

Greenburgh Senior Highlights

January/February 2015

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
André Early, Deputy Commissioner
For information contact:

Tina P. Harper, Coordinator: 989-3631
Dolores Bennett/Lisa Sharpe: 989-3639
Email: tharper@greenburghny.com
Front Desk/Transportation: 989-3600
Public Transportation: Bus Stop Rt. 119
and Manhattan Ave.: 813-7777

January

- IHOP (Yonkers).....1/6
- Ridge Hill..... 11/7
- Wal-Mart (Fishkill).....1/8 & 2/12
- City Ctr. Movie.....1/13
- Because We Care.....1/15 & 2/5
- 116th St (Harlem, NY).....1/20
- Red Lobster.....1/22
- Empire City.....1/28 & 2/25
- Family Dollar.....1/29

February

- Shop-Rite..... 2/3
- New Rochelle Buffet2/10
- Olive Garden (Yonkers).....2/17
- Jembro's (Portchester).....2/19
- Palisades Mall.....2/26

BINGO.....M.W. & F. 12:30-2pm
Lunch... ..served Mon-Fri@ 11:30am

Theodore D. Young
SENIOR CITIZEN
ADVISORY
COMMITTEE

Eleanor Smith
Chairperson
Lorenzo Brown
Vice Chairperson
Gwyneth Moore
Myrtle Dawson
Richard Liu
Bernice Lowell
Jenny Coleman



EMPIRE CITY

WEDNESDAYS
1/28 & 2/25

Free \$10.00 credit for lunch,
Plus a 5.00 Voucher,

FRIDAY CAFÉ'

Join us for LIVE
Entertainment
every Friday @ 11am
First Floor Lounge
All welcomed!

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

From the Desk of Tina P. Harper

Cheer In The New Year!

**It's a New Year,
Seniors—**



TDYCC ushers
in the new year with a re-
newed sense of hope and
cheer! Cheers to Ms. June
Castleberry on her induc-
tion into the Senior Hall of
Fame this past December!
We salute her commit-
ment to community and
are honored to be part of
her extended family.

Cheers for new trips as
we plan visits to the Neu-
berger Museum of Art and
the newly opened Olive
Garden in Cross County.

Your family at TDYCC is
warming this winter with
fellowship and fun, plan-
ning something new for
everyone. We resolve to
help you hope for the best
and never let you settle for
anything less.

HAPPY NEW YEAR!

ALL ABOARD to
Branson, MO
SHOW TRIP
EXTRAVAGANZA



Travel Club Planning
Meeting

Monday,
January 26th
12:30PM

"Dare to Dream"
Martin Luther King Jr.
Celebration,



Feat. Gospel Inspirations by
Tommy Moore &
Reverend Patricia Gillman

Friday, January 16th
11am—1pm



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
	IHOP on Central Avenue	1/6/15	Tuesday	12:30pm	cost of lunch
	Wal-Mart (Fishkill, NY)	1/8/15	Thursday	11:00am	cost of lunch
	City Center Movie	1/13/15	Tuesday	12:00pm	cost of lunch
	Because We Care	1/15/15	Thursday	11:30am	cost of lunch
	116th St, Harlem	1/20/15	Tuesday	12:00pm	cost of lunch
	Red Lobster	1/22/15	Thursday	11:30am	cost of lunch
	Neuberger Museum of Art	1/27/15	Tuesday	12:30pm	\$3 + cost of lunch
	Empire City Casino	1/28/15	Wednesday	12:00pm	cost of lunch
	Family Dollar	1/29/15	Thursday	12:00pm	cost of lunch
	ShopRite on Central Avenue	2/3/15	Tuesday	12:30pm	cost of lunch
	Because We Care	2/5/15	Thursday	12:30pm	cost of lunch
	New Rochelle Buffet	2/10/15	Tuesday	11:30am	cost of lunch
	Wal-Mart (Fishkill, NY)	2/12/15	Thursday	11:30am	cost of lunch
	Olive Garden (Cross County)	2/17/15	Tuesday	12:30pm	cost of lunch
	Jembro's (Portchester)	2/19/15	Thursday	12:30pm	cost of lunch
	Empire City Casino	2/25/15	Wednesday	11:15am	cost of lunch
	Palisades Mall	2/26/15	Thursday	12:00pm	cost of lunch

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

Name _____ Date _____

Address _____ City/Town _____ Zip _____

Phone _____ Email _____@_____

Emergency Contact Information: NOTE Your email will be kept private and used only for Programming Updates

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 Age Swim	9:00 am - 10:00 am	Pool
Water Wellness	10:00 am - 11:00 am	Pool
Lunch	11:30 am - 12:30 pm	Lounge
Bingo	12:30 pm - 2:00 pm	Lounge
Creative Arts	10:30 am - 12:30 pm	Lounge
Men's Table	10:30 am - 12:30 pm	Lounge
Lap Swimming	12:00 pm - 2:00 pm	Pool
Bingo	12:30 pm - 2:00 pm	Lounge

