

Greenburgh Senior Highlights

November/December 2010

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
Front Desk/Transportation: 989-3600
Public Transportation: Bus Stop Rt. 119
and Manhattan Ave.: 813-7777

Harlem, NYC Outings.....11/4 & 12/2
BINGO,..... Tues, Wed, & Fridays
Yiddish Club 1st & 3rs Weds @ 10:30am
Drawing & Painting ,..... Fridays
Exercise Class. Tuesdays & Fridays @ 11am
Bridge.....Wednesdays 9am
Theater Club... 1st & 3rd Mondays @ 3pm
Thanksgiving Luncheon Tuesdays, 11/23
Holiday Party.....12/8/10
Rockefeller Center/Charlie Brown's 12/15
Flushing, Queens Outing.....12/9
Fairway Market, Pelham.....12/16
Goldfish Restaurant,Ossining.....12/23
Leaning to See Workshop. *see flyer enclosed*
*Note: Foot Doctor will be available on
Tuesday,11/23 & Wed. 12/8 @ 10:30am*

**TDYCC SENIOR CITIZEN
ADVISORY COMMITTEE**

Eleanor Smith
Chairperson

Lorenzo Brown
Vice Chairperson

Gwyneth Moore

Myrtle Dawson

Mildred White

Mary Yan

Lillian Jenkinson

Bernice Lowell

Jennie Coleman

Thelma Washington

**Special Upcoming
Concert
Performance
Of
Handel's Messiah**

Call 989-3600 for details

**BEST WISHES
FOR A
HEALTHY AND
HAPPY
HOLIDAY SEASON
AND
WONDERFUL 2011!**

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

From the Desk of George Coniglio

Happy Holidays!

Spotlight on Jason

Alloway, Art Instructor

By Kimberlyn McKoy

Jason Alloway has been teaching the senior painting group at Theodore D. Young Community Center since 2008. Even though he's only 26 years old, most of his students are at least twice that. When Jason began working with the class, he says he knew his task would be challenging: the students were already locked in their usual painting habits. "My goal was to bring contemporary and traditional ideas together," says Jason, because even his students admitted that they would have difficulty going against what their old teacher had taught them. There are about 15 regulars who attend the class which meets every Friday at the Center.

One student who has been painting in the class for over 25 years says, "my favorite thing about our class is that it physically and spiritually takes one day out of the week and focuses my attention on art and painting. Our former teacher was classical while Jason strives to loosen us up into more relaxed painting, and to make us believe in ourselves."

Jason encourages his students to learn different techniques while painting and weave them into their own pieces. He tries to learn what each of their signature talents are, then works to bring those talents out in their paintings.

"I love working with this group because I learn something new from them every day," he says. "Because of their age, they speak of a whole new realm of things that I would never have thought of."

**TDYC/C Senior Citizen
Program in the News;
From Westchester Rising
Newspaper, 10/15/10**

**"Bob Buttinilli wins
2010 "Golden Idol"
Singing Competition"**

150 people braved the bad weather to attend the 5th annual Golden Idol held at the Theodore D. Young Community Center on October 1st. A week after last year's event Bob Buttinilli called the Event's organizer, George Coniglio, Director of Senior Citizen Services to ask if he could enter the contest. While disappointed that he had missed the event, he practiced for an entire year. The effort paid off as he won this year's event.

Many of us love "American Idol" but take exception that none of the contestants are over 50. Golden Idol is specifically for those 50+. Bob's take on the song, "I Want to Know What Love Is" had the audience cheering! The winner gets a paid gig at the Theodore D. Young Community Center's Fairview Friday Café. Surprisingly, Bob has never been paid to sing nor does he even have sound equipment.

Lawrence Munday came in second place for his version of "O Solo Mia", and Daniel Connaghan 3rd for "New York, New York". Anna Vitagliano of Starlite Karaoke provided the sound and song tracks.

**"Golden Idol" is scheduled to be
broadcast on Greenburgh Public
Access Channels. Check sched-
ule for air times.**



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
	BINGO		Tues/Wed/Fri	12:30pm-3pm	n/c
	Exercise Class		Tues/Fridays	11am	n/c
	Harlem, NYC	11/18	Thurs	12:30pm	n/c
	Thanksgiving Event	11/23	Tues	11am	3.00/5.00 for lunch
	Bridge		Weds	9am	n/c
	Drawing & Painting		Fridays	9am-2pm	Call 989-3622 for fees
	Harlem, NYC	12/2	Thurs	12:30pm	n/c
	Holiday Party	12/8	Wed	11am	5.00
	Flushing, Queens	12/9	Thurs	11:00am	Cost of Lunch
	Fairway Market ,Pelham	12/16	Thurs	12:30pm	n/c
	Goldfish Restaurant, Ossining	12/23	Thurs	11:45am	Cost of Lunch
	Stew Leonard's, Yonkers	12/30	Thurs	12:30pm	n/c
	Foot Doctor Visits	11/23 & 12/8	Tues/Wed	10:30am	See Doc for fees
	Yoga	on-going	Tues/Thurs	8:30am	15.00/25.00 N-R
	LIVE MUSIC	on going	Wed & Fri	11:00am	n/c
	Martha James Activities	on-going	M/W/F	10:30am	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 H ₂ O 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
Nurse Visit (2nd Monday)	11:00—12:30 pm	Lounge
Lap Swimming	12:00—2:00 pm	Pool

