

Greenburgh Senior Highlights

May/June 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

MAY

Flushing, Queens...5/12 & 6/9
Botanical Gardens....5/13 & 6/10
Wal-Mart.....5/14 & 6/4
116th Street (Harlem) 5/19
Empire City.....5/20 & 6/24
Palisades Mall.....5/21

JUNE

Rye PlayLand Picnic.....6/11
ShopRite.....6/16
Captain Coves 6/18
Saxon Woods Pool Party6/23
Chinatown, NYC 6/25
Circle Line Cruise.....6/30

BINGO.....M.W. & F. 12:30-2:30pm
LUNCH...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

WEDNESDAYS
5/20 & 6/24

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

Salute to Sun!

We are welcoming back the sun and warm weather with the return of activities that bring our seniors together. "Salute to Seniors" is on May 6th. Celebrate yourselves with good food and gifts.

Chinatown, Casino Wednesdays and Harlem, Captain Coves Pier and the Botanical Gardens, all returning to put us in a great summer groove so we can enjoy our June 30th Circle Line Cruise!!! Get ready for picnics, pool parties, music and dance... At TDYCC the sun shines so Seniors can!!

Tina P. Harper

*ALL ABOARD to
Branson, MO*



Departing 4/25/15
SAFE TRAVELS, SENIORS!



Monday, June 15th
8:30am–3:30pm

\$20 for AARP Members
\$25 for non-members
make checks payable to AARP
Call 914-989-3631 to register



**Special
Celebration!!!**

Friday, May 22nd
11am-1pm

*Live Music,
Fine Cuisine,
Surprise Picture Show*



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 (Yonkers)	5/5/15	Tuesday	12:00 pm	cost of lunch
	Salute to Seniors (County Ctr)	5/6/15	Wednesday	10:00 am	cost of lunch
	Because We Care	5/7/15	Thursday	12:30 pm	cost of lunch
	Flushing, Queens	5/12/15	Tuesday	11:00 am	cost of lunch
	Botanical Gardens	5/13/15	Wednesday	11:00 pm	cost of lunch
	WalMart, Fishkill	5/14/15	Thursday	11:00 am	cost of lunch
	116th Street (Harlem)	5/19/15	Tuesday	12:00 pm	cost of lunch
	Empire City, Yonkers	5/20/15	Wednesday	11:00 am	cost of lunch
	Palisades Mall	5/21/15	Thursday	12:00 pm	cost of lunch
	Ridge Hill in Yonkers	5/28/15	Thursday	12:00 pm	cost of lunch
	Because We Care	6/2/15	Tuesday	12:30 pm	cost of lunch
	WalMart, Fishkill	6/4/15	Thursday	11:00 am	cost of lunch
	Flushing, Queens	6/9/15	Tuesday	11:00 am	cost of lunch
	Botanical Gardens	6/10/15	Wednesday	11:00 pm	cost of lunch
	Rye PlayLand Picnic	6/11/15	Thursday	10:00 am	cost of lunch
	ShopRite on Central Ave	6/16/15	Tuesday	12:00 pm	cost of lunch
	Captain Coves Pier (CT)	6/18/15	Thursday	11:00am	cost of lunch
	Annual Pool Party & BBQ	6/23/15	Tuesday	10:00 am	\$4
	Empire City, Yonkers	6/24/15	Wednesday	11:00 am	cost of lunch
	Chinatown (NYC)	6/25/15	Thursday	11:00 am	cost of lunch
	CIRCLE LINE CRUISE	6/30/15	Tuesday	10:30 am	\$32 due May 8th

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:

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, May 18th

Monday, June 15th

Next Show: "GIGI" Wednesday, May 27th



-Brooklyn Bridge
-Ellis Island
-Empire St Bldg
-Gracie Mansion
-Grant's Tomb
-United Nations
-Yankee Stadium
And more.....

Circle the city and see....

THE BEST OF NEW YORK

w/ TDYCC

Tuesday, June 30th

\$32.00 due Friday, May 8th

Bus departs from TDYCC at 10:15 am

(Ship sails at 12:00 pm for Pier 83, W42nd Street & 12th Avenue)

Contact Tina Harper for more information - 914.989.3631/tharper@greenburghny.com



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)

[Empty text box for date and time]

LOCATION

[Empty text box for location]

TO REGISTER

[Empty text box for 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:

Memorial Day:
Monday, May 25th

Independence Day:
Fri July 3rd

May/June Bridge Dates:

Tuesday Classes:

May: 5th & 19th
June: 9th & 23rd

Thursday Class:

10am-12 noon.
May: 7th & 21st
June: 11th & 25th

Duplicate Bridge
Monday, June 1st
12:30—3:00pm

MULTIPURPOSE CENTER ACTIVITIES

Friday @ the Movies

12:30 pm

May 8th

“The Imitation Game”

(Benedict Cumberbatch & Keira Knightly)

May 29th

“The Good Lie”

((Reese Witherspoon & Corey Stoll)

June 19th

“The Judge”

(Robert Downey Jr.)

