

# Greenburgh Senior Highlights

May/June 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

***IN THIS ISSUE. . . . .Page***

Daily Classes .....6  
Events.....6-7  
Book Discussion.....7  
Movies.....7  
Public Announcements.....8  
Senior Assistance.....8  
Senior Trips..... 8

**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  
André G. Early, Commissioner  
Terrance V. Jackson, 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

- Salute to Seniors.....5/4
- Jacob's in Harlem.....5/5
- Flushing, Queens....5/10 & 6/28
- WalMart.....5/12 & 6/7
- Wave Hill.....5/17
- Because We Care....5/19 & 6/21
- ShopRite.....3/22
- Empire City Casino...5/25 & 6/22
- Stamford Mall..5/26
- 116th St (Harlem).....5/31

JUNE

- Union Sq. Green Mkt.....6/2
- Rubin Museum of Art.....6/6
- Rye Playland Picnic..... 6/9
- Captain Coves.....6/30
- BINGO.....M.W. & F. 12:30-2:00pm
- LUNCH... ..Mon-Fri @ 11:30am

**Theodore D. Young**  
**SENIOR CITIZEN**

**ADVISORY**  
**COMMITTEE**

Eleanor Smith  
**Chairperson**

Barbara Perry  
**Vice Chairperson**

Joan Williams  
**Secretary**

George Coniglio  
**Chaplain**



**EMPIRE CITY**  
**WEDNESDAYS**  
**5/25 & 6/22**

**\*FEATURE TRIPS\***

*5-17-16*

***Wave Hill***

Explore the greenhouses and gardens of Wave Hill, a 28-acre former estate overlooking the Hudson River in the Bronx .

*6-2-16*

***Union Sq. Green Mkt.***

Taste the Big Apple at its sweetest at the Union Square Greenmarket, where you can sample fresh fruit, vegetables, baked goods, cider, and much more.

*6-6-16*

***Rubin Museum of Art***

Discover the art and cultural heritage of the Himalayas in this wonderful museum.

**Department of Community Resources**  
**Theodore D. Young Community Center**  
**Senior Citizen/Older Adult**  
**Program and Services**

*From the Desk of Tina P. Harper*

**Something New & Just For You!!!**

**Break the monotony of your usual routine with TDYCC's tour of sights unseen. Wave Hill in the Bronx, The Union Square Market and The Rubin Museum are just a few of our targets. We're starting our summer with much more to do, events and attractions suggested by you! New programs are starting to keep you from boredom, like our new Chronic Pain Series and the Senior Forum. Of course we won't miss out on the usual fun, the Kiwanis Boat Ride, our Playland Picnic in the sun, Captain Coves Pier and many more outings are just the beginning of TDYCC's summer touting. There's always more to explore at TDYCC!!!**  
**Tina Harper**

