

Greenburgh Senior Highlights

September/October 2015

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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**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
William L. Carter, Commissioner
André G. Early, 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

SEPTEMBER

Arthur Avenue.....9/1
116th Street, Harlem.....9/3
Flushing.....9/8 & 10/13
Stew Leonard's.....9/9
Wal-Mart.....9/10 & 10/15
LC Village Fair.....9/15
Empire City.....9/23 & 10/28
Golden Harvest.....9/29

OCTOBER

City Island.....10/6
Fairway Mkt.....10/8
Red Lobster 10/20
Ridge Hill.....10/22
Jembro (Portchester).....10/29
BINGO.....M.W. & F. 12:30-2:00pm
LUNCH...Mon-Fri @ 11:30am

Theodore D. Young
SENIOR CITIZEN
ADVISORY
COMMITTEE
MEETING

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

From the Desk of Tina P. Harper

WEDNESDAY,
OCTOBER 7TH
@ 10:30AM

Eleanor Smith
Chairperson
Lorenzo Brown
Vice Chairperson



EMPIRE CITY

WEDNESDAYS
9/23 & 10/28

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

FRIDAY CAFÉ'

Join us for LIVE
Entertainment
every Friday @
11:00am

First Floor Lounge
All are welcomed!

A Festive Fall...

As summer ends new fun begins for the Seniors at TDYCC. Enjoy more shopping, show hopping and a plethora of fun festivities. The Village Fair, Because We Care and the Golden Harvest Dance, murder mysteries and Halloween activities fill fall with excitement and romance!!! Travel Club meets and seafood eats plus, bingo the casino and more provide all the right reasons to make fall the best season for seniors to get out of the house and explore!!! Tell your family and friends to visit and spend some time out and about with TDYCC. We'll be having a ball enjoying this Festive Fall with our senior family!

Fall Means Fun For All -

See U Soon
Tina

BILOXI/NEW ORLEANS
In 2016



Saturday, April 30th—
Sunday May 8th

\$745 for double occupancy
\$1,055 for singles

Contact Tina Harper for
additional information.

NEXT CLASS
MONDAY, NOVEMBER 9th,

REGISTER TODAY!!!



\$20 for AARP Members
\$25 for non-members
make checks payable to AARP
Call 914-989-3631 to register



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 Avenue (Bronx, NY)	9-1-15	Tuesday	11:30 am	cost of lunch
	116th street (New York, NY)	9-3-15	Thursday	11:00 am	cost of lunch
	Flushing , Queens	9-8-15	Tuesday	11:00 am	cost of lunch
	Stew Leonard's	9-9-15	Wednesday	11:30 am	cost of lunch
	WalMart, Fishkill	9-10-15	Thursday	11:00 am	cost of lunch
	Village Fair	9/16/15	Wednesday	10:30 am	cost of lunch
	New Rochelle Buffet	9/17/15	Thursday	12:00 pm	cost of lunch
	Palisades Mall	9/22/15	Tuesday	11:00 am	cost of lunch
	Empire City, Yonkers	9/23/15	Wednesday	11:00 am	cost of lunch
	Because we Care	9/24/15	Thursday	12:00 pm	cost of lunch
	Golden Harvest	9/29/15	Tuesday	10:30 am	cost of lunch
	Dollar Tree (Mount Vernon, NY)	10/1/15	Thursday	12:00 pm	cost of lunch
	City Island	10/6/15	Tuesday	11:30 am	cost of lunch
	Fairway Market (Pelham Manor)	10/8/15	Thursday	12:00 pm	cost of lunch
	Flushing, Queens	10/13/15	Tuesday	11:00 am	cost of lunch
	WalMart , Fishkill	10/15/15	Thursday	11:00 am	cost of lunch
	Red Lobster	10/20/15	Tuesday	12:30pm	cost of lunch
	Ridge hill	10/22/15	Thursday	11:30 am	cost of lunch
	Freight Liquidators	10/27/15	Tuesday	12:00 pm	cost of lunch
	Empire City, Yonkers	10/28/15	Wednesday	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
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 Returns!!!!

*****Meetings resume in the fall on the 3rd Monday of every month at 12:30pm.*****

September 21st

October 19th

November 16th

December 21st



Upcoming Shows:

“Swinging w/ The Rat Pack” Wednesday, September 30th

“Something Rotten” Wednesday, October 14th

“Who Killed Mama Soprano” Wednesday, November 4th



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 that includes breathing, posture and simple stretches.*

10:00 to 12:00 Photography, - with
D. Budnick

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 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

10:00-12:00 Adv. Intermediate Bridge w/ Barbara Garner(**twice a month**) *Learn more advanced bidding techniques/ declarer play & defense. Must have solid bidding basics.*

THURSDAY..cont.

