

Greenburgh Senior Highlights

January/February 2016

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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**DEPARTMENT OF COMMUNITY
RESOURCES AT THE
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 G. 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

Nativity Scenes Tour.....1/5
Arthur Ave.....1/7
WalMart.....1/14 & 2/2
Long Horn Steak House..1/19
Because We Care....1/21 & 2/25
ShopRite.....1/26
Empire City.....1/27 & 2/24
Senior Movie.....1/28

FEBRUARY

116th Street, Harlem.....2/4
IHOP.....2/9
Stew Leonard's 2/11
Lionheart Gallery.....2/16
Family Dollar.....2/18
Fairway Mkt, Pelham.....2-23

BINGO.....M.W. & F. 12:30-2:00pm
LUNCH...Mon-Fri @ 11:30am

Theodore D. Young
SENIOR CITIZEN
ADVISORY
COMMITTEE
MEETING

MONDAY,
February 22ND
@ 10:30AM

Eleanor Smith
Chairperson



EMPIRE CITY

WEDNESDAYS
1/27 & 2/24

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

FRIDAY CAFÉ'

Join us for LIVE
Entertainment
every Friday @
11:00am

First Floor Lounge
All are welcomed!

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

From the Desk of Tina P. Harper

Here's to a New Year!

2016 is finally here, bearing high hopes for a happy new year. TDYCC Seniors are off to a great start, shopping, dining and enjoying fine art. We're exploring various cultures through nativity scenes, while planning a trip to ole New Orleans. We're sharing our dreams to honor Dr. King and working with AARP to prepare our taxes for spring. For Valentines Day we're loving our hearts and touring the Lionheart Gallery to see Betsy Podlach's art. A new year of wondrous adventures has begun. Join TDYCC's seniors to experience every single one!

Happy New Year!!!

- Tina Harper

BILOXI/NEW ORLEANS
In 2016



Saturday, April 30th—
Sunday May 8th

\$745 for double occupancy

\$1,055 for singles

Next Travel Club Mtg:
Monday, 2-8 @ 12:30pm

ANNUAL
MLK
LUNCHEON
"What's Your Dream?"



Friday,
January 15th
10am—11am

Registration Required
Call 914-989-3639



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
	Castle Gallery / New Rochelle Buffet	1-5-16	Tuesday	12:30 pm	cost of lunch
	Arthur Avenue (Bronx)	1-7-16	Thursday	12:00 pm	cost of lunch
	Jembro's	1-12-16	Tuesday	12:00 pm	cost of lunch
	WalMart, Fishkill	1-14-16	Thursday	11:00 am	cost of lunch
	Long Horn Steakhouse	1-19-16	Tuesday	12:30 pm	cost of lunch
	Because We Care	1-21-16	Thursday	12:00 pm	cost of lunch
	ShopRite	1-26-16	Tuesday	12:30 pm	cost of lunch
	Empire City, Yonkers	1-27-16	Wednesday	11:00 am	cost of lunch
	Senior Movie	1-28-16	Thursday	10:30 am	cost of lunch
	WalMart, Fishkill	2-2-16	Tuesday	11:00 am	cost of lunch
	116th Street (Harlem)	2-4-16	Thursday	11:30 am	cost of lunch
	IHOP	2-9-16	Tuesday	12:30 pm	cost of lunch
	Stew Leonard's	2-11-16	Thursday	11:00 am	cost of lunch
	Lionheart Gallery "Betsy Podlach"	2-16-16	Tuesday	11:30 am	cost of lunch
	Family Dollar	2-18-16	Tuesday	11:30 am	cost of lunch
	Fairway Market (Pelham)	2-23-16	Tuesday	11:00 am	cost of lunch
	Empire City, Yonkers	2-24-16	Wednesday	11:00 am	cost of lunch
	Because We Care	2-25-16	Thursday	12:00 pm	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 restaurant.

