

Greenburgh Senior Highlights

November/December 2014

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:

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

NOVEMBER

Special Theater Club Mtg 11/1

COME VOTE on 12/4 SHOW

City Island.....11/5

Ridge Hill..... 11/7

"Because We Care" 11/12

IHOP.....11/14

Wal-Mart.....11/19

Empire City.....11/20 & 12/18

Red Lobster.....11/21

DECEMBER

Freight Liquidators, Yonkers..... 12/3

Cotton Club NYC.....12/5

116th Street, Harlem12/10

Palisades Mall.....12/12

King Buffet.....12/19

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
Gwyneth Moore
Myrtle Dawson
Richard Liu
Bernice Lowell
Jenny Coleman



EMPIRE CITY

WEDNESDAYS
11/26 & 12/17

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

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 Tina P. Harper

HAPPY HOLIDAYS...

**Happy Holidays,
Seniors—**

TDYCC welcomes winter in the spirit of celebration. Our yearly **THANKSGIVING LUNCHEON** is Tuesday, November 25th, and our much anticipated **HOLIDAY PARTY** will be held on Wednesday, December 17th. We have also planned a number of exciting outings, including a trip to see the Christmas Tree at Rockefeller Center.

During this season of grateful giving, let the warmth of your heart keep others safe from the winter cold.

If you start to feel lonely amid the holiday cheer, your family at TDYCC is always here!!!

Tina P. Harper

ALL ABOARD to
Branson, MO
SHOW TRIP
EXTRAVAGANZA



Travel Club Planning Meeting

Monday,
November 10th
12:30PM

Annual
Thanksgiving Luncheon
Tuesday,
November 25th
11am–1pm





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
	ShopRite on Central Avenue	11/6/14	Thursday	12:30pm	cost of lunch
	Flushing (Queens, NY)	11/11/14	Tuesday	11:00am	cost of lunch
	Jembro (Peekskill, NY)	11/13/14	Thursday	12:00pm	cost of lunch
	Wal-Mart (Fishkill, NY)	11/18/14	Tuesday	11:30am	cost of lunch
	BBQ's	11/20/14	Thursday	12:00pm	cost of lunch
	Empire City, Yonkers	11/26/14	Wednesday	11:30am	cost of lunch
	The Christmas Tree Shop	12/2/14	Tuesday	12:30pm	cost of lunch
	Freight Liquidators	12/4/14	Thursday	12:00pm	cost of lunch
	Red Lobster	12/9/14	Tuesday	12:00pm	cost of lunch
	Family Dollar	12/11/14	Thursday	12:30pm	cost of lunch
	IHOP on Central (Yonkers, NY)	12/16/14	Tuesday	12:30pm	cost of lunch
	Empire City, Yonkers	12/17/14	Wednesday	11:30am	cost of lunch
	Palisades Mall	12/18/14	Thursday	11:30am	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 Meeting Schedule:



Monday, November 17th, 2014 @ 12:30

Monday, December 15th, 2014 @ 12:30

Monday, January 12th, 2015 @ 12:30

*****PLEASE COME PREPARED TO VOTE*****

Upcoming Trips

Wednesday, October 29th, "Aladdin"

Wednesday, November 12th, "It's Only A Play"

Wednesday, December 3rd, "Soul Doctor"



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 .

12noon—12:45pm: Zumba Gold 1

w/ Dianne Sorg.

10:30 to 12:30 Photography. - with

D. Budnick

12:30-2:30 Intermediate Bridge: w/ Bar-

bara Garner. Instruction & Supervised

play , all aspects of the game. (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. *Beginners & experienced players welcomed.*

THURSDAY

8:30am—9:30am: QiGong

9:30 to 10:30 Yoga, w/Paige Brodsky

10:30-12:30 Adv. Intermediate Bridge

w/ B. Garner (**twice a month**)

Learn more advanced bidding techniques/declarer play

THURSDAY..cont.

Adv. Intermediate Bridge cont.

and 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

1:00-2:30 pm - Creative Arts w/Irma

Spielberg. *Drawing & Painting.*

FRIDAY

9:30 to 10:30 Fitness 5 (Walking

& Weight Training) w/ Paige Brodsky

11:00-11:45: Zumba Gold 2 w/

Dianne Sorg

12:30 Friday@the Movies

1:00 to 3:00 Knitting, w/Janet

Goodman . *Beginners & experienced knitters welcome.*

Reminder:

Registration for the

January -June 2015 class session will begin on Monday, January 3, 2015.

