

# Greenburgh Senior Highlights

## July/August 2011

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 Sharpe: 989-3639  
**Email: [gconiglio@greenburghny.com](mailto:gconiglio@greenburghny.com)**  
Front Desk/Transportation: 989-3600  
Public Transportation: Bus Stop Rt. 119  
and Manhattan Ave.: 813-7777

- Studio Museum of Harlem... ..8/11
- Bridge and Evergreen @ Housing Authority
- Shop Rite,.....Wednesdays
- CAPE COD TRIP.....BALANCE DUE :/7/6
- Wal-Mart, Fishkill.....7/26 & 8/16
- Fairview CAFÉ' Live Entertainment...Fridays
- BBQ"s..... at Secor and Yosemite Parks
- Captain's Cove, CT.....7/12 & 8/18
- TGIF, Tarrytown.....7/28
- Flushing, Queens Outing.....7/19 & 8/30
- Empire City, Yonkers.....8/31
- BECAUSE WE CARE VISITS...7/5 & 8/25
- South Street Seaport.....8/23
- Radio City Christmas Show.....11/16

Theodore D. Young  
SENIOR  
CITIZEN  
ADVISORY  
COMMITTEE

Eleanor Smith  
Chairperson

Lorenzo Brown  
Vice Chairperson

Gwyneth Moore

Myrtle Dawson

Liu Fang Mien

Lillian Jenkinson

Bernice Lowell

## EMPIRE CITY

WEDNESDAY August 31st

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

Complete TDY C/C  
Form to sign up.

## 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 George Coniglio

# Happy SUMMERTIME!

### By the Numbers...

*I'm pleased to report to you that attendance is increasing in many TDYC/C senior activities.*

Last month's **AARP Safe Driving Workshop** filled to capacity so we offered another class the following week and that Workshop also filled to capacity.

Our yearly **AARP Tax Aid Program** served a record number of participants; 488. At an average cost of \$150.per return, the value of this service was over \$84,000. We extend a special thank you to Rudy Rosenbaum who headed up the group of volunteers .

Update on the **Cape Cod Trip**; for the first time in 10 years we have filled every seat in the Motercoach with 51 participants.

Our outings to **Empire City** have also filled to capacity with 35 participants.( the number of seats in our Department's Van) In response to this interest, we have scheduled this trip every other month.( the next one is on 8/31)

**Play trips** Last May our seniors enjoyed "That Championship Season" and "Baby, It's You." Last June 22nd we offered tickets for "Sister Act". When that trip filled, we offered another outing on 6/29 to reach those seniors who missed out on the 6/22 outing.

Your support is appreciated. It is our honor and privilege to serve your interests and needs. As always, keep your ideas and suggestions coming. 989-3622

*It's our goal the be the best senior program in the State.*

### Thank You. Thank You to Great Neighbors;

#### **Greenburgh Housing Authority**

We knowledge the generous consideration of Executive Director Olney Reynolds and the Greenburgh Housing Authority Board for providing space for summer senior activities. Your consideration is much Appreciated.

#### **Kiwanis Club**

Thank you your gracious donation to the June 24th BBQ. Your generosity greatly enhanced the picnic and is greatly appreciated.



# 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
	“Because We Care Visit”	7/5	Tuesday	12:30	n/c
	Yosemite BBQ	7/7	Thursday	11:00	3.00
	Captain’s Cove, CT	7/12	Tuesday	11:00am	Cost of Lunch
	City Island; Johnny’s Reef /Crab Shanty	7/14	Tuesday	11:00am	Cost of Lunch
	Flushing, Queens	7/19	Tuesday	11:00am	Cost of Lunch
	Foot Doc/Blood Pressure Check	7/19	Tuesday	11:00am	Bring Health Ins. Card
	Yosemite BBQ	7/21	Thursday	11:00am	3.00
	Wal-Mart, Fishkill	7/26	Tuesday	11:00am	Cost of Lunch
	TGIF, Tarrytown	7/28	Thursday	11:30am	Cost of Lunch
	New Rochelle Buffet	8/2	Tuesday	11:00am	Cost of Lunch
	Taste of Jamaica Café ,Mt Kisco	8/4	Thursday	11:30am	Cost of Lunch
	Shop-Rite, Central Ave	8/9	Tuesday	12:30pm	n/c
	Studio Museum of Harlem	8/11	Thursday	11:00am	8.00 Admission/Tour
	Secor BBQ	8/12	Friday	11:00am	3.00
	Wal-Mart, Fishkill	8/16	Tuesday	11:00 am	Cost of Lunch
	Foot Doc/Blood Pressure Check	8/16	Tuesday	11:00am	Bring Health Ins. Card
	Captain’s Cove, CT	8/18	Thursday	11:00am	Cost of Lunch
	Port Chester Flea Market	8/19	Friday	12:30pm	n/c
	South Street Seaport ,NYC	8/23	Tuesday	11:00am	Cost of Lunch
	Because We Care Visit	8/25	Thursday	12:30pm	n/c
	Flushing, Queens	8/30	Tuesday	11:00am	Cost of Lunch
	Empire City/Yonkers Raceway	8/31	Wednesday	11:am	n/c