TUESDAYS

Evergreen Club	10:00—1:30 pm	Classroom C/D
Foot Doctor (1st Tues.)	10:00—12:00 pm	Classroom A/B
Exercise Class	10:00—11:00 pm	Dance Studio
Senior Fitness	11:00—11:30 am	Gymnasium
Live Together Club (2nd Tuesday)	10:30—12:30 pm	Classroom A/B
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 A/B
Yiddish Club (1st and 3rd Wednesdays)	10:30—12:30 pm	Dance Studio
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 H ₂ O 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 H ₂ O 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

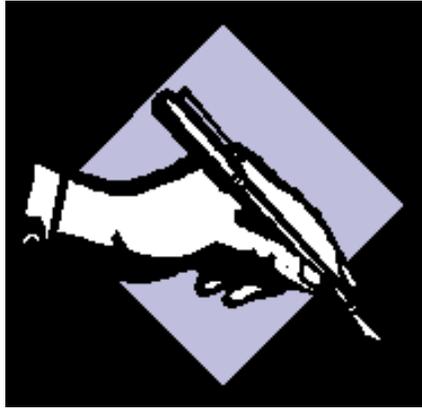
For Information on Aquatics Classes Call Jennifer Parra at 989-3645.



The Brenda Connor-Bey Learning to See™ Legacy Workshop Series

Creative Writing Workshops

Mapping the Imagination: Finding Our Way in the Creative Process



LISA FLECK, Poet & Writer

Tuesdays

November 9, 16 & 30, 2010

12-1:30 pm

FREE PROGRAM

ADULT CREATIVE WRITING WORKSHOP

THEODORE D. YOUNG COMMUNITY CENTER

32 Manhattan Avenue, White Plains, NY 10607 • 914.989.3617

***T**hrough a series of exercises, the beginning to advanced writer will consider the creative process-what it is, how to tap into it, and follow its chaotic impulses into a poem. Develop your creativity and your own way of seeing, and shape your vision into a unique worldview.*

This event is made possible by Poets and Writers, Inc., Theodore D. Young Community Center and the Greenburgh Arts & Culture Committee.

For Pre-Registration call Norma Jean Barnes
914.989.3617 or njbarnes@greenburghny.com

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
Beginners 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

PLEASE NOTE:

Tuesday Bridge Class Dates:

November: 9th and 23rd
December: 14th and 21st

Thursday Bridge Class Dates:

November: 4th and 18th
December: 9th and 16th

Multipurpose Center Closings

Election Day: Tuesday, Nov. 2nd

Veteran's Day: Thursday, Nov. 11th

Thanksgiving: Thursday and Friday, Nov. 25th & 26th

Christmas: Friday, Dec. 24th at 12 noon
Center reopens on Tuesday, Dec. 28th.

New Year's: Friday, Dec. 31 at 12 noon
Center reopens on Tuesday, Jan. 4th.

EVENTS

Matinee Club Meetings

Thursday, Nov. 4th at 11:30am
Thursday, Dec. 2nd at 11:30am

MULTIPURPOSE CENTER ACTIVITIES

Friday@ the Movies 12:30 pm

November 5th
“City Island”

November 19th
“Solitary Man”

December 3rd
“Nine
the Musical”

December 10th
“Sex and the
City 2 ”

Special Nintendo Wii Dates:

Thursday, Nov. 4th: 12:30pm

Tuesday, Nov. 16th: 10:30am

Monday, Nov. 22nd: 11:30am

Monday, Dec. 6th: 11:30am

Thursday, Dec. 9th: 12 noon

Tuesday, Dec. 14th:10:30am

Come play Wii Bowling and Tennis.
Refreshments served! Sign up at
Front Desk.

ARTS EXTRAVAGANZA

Tuesday, November 9th: 11am-3pm

An opportunity for seniors to display their artistic and creative talents. Special displays by our own Painting, Photography and Knitting Classes! Event will include art/craft demonstrations, flower arranging, and poetry readings. To reserve a spot or share a poem, please sign up at the Front Desk. Photographs and paintings must be submitted by Friday November 6th.

