

Greenburgh Senior Highlights

September/October 2010

Parks & Recreation Department
Office for the Aging
Multipurpose Building
Located in
Anthony F. Veteran Park,
11 Olympic Lane, Ardsley, NY 10502
The Multipurpose Center houses
program activities for our
Senior Citizens.

For information contact:
Lynda Maranino:
Nutrition Program Director
693-8997
P.J. Murphy, Recreation Supervisor
693-8985 ext.116

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**THEODORE D. YOUNG
COMMUNITY CENTER
Senior Citizen/Older Adult
Programs and Services (near Kmart)
32 Manhattan Ave. – Off Rte. 119
William L. Carter, Commissioner
James Robinson, Deputy Commissioner**

For information contact:
George Coniglio, Coordinator: 989-3622
Dolores Bennett/Lisa Sharp: 989-3639
Email: gconiglio@greenburghny.com
Front Desk/Transportation: 989-3600
Public Transportation: Bus Stop Rt. 119
and Manhattan Ave.: 813-7777

“Delores Williams Fish Fry”.....	9/3
Coney Island Outing.....	9/5
Kingsland Point Park Picnic.....	9/9
Brain Aerobics.....	9/13
Flushing, Queens.....	9/14 & 10/15
“Because We Care” Visits.....	9/21 & 10/7
Wal-Mart, Fishkill.....	9/28 & 10/2
5th Annual Golden Idol.....	10/1
Beach Shopping Center.....	10/12
Fairway Market, Pelham.....	10/14
Goldfish Seafood Restaurant.....	10/26
Halloween Party...10/29	
Yoga..Tuesdays & Thursdays	
Drawing & Painting...Fridays	
Yiddish Club...1st & 3rd Wed. of each month	
Visiting Nurse...2nd Mondays of each month	

**TDYCC SENIOR CITIZEN
ADVISORY COMMITTEE**

Eleanor Smith
Chairperson

Lorenzo Brown
Vice Chairperson

Gwyneth Moore

Myrtle Dawson

Mildred White

Mary Yan

Lillian Jenkinson

Bernice Lowell

Jennie Coleman

Thelma Washington

Special Thanks...

To Greenburgh Housing Authority and to Christ Temple Church for their generous consideration. The space used for the summer senior citizen programs is very much appreciated.

Fairview Theater Club

The Theater Club returns to Theodore D. Young Community Center on Monday, September 20th at 3:00 pm.

Theodore D. Young Community Center Senior Citizen/Older Adult Program and Services

From the Desk of George Coniglio

Welcome Back!

Give us a 2nd look!

If you have not been to the Theodore D. Young Community Center in awhile, it's time to check us out! There are new programming activities, workshops, and great weekly trips waiting just for you. Our staff is committed to serving your needs and providing a touch of home at our Center. Lunch is served **"Restaurant" style**, with staff bringing lunch to each person. No lines! Further, each new participant receives special **"Red Carpet"** treatment which is our way of welcoming each person who enters the center. Escort staff provide general assistance to every participant. Also of service is our **Transportation division**. If you live in unincorporated Greenburgh and Elmsford, we will pick you up! There is a charge of .25¢ round trip! For those seniors who have a **Home Health Aide**, come on down! Your aide is welcome to join us. If you don't have an aide, but instead have a family member, friend or neighbor who is providing assistance they are also welcomed.

Our goal is to provide the best experience in a home-like friendly setting.

To arrange an appointment or if you would like more information, call 989-3622 or email: gconiglio@greenburghny.com.

New!

Brain Acrobatics

Have fun while increasing mental sharpness Monday, September 13, 2010 at 11:00 am.



Back by Popular Demand

Coney Island outing Saturday, September 5th.

Golden Idol

Singing Contest

Friday, October 2. American Idol for those 50+. Lyrics can be displayed on karaoke TV.



"Dolores Williams" Fish Fry

Friday, September 3rd at Yosemite Park. Call 989-3636 to sign-up.



Annual

Halloween Party

Friday, October 29th. Live music, dancing, costume contest, games and fun!



