

Greenburgh Senior Highlights

September/October 2011

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

“Movement” w/ Martin Returns... 9/27
Sprit Cruise.....9/23
Lunch at “X20”9/15
Wal-Mart, Fishkill.....10/4
Fairview CAFÉ’ Entertainment...Fridays
Cruise to Canada 2012.. .Details inside
BBQ at Andrus on the Hudson.....9/20
TGIF, Tarrytown.....10/11
Flushing, Queens.....9/13 &10/25
Empire City, Yonkers.....10/19
BECAUSE WE CARE VISITS 9/27 & 10/13
“Golden Idol” Singing Contest....10/14
House of Soul Lunch.....10/6
Halloween Party.....10/28
Gasho of Japan Lunch.....10/27

Theodore D. Young
SENIOR
CITIZEN
ADVISORY
COMMITTEE

Eleanor Smith
Chairperson

Lorenzo Brown
Vice Chairperson

Gwyneth Moore
Myrtle Dawson
Liu Fang Mien
Lillian Jenkinson
Bernice Lowell

EMPIRE CITY

WEDNESDAY 10/19 & 12/7

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

Complete TDY C/C
Form to sign up.

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 George Coniglio

Welcome Back!

We Missed You!

September is our Department's time to refresh and repair the Center building. For this reason most classes will return the first week of October.

NEW In responding to your feedback, we have scheduled lunch on Sept 15th at "X20" which is an Zagat rated **upscale restaurant** with amazing views of the Hudson. We are taking advantage of a group special which includes 3 courses, beverages, tax, and gratuity for 30.00

6th Annual "Golden Idol"; Singing Contest for those 50+ Friday, October 14th

We are again providing an afternoon of talent and fun. 10 singers will compete for this year's Title. Unlike "American Idol, our judges will remain silent, but will select a winner based on singing ability. Interested in be a contestant? Call 989-3622.

Martin Returns! Thanks to the consideration of Westchester

Community College.

Returning on Tuesday, Sept 27th.

You have tried his class yet? Then you are missing out on an enjoyable and fun class which gets

people *moving!* **Admission is free and all are welcomed to attend.**

Sprit Cruises Friday, 9/23

Enjoy great New York City views from an enclosed boat along with music and dancing. 52.00 complete. Sign up at Registration Area.

Oldies but Goodies Return!

Also due to your input, we have planned trips to Gasho Of Japan, The Bayou in Mt Vernon, and House of Soul.

Register with TYC C/C form.

Special Thank You to Kiwanis Club

Your donation of NYC Boat Ride tickets is appreciated. Our seniors look forward to this yearly trip with much anticipation

Halloween Party

Friday, Oct 28th 3.00 for lunch, 6.00 if under 60 years. Sign up in Lounge or call 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
	Fairway Market @ Pelham	9/1	Thursday	12:30pm	n/c
	Dolores Williams Fish Fry	9/2	Friday	11:00am	n/c
	Arthur Ave, Bronx, NY	9/8	Thursday	11:00am	Cost of lunch
	Flushing, Queens	9/13	Tuesday	11:00am	Cost of Lunch
	Lunch @ "X2O", Yonkers	9/15	Thursday	11:30am	30.00 complete
	BBQ @ Andrus on the Hudson	9/20	Tuesday	11:00am	4.00 (Nutrition closed)
	Bonus Bingo Day	9/22	THURSDAY	12:30-3pm	n/c
	Because We Care Visit	9/27	Tuesday	12:30pm	n/c
	The Bayou, Mt Vernon	9/29	Thursday	11:00am	Cost of lunch
	Wal-Mart, Fishkill	10/4	Tuesday	11:00am	Cost of lunch
	House of Soul, Mt Vernon	10/6	Thursday	11:30am	Cost of lunch
	Golden Idol Singing Contest	10/14	FRIDAY	11:00am	3.00 lunch 60+, 6.00 under
	TGIF, Tarrytown	10/11	Tuesday	11:30am	Cost of lunch
	Because We Care Visit	10/13	Thursday	12:30pm	n/c
	Harlem, NYC	10/18	Tuesday	12:30pm	n/c
	Empire City, Yonkers	10/19	Wednesday	11:00 am	n/c admission
	City Island, Bronx	10/20	Thursday	11: 00am	Cost of lunch
	Halloween Party	10/28	FRIDAY	11:00am	3.00 lunch 60+, 6.00 under
	Flushing, Queens	10/25	Tuesday	11:00am	Cost of Lunch
	Gasho of Japan, Hawthorne	10/27	Thursday	11:30am	Cost of lunch
	Foot Doc/ Blood Pressure Check 9/20 & 10/18 @ 11am (Tuesdays)				
	Theater Club Meeting 9/12 and 10/18th @ 2;30pm (Mondays)				

