

Greenburgh Senior Highlights

March/April 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 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

MARCH

“OLIVE GARDEN”3/5
Hurricane Grill (Hartsdale).....3/10
Wal-Mart.....3/12 & 4/9
Yonkers Ridge Hill 3/17
Jacob’s Harlem Buffet.....3/19
Empire City.....3/26 & 4/23
Because We Care.....3/31

APRIL

Flushing, Queens.....4/7
Texas Horn on Central Ave.....4/14
Woodbury Commons 4/16
Stew Leonard’s4/21
Arthur Ave, Bronx, NY 4/28
City Island.....4/30
BINGO.....M.W. & F. 12:30-3pm
Lunch....served Mon-Fri@ 11:30am

Theodore D. Young
SENIOR CITIZEN
ADVISORY
COMMITTEE

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



EMPIRE CITY

THURSDAYS
3/26 & 4/23

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

Spring Into Fun!!!

Spring is bringing
much fun to seniors in
this new season of more
sun!

Enjoy a free Zumba
workout on Wednesday,
March 11th with the
wonderful Diane Sorg.
Laugh to live on
Thursday, April 21st,
with the return of
“High Powered

Howard” of Jokesercise.
Celebrate the return of
the warmer weather
with trips to Flushing,
City Island, Ridge Hill
and Woodbury
Commons. Don't miss
a moment of fun!
TDYCC's Spring
season for seniors has
begun! See you soon!

Tina P. Harper

ALL ABOARD to
Branson, MO



TRAVEL CLUB MEETING

Monday,
March 2nd

@

12:30pm

St. Patrick's Day
Celebration
Friday, March 13th
11:00 am - 1:00 pm





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
	Olive Garden, Yonkers	3/5/15	Thursday	12:00 pm	cost of lunch
	Hurricane Grill & Wings	3/10/15	Tuesday	12:00 pm	cost of lunch
	WalMart, Fishkill	3/12/15	Thursday	11:00 am	cost of lunch
	Ridge Hill in Yonkers	3/17/15	Tuesday	12:00 pm	cost of lunch
	Jacob's Harlem Buffet	3/19/15	Thursday	12:00 pm	cost of lunch
	Beach Shopping Ctr. (Peekskill)	3/24/15	Tuesday	12:00 pm	cost of lunch
	Empire City, Yonkers	3/26/15	Thursday	11:00 am	cost of lunch
	Because We Care	3/31/15	Tuesday	12:00 pm	cost of lunch
	Flushing, Queens	4/7/15	Tuesday	11:00 am	cost of lunch
	WalMart, Fishkill	4/9/15	Thursday	11:00 am	cost of lunch
	Texas Horn on Central	4/14/15	Tuesday	12:00 pm	cost of lunch
	Woodbury Commons	4/16/15	Thursday	11:00 am	cost of lunch
	Stew Leonard's	4/21/15	Tuesday	12:00 pm	cost of lunch
	Empire City, Yonkers	4/23/15	Thursday	11:00 am	cost of lunch
	Arthur Avenue, (Bronx) NY	4/28/15	Tuesday	12:00 pm	cost of lunch
	City Island	4/30/15	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

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 meets every 3rd Monday at 12:30pm!!! Upcoming meeting dates:



Monday, March 16th

Monday, April 20th

Monday, May 18th

Upcoming Shows:

***“The Curious Incident
of the Dog In The Night-Time”***

Wednesday, March 18th



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.

Multipurpose Center Closings:

President's Day: Mon. Feb.16th

Good Friday: April 3rd:12noon

March/April Bridge Dates:

Tuesday Classes:

March 17th & 24th:

April : 7th & 21st

Thursday Class:

10am-12 noon.

March: 19th & 26th

April: 9th & 23rd

Duplicate Bridge

Monday, April 13th:

12:30—3:00pm

MULTIPURPOSE CENTER ACTIVITIES

Friday
@ the
Movies
12:30 pm

March 13th

“Captain Phillips”

(Tom Hanks)

March 27th

“And So it Goes

(Michael Douglas,
Diane Keaton)

April 10th

“Last Vegas”

(Robert DeNiro,
Morgan Freeman)

April 24th

“St. Vincent”

(Bill Murray,
Melissa McCarthy)

EVENTS:

Matinee Club Meetings:

**** March date & time has been changed****

Thursday, March 12th at 11am

Thursday, April 2nd at 11:45am

AARP Tax Aide:10am–2pm

Every Wednesday thru April 15th.
AARP Tax Counselors available to assist with tax returns on a first come, first served basis.

St Patrick's Day Party

Thursday, March 12th: 12:30pm

Back by popular demand... John Hughes and the Irish Dancers from the Kelly Oster Dance School.
Corned beef & cabbage !

Sign up now at front desk by Tuesday, March 10th.

\$5 in advance; \$6 a the door.