TUESDAYS

Yoga	8:30 am - 9:45 am	Dance Studio
Golden Age Swim	9:00 am - 10:00 am	Pool
Senior Fitness	10:00 am - 11:00 am	Dance Studio
Evergreen Club	10:00 am - 1:30 pm	Classroom C/D
Trip/ Outing.....	11:00 am or 12:30 pm	
Lunch	11:30 am - 12:30 pm	Lounge
Men's Table	10:30 am - 12:30 pm	Lounge
Lap Swimming	12:00 pm - 2:00 pm	Pool

WEDNESDAYS

Bridge	9:00 am - 2:00 pm	Classroom C/D
Water Wellness	10:00 am - 11:00 am	Pool
Lunch	11:30 am - 12:30 pm	Lounge
Men's Table	10:30 am - 12:30 pm	Lounge
Lap Swimming	12:00 pm - 2:00 pm	Pool
Bingo	12:30 pm - 2:00 pm	Lounge

THURSDAYS

Yoga	8:30 am - 9:45 am	Park Studio
Golden Ages Swim	9:00 am - 10:00 am	Pool
Bible Study	10:00 am - 11:00 am	Classroom CD
Senior Fitness	10:00 am - 11:00 am	Dance Studio
Evergreen Club:	10:00 am - 2:00 pm	
Board Games	10:00 am - 2:00 pm	Classroom A/B
Tai Chi	11:15 am - 12:00 pm	Gym
Singing Group	1:00 pm - 2:00 pm	Dance Studio
English Instruction	2:00 pm - 1:00 pm	Family Services
Trip/Outing	11:00 am or 12:30 pm	
Men's Table	10:30 am - 12:30 pm	Lounge
Lunch	11:30 am - 12:30 pm	Lounge
Lap Swimming	12:00 pm - 2:00 pm	Pool

FRIDAYS

Golden Ages Swim	9:00 am - 10:00 am	Pool
Drawing/Painting	9:00 am - 3:00 pm	Classroom C/D
Senior Fitness	10:00 am - 11:00 am	Dance Studio
Men's Table	10:30 am - 12:30 pm	Lounge
Lunch	11:30 am - 12:30 pm	Lounge
Birthdays (4th Friday)	11:30 am - 12:00 pm	Lounge
Fairview Café Live Music	11:30 am - 12:30 pm	Lounge
Lap Swimming	12:00 pm - 2:00 pm	Pool
Bingo	12:30 pm - 2:00 pm	Lounge

REMINDER: Senior Theater Club Meeting Schedule:



Monday, January 12th, 2015 @ 12:30
Monday, February 9th, 2015 @ 12:30
Monday, March 16th, 2015 @ 12:30

*****PLEASE COME PREPARED TO VOTE *****

Upcoming Trips

Wednesday, January 21st, 2015
“DISGRACED”



Refresh your driving skills with the AARP SMART DRIVER™ COURSE!

You will learn:

- Defensive driving techniques
- Proven safety strategies
- New traffic laws and rules of the road

Plus, there are no tests to pass. You simply sign up and learn. Upon completion you can save 10% on your car insurance and remove up to 4 points from your license.*

DATE(S) & TIME(S)

Blank area for entering date(s) and time(s).

LOCATION

Blank area for entering location.

TO REGISTER

Blank area for entering registration information.

CLASSROOM COURSE:

\$20 for AARP members • \$25 for non-members

For more information visit www.aarp.org/drive

TOYOTA This program is supported by a generous grant from Toyota to AARP Foundation.



* Upon completing this course, and if you are the principle operator of a motor vehicle, you will receive a 10% reduction in the base rate of your automobile liability and collision insurance premiums each year for three years. You may be eligible to reduce as many as four points on your driving record. Point reduction can only be credited once every 18 months, and does not affect actions mandated by statute or revocations already in place. Other restrictions apply. Consult your agent for details.

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 \$3.50 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
Pilates/Yoga

TUESDAY

9:30 to 10:30 Fitness 6 w/B. Zinman
Low Impact Aerobics/Body Sculpting

10:00 to 12:00 Canasta Group

10:30-11:30am: Chair Yoga w/ Paige Brodsky. *Gentle, seated restorative yoga that includes breathing, posture and simple stretches.*

10:00 to 12:00 Photography, - with D. Budnick

12 noon –12:45pm: Zumba Gold 1 w/ Diane Sorg.