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
Lap Swimming	12:00—2:00 pm	Pool

TUESDAYS

Evergreen Club	10:00—1:30 pm	Class
Exercise Class	10:00—11:00 pm	Dance Studio
Senior Fitness	11:00—11:30 am	Gymnasium
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
Lap Swimming	12:00—2:00 pm	Pool
Nutrition Program	11:30—12:30 pm	Lounge

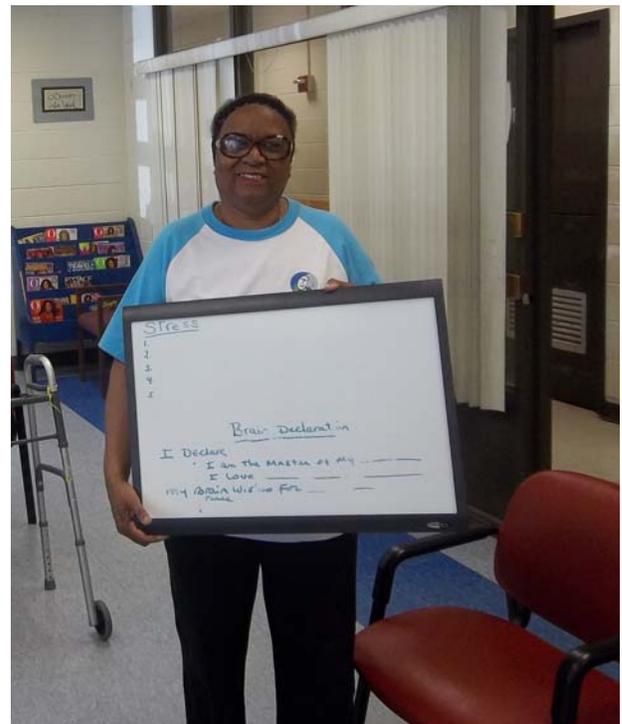
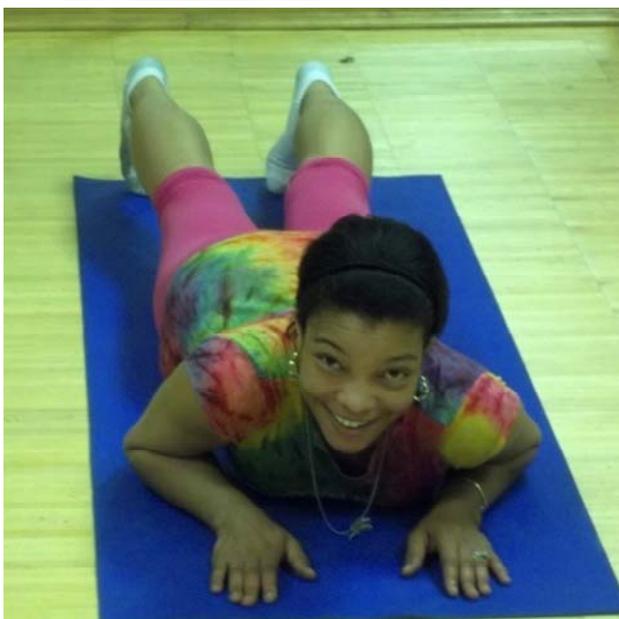


THURSDAYS

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



Senior Citizen NEWS Board (above)
Lisa Harper Fitness Instructor

Beverly Rivers Brain Aerobics

Theodore D. Young Community Center
Senior Citizen Programs and Services
Canada Cruise September 3rd 2012



5 Nights/6 Days Canada Cruise

Carnival Glory Stops at Saint John, NB and Halifax Fees includes government fees, taxes, staffing, and transportation from Center to Pier.

