

Greenburgh Senior Highlights

May/June 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
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

*For BBQ/Picnic Schedule see
bulletin board or call 989-3622*

Gospel Uptown Restaurant	5/6
AARP Driver Safety Workshop	5/8
Surprise Celebration Event	5/21
South Street Seaport.....	6/19
Hometown Buffet Restaurant.....	6/1
Captains Cove, CT	6/3
Pancake House	6/17

**Lunch served—
Monday through Friday
at 11:30 am**

Live Music Every Friday!



NEW OVERNIGHT TRIP!

For those of you who weren't able to attend the upcoming Cruise Trip, we have scheduled a "Rail and Sail" Trip which includes motor coach transportation, Amtrak scenic mountain rail journey, Lake Champlain Sunset Cruise, overnight stay in Burlington, Vermont including continental breakfast. You will visit The New England Culinary School and enjoy a gourmet lunch, plus a visit to the Burlington Church Street Marketplace. The trip is scheduled for September 12, 2010. Fee is \$290.00 per person. For more information contact George Coniglio at 914-989-3622.

TDYCC SENIOR CITIZEN ADVISORY COMMITTEE

- Eleanor Smith
Chairperson
- Lorenzo Brown
Vice Chairperson
- Gwyneth Moore
- Myrtle Dawson
- Mildred White
- John Tsai
- Lillian Jenkinson
- Bernice Lowell
- Jennie Coleman
- Thelma Washington

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

From the Desk of George Coniglio

HAPPY SPRINGTIME!

The time has come when I go from wearing sports jackets to Hawaiian shirts! To celebrate the springtime we have special trips scheduled just for you; Captain's Cove, South Street Seaport, plus the 9th Annual Asian-American celebration held at Yosemite Park. We also have in response to your feedback, two new restaurants: The Gospel Uptown Restaurant and The Hometown Buffet.

Your feedback, good ideas and suggestions are always welcomed. Contact me directly at 914-989-3622 or email me at gconiglio@greenburghny.com



Food Stamp Eligibility Presentation



Presented by the SNAP— Supplemental Nutrition Assistance Program. Marilyn Rivera from the Food Bank of Westchester on Monday May 3rd at 11:00 am in the TDYCC lounge.



Fairview Friday Cafe Entertainment

Join us every Friday for live music by a variety of talented musicians, performing an assortment of music including standards, oldies, folk, and R&B.

- Patricia Adams..... 4/9
- William Spaulding..... 4/16
- The Virgil Scott Trio 4/23
- Derek Lawson..... 4/30
- Barbara Fulton 5/7
- Vita Gasparro..... 5/14
- Irwin Finger 5/28



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
	Chinatown, NYC	5/4	Tuesday	11:00 am	Cost of lunch
	Foot Doctor	5/4	Tuesday	11:00 am	N/C
	Gospel Uptown Restaurant	5/6	Thursday	11:30 am	Cost of lunch
	AARP Safe Driver Workshop	5/8	Saturday	8:45 am	\$12.00
	Stew Leonards	5/11	Tuesday	12:30 pm	N/C
	Freight Liquidators	5/13	Thursday	12:30 pm	N/C
	Flushing, Queens	5/18	Tuesday	11:00 am	Cost of lunch
	“Because We Care” Visit	5/20	Thursday	12:30 pm	N/C
	Surprise Celebration	5/21	Friday	11:00 am	\$3.00 60+/\$4.00 under 60
	WalMart, Fishkill	5/22	Saturday	11:00 am	Cost of lunch
	Woodbury Commons	5/25	Tuesday	11:00 am	Cost of lunch
	Harlem, NYC	5/27	Thursday	12:30 pm	N/C
	Hometown Buffet, Wappinger Falls	6/1	Tuesday	11:30 am	Cost of lunch
	Foot Doctor	6/1	Tuesday	11:00 am	N/C
	Captain’s Cove, CT	6/3	Thursday	11:00 am	Cost of lunch
	Flushing, Queens	6/8	Tuesday	11:00 am	Cost of lunch
	Arthur Avenue, Bronx	6/10	Thursday	12:30 pm	N/C
	Fairway Market in Pelhm	6/15	Tuesday	12:30 pm	N/C
	“Because We Care” Visit	6/17	Thursday	12:30 pm	N/C
	South Street Seaport	6/19	Saturday	10:00 am	Cost of lunch
	Starving Artists Café	6/22	Tuesday	11:00 am	\$14.00 for Fried Whiting or \$11.00 for Shrimp
	Asian-American Celebration	6/24	Thursday	11:00 am	\$3.00 60+/\$4.00 under 60

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



"Work up a sweat with us!"