12:30-2:30 Intermediate Bridge: w/ Barbara Garner. *Instruction & Supervised play, all aspects of the game. (every other week) Meets twice a month.*

2:30-4:30 Lower Intermediate Bridge w/ Barbara Garner. *Instruction & Supervised play, concentrating on understanding the basics. (Meets twice a month)*

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 Borisoff

THURSDAY

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

10:00-12:00 Adv. Intermediate Bridge w/ Barbara Garner(**twice a month**) *Learn more advanced bidding techniques/ declarer play & defense. solid bidding basics.*

THURSDAY..cont.

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

Low Impact Aerobics/Body Sculpting

12:30 to 3:00 - Bingo

1:00-2:30pm- Creative Arts w/Irma Spielberg

FRIDAY

9:30 to 10:30 Fitness 5 (Walking & Weight Training) w/ Paige Brodsky

11:00 to 11:45: Zumba Gold 2 with Diane Sorg

12:30 Friday@the Movies

1:00 to 3:00 Knitting, w/Janet Goodman . Beginners and experienced knitters welcome.

New Class Registration:

Classes and registration for the January-June session begins on Monday, Jan. 5th. Please bring a completed registration form, (pg. 9 of this Highlights) and attach a check made payable to Greenburgh Parks and Recreation. Credit card forms are available at the Front Desk. A current Unicard is required to register.

Multipurpose Center Closings:

New Year's Day: Thurs. Jan.1

Martin Luther King Day: Mon. Jan. 19th

President's Day: Mon. Feb.16th

MULTIPURPOSE CENTER ACTIVITIES

Friday @ the Movies

12:30 pm

January 9th

“The Soloist”
(Jamie Foxx,
Robert Downey Jr.)

January 23rd

“Enough Said”
(James Gandolfini,
Julia Louis-
Dreyfus)

February 13th **“Philomena”**

(Judi Dench, Steve
Coogan)

February 20th **“Jersey Boys”**

(John Lloyd Young,
Vincent Piazza)

Jan./Feb. Bridge Dates:

Tuesday Classes:

Jan. 13th & 20th
Feb: 3rd & 24th

Thursday Class:

10am-12 noon.

Jan. 8th & 22nd
Feb. 5th & 26th

Duplicate Bridge

12:30—3:00pm
Monday, Feb. 2nd

EVENTS:

Matinee Club Meetings:

No meetings in January and
February. Next meeting is
Thursday, March 5th.

Zumba Gold” Exercise Class

**10 week class: 2 different
sessions:**

Tuesdays: Jan. 20th –March 24th
12 noon –12 :45 pm

Fridays: Jan. 23rd—March 27th
11:00 am –11:45 pm

A dance fitness class. Easy to fol-
low . Must have current Unicard.

Fee: Residents: \$40.00.

Non-Residents: \$60.00

Sign up at Front Desk now.

Book Discussion Groups:

Tuesday, Jan. 27th 10:30am
“State of Wonder”” by Ann
Patchett.

Tuesday, Feb. 24th
“Half a Yellow Sun” by
Chimimanda Adichi

Qi Gong Class– 8 weeks

Thursdays: Jan. 8th - Feb. 26th.
8:30am –9:30am

Qi Gong can be described as Energy
(chee) and gentle body movement
(gong) for healing the body & mind.

Fees: \$30 for resident seniors,

\$40 for adults. \$48 for non-residents.

Sign up at Front Desk after 7/14.

Winter Art Lecture Series w/ Cherise Gordon:

Thursdays, January 22th & 29th, &
Feb. 5th & 12th.

1:30—3:00pm.“

“Museum Highlights III”.

Take a “journey” from NY to the Her-
mitage in Russia, the Prado in Spain,
the Uffizi Gallery in Florence, along
with other museums. Discover how the
artworks fit into the art
historical canon, to which movement
they belong and their dazzling
aesthetic eminence.

. Fee: \$25.00 Sign up the Front Desk.

AARP Defensive Driving

Friday, Feb. 27th

\$20 for AARP member. \$25 for
Non-members.

For more information call Diane
Crasto at 683-8985, x. 101.

Save the Date!

St Patrick's Day Party

Thursday, March 12th

***more details to follow!**

MULTIPURPOSE CENTER ACTIVITIES

SENIOR ASSISTANCE

TRIPS:

Space may still be available for the these two trips:

Empire Raceway in Yonkers

Wed. Jan.14th: 10am-3pm

\$5 food coupon and \$10 "free play" coupon upon arrival. Must have ID. Sign up by Friday, Jan. 9th.

Jacob Burns Senior Movie Matinee

Wed. Jan 7th :10:30am –3:30pm

Lunch on your own before movie. Choice of "Finding Vivian Maier" or "The Hundred Foot Journey".

Fee: \$7. Must pay cash when you register. Sign up by Mon. Jan. 5th.

NEW TRIPS:

Registration for trips listed below begins on Tuesday, Jan. 6th., at 9:30am. Each trip requires a separate form and a separate check.