TDYCC Senior Citizen/Older Adult Programs and Services

TDYCC Activities and Trips.

Check which activity you wish to attend



Check	Trips/Activities	Date	Day	Time	Cost
	Shop Rite, Yonkers	9/2	Thurs.	12:30	N/C
	“Dolores Williams” Fish Fry	9/3	Fri.	11:00	\$3.00
	Coney Island	9/5	Sun.	10:00	Cost of lunch
	Kingsland Point Park Picnic	9/9	Thurs.	11:00	\$3.00/\$5.00
	Brain Acrobatics	9/13	Mon.	11:00	N/C
	Flushing, Queens	9/14	Tues.	11:00	Cost of lunch
	New Rochelle Buffet	9/16	Thurs.	11:30	Cost of lunch
	“Because We Care” Visit	9/21	Tues.	12:30	N/C
	Arthur Avenue Indoor Market	9/23	Thurs.	12:30	N/C
	Wal-Mart, Fishkill	9/28	Tues.	11:00	Cost of lunch
	City Island	9/30	Thurs.	11:30	Cost of lunch
	Golden Idol Singing Contest	10/1	Fri.	11:00	\$3.00/\$5.00
	Wal-Mart, Fishkill	10/2	Sat.	10:00	Cost of lunch
	Flushing, Queens	10/5	Tues.	11:00	Cost of lunch
	“Because We Care” Visit	10/7	Thurs.	12:30	N/C
	Beach Shopping Center, Peekskill	10/12	Tues.	12:30	N/C
	Fairway Market, Pelham	10/14	Thurs.	12:30	N/C
	Woodbury Commons	10/19	Tues.	11:00	Cost of lunch
	Harlem, NYC	10/21	Thurs.	12:30	N/C
	Goldfish Restaurant, Ossining	10/26	Tues.	11:45	Cost of Lunch
	Freight Liquidators	10/28	Thurs.	12:30	N/C
	Halloween Party	10/29	Fri.	11:00	\$3.00/\$5.00

Note: Those registering for Free trips will be contacted by phone.

If you signed up for an activity with a fee, you will receive a confirmation in the mail. Most trips return by 5:00 pm.

We have also estimated the cost of lunch at various restaurants for your convenience. Lunch cost is paid directly to each restaurant.

Name _____ Date _____

Address _____ City/Town _____ Zip _____

Phone _____

Emergency Contact Information:

Name _____

Phone _____

Please mail completed form to:

**Theodore D. Young Community Center, 32 Manhattan Ave., White Plains, NY 10607 Attn: Dolores Bennett/Lisa Sharpe
or drop off completed forms at front desk.**

Theodore D. Young Senior Services In-House Activities At-A-Glance

MONDAYS

Golden Ages H ₂ O Walking	9:00-10:00 am	Pool
Bingo	12:30—2:00 pm	Lounge
Nutrition Program	11:30—12:30 pm	Lounge
Creative Arts	10:30—12:30 pm	Lounge
Men's Table	10:30—12:30 pm	Lounge
Nurse Visit (2nd Monday)	11:00—12:30 pm	Lounge
Lap Swimming	12:00—2:00 pm	Pool

TUESDAYS

Evergreen Club	10:00—1:30 pm	Classroom C/D
Foot Doctor (1st Tues.)	10:00—12:00 pm	Classroom A/B
Exercise Class	10:00—11:00 pm	Dance Studio
Senior Fitness	11:00—11:30 am	Gymnasium
Live Together Club (2nd Tuesday)	10:30—12:30 pm	Classroom A/B
Nutrition Program	11:30—12:30 pm	Lounge
Men's Table	10:30—12:30 pm	Lounge
Lap Swimming	12:00—2:00 pm	Pool
Yoga	8:30—9:45 am	Dance Studio
Bowling	12:00—1:30 pm	W.P. Bowl