Inside Cabin 523. Outside Cabin 623. Balcony Cabin 723.

Payment: 100 deposit due by Feb 1st Balance by May 1st.

For more information call 989-3622

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
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
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:

Photography begins Tuesday, September 13th. At 10:30am.

Creative Arts will begin on Thursday, September 8th at 1:00pm

The former Painting Class will now be called Creative Arts. In addition to painting, Irma Spielberg will help students explore drawing, sculpting with clay, quilting, and other art mediums. Register at Front Desk.

BRIDGE CLASS SCHEDULES:

Tuesday Bridge Classes:

September: 6th and 20th
October: 4th and 18th

Thursday Bridge Class:

September: 1st and 15th
October: 6th and 20th

Duplicate Bridge:

September 7th
October 5th

Multipurpose Center Closings

Labor Day:

Monday, September 5th

Columbus Day:

Monday, October 10th

MULTIPURPOSE CENTER ACTIVITIES

FRIDAY

AT THE MOVIES

12:30 pm

September 16th
“The
King’s Speech”

September 23rd
“Secretariat”

Septemr 30th
“127 Hours”

August 24th
“The Tourist”

EVENTS

Matinee Club Meetings

Thursday, Sept. 1st: 11:45am

Thursday, October 6th—11:45am

Outdoor Tennis Clinic

6 week clinic

Tues. Sept. 6th—Oct.11th

10:30am-11:30am -Anthony Vet-
eran Park Courts.

For beginners or those wanting to
“brush up” on their tennis skills.

Forehand, backhand, serving, rally-
ing and playing games will be re-
viewed. Equipment Provided.

Fee: \$20 for residents. \$26 for
Non-Residents. Sign up at Front
Desk.

“Can We Talk” Discussion Group

Every Thursday: 12noon-1pm

Begins again on September 8th.

A one-hour discussion group
covering any topic from current
world event to life as a senior citi-
zen. Sign up at Front Desk.

Annual Dog Swim

Sat., Sept. 10th: 10am—2pm

Anthony Veteran Park—Pools
near the park entrance.

Bring your dog for a swim! Pro-
ceeds benefit the Friends of East
Rumbrook Dog Park Association.
Fee: \$5.00 per dog. Register at the
event.

Re-Scheduled Bingo Party

The September 1st Bingo Party
has been re-scheduled for Thurs-
day, September 15th: 12:30-3pm.

\$4.00 for lunch. Sign up at front
Desk by Tuesday, September 13th.

Book Discussion Group

Valerie Griffith, Greenburgh

Librarian is the discussion leader.

Tuesday, September 27th -10:30 am

“Half Broke Horses” by Jeanette
Wells.

Tuesday, October 25th– 10:30 am

“Hotel on the Corner of Bitter and
Sweet” by Jaime Ford.

Fall Celebration Party

Thursday, October 13th– 12:30pm

Come enjoy a delicious lunch and en-
tertainment. Fee: \$5.00. Sign up at
Front Desk by Tuesday, Oct. 11th.

TRIPS

Re-Scheduled Trip

Marshlands Conservancy– Rye, NY
Wed., Sept.14th:11:30am-3pm.

A guided tour through the picturesque
marshlands. Bring a bag lunch and
water. Wear sneakers. Sign up at Front
Desk by Friday, Sept. 9th. Fee: \$5.00.