Lunch at Stone Manor 101 in Hawthorne

Monday, Jan. 26th 12 noon –3pm

Three course price fix lunch at a popular steak house. With a Mediterranean flair! **Fee: \$27.00. Pay the day of the trip. Sign up by Thurs. Jan. 22nd.**

Sergio's Restaurant in Valhalla

Wed. Feb. 11th : 11:30am -3:00pm

Celebrate Valentine's Day with your friends!

Three course Price Fix lunch at a great Italian restaurant.

Fee: \$21.00. Pay the day of the trip. Sign up by Thurs. Feb. 5th..

Hudson River Museum and Lunch at X20

Wed. Feb. 18th: 10am –3:30 pm

Guided tour of two exhibits:

"Frohawk Two Feathers: Kill your Best Idea" & "Promoting the President– In Celebration of Washington's Birthday" More info. at the Front Desk.

Museum Fee: \$7.00. Pay when you sign up.

Lunch Fee: \$31. Pay in cash the day of the trip.

Sign up deadline: Tues. Jan. 27th

Guggenheim Museum

Wed., March 11th: 9:30 am– 4pm

Guided "Highlights Tour" Lunch on your own at a local restaurant.

Tour Fee: \$30. Lunch on your

own. Sign up by Thurs. Feb. 6th.

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.

Happy 2015!

A special thanks to the Hartsdale Kiwanis for their generous donations towards the entertainment for our Holiday Party ,...and to the Woodlands Key Club for helping to serve lunch and also the Woodlands Chorus for their wonderful choral Presentation! A great time was had by all!

Blood Pressure

**Doctor's
Express
Urgent Care**

***Call for dates**

**Podiatrist
Dr. Mervyn
Kaplan**

**Thursday,
Jan. 29th
11:30am-
12:30pm**

**GREENBURGH PARKS AND RECREATION - REGISTRATION FORM
MULTIPURPOSE CENTER CLASSES AND TRIPS (January - June 2015)**

Please Print - Register Early - One sheet per person

Name: _____ Cell Phone: _____

Address: _____ Date of Birth: _____

Phone: _____ Emergency Phone: _____ Email: _____

Check Box	Program Time	Code	Program Title	Res/NonRes
	Monday @9:30 to 10:30	4013-0	FITNESS1/SEATED EXERCISE	\$35/\$62
	Monday @ 10:30 to 11:30	4013-1	PILATES/YOGA	\$35/\$62
	Tuesday @ 9:30 to 10:30	4013-5	FITNESS 6/LOW IMPACT AEROBICS	\$35/\$62
	Tuesday @12:00 to 12:45	4001-5	ZUMBA GOLD 1	\$40/\$60
	Tuesday @ 10:00 to 12:00	4018-0	PHOTOGRAPHY	\$35/\$62
	Tuesday @ 10:30 to 11:30	4005-2	SEATED CHAIR YOGA	\$35/\$62
	Tuesday @ 12:30 to 2:30	4012-0	INTERMEDIATE BRIDGE	\$35/\$87
	Tuesday @ 2:30 to 4:30	4012-2	LOWER INTERMEDIATE BRIDGE	\$35/\$87
	Wednesday @ 9:30 to 10:30	4014-0	DANCING	\$35/\$62
	Wednesday @ 10:30 to 11:30	4013-3	FITNESS 4/SEATED EXERCISE	\$35/\$62
	Wednesday @ 10:00 to 12:00	4017-2	MAH JONGG	\$35/\$75
	Thursday @ 9:30 to 10:30	4015-0	YOGA	\$35/\$62
	Thursday @ 10:00 to 12:00	4012-1	ADV./INT. BRIDGE	\$35/\$87
	Thursday @ 11:00 to 12:00	4013-6	FITNESS 7/LOW IMPACT AEROBICS	\$35/\$62
	Thursday @ 1:00 to 2:30	4011-2	CREATIVE ARTS	\$35/\$80
	Friday @ 9:30 to 10:30	4016-0	FITNESS 5 (WALKING & WEIGHT TRAINING)	\$35/\$62
	Friday @ 11:00 to 11:45	4001-6	ZUMBA GOLD 2	\$40/\$60
	Friday @ 1:00 to 3:00	4011-3	KNITTING	\$35/\$62
TRIP				

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

Art Lecture Series
"Museum Highlights III"



4 Thursdays: Multipurpose
1/22, 1/29, 2/5, & 2/12
Multipurpose Center
1:30-3:00pm - \$25.00

Supervisor:
Paul J. Feiner

Town Council:
S. Kenneth Jones
Diana D. Juettner
Kevin Morgan
Francis Sheehan

Town Clerk:
Judith Beville



*"Sweet n'
Hearty"*
**Valentines
Day Party**

Friday,
February 13th
11am - 1pm