**RIVER ROSE CRUISE**  
**Tour the Hudson River on a Mississippi Steamboat**



**Thursday, September 15th**

**Leaving TDYCC @ 12pm**

**\$45 per person**

**Lunch Included**

**Contact Tina Harper**

**914-989-3631**

---

**Special Surprise Celebration**



***Friday,***

***May 20th***

***10:00 am - 11:00 am***

***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
	IHOP in Yonkers	5-3-16	Tuesday	12:00 pm	cost of lunch
	Salute to Seniors	5-4-16	Wednesday	10:00 am	cost of lunch
	Jacob's in Harlem	5-5-16	Thursday	11:30 am	cost of lunch
	Flushing, Queens	5-10-16	Tuesday	11:00 am	cost of lunch
	Wal-Mart, Fishkill	5-12-16	Thursday	11:30 am	cost of lunch
	Wave Hill	5-17-16	Tuesday	11:00 am	cost of lunch
	Because We Care	5-19-16	Thursday	12:00 pm	cost of lunch
	Empire City, Yonkers	5-24-16	Tuesday	11:00 am	cost of lunch
	ShopRite	5-24-16	Tuesday	12:30 pm	cost of lunch
	Empire City Casino	5-25-16	Wednesday	11:00 am	cost of lunch
	Stamford Mall	5-26-16	Thursday	11:30 am	cost of lunch
	116th Street (Harlem)	5-31-16	Tuesday	12:00 pm	cost of lunch
	Union Square Green Market	6-2-16	Thursday	11:30 am	cost of lunch
	Rubin Museum of Art	6-6-16	Monday	11:30 am	\$5 + cost of lunch
	WalMart, Fishkill	6-7-16	Tuesday	11:00 am	cost of lunch
	Rye Playland Picnic	6-9-16	Thursday	10:00 am	cost of lunch
	Empire City Casino	6-22-16	Wednesday	11:00 am	cost of lunch
	Because We Care	6-23-16	Thursday	11:00 am	cost of lunch
	Flushing, Queens	6-28-16	Tuesday	11:00 am	cost of lunch
	Captain Coves (CT)	6-30-16	Thursday	11:00am	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
English Instruction	11:00am - 1:00 pm	Family Services
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	11:00 am - 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



## Senior Theater Club Meeting Dates :

**Monday, May 16th**

**Monday, June 20th**

*All Meetings begin at 12:30pm.... Come Prepared to Vote!!!*



### Upcoming Classes:

***Monday May 9th***

***Monday, November 7th***

**\$20 for members**

*Call 914-989-3631 to register*



## TRAVEL CLUB MEETING

**MONDAY JULY 18th @ 10:30am**

*Come ready to vote on the 2017 trip and  
be prepared to leave a \$100 deposit.*



# The Health for Life Program (HeLP)



**A FREE PROGRAM TO HELP YOU  
MANAGE CHRONIC CONDITIONS**

**Information Session:** Wed. May 25, 10 AM

**Chronic Pain Workshop Starts:**

Wed. Jun. 1<sup>st</sup>-Jul. 13<sup>th</sup> (no session June 22)

10 AM to 12:30 PM

**Where:** Theodore D. Young Community Center

32 Manhattan Ave.

White Plains, NY 10607

**Contact:** Tina Harper, (914)989-3631  
tharper@greenburghny.com

**"Now I have  
.....  
the energy to  
.....  
do the things  
.....  
I love to do!"**



**Do you have a chronic condition or care for someone who does?**

**This program can empower participants to:**

- Better manage chronic health conditions such as diabetes and high-blood pressure
- Communicate effectively with health care professionals and family
- Realize health care savings by avoiding trips to doctors and hospitals
- Enjoy an enhanced quality of life

**Sessions are open to Westchester residents age 55 and older.**

For more information, contact Marikay Capasso at (914) 813-6427 or [mccq@westchestergov.com](mailto:mccq@westchestergov.com).

**The Health for  
Life Program  
(HeLP)**



**Robert P. Astorino, County Executive**  
**Mae Carpenter, Commissioner**  
**Department of Senior Programs and Services**



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

**8:30am-9:30am:** Intro. To Meditation  
**9:30-10:30** Fitness 1 w/Paige Brodsky  
*Seated exercise w/weights*  
**10:30-11:30** Yoga 1 w/Paige Brodsky  
12:30-2:00pm: Beg. Spanish/ w/D.Villani  
2:00-3:30pm: Adv. Beg. Spanish w/ Dora Villani

### 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, w.D.Budnik  
**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 or Audrey Schlu

### THURSDAY

**8;30-9:30am** QiGong  
**9:30 -10:30** Yoga 2 , w/Paige Brodsky  
**9:30– 10:30am:** Zumba Gold 3 w/ Diane Sorg \*meets in the community room\*

### THURSDAY Continued:

**10:00-12:00** Adv. Intermediate Bridge w/ Barbara Garner. *Learn more advanced bidding techniques/declarer play and defense. Must have solid bidding basics. Meets twice a month.*  
**10am –11:30am:** Men's Finance Club  
**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. Bring own Materials  
\*\*\*\*\*