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:

Department of Community Resources

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 Dates



Monday, January 11th

Monday, February 8th

Monday, March 15th



Returns
Friday, February 5th
10am—2pm
Fridays & Saturdays
thru April 15th



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.*

DATES & TIMES

Saturday, January 9 th , 2016	8:45am – 3:30pm
Monday, March 21 st , 2016	8:45am – 3:30pm
Saturday, March 26 th , 2016	8:45am – 3:30pm
Monday, May 9 th , 2016	8:45am – 3:30pm

LOCATION

Town of Greenburgh's Department of Community Resources
Theodore D. Young Community Center
32 Manhattan Avenue
White Plains, New York 10607

TO REGISTER

Call Tina @ 914-989-3631 to register
Bring lunch, as the break is only 30 minutes

CLASSROOM COURSE:

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

For more information visit www.aarp.org/drive

***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 -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—12:00 Photography, - with D. Budnick

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

12:30-2:30 Improve your Bridge Game w/ Barbara Garner. *Short lesson followed by intensive supervised play. Should be comfortable with standard bidding & card play. Not for beginners. 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 -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 -10:30 Yoga, w/Paige Brodsky

9:30– 10:30am: Zumba Gold 3 w/ Diane Sorg *meets in the community room*

10:00-12:00 Adv. Intermediate Bridge w/ Barbara Garner(*Learn more advanced bidding techniques/declarer play and*

THURSDAY..cont.

Adv./Intermed. Bridge cont.
defense. Must have solid bidding basics. Meets twice a month.

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.

Important Announcements:

New Class Registration:

Classes and registration for the January-June session begins on Monday, Jan. 4th. 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: Friday, Jan.1

Martin Luther King Day: Monday, Jan. 18th

President's Day: Mon. Feb.15th

MULTIPURPOSE CENTER ACTIVITIES

Friday @ the Movies

12:30 pm

January 15th:

“Woman in Gold”

(Max, Irons, & Tatiana Maslany”

January 29th

“Black or White”

(Kevin Costner, Octavia Spencer“

February 5th

“The Philadelphia Story”

(Kevin Costner, Octavia Spencer)

February 19th

“The True Story:
(Ethan Surplee, Felicity Jones)

EVENTS:

Nov/Dec. Bridge Classes

Tuesday Classes:

Jan: 12th & 26th

Feb: 9th & 23rd

Thursday Class:

10am-12 noon.

Jan.: 7th & 21st

Feb. 4th & 18th

Duplicate Bridge: *note time*

Monday:Feb.1st: 10am –12:30pm

Matinee Club Meetings: 11:45am

*No meetings in January and

February. Next meeting is

Thursday, March 3rd.

Qi Gong Class– 8 weeks

Thursdays: Jan. 7th –Feb. 25th

8:30am –9:30am Fees: \$30

resident seniors, \$40 for adults. \$40

for non-residents. Sign up now.

Book Discussion: 10:30am

Jan. 26th

“The Glass Room” by Simon Mawer

February 23rd: “Family Life:” by

Akhil Sharma

*Books reserved at Greenburgh Library Desk 1 month in advance.

Zumba Gold” - Winter 2016

new Thursday class

Tuesdays: 12:00 noon -12:45pm

Jan 12th—March 15th

Thursdays: 9:30-10:15am : com-

munity room : Jan. 14-March 17th

Fridays: 11:00am-11:45am

Jan. 15th - March 18th

Fee: \$40:Residents. \$60: Non-

Winter Art Lecture Series w/

Cherise Gordon: 4 weeks

“Discovering Modern Art”

Thurs. Jan 21st & 28.th

Feb. 4th & 11th. Time: 1:00-2:30.

Focus on art movements from the early

1900’s until the middle of the 20th

century. Learn how cubism was

created, how Duchamp’s “Fountain”

redefined the concept of art, and the

explosion of Pop art, among many oth-

er topics. **Fee: \$25,.Sign up**

beginning Mon. Jan . 4th. *requires separate registration form from classes or trips*

Spanish Classes: *8 weeks*

2 different levels:

Mondays: Feb 1st – March 28th

Fees : \$30:resident

Seniors. \$40:resident adults.

\$48: all non-residents. . Sign up beginning Mon. Jan.4th

Students responsible to purchase

book for both classes: “Easy Spanish

Step by Step” by Barbara Bregstein.

Available at Barnes & Noble.

Beginner’s Spanish Class:

Mondays: 12:30-2pm: no prior

knowledge of Spanish necessary.

Basic language structure & vocabulary.