**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 H2O 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
Lap Swimming	12:00—2:00 pm	Pool

### *TUESDAYS*

Evergreen Club	10:00—1:30 pm	Class
Exercise Class	10:00—11:00 pm	Dance Studio
Senior Fitness	11:00—11:30 am	Gymnasium
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
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 H2O 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 H2O 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



**We LOVE our Community Center!**

**Community Center Retires Alice and Diane join Senior Program.**



THEODORE D. YOUNG COMMUNITY CENTER  
SENIOR CITIZEN PROGRAMS  
AND SERVICES



EARLY BIRD SIGN UP!

RADIO CITY  
CHRISTMAS SPECTACULAR

Tickets are expected to be sold out  
**Orchestra Seating**

Wednesday, Nov. 16<sup>th</sup>,  
Departure from Center at 11am

**\$53.00**

*This is less than half the price of a non group ticket.*

**Note;** *This trip will not be offered again until 2012.*

F o r M o r e I n f o r m a t i o n c a l l 9 8 9 - 3 6 2 2

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  
*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

## **Registration Reminder!**

**Registration for the July-December classes begins on Tuesday, July 5th.** You must have an updated Unicard to register. To save time at registration, please complete page 9 of this Highlights and bring it to the Front Desk with a check made payable to "Greenburgh Parks and Recreation."

## **Painting Instructor, Janet Patterson has retired!**

After five years of teaching at the Multipurpose Center, Janet has decided to retire from teaching to pursue other interests. We thank her for her dedication and assistance with the coordination of art exhibits and special events. Irma Spielberg will be the new teacher and the class will now be called Creative Arts. In addition to painting, Irma will help students explore drawing, sculpting with clay and other art mediums

**Creative Arts will begin on Thursday, September 8th.**

**Photography begins Tuesday, September 13th.**

# MULTIPURPOSE CENTER ACTIVITIES

**Summer  
Movie  
Matinees  
on  
Wednesday  
12:30 pm**

**July 6th  
“Pursuit of  
Happiness”  
(Will Smith)**

**July 20th  
“The  
Conviction “  
(Sam Rockwell,  
Hilary Swank)  
(\$3.00 for pizza  
and drink)**

**August 10th  
“The Fighter”  
(Christian Bale,  
Mark Wahlberg)  
(\$3 for pizza  
and drink)**

**August 24th  
“Moonstruck”  
(Cher,  
Nicholas Cage)  
\*\*If it rains on  
Wednesday, the  
movie will be  
shown on Fri-  
day of the same  
week)**

**Bridge Class Schedule:**

**Tuesday Bridge Class:**  
July: 12th and 26th  
August: 2nd, 16th, and 30th

**Thursday Bridge Class:**  
July: 7th and 14th  
August: 4th and 18th  
September 1st

**Multipurpose Center  
Closings**

**Independence Day:**  
Monday, July 4th  
**Labor day:**  
Monday, September 5th

***EVENTS***

**The next Theatre Club-  
Meeting will be Thursday,  
September 1st at 11:45am.**

**The “Can We Talk” discus-  
sion group will not meet  
until September. Sign up at  
the Front Desk if interested.**

**Outdoor Tennis Clinic**

**6 week clinic  
Tues. Sept. 6th—Oct.11th  
10:30am-11:30am -Anthony  
Veteran Park Courts.**

For beginners or those wanting  
to “brush up” on their tennis  
skills. Forehand, backhand,  
serving, rallying and playing  
games will be reviewed.

**Fee for Tennis: \$20-Residents  
and \$25 for Non-Residents.  
Sign up Front Desk by  
Wednesday, August 31st.**

**CELEBRATE  
GREENBURGH DAY**

**Saturday, July 16th  
10am-2:30pm**

The Multipurpose Center will be  
open for all seniors to come play  
bridge, canasta, mah jongg and  
ping pong. Lunch will be served.  
Musical entertainment during  
lunch. **Fee for lunch:\$4.00.** Sign  
up at the Front Desk by Tuesday,  
July 12th.