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.

Multipurpose Center Closings:

Labor Day: Mon. Sept. 7th

Columbus Day: Mon. Oct. 12th

Veteran's Picnic; Wed. Sept 9th

(exercise classes will be held in the community room)

Important Announcements:

Photography begins again on 9/1/15.

Mah Jongg begins again on 9/9/15.

Creative Arts begins again 9/10/15.

Knitting begins again on 9/11/15.

EVENTS:

July/August Bridge Dates:

Tuesday Classes:

Sept.: 8th & 22nd

October: 13th & 27th

Thursday Class:

10am-12 noon.

Sept. 10th & 24th

August: 15th & 29th

MULTIPURPOSE CENTER ACTIVITIES

Friday @ the Movies

12:30 pm

September 18th.

"Elsa & Fred"
(Shirley
McLaine, Chris-
topher Plummer)

October 2nd

"Unbroken"
(Garrett
Hedlund,
Domhall
Gleeson)

October 16th

"Wild"
(Reese
Witherspoon,
Laurna Dern)

EVENTS:

Matinee Club Meetings: 11:45am

Thurs. Sept. 3rd

Thurs. Oct. 1st

WCC Mainstream Class -4
Weeks Thurs. Sept. 10th, 17th ,
24th.& Oct 1st. : 12:30 -2:30 pm
"Art History: Impressionism to
Modernism" Instructor: Cherise
Gordon. Fee: \$5.00.

Zumba Gold Master Class
Wed. 9/16/15 . 12 noon -1:30pm
A special 90 minute Zumba Gold
class with a professional European
Dancer &Choreographer. Refresh-
ments served. Hosted by Diane
Sorg. \$25 for Residents. \$30.00
for Non-Residents. Limited space.

Conversational Spanish Class
8 weeks. Mon. Sept. 21st-Nov.
16th. Time: 1:00-2:30pm
Topics: everyday communication
with family & friends, travel &
transportation, shopping & dining
and more!

Instructor: Dora Villani, Retired
Language teacher. Register now.
Fees: \$30/resident seniors
\$40/resident adults. \$48/all non-
Residents.

Qi Gong Class- 8 weeks
Thursdays: Sept. 10th-Oct. 28th.
8:30am -9:30am Fees: \$30 resi-
dent seniors, \$40 for adults. \$40 for
non-residents. Sign up now.

Book Discussion: 10:30am
Tues. Sept. 29th:
"Herzog" by Saul Bellow

Tues. Oct. 27th : TBD

Zumba Gold" Exercise :

Two "10 week" sessions:

*Schedule available at front desk.

Tuesdays: 12:00 noon -12:45pm

Begins Sept. 29th

Fridays: 11:00am-11:45am

Begins Sept. 18th

Fee: \$40:Residents. \$60: Non-
residents. Limited space!
Sign up now at Front Desk.

Hart's Brook Park & Preserve

Walk: Sat. Sept.12th:10am-1pm.

A Hudson River Ramble Event!

Hear about the history of the former
Gaisman estate and tour the unusual
barn & stable. Guided walk of the Pre-
serve's woodlands. Families welcome!
Call 693-8985, 116 to register. Wear
sneakers.

Fall Art Lecture Series:

The Artistic Jewels of the Renais-
sance in Italy and the Netherlands .
Thurs. Oct 22nd,& 29th. Nov. 5th &
19th. Time:1:00 - 2:30pm.

Early and High Renaissance art in
Italy and Northern Renaissance art
in the Netherlands beginning in the
15th century and ending with Ba-
roque art in the 17th century. Some
highlights will include Botticelli, Mi-
chelangelo, Rembrandt, and Cara-
vaggio. Instructor: Cherise Gor-
don .Fee: \$25.00. Sign up beginning
Monday. Sept. 14th.

Columbus Day Party:

Tuesday, Oct.6th: 12:30 -2:30pm

Delicious catered Italian Food, music
and dancing.! Fee: \$5 in advance . \$6
at the door if space available. Sign
up beginning Mon. 9/14.

MULTIPURPOSE CENTER ACTIVITIES

TRIPS:

Registration for trips listed below begins on Thursday, Sept. 10th at 9:30am. Each trip requires a separate form & separate check. Credit card forms available at Front Desk.

Matinee Club Trips: 10:30am

Wed. Sept. 16th

Wed. Oct 14th.

Lunch at Sonora Restaurant.

Mon. Sept. 28th: 10:30-am—3:30pm

Lunch at one of Port Chester's best restaurants. . Time to visit Tarry Market and the Kneaded Bread bakery before lunch. **Fee for 3 Course Price fix: lunch, beverages and gratuity: \$38. Pay in cash day of trip. Sign up my Wednesday, Sept. 23rd.**

Lunch at Farmer & the Fish in Purdys, Harvest Moon Orchard & Farmer's Market.