Zumba Gold” Exercise Class

10 weeks: 2 different sessions:

Tuesdays: April 21st–June 23rd
12 noon –12 :45 pm

Fridays: April 24th - June 26thh.
11:00 am –11:45 pm

Fee: Residents: \$40.00.

Non-Residents: \$60.00

Sign up at Front Desk starting, Monday, March 16th .

Book Discussion Groups:

Tuesday, March 24th at 10:30am.

“Half a Yellow Sun” by Chimimanda Adichi.

Tuesday, April 21st at 10:30am:

“Snow in Havana” by Carlos Eire

Oi Gong Class– 8 weeks

Thursdays: March 5th-April 23rd
8:30am –9:30am

Fees: \$30 for resident seniors,
\$40 for adults. \$48 for non-residents.
Sign up at Front Desk.

Spring Art Lecture Series:

“Contemporary Art Happenings”

Thursdays, March 26th, & April 2nd, 9th &16th. 1:30-3:00pm

Cherise Gordon : Instructor

Explore a variety of media from figurative oil paintings to digital art. Discussions will focus on the aesthetic value as well as the socio-political issues that may surround the work.

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

Senior Outdoor Tennis Clinic

6 Tuesdays: April 21st -May 26th

10:30-11:30am: Anthony Veteran Park tennis courts. Equipment provided. **Fee: \$20 for residents. \$25 for Non-Residents.** Instructor: Janet Lefkowitz. Sign up at Front Desk beginning Monday, March 16th.

“60’s Jukebox Hits “

Music Listening & Learning with Cherise Gordon.

4 weeks: 4/23, 4/30, 5/7 & 5/14.
1:30-2:30pm.

Listen to the audio jewels of the 60’s..from rock ‘n roll, and Motown, to funk and folk music. Discussions about the musicians & bands, the socio-political events surrounding the music ,and the lyrics. **Fee: \$25. Sign up beginning April 1st.**

MULTIPURPOSE CENTER ACTIVITIES

TRIPS:

Registration for trips listed below begins on Tuesday, March 10th at 9:30am. Each trip requires a separate form and a separate check.

Theatre Trips: 10:30am
Wed. March 25th & Wed. April 15th

Lunch: The Red Hat in Irvington.
Mon. March 16th : 11am –2:30pm
3 course price fix: \$26.00. Pay day of trip. Sign up by Thurs. March 12th.

Frick Museum: Coytel's Don Quixote Tapestries : Illustrating a Spanish Novel in 18th Century France.

Wed. April 1st. 10am– 4:30pm
Self-guided tour of this exhibit which features Charles Coytel's paintings that inspired the creation of the Gobelins & Flemish tapestries. Audio headphones available. Lunch on your own before tour. Fee:\$15 . Must pay cash when you register. Sign up by Thurs. 3/26.

Chelsea Gallery Tour w/Cherise Gordon. Wed. April 22nd
9:30am—4:30pm
Visit galleries featuring artwork by contemporary artists including Zwirner and Hauser & Wirth. Lunch on your own in the area. Fee: \$16.00. Sign up by Thursday, April 17th.

Museum of Modern Art":
"One Way Ticket: Jacob Lawrence's Migration Series & other Works.
Mon. April 27th: 9:00am.
Guided tour. More info at Front Desk.
Lunch on your own. Fee: \$32.
Sign up by Mon. March 30th.

New York Sculpture Gardens in the Bronx w/Marty Shore.
Wed. April 29th:rain date: Mon. 5/4. 9:30am-4pm.

Guided tour of the "original Hall of Fame" in the US that features bronze portraits of famous Americans. We will also tour the grounds of the beautiful Bronx Community College campus including the Gould Library's Tiffany windows. More info at Front desk. Lunch on your own on Arthur Ave. Fee for Coach Bus & Docent: \$35.00. Sign up by Wed. April 15th.

Walk the Highline w/ Marty Shore.
Mon. May 11th. Rain Date: 5/18
Walk the Highline's new addition. Must be able to walk 1.5 miles. Lunch on your own in the neighborhood. Fee:\$16.00 Sign up by 5/5.

Museum of Art & Design:
"Richard Estes: Painting NY City"
& "Pathmakers: Women in Art, Craft & Design"
Wed. May 6th: 9:30am - 4pm.
Guided tour of both exhibits, more info. at Front Desk,. Lunch on your own. Fee: \$20.00. Sign up by Monday April 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.

SENIOR ASSISTANCE

**Blood Pressure
Doctor's
Express
Urgent Care**

***Call for dates**

**Podiatrist
Dr. Mervyn
Kaplan**

**Thursday,
April 9th
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

St. Patrick's Day Party
Thursday, March 12th



12:30pm- Music &
Irish Step Dancers
Multipurpose Center
\$5 in advance. \$6 at door.

Supervisor:
Paul J. Feiner

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

Town Clerk:
Judith Beville

TDYCC

**ITALIAN-AMERICAN
Celebration & Tag Sale**
FRIDAY, APRIL 24th
11am - 1pm