WEDNESDAYS

Bingo	12:30—2:00 pm	Lounge
Bridge	9:00—2:00 pm	Classroom A/B
Yiddish Club (1st and 3rd Wednesdays)	10:30—12:30 pm	Dance Studio
Lap Swimming	12:00—2:00 pm	Pool
Nutrition Program	11:30—12:30 pm	Lounge
Sewing	10:30—11:30 pm	Lounge

THURSDAYS

Yoga	8:30—9:45 am	Park Studio
Golden Ages H ₂ O Walking	9:00-10:00 am	Pool
Exercise Class	10:00—11:00 am	Dance Studio
Nutrition Program	11:30—12:30 pm	Lounge
Evergreen Club:		
Tai Chi	10:00—11:00	Gym
Board Games	10:00—1:30 pm	Classroom A/B
Singing Group	1:00—1:30 pm	Lounge
English Instruction	2:00—1:00 pm	Family Services
Bible Study	10:30	Classroom CD
Men's Table	10:30—12:30 pm	Lounge
Lap Swimming	12:00- 2:00 pm	

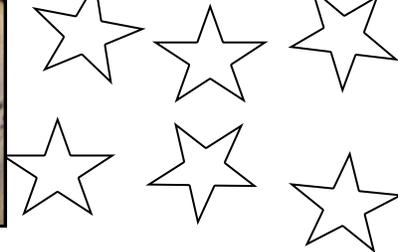
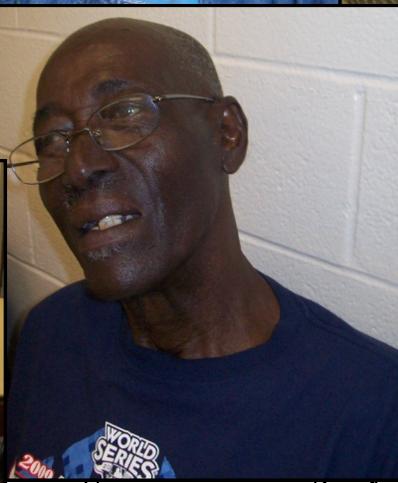
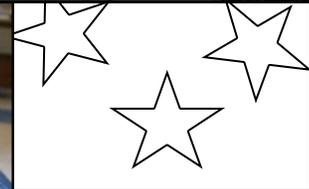
FRIDAYS

Golden Ages H ₂ O Walking	9:00-10:00 am	Pool
Bingo	12:30 — 2:00 pm	Lounge
Exercise Class	10:00 — 11:00 am	Dance Studio
Senior Fitness	11:00 — 11:30 am	Gymnasium
Drawing/Painting	9:00—3:00 pm	Classroom C/D
Nutrition Program	11:30—12:30 pm	Lounge
Creative Arts	12:30—1:30 pm	Lounge
Birthdays (4th Friday)	11:30—12:00 pm	Lounge
Group Meeting (4th Friday)	11:00—11:30 pm	Lounge
Men's Table	10:30—12:30 pm	Lounge
Coordinator Meeting	11:00—11:30 pm	Lounge
Fairview Café	11:30—12:30 pm	Lounge
Lap Swimming	12:00—2:00 pm	Pool
Live Music	11:45—12:45 pm	Lounge

For Information on Aquatics Classes Call Jennifer Parra at 989-3645.



TDYCC SENIOR STARS!



SENIOR
TRANSPORTATION

Transportation is available to Greenburgh Seniors for:

Daily activities at the Multipurpose Center
Doctors/Appointments
Mondays 9-11

Grocery shopping
Tues. & Friday

To register for a ride, please call 693-8997 the day before you need the service.

All Seniors are open to call with any comments or complaints to 693-8997

FUNDED BY:

The Town of Greenburgh,
West. Co. Dept. of Senior
Programs & Services, NY
State Office for the Aging,
Dept. of Health & Human
Services

HOME DELIVERED

MEALS PROGRAM

Seniors 60 and over, homebound by reason of illness, incapacitating disability, or otherwise isolated, are eligible to participate. A hot lunch is delivered each day and the suggested contribution is \$3.00 per day. For more information about the Home Delivered Meals Program call Lynda Maranino at 693-8997.

