

Greenburgh Senior Highlights

July/August 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

IN THIS ISSUE.Page

Daily Activities.....	6
Events.....	6-7
Book Discussion.....	6, 7
Movie Fridays.....	7
Public Announcements.....	8
Senior Assistance.....	8
Senior Trips.....	7-8
Registration Form (Trips & Classes).....	9

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

Summer BBQ's 7/7, 7/22, 8/13 & 8/17

Chinatown 7/13 & 8/10

Captain's Cove 7/20

Flushing, Queens 7/27 & 8/24

Gasho of Japan 8/3

Family Day Celebration 8/14

New! Ethiopian or Jamaican Restaurants 8/26

Fairview Café
Music Fridays At 11:30 am
Creative Arts with
Martha James
Monday, Wednesday & Fridays
Visiting Nurse of Westchester

**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

**Activities relocated during
July and August**

In order to make room for TDYCC Summer Camps, Evergreen, Bridge, Yiddish, and Yoga are moved to alternate locations. Call 989-3622 for updates.

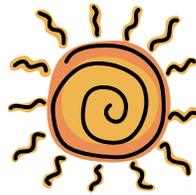
Fairview Theater Club

The Theater Club started in October 1997. The club has attended over 200 plays. The meetings are held every 1st and 3rd Monday of the month at 3:00 pm. Those in attendance vote for plays offered at the meetings. The play outings are on Wednesday afternoons. For more information, call 989-3622.

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

From the Desk of George Coniglio

Happy Summertime!



**We love the
Summer!**

Barbecues,
special trips,
and fun!

For the summer we welcome Sydney, Lisa and Jaquan who are assigned to the senior program. They are adding an extra special touch to activities, and trips, plus some extra care to program participation.

As always keep the feedback coming, we want to follow up on your good ideas and suggestions. Call me at 989-3622 or email at gconiglio@greenburghny.com.

Town Website!

Be sure to check out the Town of Greenburgh website at www.greenburghny.com for valuable information on town wide activities and services.



Senior Highlights on line!

While on the town website also check out the **Senior Highlights**. Feel free to forward online to family members, neighbors and friends who are interested in our programs.



On August 26th we have scheduled a trip to Mt.

Kisco for a double feature; Ethiopian and Jamaican Restaurants, it's your choice! Complete the TDYCC activity form to register.

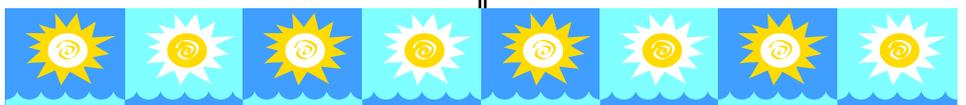
Family Day Celebration

The Town's longest running special event. Games, BBQ, vendors, and live entertainment. A center tradition. Join the fun! Call 989-3622 for more information.

**What are
you doing
for lunch?**

We love having new people join us. Let us

roll out the "Red Carpet". I introduce every person interested in the senior program to our staff, other seniors in the program, plus give a tour of the Community Center. It's our goal to make you feel welcome. For "Red Carpet" treatment call 989-3622.





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
	Arthur Ave. Indoor Market	7/1	Thurs.	12:30 pm	N/C
	Palisades Mall	7/6	Tues.	12:30 pm	N/C
	BBQ—Yosemite Park	7/8	Thurs.	11:00 am	\$3.00
	Chinatown, NYC	7/13	Tues.	11:00 am	Cost of lunch
	Fairway Market, Pelham	7/15	Thurs.	12:30 pm	N/C
	Captain's Cove, CT	7/20	Tues.	11:00 am	Cost of lunch
	BBQ—Yosemite Park	7/22	Thurs.	11:00 am	\$3.00
	Flushing, Queens	7/27	Tues.	11:00 am	Cost of lunch
	Gasho of Japan	8/3	Tues.	11:30 am	Cost of lunch
	"Because We Care" Visit	8/5	Thurs.	12:30 pm	N/C
	Chinatown, NYC	8/10	Tues.	11:00 am	Cost of lunch
	WalMart, Fishkill	8/12	Thurs.	11:00 am	Cost of lunch
	BBQ—Secor Park	8/13	Fri.	11:00 am	\$3.00
	Family Day Celebration	8/14	Sat.	11:00 am	N/C
	Pancake House	8/17	Tues.	11:30 am	Cost of lunch
	City Island, Bronx	8/19	Thurs.	11:30 am	Cost of lunch
	Flushing, Queens	8/24	Tues.	11:00 am	Cost of lunch
	Ethiopian and Jamaican Restaurants	8/26	Thurs.	11:30 am	Cost of lunch
	BBQ—Secor Park	8/27	Fri.	11:00 am	\$3.00
	Cross County Shopping Center	8/31	Tues.	12:30 pm	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 or Ted Dowie at 989-3645.