EVENTS:

Matinee Club Meetings:

11:45am

Thursday, May 7th

Thursday, June 4th

Qi Gong Class– 8 weeks

Thursdays: April 30th - June 18th. 8:30am –9:30am

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

Hart’s Brook Nature Walk

Saturday, May 2nd : 1pm

Guided tour of the Hart’s Brook Preserve Nature Trails and Barn.

Rain Date: Sunday, May 3rd. To register, please call 693-8985, x116

Book Discussion Groups:

Tuesday, May 19th at

10:30am.

“A Patchwork Planet” by

Ann Tyler

June Date: To be determined.

AARP Defensive Driving

Fri. May 29th: 9:30am – 3:30pm

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

For more information call Diane Crasto at 693-8985, x. 101.

Annual Senior Picnic & Bingo

Wed. June 3rd: 11:00 am

Bingo prizes donated by local merchants. Music by Tony Michaels. Delicious Food! Sponsored by the Nutrition Program. **Bingo starts at 11am. Fee:\$5.00. Sign at Front Desk by Friday, May 29th.**

Zumba Gold” Exercise Class

6 week summer session

Tuesdays: 12 noon –12:45pm

June 30th,

July: 7th, 14th , 28th

August: 4th & 11th.

Fee: Residents: \$35.00

Non-Residents: \$55.00

Sign up at Front Desk starting, Monday, June 8th.

“Jazz Music Series”

Listening & Learning with Cherise Gordon.

4 Thursdays: 5/28, 6/4, 6/11, 6/18 1:00pm—2:00pm.

Go on musical voyage of the breakthrough style of jazz & fascinating movement of jazz history including: blues, bebop, Afro-Cuban jazz. Listen to Luis Armstrong, Miles Davis, Dizzy Gillespie & more! Cherise will also be discussing & showing examples of the jazz inspiration in the vibrant cultural arts. **Fee: \$25.**

Sign up beginning Wed. May 6th.

Independence Day Celebration

Thursday: June 26th 12:30pm

Celebrate America’s birthday and the beginning of summer! BBQ lunch, Ice cream sundaes! Music and patriotic tunes !

Fee: \$5.00 in advance. \$6.00 at the door. Sign up by Mon. June 22nd.

MULTIPURPOSE CENTER ACTIVITIES

TRIPS:

A Second Highline trip was added! Space may still be available! Sign up now at Front Desk.

Walk the Highline w/ Marty Shore
Mon. June 22nd –rain date June 24th
9:30am-4:30pm

Walk the Highline's new addition. Must be able to walk 1.5 miles. Lunch on your own in the area. **Fee:\$16.00**

Sign up by Wed. June 17th.

Registration for trips listed below begins on Tuesday, May 5th 9:30am. Each trip requires a separate form & separate check. Credit card forms available at Front Desk.

Theatre Trips: 10:30am
Wed. May 20th & Wed. June 17th

Woodbury Commons Outlets
Mon. May 18th: 10am –4:30pm
No Fee. Sign up by Thurs. May 14th.

Lunch At Sunset Cove:
Mon. June 1st. 12 noon– 3pm
Enjoy a 3-course price fix lunch with great views of the Hudson River!
Fee for lunch: \$30. Pay cash the day of trip. Sign up by Wed. Tues. 5/26.

MoMA PS1 in Queens
Mon. June 8th: 10am –5:30pm
Cherise Gordon will direct a “Highlights Tour “ of the Museum’s artwork and outdoor sculpture garden. Lunch on your in the museum ‘s café. **Fee docent, coach bus and museum: \$40.00.**
Sign up by Wed. May 20th.

Rubin Museum in NY City

Wed. June 10th: 9:30 -4:30PM

Guided Highlights tour of NY City’s popular Himalayan Museum.

Lunch on your own. **Fee: \$17.00**

Sign up by Wed. May 20th.

“Revisting Rockaway Beach”

Mon. June 15th: 9:30am-6pm

Rain Date: Tues. June 16th

Explore, on foot, the heart of the historic village of Rockaway Beach. Vivian Carter will provide an overview of how the area was formed by nature, settled by entrepreneurial engineers, & ultimately becoming a vibrant, & self-sufficient resort community. Group will pass historic hot spots and discuss the future of the neighborhood. Must be able to walk 2 miles over 3 hours. Lunch on your own in the neighborhood halfway through the tour. Wear comfortable shoes and bring water bottle.

Fee for coach bus & Docent:\$35.00
Sign up by Tuesday, June 2nd.

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,
June 4th
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	4001-3	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	4001-4	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

Senior Picnic & Bingo
Wed. June 3rd - \$5



11:00am
Multipurpose Center
Music & Bingo Prizes

Supervisor:
Paul J. Feiner

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

Town Clerk:
Judith Beville

TDYCC's

LEE'S PICNIC

Annual Picnic @ Secor Park
Friday, June 26th 10am -1pm



Live Music by Joseph Fusilier