MULTIPURPOSE CENTER ACTIVITIES

Daily Activities

MONDAY

9:30-10:30 Fitness 1 w/Paige Brodsky

Seated exercise w/weights

10:30-11:30 Fitness 2 w/Paige Brodsky

Beginners Pilates/Yoga

TUESDAY

9:30 to 10:30 Fitness 6 w/B. Zinman

Low Impact Aerobics/Body Sculpting

10:00 to 12:00 Canasta Class, Instruction & Supervised Play w/ Roz Holtz

10:30 to 12:30 Photography, - D. Budnick

1:00 to 3:00 Intermediate Bridge, - *Supervised play /Instruction of popular conventions & "Play of the Hand" (every other week)*

3:00 to 5:00 Advanced Beginner Bridge

Must have knowledge of point count & bridge basics. (every other week)

WEDNESDAY

9:30 to 10:30 Dancing, w/P. Brodsky

10:30-11:30 Fitness 4 Class, w/ Barbara Zinman
Seated exercise /stretching/ strengthening /low impact aerobics

10:00 to 12:00 Mah-Jongg w/ Risa Borrisoff

THURSDAY

9:30 to 10:30 Yoga, w/Paige Brodsky

10:30-12:30 Adv. Intermediate Bridge

(every other week) *Learn more advanced bidding techniques/declarer play & defense. Must have solid bidding basics.*

11:00 to 12:00 Fitness 7, w/ B.Zinman

Low Impact Aerobics/Body Sculpting

12:30 to 3:00 Bingo

1:00-3:00 Painting, w/Janet Patterson

FRIDAY

9:30 to 10:30 Fitness 5 (Walking)

10:30 to 11:00 Weight Training, w/ Paige Brodsky

12:30 Friday@the Movies

1:00 to 3:00 Knitting, w/Janet Goodman

PLEASE NOTE:

Photography begins on Sept. 14th.

Painting begins on Sept. 16th.

Tuesday Bridge Class Dates:

September: 14th and 28th

October: 12th and 26th

Thursday Bridge Class Dates:

September: 16th and 23rd

October: 7th and 14th

NEW BEGINNER BRIDGE CLASS

Thursdays: Sept.16th-Nov. 4th, from 1:00-3:00pm. Perfect class for those who took the Absolute Beginner class over the summer. A review of basic bridge skills. Participants should have some bridge playing experience. **Fee:\$20** for residents. **\$26.00** for non-residents.

Multipurpose Center

Closings

Memorial Day: Mon. Sept. 6th

Columbus Day: Mon., Oct. 11th

EVENTS

Matinee Club Meetings

September: No Meeting or Trip.

October: Thursday, Oct 7th; 11:30am

MULTIPURPOSE CENTER ACTIVITIES

Friday@the Movies **12:30 pm**

July 9th
“The Wolfman”
(Anthony Hopkins)

July 23rd
“Extraordinary Measures”

August 20th
“The Girl With the Dragon Tattoo”

August 27th
“From Paris With Love”
(John Travolta)

NINTENDO Wii is HERE!!

Mondays: 11:30am-10m

Tuesdays: 10:30 am-12noon

Thursdays: 12 noon-1:30pm

Come learn how to play Nintendo Wii Bowling and Tennis, Sign up at the Front Desk.

DUPLICATE BRIDGE

SCHEDULE:

2nd and 4th Mondays of each month from 12:30pm-3:00pm.

September: 13th and 27th

October: 4th and 18th

Multipurpose Center 10th Anniversary Party!

Tuesday, September 14th: 11:30am

The Multipurpose Center is 10 years old in September! Come celebrate! Special Entertainment by “Golden Moments” and lunch. Fee: \$5.00. Sign up at the Front Desk by Friday September 10th.

Dr. Hal Abrahams: Podiatrist

Thurs. Sept. 16th: 11:30am-1:30pm

Tues. Sept. 28th: 11:30am –12:30pm

Dr. Abrahams will see people on a first come, first served basis. Most insurances are accepted except for straight Medicaid, Hudson Health Plan, and Atlantic Health Plan.