Multipurpose Center

Closings

Election Day: Tuesday, Nov. 4th

Veteran's Day: Tuesday Nov. 11th

Thanksgiving: Thursday and Friday, Nov. 27and Nov. 28.

Christmas: Wed. Dec. 24th at 12 noon Center re-opens Friday, Dec. 26th.

New Year's: Wed. Dec.31st: 12 noon Center re-opens Friday, Jan. 2nd.

MULTIPURPOSE CENTER ACTIVITIES

Friday Movie Matinees 12:30 pm

Nov. 13th:
“Mandela:
Long Walk
To Freedom”
(Idris Elba,
Naomi Harris)

Dec. 19th:
“Dead Poet’s
Society”
(Tribute to Robin
Williams)

Nov./Dec. Bridge Dates

Tuesday Class:

Nov. 18th
Dec. 2nd & 16th

Thursday Class

Nov. 13th & 20th
Dec. 4th & 11th

EVENTS:

Matinee Club Meetings:

November 6th :11:45am
December 4th 11:45am

Duplicate Bridge: 12:30-3pm

Mon. Nov. 24th

*Snacks served!

Holiday Duplicate Party

Mon. Dec. 1st *

* Holiday refreshments!

Zumba Gold’ Exercise :

Another session starts in
January! 10 week sessions.

Tuesdays: 12:00 noon -12:45pm

Begins Jan. 20th

Fridays: 11:00am-11:45am

Begins Jan. 23rd

**Fee: \$40:Residents. \$60: Non-
residents. Sign up beginning
Monday ,December 1st.**

Book Discussion: 10:30am

November 25th:

“The Sportswriter” by Jhumpa
Lahiri. * No December meeting*

Demystifying Medicare:

Fri. Nov 21. 9:30am –12:30pm

Get your questions answered about
medicare & it’s advantage plans,
drug plans, medigaps & EPIC. New
enrollees and caretakers welcome.

Medicare Talk Cont:

Advanced registration required.
Refreshments served. Call 693-8985,
x116.

Senior B.E.A.T. Program

Thurs. Nov. 20th, 12:30pm

Info. about Bee-Line bus system,
and reduced- fare program.

Apply for a Reduced Fare Metro Card.
Must bring proof of age & photo ID to
apply for a card. Sign up at Front
Desk.. Refreshments served.

Thanksgiving Lunch

Tuesday, Nov. 25h at 12:30pm

Traditional Thanksgiving dinner
donated by Sprain Brook Manor!

Musical entertainment. Fee: \$5.00 in
advance. \$6 .00 at the door if space
is still available. Bring a dessert to
share! Sign up at the Front Desk .

ANNUAL HOLIDAY PARTY

Tues. Dec 9th: 11:30am-2pm

Celebrate the holiday season with
your friends. Enjoy a delicious lunch
and dance to music by “Tony
Michaels. Special presentation by the
Woodlands High School Chorus.

**Fee: \$5.00. \$6 at the door. Sign up at
the Front Desk by Friday, Dec.5th**

Holiday Bingo and Lunch

Thursday, Dec. 18th: 12:30-3pm

Fee for Lunch: \$3.00.

Sign up by Friday, Dec.12th .

Winter Art Lecture Series with Cherise Gordon

**Thurs. Jan. 22th, 29.th Feb. 5th
&12th. 1:30—3:00pm.**

“Museum Highlights III”. More info at
front desk. **Fee: \$25.00 Sign up
beginning Monday, December 8th.**

MULTIPURPOSE CENTER ACTIVITIES

SENIOR ASSISTANCE

Podiatrist
Dr. Mervyn Kaplan

Thursday:
Nov. 6th:
11:30am -
12:30pm

Thursday:
Dec.4th
11:30am -
12:30pm

Blood Pressure
Dr.'s Express
Urgent Care

Thursday:
Nov. 6th
11:30am -
12:30pm

Thursday:
Dec. 4th
11:30am -
12:30pm

TRIPS: Please Note:

Registration for trips begins on **Wed. Nov 5th at 9:30am**. Each trip requires a separate form & a separate check. Current Unicard required.