DO YOU HAVE THE RIGHT PERSCRIPTION DRUG PLAN?

Thursday, November 18th-12:30pm

Did you know that from November 15th to December 31st, senior citizens have the opportunity to change their Medicare prescription drug plan...including the Part D plan? A representative from the Medicare Rights Center will help you decide if you coverage is the best for you. Refreshments served. Please sign up at the Front Desk.

Book Discussion

Tuesday, November 30th: 10:30am

“Brooklyn” by Colm Toibin.

Valerie Griffith. Greenburgh

Librarian will be the discussion leader.



ANNUAL HOLIDAY PARTY

Tuesday, December 7th: 11:30am

Celebrate the holiday season with your friends. Enjoy a delicious lunch and dance to music provided by “Senior Moments.” Special presentation Woodlands High School Chorus. **Fee: \$5.00.** Sign up at the Front Desk by Thursday, December 2nd.

AARP Safe Driving Class

Friday, December 10th: 9am-5pm

Fee: \$12 AARP members, \$14 for Non-members. Call Diane Crasto at 689-8985, x 101.

SPECIAL WEDNESDAY MATINEE AND LUNCH

Wednesday, Dec. 15th, 12 noon

See the movie “Gotta Dance”, a Documentary about the first-ever, Senior citizen, hop-hop dance team for the New jersey Nets Basketball team. The film chronicles 12 women and one man from auditions through their performance on center court! Fee for lunch: \$3.00. Please sign up for lunch by Monday, Dec. 14th.

MULTIPURPOSE CENTER ACTIVITIES

SENIOR ASSISTANCE

Visiting Nurse

Angie Brown

Tuesday

Nov. 30th

10:30am-11:30am

Tuesday,

Dec. 28th

10:30am-11:30am

Nutritionist

Nella Caggiano
By Appointment
Only

Podiatrist

Dr. Hal Abraham

Tuesday

November 9th

12:00-2:00pm

Tuesday

November 23rd

12:00—2:00pm

Thursday

December 16th

12:00- 2:00pm

TRIPS

Matinee Club Trip

Wed. Nov. 17th: 10:30am-6:00pm



SPECIAL HOLIDAY TRIP

Holiday Craft Fairs at Grand Central Station & Bryant Park

Monday, Nov. 29th: 10:30am-5pm

The trip begins at Grand Central Station. Visit the renowned holiday craft fair and learn about the station's "claims to fame". After lunch (on your own) at Grand Central, there will time to browse through the 42nd St Library exhibit "Three Faiths; Judaism, Christianity, and Islam" and/or stroll through Bryant Park Holiday Craft Fair. Susan T. Shwarz will be our trip docent.

Fee for Coach Bus & Docent:\$32.00.

Sign up Deadline: Friday, Nov. 19th.

Matinee Club Trip

Wed. Dec. 8th: 10:30am-6:00p

HOLIDAY LUNCH CLUB TRIP **CRABTREE'S KITTLE HOUSE IN** **MT. KISCO, NY**

Monday, December 13th -11:30am

See the Kittle House "all dressed up" for holidays! **Fee for lunch: \$24.00.**

Includes salad, choice on entrée, dessert, soda, coffee/tea and gratuity.

Deadline to sign up: Friday, Nov. 19th'

UPCOMING TRIPS

LUNCH CLUB TRIP

VIRU-A Peruvian Restaurant

Central Avenue, Yonkers

Monday, January 10, 2011-12noon

Check the new Peruvian Restaurant in the neighborhood! **Fee:\$15 .00.**

Includes choice of appetizer and entrée, coffee/tea and gratuity. Soda is extra. Deadline to Sign up is

Thursday, January 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.



A NOTE FROM PJ

Thanksgiving and the holidays are right round the corner! I wish you all a very special holiday season with family and friends. Thank you for being a part of the Multipurpose Center programs this year. Try a new class or activity in 2011!

Happy Thanksgiving
Happy Holidays & Happy 2011!

PJ
DIANE
DOTTY
PAULETTE
JUDY

**GREENBURGH PARKS AND RECREATION - REGISTRATION FORM
OFFICE FOR THE AGING CLASSES AND TRIPS (July-December 2010)**

Please Print - Register Early - One sheet per person

Name: _____

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

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. 7th
11:30am
\$5.00 Lunch & Music
by "Senior Moments"*

Supervisor:
Paul J. Feiner

Town Council:
Sonja Brown
Diana D. Juettner
Kevin Morgan
Francis Sheehan

Town Clerk:
Judith Beville

*THEODORE D. YOUNG
COMMUNITY CENTER*

*Annual Thanksgiving
Luncheon*

*11/23, Tuesday @ 11am
Call 989-3622
for details*