**AARP Defensive Driving Class**

**Friday, Aug. 19th: 9am—5pm  
Fee;:\$12 for AARP members  
and \$14 for non-members. Call  
Diane Crasto at 693-8985, x101  
to register.**

**BOOK DISCUSSIONS:**

Valerie Griffith, Greenburgh  
Librarian is the discussion leader.

**Tuesday, July 26th, 10:30am**

“Broken For You” by Stephanie  
Kallos.

**Tuesday, August 30th –100th  
Book Discussion Celebration -  
10:30am**

“Run” by Ann Patchett. Pot Luck  
Lunch to follow discussion.  
Details at the July 26th meeting.

# MULTIPURPOSE

## **SENIOR ASSISTANCE**

**Nutritionist**  
Nella Caggiano  
By Appointment  
Only

**Podiatrist**  
Dr. Hal Abraham

**Tuesday,  
July 26th**  
12 noon 1:30pm

**Thursday,  
September 1st**  
12 noon-1:30pm

## **Summer Ping Pong**

Ping Pong may be played on Monday, Wednesday and Thursdays from 12:00 pm-2:00pm. **Ping pong will be cancelled on rainy days while Summer Camps are in session.**

## **End of Summer Bingo Party** **Thursday, Sept. 1st -12:30-3pm**

Come have lunch and play bingo. Fee: \$4.00 for lunch. Sign up at the Front Desk by Wednesday, August 24th.

## *Upcoming Trips:*

### **Jewish Museum: Collecting Matisse and Modern Masters: The Cone Sisters of Baltimore.**

#### **Monday, September 12th: 10 am-3:30pm.**

A guided tour of the extraordinary works by Matisse, Picasso, van Gogh, and other popular artists, which was assembled by two fascinating woman. Time to browse. Lunch at local restaurant.

**Tour fee: \$22.00 .Sign up at the Front Desk beginning July 12th. Registration Deadline: Tuesday, August 9th**

### **Annual Kiwanis Boat Ride** **Monday, Sept. 19th—9am**

A boat ride the Hudson River to Manhattan and back. Limited tickets available. A lottery will be drawn to determine winners. No Fee.

**Sign up at Front Desk beginning August 1st. Registration Deadline: Tuesday, September 13th**

## **Walk the Hyline and Lunch** **Monday, Sept. 26th:9:30am**

Susan Telser-Schwarz will guide us along New York City's famous walkway developed from an old train trestle. Pay for lunch on the trip. **Fee: \$5.00. Sign up at Front Desk beginning August 1st.**

**Registration Deadline: Tuesday, Sept. 20th.**

## **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.

## *A Special Thanks to the Hartsdale Kiwanis Club.....*

The Hartsdale Kiwanis Club made a generous donation to help cover the entertainment costs at our Annual Senior Picnic/Bingo Party. 200 seniors enjoyed a delicious lunch prepared by Greenburgh's Nutrition Program. Bingo prizes were donated by local merchants in our community. Students from Woodlands High School helped serve lunch. Thanks to all who helped make this event a tremendous success!

**GREENBURGH PARKS AND RECREATION - REGISTRATION FORM  
OFFICE FOR THE AGING CLASSES AND TRIPS (July-December 2011)**

Please Print - Register Early - One sheet per person

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

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.**



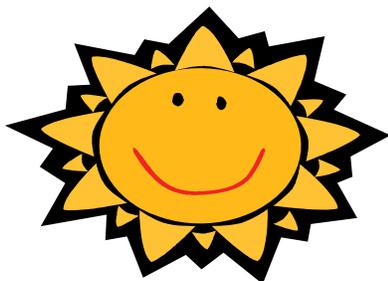
# **Greenburgh Senior Highlights**

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

Mailing  
Address  
Goes  
Here

## **GREENBURGH SENIOR HIGHLIGHTS**

*Celebrate  
Greenburgh Day*



*Saturday, July 16th  
Anthony Veteran Park*

**Supervisor:**

**Paul J. Feiner**

**Town Council:**

**Sonja Brown**

**Diana D. Juettner**

**Kevin Morgan**

**Francis Sheehan**

**Town Clerk:**

**Judith Beville**

**Empire City Outing  
8/31**

**Radio City  
Christmas Show  
11/16**