TRIPS:

Matinee Trips: 10:30am

Wednesday, Nov. 19th

Wednesday, Dec. 10th

Newington Cropsey House & Gallery.

Lunch at Maud's Tavern

Monday, Nov. 17th: 12 noon-3:00pm

Tours of the Gallery and the Cropsey house. Price fix lunch afterwards at Maud's Tavern in Hastings.

No fee for tours. **Fee for lunch: \$23.00. Pay in cash day of trip. Sign up by Thursday, Nov. 13th.**

Museum of the City of NY

Wed. Dec. 3rd 11:30—4:30pm

Guided highlights tour includes "Activist New York" & "Gilded New York." Time to browse. Lunch on your own. **Tour Fee: \$15 cash.**

Pay when you register. Sign up by Mon. Nov. 24th.

Holiday Lunch @ Crab Tree Kittle

House in Mt. Kisco: 11:30am

See the Kittle house all "dressed up" for the holidays! 3 course price fix includes gratuity: **\$25. Pay cash day of the trip. Sign up by Thursday, Dec. 4th.**

NY City Decorations & Dinner

Mon. Dec. 15th: 3:30 -10pm

Dinner first at the Corner Café. See the City's best holiday decorations! Stop at Bryant Park craft show if weather permits. **Fee for coach bus & do-cent: \$30. Pay \$23 cash for dinner the day of the trip. Sign up by: Tuesday, December 2nd.**

Westchester Dinner Theatre: **"South Pacific"**

Thurs. Jan.15th.: 10:30am

Rodgers & Hammerstein's award winning musical. Great reviews!

Fee for show and lunch: \$58. Sign up by Mon. 12/8.

Empire Raceway in Yonkers

Wed. Jan.14th: 10am-3pm

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

Registration for the trip below starts on Monday, Dec. 8th at 9:30am.

Jacob Burns Senior Movie Matinee

Wed. Jan 7th :10:30am -3:30pm

Lunch on your own before movie. Choice of "Finding Vivian Maier" or "The Hundred Foot Journey".

Fee: \$7. Must pay cash when you register. Sign up by Mon. Jan. 5th.

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 Thanksgiving & Holidays to your and your Families! Happy 2015!

**GREENBURGH PARKS AND RECREATION - REGISTRATION FORM
MULTIPURPOSE CENTER CLASSES AND TRIPS (July-December 2014)**

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	4003-0	FITNESS1/SEATED EXERCISE	\$35/\$62
	Monday @ 10:30 to 11:30	4003-1	PILATES/YOGA	\$35/\$62
	Tuesday @ 9:30 to 10:30	4003-5	FITNESS 6/LOW IMPACT AEROBICS	\$35/\$62
	Tuesday @ 10:30 to 12:30	4008-0	PHOTOGRAPHY	\$35/\$62
	Tuesday @ 10:30 to 11:30	4005-1	SEATED CHAIR YOGA	\$35/\$62
	Tuesday @ 12:30 to 2:30	4002-0	INTERMEDIATE BRIDGE	\$35/\$87
	Tuesday @ 12:00 to 12:45	4001-5	ZUMBA GOLD 1	\$40/\$60
	Tuesday @ 2:30 to 4:30	4002-2	LOWER INTERMEDIATE BRIDGE	\$35/\$87
	Wednesday @ 10:30 to 11:30	4003-3	FITNESS 4/SEATED EXERCISE	\$35/\$62
	Wednesday @ 9:30 to 10:30	4004-0	DANCING	\$35/\$62
	Wednesday @ 10:00 to 12:00	4007-2	MAH JONGG	\$35/\$75
	Thursday @ 9:30 to 10:30	4005-0	YOGA	\$35/\$62
	Thursday @ 10:00 to 12:00	4002-1	ADV./INT. BRIDGE	\$35/\$87
	Thursday @ 11:00 to 12:00	4003-6	FITNESS 7/LOW IMPACT AEROBICS	\$35/\$62
	Thursday @ 1:00 to 3:00	4001-2	CREATIVE ARTS	\$35/\$80
	Friday @ 9:30 to 10:30	4006-0	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	4001-3	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 Holiday Party



Tuesday, Dec. 9th
\$5.00 in advance
\$6 at the door

Supervisor:
Paul J. Feiner

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

Town Clerk:
Judith Beville



ANNUAL HOLIDAY PARTY

Wednesday,
December 17th
11am - 1pm
TDYCC

