

Looking for a way to pick up a few groceries at the store?

Get on the bus - **The Grocery Bus.**

The Grocery Bus runs every week except on holidays with alternating stores every other week. Tuesdays is Price Chopper and Thursdays is Hannaford. The bus picks up at:

- \* Lakeview Towers and Russell Barnard Apartments at 9:30 am
- \* Bushey Boulevard (by the flag) at 9:35 am
- \* Robert S. Long Apartments at 9:40 am
- \* Sterns Apartments at 9:45 am
- \* Beekman Towers at 9:50 am

Arrival at grocery stores 10:00 am with shopping until 11:00 am. This bus is paid for by the grocery stores and brought to you by First Transit Inc. (518) 563-3672



**PHA Senior Discussions**



We hold interactive meetings quarterly for PHA residents & staff to come together and discuss any issues, concerns, and/or suggestions. The senior discussions will also provide you with up-to-date housing information.

*All residents are encouraged to attend.*

Feel free to use the suggestion box in your high-rise to list topics that you would like more information on or to provide suggestions that you may want PHA to consider at upcoming Senior Discussions.

The next Senior Discussion will be held on:  
**Wednesday, October 10<sup>th</sup>**  
**9:30 am Russell H. Barnard**  
**10:30 am Lakeview Towers**  
**11:45 am Robert S. Longs**

For community events and updates, check out our website at <http://www.phaplattsburgh.com/>



**Smoke-Free Housing**

Effective **July 30, 2018**, as required by HUD, all apartments and community areas at Plattsburgh Housing Authority, as well as all outside areas within 25 feet of a building (within 40 feet for senior high rise buildings) went **smoke-free**. Tobacco Cessation Services are being offered at no cost to PHA residents interested in quitting (contact Elise at 518-314-3633). Also, if you are ready to start your journey to a tobacco free life, there will be a 7-week “Butt Stops Here” program offered at PHA starting in October 2018 (more details to come)!!

Plattsburgh Housing Authority  
518-561-0720  
LIKE US ON FACEBOOK  
[Facebook.com/Phaplattsburgh](https://www.facebook.com/Phaplattsburgh)



**Flu Clinics** have been scheduled for  
**Tuesday, September 25<sup>th</sup>**  
**9:00 am – 10:30 am at Lakeview Towers**  
**1:30 pm - 2:30 pm at Robert S. Long Apartments**  
Please look for more information posted in the lobby of your high-rise as the date approaches.

