-4680

Well-known concert artists and ensembles for a song. Single tickets \$13; six-concert series \$39. Check website for concert listings and venues.

CULTURE: ART & MUSEUMS

• NYC Arts - nyc-arts.org/seniors.

The City's Department of Cultural Affairs teamed up with Channel Thirteen to produce guides for all 5 boroughs to organizations that offer senior programming and free or "pay what you wish" access to museums, as well as discounts to ticket programs and events. For more information, and to download the complete brochure/guide, visit the website.

• Museums that are always free or pay what you wish

American Folk Art Museum 212-265-1040

American Museum of Natural History 212-769-5100

Bronx Museum 718-681-6000

Brooklyn Academy of Music's BAM café live events 718-623-7811

Brooklyn Museum 718-638-5000

El Museo del Barrio 212-831-7272

Godwin-Ternbach Museum at Queens College 718-997-4747

Green-Wood Cemetery 718-768-7300

The Hispanic Society of America 212-926-2234

International Print Center 212-989-5080

Metropolitan Museum of Art & The Cloisters 212-535-7710; 212-923-3700

Museum at the Fashion Institute of Technology 212-217-4558

Museum of American Illustration at the Society of Illustrators 212-838-2460

Museum of Biblical Art 212-408-1500

National Museum of the American Indian – Smithsonian Institution 212-514-3700

New York Police Museum 212-480-3100

P.S. 1 MoMA 718-433-4807

Queens Botanical Garden (November-March) 718-886-3800

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Queens Museum of Art 718-592-9700
Sculpture Center 718-361-1750
Socrates Sculpture Park 718-956-1819
Staten Island Museum 718-727-1135
Storefront for Art & Architecture 212-431-5795
Studio Museum in Harlem 212-864-4500

• Museums with free hours each month

Bronx Museum (First Friday, 6-10pm) 718-681-6000
Brooklyn Children's Museum (Second Weekend, before 11 am) 718-735-4400
Brooklyn Museum (First Saturday, 5-11pm) 718-638-5000
El Museo del Barrio (Third Saturday, 11am-8pm) 212-831-7272
Neue Gallerie (First Friday, 6-8pm) 212-628-6200
Noguchi Museum (First Friday, pay what you wish) 718-204-7088

• Museums with free hours each week

MON: Yeshiva University Museum 212-294-8330
TUES: Brooklyn Botanic Garden 718-623-7200
China Institute (6-8pm) 212-744-8181
Staten Island Museum (12-2pm) 718-727-1135
Wave Hill (9am-noon) 718-549-3200
WEDS: Bronx Zoo (pay what you wish) 718-367-1010
Brooklyn Children's Museum (2-5pm) 718-735-4400
Museum of Jewish Heritage (4-8pm) 646-437-4202
New York Botanical Garden 718-817-8700
Queens Botanical Garden (April-October, 3-6pm) 718-886-3800
Van Cortlandt House Museum 718-543-3344
THURS: China Institute (6-8pm) 212-744-8181
Museum of Arts and Design (6-8pm, pay what you wish) 212-956-3535
Museum of Chinese in America 212-619-4785
New Museum of Contemporary Art (7-9pm) 212-343-0460
Trinity Church Concerts at One (1-2pm, Sept. through May)
212-602-0800; 212-233-4164 (St. Paul's Chapel)
FRI: International Center of Photography (5-8pm, pay what you wish)
212-857-0000
Japan Society (6-9pm) 212-832-1155
Morgan Library and Museum (7-9pm) 212-685-0008
Museum of Modern Art (4-8pm) 212-708-9400
Neue Galerie (6-8pm) 212-628-6200
New York Hall of Science (2-5pm, Sept. through June) 718-699-0005
Rubin Museum (7-10pm) 212-620-5000
Staten Island Museum (12-2pm) 718-727-1135
Whitney Museum of American Art (6-9pm) 212-570-3600
SAT: Brooklyn Botanic Garden (10-noon) 718-623-7200
Jewish Museum (10-noon) 212-423-3200

New York Botanical Garden (10-noon) 718-817-8700
Guggenheim Museum (5:45-7:45, pay what you wish) 212-423-3500
Wave Hill (9-noon) 718-549-3200

SUN: Frick Collection (11am-1pm, pay what you wish) 212-288-0700
New York Hall of Science (10-11am, Sept. through June)
Queens Botanical Garden (April-October, 4-6pm)
Studio Museum in Harlem

RECREATION

- BAIp – activities@bloominplace.org - 212-842-8831.

Offering all sorts of FREE activities for seniors in its catchment area, including photography, ping pong, tai chi, walking, yoga.

- NYC Department of Parks and Recreation - nycgovparks.org/seniors (for complete information on senior programs) Telephone: 311.

NYC DP's Nature Centers offer birding and nature walks for seniors; free classes such as meditation, stretching, walking, yoga, tennis and swim lessons, Special senior swim hours at 14 city pools, swim time is free.

Take advantage of NYC DP's Recreation Centers. Seniors can join for \$25/year and receive access to gym facilities throughout NYC.

Riverbank State Park - nysparks.com/parks/93/details.aspx or call 212-694-3600

679 Riverside Drive (at 145th Street). M11 Bus will take you into the park. Indoor and outdoor pools.

Weekdays 6:30am-8:30pm; weekend 9am-8:30pm with restrictions. Take swim cap and lock for locker.

- New York Public Library - Bloomingdale NYPL – Info. 212-222-8030.

Offers free Stay Well exercises Weds. 3-4pm and Thurs. 2:30-3:30pm; also yoga, Thurs. 6-7pm.

EDUCATION AND MORE

- Age-Friendly New York – agefriendlycollege.org - 212-822-7251.

This initiative has assembled a list of institutions offering free and discounted courses. Categories include liberal arts, business, creative arts, computers & technology.

- Senior Planet – seniorplanet.org – 127 W. 25th Street, NYV. 718-360-1707.

Its Exploration Center sponsors digital technology courses for seniors; also workshops, talks, and cultural and social events. Pre-registration required

- Columbia University – columbia.edu/events/today.html

Columbia presents concerts, lectures and series, many of which are free and open to the public.

- Columbia University's Stargazing and Lecture Series – outreach.astro.columbia.edu

During the academic year, the public is invited to lectures, followed by night sky gazing through their powerful telescopes. FREE!

- nycgo.com/free – A section of *NYC The Official Guide*

For free tours, things for kids, attractions, and other free happenings this week and every other week.

- \$9.99 - tinyurl.com/999nyc

Things one can do in NYC for under \$10.00; many relatively little-known places to visit or things to do, from an official NYC online network.

- Arts Brookfield – artsbrookfield.com. 212-417-7000.

Installations and free performances in public spaces such as the Winter Garden in the World Financial Center.

- Public Art Fund – publicartfund.org. 212-980-4575.

Installations in public spaces, such as last fall's "Discovering Columbus," that can be visited free of charge.

And, finally, don't forget BAiP as a free neighborhood resource for tickets, activities and community building. Become a member today!

info@bloominplace.org - 212-842-8831.