### Multipurpose Center Closings:

**Memorial Day: Mon. May 30th**  
**Independence Day: Mon July 4th**

### EVENTS:

#### March/April Bridge Dates:

#### Tuesday Classes:

May 3rd & 24th  
June:7th & 28th

#### Thursday Class:

**10am-12 noon.**  
May: 5th & 19th  
June : 9th & 30th

#### Duplicate Bridge: 12:30-3:00pm

Monday: June 20th

#### Matinee Club Meetings:

Thursday, May 5th  
Thursday, June 2nd

# MULTIPURPOSE CENTER ACTIVITIES

## Friday @ the Movies

12:30 pm

May 6th:  
"Brooklyn  
(Saoirse Ronan  
& Domhall  
Gleeson)

May 17th  
"In the Heart of  
the Sea"  
(Chris Hems-  
worth  
& Benjamin  
Walker)

June 3rd  
"Creed"  
(Sylvester  
Stallone, Michael  
B. Jordan)

June 20th  
"The Big Short"  
(Christian Bale,  
Steve Carell &  
Ryan Gosling)

## Jewelry Creations w/ Sue Spillo Wed. May 4th: 12:30-1:30pm.

Create your own beaded jewelry.  
Fees: \$15 registration fee .  
\$5 material fee paid to instructor at workshop. Sign up now.

## Qi Gong Class- 8 weeks Thursdays: May 5th - June 28th

8:30am -9:30am Fees:  
\$30:Res. ident seniors, \$40 for  
adults. \$48/non-residents. Sign up  
now.

## Munch, Listen & Laugh" Series : Susan T. Schwarz

Stick it to Me": Tue.5/17-1:30pm  
Deals with the significance of canes  
and umbrellas, historically, symbol-  
ically & practically. Fun filled facts  
and audience participation Make  
your own sundae! **Fee: \$3.00. sign  
up now.**

## "What Will They Think of Next?" Tues. June 21st: 12:30pm

Explains inventive thinking. Talk  
focuses on out-of-the-ordinary  
products and services like mobile  
doggie baths, lights for toilet rims ,  
Chocolate pebbles. Find out what a  
book is! **Light lunch fee:\$4.00**

## Intro. to Meditation -8 weeks Mon. 5/2 -6/27: 8:30-9:30am

Great way to reduce stress & im-  
prove your health! Sign up now.  
More info. at Front Desk .No Fee.  
Must have town Unicard. Instruc-  
tors: Jian Yang Rong & Kristen Lu.

Celebrate Spring Party!  
Thursday, May 19th: 12:30pm  
"Happy Hour Show" by Francine  
Evans & Joel Zelnick" Catered  
lunch generously donated by Sprain  
Brook Manor. **\$5.00 in advance.**  
**\$6 at the door. Sign up at Front  
desk by Mon. May 16th.**

## Book Discussions: 10:30am

May 24th:"The Guernsey Literary  
& Potato Peel Society"" by Mary Ann  
Shaffer.

June 28th: "Some Luck" by Jane  
Smiley.

\*Books reserved at Greenburgh Li-  
brary Desk 1 month in advance.

## Spanish Classes: \*8 weeks\*

Mondays: May 2nd -June 27th

**Fees : \$30:Resident Seniors.**  
**\$40:Resident adults. \$48:Non-Res.**  
**Sign up now.**

**Students responsible to purchase  
book for both classes: "Easy Spanish  
Step by Step" by Barbara Bregstein.**

## Beginner's Spanish Class:

Mondays: 12:30-2pm: no prior  
**knowledge of Spanish necessary.**  
Basic language structure & vocabulary.  
.Practice conversational skills.

## Advanced Beginner Class: Monday: 2:-00-3:30pm.

Must have prior  
knowledge of Spanish or have com-  
pleted conversational class offered at  
the Multipurpose Center. For more  
info call 693-8985, x116.