**COME JOIN US FOR BINGO EVERY
MONDAY, WEDNESDAY AND FRIDAY FROM 12:30 pm to 3:00**

**FELICIA LABBRUZZO
"EXTRAORDINARY VOLUNTEER"**



Theodore D. Young Community Center

IMPORTANT NOTICE

TDYCC Registration IDs

The department requirement for participation in all programs is to purchase a yearly Identification Card from the registration area in the TDYCC lobby. The ID card provides a means of coordinating emergency contact information, as well as providing an accurate measure of participant interest in various programs and services provided by the Town of Greenburgh. The purchase of the card is also useful in tracking the building usage.

Registration Hours:

Mon., Tues., Wed. & Thurs.
9:30 am—1:00 pm
2:00 pm—7:00 pm

Fridays
9:30 am—5:00 pm

Saturdays
10:00 am—2:00 pm

ID Card Fees:

Senior Residents: \$7.00

Adult Residents: \$17.00

Senior & Adult
Non-Residents: \$36.00



Special Thank You!

For their generous donation of the ribs and shrimp to the June Barbecue. They were great!

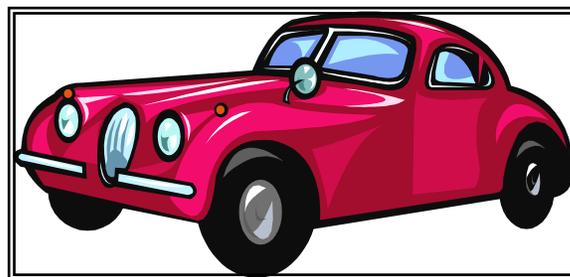


*Ethiopian and Jamaican
Restaurant Outing*



*Captain's Cove Outting
July 20, 2010*

*Don't miss our BBQs at Secor
and Yosemite Parks on
7/8, 7/22, 8/13 & 8/27
\$3.00 for seniors 60 + and
\$5.00 for those under 60. Call
989-3622 to register.*



*AARP Safe Driving Workshop
Saturday August 28, 2010
8:45 am to 4:00 pm Make check for \$12.00 payable to "AARP".
Call 989-3622 to reserve your space.*

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"*
3:00 to 5:00 Advanced Beginner Bridge
Must have knowledge of point count & bridge basics.

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
10:30-12:30 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

Registration Reminder!

Registration for the July-December class session begins on Thursday, July 1st. You must have an updated Town Unicard to register. To save time at Registration, please complete page 9 of this Highlights, and bring to the Front Desk with a check made payable to "Greenburgh Parks and Recreation."

Photography begins on Sept. 14th.

Painting begins on Sept. 16th

Advanced Intermediate Bridge (on Thursdays) will begin July 15th.

Multipurpose Center Closings

Independence Day Observance:
Monday, July 5th

Labor Day: Monday, Sept. 6th

EVENTS

The Matinee Club will not meet in July and August. The next meeting is Thursday, Sept 2nd.

NINTENDO Wii is HERE!!

Mondays:11:30am-10m

Tuesdays:10:30 am-12noon

Thursdays: 12 noon-1:30pm

Come learn how to play Nintendo Wii Bowling and Tennis, and surprise your grandchildren! Bring some friends and form a bowling team! Sign up at the Front Desk.

MULTIPURPOSE CENTER ACTIVITIES

Friday@the Movies 12:30 pm

Please Note!
Call to confirm movies. They may be cancelled due to rain during camp season.

July 9th
“The Wolfman”
(Anthony Hopkins)

July 23rd
“Extraordinary Measures”

August 20th
“The Girl With the Dragon Tattoo”

August 27th
“From Paris With Love”
(John Travolta)

Bridge Party
Tuesday, July 13th, 12:30-3pm
Refreshments provided.

DUPLICATE BRIDGE IS BACK!
2nd and 4th Mondays of each month
from 12:30pm-3:00pm.

July: 12th and 26th
August: 9th and 23rd

CELEBRATE GREENBURGH DAY
Saturday, July 17th

Activities include Bridge Party, Ping Pong, Nintendo Wii, entertainment and refreshments. Sign up at the Front Desk.

Book Discussion
Tuesday, July 27th: 10:30am
“Sea of Poppies” by Amitav Ghosh. Valerie Griffith, Greenburgh Librarian, will be the discussion leader.

Bingo Party
Thursday, August 26th
Come have lunch and play Bingo. Sign up at the Front Desk by Thursday, July 29th. **Fee for Lunch: \$4.00**

Book Discussion
Tuesday, August 31st, 10:30am
“Loitering With Intent” by Muriel Spark.

TRIPS

Lunch Club Trip to Legal Seafoods in White Plains.

Wed., July 14th: 11:00am-2:00pm
Have lunch at one of White Plains’ most popular restaurants and have time to shop. Order off the menu and pay for lunch the day of the trip **Sign up at the Front Desk by Thurs., July 8th.**

Breakfast at City Limits Diner & White Plains Farmers Market

Wed., July 21st: 9am-12 noon
Enjoy a delicious breakfast at City Limits and shop for fresh produce at the Farmer’s Market. Pay for own breakfast at the Diner.