Patients will only be responsible for their co-payments (if applicable) or if their 2010 deductibles have not been met.

AARP Safe Driving Class

Friday, Oct. 1st: 9am-5pm

Fee: \$12 AARP members, \$14 for Non-members. Call Diane Crasto at 689-8985, x 101.

Columbus Day Party

Tuesday, October 5th: 12 noon

Celebrate Columbus Day with traditional Italian food and great musical entertainment. Fee: \$5.00. Sign up begins Wednesday, Sept 15th. Please bring a dessert to share!

Book Discussion

Tuesday, October 26th: 10:30am

“The News from Paraguay” by Lily Tuck. Valerie Griffith, Greenburgh Librarian will be the discussion leader.

TRIPS

Kiwanis Boat Ride

Tuesday, Sept. 7th: 8:45am-3:30pm

Fee: \$5.00. Registration will be on a first come, first served basis. Limited space available. You must register in person at the Front Desk.

Lasdon Memorial Park in Somers & Lunch in Katonah

Monday, Oct 4th: 9am-3:30pm

A guided tour of the parks’ gardens and estate history. Time to browse the grounds. Lunch on your own in Katonah. **Tour Fee: \$6. Sign up by Sept. 30th**

MULTIPURPOSE CENTER ACTIVITIES

SENIOR ASSISTANCE

Visiting Nurse

Angie Brown

PLEASE NOTE!

Day and time has changed.

Tuesday

October 26th

13:30am-11:30am

Tuesday,

October 26th

10:30am-11:30am

Nutritionist

Nella Caggiano
By Appointment
Only

Podiatrist

Dr. Hal Abraham

Thursday

September 16th

11:30am-1:30pm

Tuesday

September 28th

11:30am-12:30pm

Social Services

Available

Joe Murphy

Geriatric social worker. By appointment only.

F.D.R.'S Home, Museum, & Library in Hyde Park, NY

Wed., October 13th, 9am-4:30pm

Guided tour of FDR's home and time to visit his museum and library. Lunch at Coppola's Restaurant. **Tour Fee: \$6.**

Pay \$16.95 for lunch the day of the trip. Includes salad, entrée, dessert, coffee, soda, and tip. **Deadline to sign up is Monday, Sept. 20th.**

Woodbury Commons

Monday, October 25th:

9:30am-3:30pm

Get a headstart on your holiday shopping. Sign up at the Front Desk by Thursday, October 21st. No Fee.

Matinee Club Trip

Wed. Oct 27th: 10:30am-6:00pm

UPCOMING TRIPS

The Hispanic Society Museum of America in New York City &

Lunch at The Cookery Restaurant in Dobbs Ferry.

Wednesday, Nov. 3rd: 9:30am-3pm

Enjoy a Highlights Tour of the museums' collections including: the Goya and Velasquez exhibits, El Greco, and the decorative arts collection. No fee for the museum. **Fee for Lunch: \$21.00** Includes appetizer, entrée, and dessert. All beverages and gratuity are extra. Pay for lunch the day of the trip. Sign up by Thurs. Oct. 28th. Note: The museum is two floors and there are no elevators.

Museum at Eldridge Street, in NY

City & Lunch at Katz's Deli

Monday, November 8th: 9am-4pm

A guided "Architectural Tour" that will focus on the landmark's physical properties, offering a new way to introduce visitors to the stories of the immigrants who created this historical museum. Opportunity to view the new east window designed by Kiki Smith and Architect Debra Gans.

Fee: \$9.00. Lunch on your own at Katz's Deli. Time to browse the neighborhood shops. Sign up by Wed. Oct 13th.

TRIP REFUND POLICY

Refunds for trips will not be granted unless the spot can be filled from the waiting list. If your spot can be filled, \$10 or 10% of the trip fee (whichever is higher) will be charged for processing the refund. Full refunds for a medical reason will be granted before the trip when accompanied by a doctor's note. Refunds are issued at the end of each month.

ANNOUNCEMENTS

FALL PING PONG HOURS

The Ping Pong schedule returns to it's regular schedule.

