

# Weekly Shopping and Transportation Made Easy

Navigating your weekly errands and appointments can be a breeze with our organized transportation schedule. Whether planning a grocery run or having a medical appointment, we've got you covered with reliable transport services.

## **Grocery Shopping Days:**

Each district has designated days for grocery shopping, ensuring a smooth and efficient process:

- **Wednesday:** Residents of Omni Apartments and the Carman Road area can head out for groceries.
- **Thursday:** Those living in Regency, Guilderland Center, Fairwood Apts., Weathersfield, and Altamont have their shopping day.
- **Friday:** McKownville, Serafini, Johnston Rd., Woodlake, Shady Ln., Schoolhouse Rd., Palma, Chaucer, Loren, Friartuck, Norwood, Warren, Oxford Heights, Brandywine, Heritage Village, Deer Valley, Presidential Estates, and Westmere residents can shop for their essentials.

## **Wal-Mart and Mall Visits:**

Need to make a trip to Wal-Mart, Crossgates Mall, or Stuyvesant Plaza? Our service runs on:

- **Mondays:** Alternating weeks

## **Medical Appointments:**

Schedule your medical appointments on Mondays, Wednesdays, Thursdays, or Fridays between 9:30 am and 1:30 pm. Book your appointment at least one to two weeks in advance and be ready an hour before your scheduled time.

For any questions or to schedule a ride, call Senior Transportation at 518-631-9589. If there's no answer, you can reach the Senior Services department at 518-280-7607.

Stay organized and make the most out of your week with our scheduled transportation services!