Mary Yan,
President of the Evergreen Club
with Fang Eleanor 93 and
Fang Hien Chee 98



Welcome! How can I help you?



Irene Lane and daughter



Our Google Expert!

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, - *Super-*

vised 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 Bor-

risoff

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

Multipurpose Center Closings

Memorial Day: Mon. May 31st

Independence Day: Mon., July 5th

EVENTS

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! We will be competing against other senior centers! Sign up at the Front Desk.

Matinee Club Meeting

Thursday, May 6th, 11:30am

Thursday, June 3rd, 11:30am

AARP Safe Driving Class

Friday, June 11th; 9am-5pm

Fee: \$12 for AARP Members or \$14 for Non-Members. Call Diane Crasto @ 693-8985, x101 for reservations.

Book Discussion

Tuesday, May 25th: 1030am

"Mudbound" by Hillary Jordan. Valerie Griffith, Greenburgh Librarian, will be the discussion leader.

MULTIPURPOSE CENTER ACTIVITIES

Friday@the

Movies

12:30 pm

May 7th

“It’s Complicated”
(Meryl Streep)

“May 14th

“The
Missing Person”
(Independent Film)

May 21st

“Crazy Heart”
(Academy Award
Winner Jeff
Bridges)

June 4th

“Precious”
(Academy Award
Actress
Mo’Nique)

June 18th

“Invictus”
(Morgan Freeman)

June 25th

“Up in the Air”
(George Clooney)

NATIONAL SENIOR HEALTH AND FITNESS DAY.

Wed. May 26th; 9:30am-3:00pm

Come be a part of a national celebration! Exercise classes, table displays, special activities, NintendoWii, a health lunch and guest speaker. Registration for activities is required. Sign up at the Front Desk.

ANNUAL SENIOR PICNIC

Wednesday, June 2nd; 11:30am

Come test your luck and play Bingo! Lots of prizes will be given out. Enjoy a delicious picnic lunch and listen to great music. Sponsored by the Greenburgh Nutrition Program. **Fee:\$5.00.** Please sign up at the Front Desk by Monday, May 24th.

Nintendo Wii with Seniors from Drum Hill in Peekskill

Monday, June 14th, 11:30am-1pm

Come play Wii Bowling with seniors from Drum Hill Senior Complex in Peekskill. Teams will be formed! Refreshments provided. Sign up by Thursday, June 10th.

Craft Workshop

Thursday, June 24th, 12 noon-1pm

Make a beaded choker necklace..looks great with your summer wardrobe!
Fee:\$5.00. Pay at workshop,

TRIPS

Hike at Cranberry Lake Preserve

Wednesday, May 12th,11:30am-2pm

A 90 minute guided hike around Cranberry Preserve. Bring a Bag Lunch!
Fee: \$5. Pay the day of the trip. Sign up by Monday, June 10th.

Matinee Club Trip

Wed. May 19th, 10:30am-6pm

Lunch Club Trip to “Q” in Port Chester

Monday, June 7th; 11:30am-2:30pm

One of Westchester’s best BBQ Restaurants! **Fee: \$20 Price fix** includes: salad, appetizer sampler, entrée sampler (choices include chicken, pork, ribs or brisket) and coffee, tea or soda. Buy dessert at the Kneaded Bread bakery or ice cream store across the street. **Sign up at the Front Desk by Wednesday, June 2nd.**

Wave Hill Garden and Cultural Center in the Bronx

Wed., June 9th, 9:30am-3:30pm

A guided tour of the beautiful Wave Hill gardens and gallery exhibit. Pay for your lunch in the café. Time to explore on your own. **Tour fee: \$18.** **Sign up at Front Desk by Tuesday, May 18th.**

Nosh Around New York

Tuesday, June 15th,

9:30am– 5pm

Susan Teltser-Schwarz will guide us through several culinary delights in Manhattan. Lunch will be at Café Greco. We will visit the following places: German butcher, Russ and Daughter’s Appetizers, Murray’s Cheese (\$2 per person), and Rice to Riches. **Fee for coach bus, docent and lunch: \$55.00**

Sign up by Tues., May 25th

Lunch includes appetizer, entrée, dessert, coffee and tip. . **\$2 for Murray’s Cheese Shop will be collected the day of the trip. Bring \$3.50 if you want to order a bagel from Russ and Daughter’s.**

MULTIPURPOSE CENTER ACTIVITIES

SENIOR ASSISTANCE

Visiting Nurse

DAY AND TIME HAS CHANGED.