Monday, Oct. 19th : 10am—4:00pm

First stop at Harvest Moon Orchards, then lunch at the acclaimed Farmer & the Fish Restaurant. Time to visit restaurant store. **Fee for 3 course meal, beverages and gratuity: \$40. Pay cash day of the trip. Sign up by Wed. October 14th.**

Brooklyn Neighborhood Noshing":

Friday, October 23rd: 9am– 5:30pm

Travel through several of Brooklyn's ethnic neighborhoods, learn their history and sample their foods. Stops will include Borough Park, for blintzes, Sunset Park for Chinese food,, DUMBO for the best pizza, Fulton Landing for ice cream and Atlantic Ave.

Brooklyn Noshing: continued

For Middle Eastern Food, and a stop at a popular food market. Tour Guides: Sue & Art Zuckerman. **Fee for Coach Bus, tour guides and all food tasting: \$75.00. Sign up by Thursday, October 8th.**

New York Historical Society: "Picasso's LeTricorne" Exhibit

Wed. Oct. 28th: 9:30am –4:00pm

Picasso painted this famous stage curtain for the "Three Cornered Ballet" in London in 1919. Exhibit includes other famous works. Lunch on your own after tour. **Tour Fee: \$21. Sign up by Tues. 10/6/15**

Whitney Museum:

Mon. Nov. 2nd. 9am—4:30pm.

Guided tour of the Permanent exhibition. Time to browse. Lunch on your own. **Tour Fee: \$30.00.**

Sign up by Oct. 6th.

One registration per person.

Radio City Christmas Spectacular:

Mon. Dec. 7th: 9am –4:30pm

Enjoy this famous Radio's City Christmas and show & see the Rockefeller Plaza all "dressed up" for the holidays! Lunch on your own after show,. **Fee: \$68.00 Sign up by Tues. Oct. 13th.**

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

SENIOR ASSISTANCE

Blood Pressure Check:

*Call for dates.

Podiatrist **Dr. Mervyn Kaplan**

**Thursday,
October 8th
11:30am –
12:30pm**

**GREENBURGH PARKS AND RECREATION - REGISTRATION FORM
MULTIPURPOSE CENTER CLASSES AND TRIPS (July-December 2015)**

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	4300-0	FITNESS1/SEATED EXERCISE	\$35/\$62
	Monday @ 10:30 to 11:30	4300-1	PILATES/YOGA	\$35/\$62
	Monday @ 1:00 to 2:30	3014-3	CONVERSATIONAL SPANISH	\$30/\$48
	Tuesday @ 9:30 to 10:30	4300-2	FITNESS 6/LOW IMPACT AEROBICS	\$35/\$62
	Tuesday @ 10:30 to 12:30	4300-3	PHOTOGRAPHY	\$35/\$62
	Tuesday @ 10:30 to 11:30	4300-4	SEATED CHAIR YOGA	\$35/\$62
	Tuesday @ 12:00 to 12:45	4301-7	ZUMBA GOLD 1	\$40/\$60
	Tuesday @ 12:30 to 2:30	4300-5	IMPROVE YOUR BRIDGE GAME	\$35/\$87
	Tuesday @ 2:30 to 4:30	4300-6	LOWER INTERMEDIATE BRIDGE	\$35/\$87
	Wednesday @ 10:30 to 11:30	4300-7	FITNESS 4/SEATED EXERCISE	\$35/\$62
	Wednesday @ 9:30 to 10:30	4300-8	DANCING	\$35/\$62
	Wednesday @ 10:00 to 12:00	4300-9	MAH JONGG	\$35/\$75
	Thursday @ 9:30 to 10:30	4301-0	YOGA	\$35/\$62
	Thursday @ 10:00 to 12:00	4301-1	ADV./INT. BRIDGE	\$35/\$87
	Thursday @ 11:00 to 12:00	4301-2	FITNESS 7/LOW IMPACT AEROBICS	\$35/\$62
	Thursday @ 1:00 to 3:00	4301-3	CREATIVE ARTS	\$35/\$80
	Friday @ 9:30 to 10:30	4301-4	FITNESS 5 (WALKING & WEIGHT TRAINING)	\$35/\$62
	Friday @ 11:00 to 11:45	4301-8	ZUMBA GOLD 2	\$40/\$60
	Friday @ 1:00 to 3:00	4301-5	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

Columbus Day Party



Tuesday, Oct. 6th
Multipurpose Center
\$5 in advance

Supervisor:
Paul J. Feiner

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

Town Clerk:
Judith Beville

TDYCC's



Annual HALLOWEEN PARTY
Friday, October 30th
10am - 1pm