Monday, Wednesday and Thursday from 1:00-3:00PM.

Don't forget to....

Sign up to be on the Multipurpose Center e-mail list!

**GREENBURGH PARKS AND RECREATION - REGISTRATION FORM
OFFICE FOR THE AGING CLASSES AND TRIPS (July-December 2010)**

Please Print - Register Early - One sheet per person

Name: _____

Address: _____ Date of Birth: _____

Phone: _____ Emergency Phone: _____ Email: _____

Check Box	Program Time	Code	Program Title	Res/NonRes
	Monday @9:30 to 10:30	4003-0	FITNESS1/SEATED EXERCISE	\$20/\$36
	Monday @ 10:30 to 11:30	4003-1	BEGINNERS PILATES/YOGA	\$20/\$36
	Tuesday @ 9:30 to 10:30	4003-5	FITNESS 6/LOW IMPACT AEROBICS	\$20/\$36
	Tuesday @10:00 to 12:00	4007-0	CANASTA	\$20/\$51
	Tuesday @ 10:30 to 12:30	4008-0	PHOTOGRAPHY	\$20/\$36
	Tuesday @ 1:00 to 3:00	4002-0	INTERMEDIATE BRIDGE	\$20/\$51
	Tuesday @ 3:00 to 5:00	4002-2	ADVANCED/BEG. BRIDGE	\$20/\$51
	Wednesday @ 10:30 to 11:30	4003-3	FITNESS 4/SEATED EXERCISE	\$20/\$36
	Wednesday @ 9:30 to 10:30	4004-0	DANCING	\$20/\$36
	Wednesday @ 10:00 to 12:00	4007-2	MAH JONGG	\$20/\$51
	Thursday @ 9:30 to 10:30	4005-0	YOGA	\$20/\$36
	Thursday @ 10:30 to 12:30	4002-1	ADV./INT. BRIDGE	\$20/\$51
	Thursday @ 11:00 to 12:00	4003-6	FITNESS 7/LOW IMPACT AEROBICS	\$20/\$36
	Thursday @ 1:00 to 3:00	4001-2	PAINTING	\$20/\$51
	Friday @ 9:30 to 10:30	4003-4	FITNESS 5 (WALKING)	\$20/\$36
	Friday @ 10:30 to 11:00	4006-0	WEIGHT TRAINING	\$20/\$24
	Friday @ 1:00 to 3:00	4001-3	KNITTING	\$20/\$36
TRIPS				
TRIPS				

As a participant in the above programs(s), I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risks of any injury, damages or loss which I may sustain as a result of such participation. I further understand the Town of Greenburgh does not provide accidental medical coverage and it is my responsibility to provide appropriate coverage. I agree to waive and relinquish all claims and hold harmless the Town of Greenburgh, the Parks and Recreation Department, its officers, agents and employees from any and all claims.

Signature: _____ Date: _____

Complete this form, sign and send with your payment to (make checks payable to Greenburgh Parks and Recreation):
Greenburgh Office for the Aging, Attn.: Senior Programs, 11 Olympic Ln., Ardsley, NY 10502

**NO REFUNDS GIVEN FOR CLASS REGISTRATION
PLEASE SUBMIT A SEPARATE CHECK FOR EACH TRIP**

Please see refund policy in the Trips section of our Highlights.



Greenburgh Senior Highlights

Town of Greenburgh
P.O. Box 205
Elmsford, NY 10523

Mailing
Address
Goes
Here

GREENBURGH SENIOR HIGHLIGHTS

*Multipurpose Center
10th Anniversary Party
Tuesday, Sept. 14th*



*11:30am - 1:30pm
\$5.00 for Lunch &
Musical Entertainment*

Supervisor:

Paul J. Feiner

Town Council:

Sonja Brown

Diana D. Juettner

Kevin Morgan

Francis Sheehan

Town Clerk:

Judith Beville

“Dolores Williams”



Fish Fry

*Fresh fish, live music,
And fun!*

**At Yosemite Park
Friday September 3rd**