**Tuesday,
May 14th
9:30am-
10:30aHASm**

**Visiting Nurse
Tuesday, June 1st
9:30am-10:30am**

**Nutritionist
Nella Caggiano
By Appointment
Only**

**Social Services
Available
Joe Murphy
Geriatric social
worker. By appoint-
ment only.**

Hike at Taxter Ridge Preserve in Irvington.

Friday, June 18th, 9:00-11:00am

A guided walk through the picturesque preserve. This moderate trail is hilly. Sneakers or hiking shoes are a must! Bring a bottle of water.

No Fee. **Sign up by Tuesday, June 15th.**

Fairway Market in Pelham.

Monday, June 21st: 11am-2:20pm

Visit Westchester's newest fresh food market. Guaranteed to have something for everyone's palate! No fee. Sign up by Thursday, June 17th.

Matinee Club Trip

Wed., June 23rd, 10:30am-6pm

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.

TRIP DEADLINE INFORMATION

Trip deadlines are established to meet invoice deadlines in the business office. If spaces fill up before the deadline listed for a specific trip, then your name will be added to a waiting list. If you are interested in a trip, sign up as soon as possible..don't wait until the last minute!!

UPCOMING EVENTS

Independence Day Celebration

Thursday, July 1st.

Celebrate America's birthday on the Multipurpose Center's patio!



Hot Dogs on the grill, pasta salad, Munchies, watermelon and dessert!

Fee: \$4.00. Sign up

at the Front Desk by Friday, June 25th.

ANNOUNCEMENTS

CLASS REGISTRATION

The July-December session begins on Thursday, July 1st. Please remember to re-register for your classes at the Front Desk!

SUMMER PING PONG HOURS

Starting Monday, June 28th, 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 and get the latest updates on new events and trips happening at the Multipurpose Center!!

GREENBURGH PARKS AND RECREATION - REGISTRATION FORM
OFFICE FOR THE AGING CLASSES AND TRIPS (January - June 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	4013-0	FITNESS 1	\$20/\$36
	Monday @ 10:30 to 11:30	4013-1	FITNESS 2	\$20/\$36
	Tuesday @ 9:30 to 10:30	4013-5	FITNESS 6	\$20/\$36
	Tuesday @ 10:00 to 12:00	4017-0	CANASTA	\$20/\$51
	Tuesday @ 10:00 to 12:30	4018-0	PHOTOGRAPHY	\$20/\$36
	Tuesday @ 1:00 to 3:00	4012-0	INTERMEDIATE BRIDGE	\$20/\$51
	Tuesday @ 3:00 to 5:00	4012-0	ADVANCED BEGINNERS BRIDGE	\$20/\$51
	Wednesday @ 10:30 to 11:30	4013-3	FITNESS 4	\$20/\$36
	Wednesday @ 9:30 to 10:30	4014-0	DANCING	\$20/\$36
	Wednesday @ 10:00 to 12:00	4017-2	MAH JONG	\$20/\$51
	Thursday @ 9:30 to 10:30	4015-0	YOGA	\$20/\$36
	Thursday @ 10:30 to 12:30	4012-1	ADV./INT. BRIDGE	\$20/\$51
	Thursday @ 11:00 to 12:00	4013-6	FITNESS 7	\$20/\$36
	Thursday @ 1:00 to 3:00	4011-2	PAINTING	\$20/\$51
	Friday @ 9:30 to 10:30	4013-4	FITNESS 5 (WALKING)	\$20/\$36
	Friday @ 10:30 to 11:00	4016-0	WEIGHT TRAINING	\$20/\$24
	Friday @ 1:00 to 3:00	4011-3	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 new 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

Health & Fitness day
Wed. May 26th
9:30am - 3pm



MULTIPURPOSE CENTER

Supervisor:
Paul J. Feiner

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

Town Clerk:
Judith Beville

ANNUAL SENIOR PICNIC & Bingo Party



Wednesday
June 2nd-11:30am
\$5.00