Topics: introductions/personal identity,

eating out, shopping & more. Time

allowed to practice conversational

skills. Sign up beginning Mon. Jan.4th

Advanced Beginner Class: Monday:

2:-00-3:30pm. Must have prior

knowledge of Spanish or have com-

pleted conversational class offered

in Fall 2015. Review of topics covered

in Fall 2015 class & shopping in differ-

ent stores, health , weather, making

reservations & more. Conversational

practice time included. Sign up begin-

ning Mon. Jan.4th

MULTIPURPOSE CENTER ACTIVITIES

SENIOR ASSISTANCE

Blood Pressure Check:

Rite Aide
Thursday,
February 4th
10am –11:30am

Podiatrist
Dr. Mervyn Kaplan
*call for date

TRIPS:

Space may still be available for this:

Jacob Burns Senior Movie Matinee

Wed. Jan 13th :10:30am –3:30pm

Lunch on your own before movie.
Choice of “I’ll See You in My Dreams” or “Listen to Me Marlon”
Fee: \$7. Must pay cash when you register. Sign up now.

Registration for trips listed below begins on Wed. Jan. 6th at 9:30am. Each requires a separate form & separate check. Credit card forms available at Front Desk.

Empire Raceway in Yonkers

Wed. Jan.20th: 10am-3pm

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

Lunch at Stone Manor 101 in Hawthorne

Monday, Jan. 25th 12 noon –3pm

Three course price fix lunch at a popular steak house with a Mediterranean flair! Fee: \$28.00. includes beverages & gratuity. Pay the day of the trip. Sign up by Wed. Jan. 20th.

Neuberger Museum in Purchase:

Wed. Feb. 10th: 9:30am

Guided tour of 2 exhibits:

“After 1965”: artwork : from the 1960’s – early 1970’s & its influence 50 years later.

Liza Lou: Color, Field, & Solid Grey”

Artwork made entirely of glass beads include a 1,400 sq. ft. sculpture.

Fee: \$3.00. pay cash at registration.

Lunch at local restaurant.

Sign up by Thurs. Feb. 5th.

Sergio’s Restaurant in

Thornwood

Wed. Feb. 17th : 11:30am -3:00pm

Celebrate Valentine’s Day with your friends! Three course Price Fix lunch at a great Italian restaurant. Fee: \$22.00. Includes beverages & gratuity . Pay the day of the trip. Sign up by Thurs. Feb. 11th..

Laugh out Loud Productions:

Ira & Isabella’s Jewish Italian Comedy Wedding”

Wed. March 9th. 10am - 4:30pm

“The Bethwood “ in Totowa, NJ

Be a part of Ira & Isabella’s wedding! A great musical & a 3 course lunch! Fee : \$62.00 includes, show, lunch , beverages., and gratuity.

Sign up by Thursday, February 4th. Coach bus provided.

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 2016!

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

**GREENBURGH PARKS AND RECREATION - REGISTRATION FORM
MULTIPURPOSE CENTER CLASSES AND TRIPS (January - June 2016)**

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	YOGA 2	\$35/\$62
	Monday @ 12:30 to 2:00	3014-3	BEGINNER SPANISH	\$30/\$48
	Monday @ 2:00 to 3:30	3014-4	ADV. BEGINNER SPANISH	\$30/\$48
	Tuesday @ 9:30 to 10:30	4013-5	FITNESS 6/LOW IMPACT AEROBICS	\$35/\$62
	Tuesday @12:00 to 12:45	4302-1	ZUMBA GOLD 1	\$40/\$60
	Tuesday @ 10:30 to 12:00	4018-0	PHOTOGRAPHY	\$35/\$62
	Tuesday @ 10:30 to 11:30	4005-2	SEATED YOGA	\$35/\$62
	Tuesday @ 12:30 to 2:30	4012-0	IMPROVE YOUR BRIDGE GAME	\$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	4302-3	ZUMBA GOLD 3	\$40/\$60
	Thursday @ 9:30 to 10:30	4015-0	YOGA 1	\$35/\$62
	Thursday @ 10:30 to 12:30	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	4302-2	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

Multipurpose Center
"Discovering Modern
Art" w/ Cherise Gordon
\$25.00 1:00- 2:30pm



Thurs. Jan. 21st & 28th
Feb. 4th & 11th

Supervisor:
Paul J. Feiner

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

Town Clerk:
Judith Beville

TDYCC's

**Sweet n' Hearty
Valentines Party**
Friday, February 12th
10am - 1pm