Please note:

*Trip registration for trips
listed below this point be-
gins on Monday, September
12th.*

Harriet Beecher Stowe Center & Mark Twain House in Hartford, CT.

Wednesday, Oct. 12th: 8:30am-6pm.

A guided tour of these famous
writers’ homes and grounds. Time to
browse on your own. View the foliage
along the drive. Bring a bag lunch or
buy lunch at the Japanese Restaurant
on site. **Fee for Coach bus and
Tours: \$55. Sign up by Tues. Sept .
20th at the Front Desk.**

MULTIPURPOSE

SENIOR ASSISTANCE

Nutritionist
Nella Caggiano
By Appointment
Only

Blood Pressure Doctor's Express Urgent Care

Thursday, October 15th
12:30pm -1:30pm

Thursday, October 20th
12:30 pm -1:30pm

Podiatrist
Dr. Hal Abraham

Thursday, September 1st
12 noon-1:30pm

Thursday, October 6th
12 noon-1:30pm

Matinee Trips

Wednesday, Sept. 21st: 10:30am
Wednesday, October 26th: 10:30am

Train Ride to Cold Spring & Lunch

Monday, Oct. 17th: 9am-4pm
Ride the train from Dobbs Ferry and enjoy the Fall Foliage. Lunch on your own in Cold Spring. Time to explore the village waterfront and shops. Fee for Train Ticket: \$6.50. Pay for ticket at the station. **Sign up at the Front Desk by Wed. October 12th.**

Lunch at 121 Restaurant & Harvest Moon Orchards in North Salem.

Monday, Oct. 24th: 11:30am - 4pm
Have lunch at one Northern Westchester's best restaurants. We will stop at Harvest Moon Orchards and gift store on the way home. Fee : \$26.00. Includes three-course meal, coffee and cold beverages and tip. Pay cash the day of the trip. **Sign up at the Front Desk by Wednesday, October 19th.**

Upcoming Trips:

Apollo Theatre Tour & Lunch at Amy Ruth's Restaurant.

Wed., Nov., 2nd: 9:30am-3:30pm
Guided tour of this famous theater where many famous entertainers got their big break! Lunch afterwards at Amy Ruth's, a popular soul food restaurant. Fee for Tour and Lunch: \$40.. **Sign up at the Front Desk by Tuesday, October 11th.**

Woodbury Commons

Monday, November 7th: 10am-4pm
Get a head start on your holiday shopping. Sign up by Thurs. Oct. 27th. No Fee.

Holiday Lunch and Tour at the Culinary Institute in Hyde Park.

Monday, Dec. 5th: 9:30am-4:30pm
Take a tour of the Culinary Institute, learn about their history, and visit the bakery shop. Lunch at the Caterina De Medici Restaurant. Fee for lunch and tour: \$37.00. **Sign up at the Front Desk beginning Monday, Oct. 3rd. Registration Deadline: Tues. Nov.1st.**

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.

Announcements

Bingo Players Wanted! Volunteers needed to call Bingo.

Thursdays- 12:30-3:00pm
Come join the Bingo Group. Bring a friend! Interested volunteers can all PJ at 693-8985, x116.

Fall Ping Pong Hours

A second Ping Pong table has been donated! Come play on Monday, Wednesday and Thursdays from 12:30 pm-3:00 pm.

Fall AARP Defensive Driving

Class. Call Diane Crasto at 693-8985, x.101 for the date. Fee: \$12 for AARP members. \$14 for non-members.

**GREENBURGH PARKS AND RECREATION - REGISTRATION FORM
OFFICE FOR THE AGING CLASSES AND TRIPS (July-December 2011)**

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	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
Fall Celebration*



*Thursday, Oct., 13th
12:30pm - \$5.00*

Supervisor:

Paul J. Feiner

Town Council:

Sonja Brown

Diana D. Juettner

Kevin Morgan

Francis Sheehan

Town Clerk:

Judith Beville



**“Golden Idol”
Singing Contest
Friday, 10/14**