## Zumba Gold: Summer 2016 6 week session

Tuesdays: 12:00 noon -12:45pm  
July 5th—Aug. 16th (no class: 7/26)  
**Fee: \$35:Residents. \$55: Non-**  
**residents. Sign up begins Tues.**  
**June 7th. Limited Space available.**

## .Annual Senior Picnic & Bingo Party

**Wed. June 1st: 11:00 am**  
Bingo prizes donated by local  
merchants. Music by Tony Michaels.  
Sponsored by the Nutrition Program.  
**Bingo starts at 11am. Fee:\$5.00.**  
**\$6 at door. Sign up by May 26th.**

# MULTIPURPOSE CENTER ACTIVITIES

**SENIOR  
ASSISTANCE**

**Blood Pressure  
Check:**

**Rite Aide  
Thursday,  
\*call for date**

\*\*\*\*\*

**Podiatrist  
Dr. Mervyn  
Kaplan  
\*call for date**

**Don't miss this party!  
Independence Day Celebration**

**Thurs. June 23rd 12:30pm**  
Celebrate America's birthday !BBQ lunch, Ice cream sundaes! Music by John Hughes. Fee: \$5.00 in advance. \$6.00 at the door. Sign up by Fri. June 17th

**TRIPS:**

Space may still be available for the **Brooklyn Bridge , Chinatown & Little Italy walking tour Mon. 5/23.** Fee: \$45. Lunch/dessert extra. Register now.

\*\*\*\*\*

**Registration for trips listed below begins on Tues. May 3rd at 9:30am. Each requires a separate form & separate check. Credit card forms available at Front Desk.**

**Matinee Club trips: 10:30am**  
Wed. May 18th & Wed. June 22nd

**Lunch at Rye Grill in Rye:**  
**Wed. May 11th: 10:30am -3:00pm**  
Order off the menu at one of Rye's best restaurants! Time to walk around the main street before lunch. Menu at Front Desk. Sign up by Monday. May 9th.

**Guided Tour at the Met Breuer**  
**Wed. June 8th: 10am - 4:30pm**  
Guided tour of "The Met's" new museum with Cherise Gordon. Lunch on your own. Time to browse.  
**Fee: \$35. Sign up by Thurs. 5/16.**

**Kiwanis Boat Ride: Tues. June 14th 8:45am - 4pm.** Boat ride sponsored by the Kiwanis Club. Leaves from Yonkers Pier and goes down to the Statue of Liberty & back. **Fee: \$10/person. Must pay in cash at registration. Deadline: Friday, June 10th.**

**Museum of Natural History**  
**Mon. June 20th: 9:00am- 4:30pm**  
Highlights tour including the Titanosaur and "Secret World Inside You" exhibits . Also includes entrance to Imax "National Parks Adventure " film. Lunch on your own. **Fee: \$30. Deadline: Fri.5/13.**

**Woodlawn Cemetery, St. Paul's Church & City Island w/ the Zuckermans. Mon. June 27th: 9am -4:30pm.**  
Drive through Woodlawn Cemetery while viewing the monuments, learning it's history. Tour of the famous St. Paul's Church in Mt. Vernon. Drive along the Grand Concourse (see who lived there) on the way to City Island for lunch. Visit the City Island Maritime Museum.  
Docents: Art & Susan Zuckerman.  
**Fee: \$50 for docents & coach bus. Lunch on your own at a casual indoor/outdoor restaurant. Stop for ice cream! Deadline: Mon. 6/13.**

**Upcoming Trip:**  
**A Day at Belmont Race Track! Thursday, September 15th.**  
Indoor buffet lunch with a view of racetrack! More details in the July/August Highlights!.

**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.

**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: \_\_\_\_\_

<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	4013-0	FITNESS1/SEATED EXERCISE	\$35/\$62
	Monday @ 10:30 to 11:30	4013-1	YOGA 1	\$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	4302-4	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 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	4302-5	ZUMBA GOLD 3	\$40/\$60
	Thursday @ 9:30 to 10:30	4015-0	YOGA 2	\$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	4302-6	ZUMBA GOLD 2	\$40/\$60
	Friday @ 1:00 to 3:00	4011-3	KNITTING	\$35/\$62
<b>TRIP</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

Senior Picnic & Bingo  
Wed. June 1st - \$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 Secor Pk Event  
Friday, June 24th  
*10:00 am - 1:00 pm*