Katonah Museum of Art
Tuesday, July 27th: 9am-1:00pm
A FREE trip sponsored by Arts Westchester. A docent will guide you through the Contemporary Cuban Art exhibit. Sign up will be on a first come, first served basis. at the Front Desk. Deadline: Monday, July 19th.

Dudley’s Restaurant: New Rochelle
Wed. Aug. 18th: 11:30am-2:30pm
Enjoy a delicious lunch overlooking the Long Island Sound. **Fee: \$30.00**, Includes appetizer, main course, dessert, beverages and tip!. Pay the day of the trip. Sign up by Friday, Aug. 13th

Yankee Stadium Tour
Wed., Aug. 25th: 10:30am-3pm
Guided tour of the stadium. Lunch on your own at one of the stadium restaurants. **Fee: \$9.00**. Sign up by Tuesday, August 20th. **Please note: There is a lot of walking on the tour!**

Mohegan Sun Casino
Wed., September 1st: 9am-7pm
Test your luck in the Casino and browse through all the shops! **Fee: \$40.00**, includes coach bus. Receive a \$10 food coupon and \$10 gambling coupon at the casino. Sign up at the Front Desk by Friday, August 20th..

MULTIPURPOSE CENTER ACTIVITIES

SENIOR ASSISTANCE

PLEASE NOTE!

Visiting Nurse day and time has changed.

Thursday
July 1st
1:00pm

Thursday
August 5th
1:00pm

Nutritionist
Nella Caggiano
By Appointment
Only

Social Services
Available
Joe Murphy
Geriatric social
worker. By appointment only.

UPCOMING TRIPS

Brighton Beach Tour and Lunch

Tuesday, Sept. 21st: 8:30am-5pm

A guided tour of the Holocaust Mall, the history of Brighton Beach, lunch at Katarina's on the Boardwalk. Time to browse the shops, including M&I International, on Brighton Beach Ave. **Fee for Bus and Docent: \$40. Fee for Lunch: \$20**, includes soup, salad and choice of 2 entrees and tip. Beverages not included. Pay for lunch the day of the trip. Sign up by Tuesday, September 14th.

Museum of Natural History

Wed. Sept. 29th, 9:30am-4:30pm

A guided "Highlights Hall" tour, the Planetarium Show and entrance to the "Race to the End of the Earth" exhibit. Lunch on your own in the museum. **Fee: \$25.00.** Sign up by Aug 11th.

Lasdon Memorial Park in Somers Lunch in Katonah

Monday, Oct 4th: 9am-3:30pm

A guided tour of the parks' gardens and estate history. Time to browse the grounds. Lunch on your own in Katonah. **Tour Fee: \$6. Sign up by Sept. 13th.**

F.D.R.'S Home, Museum, & Library in Hyde Park, NY

Wed., October 13th, 9am-4:30pm

Guided tour of FDR's home and time to visit his museum and library. Lunch at Coppola's Restaurant. **Tour Fee: \$6. Pay \$16.95 for lunch the day of the trip.** Includes salad, entrée, dessert, coffee, soda, and tip. Deadline to sign up is Monday, Sept. 20th.

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.

SAVE THE DATE!

Multipurpose Center
10th Anniversary Party!
Tuesday, September 14th at 12 noon. The Multipurpose Center is 10 years old this September! Come celebrate! Special entertainment and lunch. Fee: \$5.00. Sign up at the Front Desk beginning Monday, July 19th.

AARP Safe Driving Class

Friday, Oct. 1st: 9am-5pm

Fee: \$12 AARP members, \$14 for non-members. Call 693-8985, x101.

ANNOUNCEMENTS

SUMMER PING PONG HOURS

From June 28th-August 10th, Ping Pong will be held from 12:30-2:30pm on Monday, Wednesday and Thursdays. Ping Pong will be cancelled on rainy days due to summer camp sessions.

Don't forget to....

Sign up to be on the Multipurpose Center e-mail list!

**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/\$36
	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

*Celebrate Greenburgh
Saturday, July 17th*



A. F. Veteran Park

Supervisor:

Paul J. Feiner

Town Council:

Sonja Brown

Diana D. Juettner

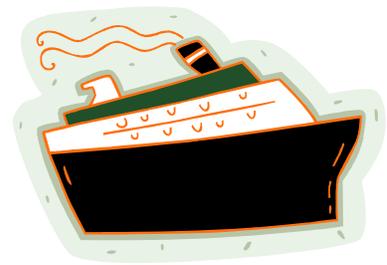
Kevin Morgan

Francis Sheehan

Town Clerk:

Judith Beville

“Spirit of NY Cruise on 8/18,



**Tickets, \$51
Register at TDYCC”**