

Greenburgh Senior Highlights

March/April 2016

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
André G. Early, Interim 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

MARCH

Cross County.....3/1
Hurricane Grill.....3/3
WalMart.....3/8 & 4/14
Senior Movie.....3/10
Palisades Mall..3/15
Because We Care....3/17 & 4/21
ShopRite.....3/22
Empire City.....3/23 & 4/27

APRIL

Christmas Tree Shop.....4/5
Amy Ruth's.....4/7
Flushing, Queens 4/12
City Island.....4/19
Chinatown (NYC).....4/26

BINGO.....M.W. & F. 12:30-2:00pm
LUNCH...Mon-Fri @ 11:30am

Theodore D. Young
SENIOR CITIZEN
ADVISORY
COMMITTEE
MEETING

MONDAY,
March 28TH
@ 10:30AM

Eleanor Smith
Chairperson



EMPIRE CITY

WEDNESDAYS
3/23 & 4/27

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!

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

From the Desk of Tina P. Harper

There's Something About Spring...

There's something about sun and flowers in bloom, budding perennials and showers at noon that makes seniors want to get up and out to see what spring-time's all about. As green returns and weather warms we revisit the sites TDYCC seniors adores. Woodbury Commons and Flushing Queens are bringing our seniors back on the scene. City Island and Chinatown give everyone good reason to get around. St. P atty's and Italian American celebrations fill our spring with musical sensations. It's time to emerge from our wintery respites and indulge in the joy of pre-summer antics!!! Find out what we love about spring at TDYCC.....

It's a Senior Thing!!!

- Tina Harper

BILOXI/NEW ORLEANS
In 2016



Saturday, April 30th—
Sunday May 8th

\$745 for double occupancy

\$1,055 for singles

Next Travel Club Mtg:
Monday, 3-14 @ 12:30pm

ANNUAL
St. Patrick's Day
Celebration



Friday,
April 22nd
10:00 am - 11:00 am

Registration Required
Call 914-989-3639



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
	Cross County Mall	3-1-16	Tuesday	12:00 pm	cost of lunch
	Hurricane Grill (Hartsdale)	3-3-16	Thursday	12:00 pm	cost of lunch
	WalMart, Fishkill	3-8-16	Tuesday	11:00 am	cost of lunch
	Senior Movie	3-10-16	Thursday	10:00 am	cost of lunch
	Palisades Mall	3--15-16	Tuesday	11:30 am	cost of lunch
	Because We Care	3-17-16	Thursday	12:00 pm	cost of lunch
	ShopRite	3-22-16	Tuesday	12:00 pm	cost of lunch
	Empire City, Yonkers	3-23-16	Wednesday	11:00 am	cost of lunch
	Applebee's (Greenburgh)	3-24-16	Thursday	12:30 pm	cost of lunch
	Woodbury Commons	3--29-16	Tuesday	11:00 am	cost of lunch
	Arthur Avenue (Bronx)	3-31-16	Thursday	12:00 pm	cost of lunch
	Christmas Tree Shop	4-5-16	Tuesday	12:00 pm	cost of lunch
	Amy Ruth's (Harlem)	4-7-16	Thursday	11:30 am	cost of lunch
	Flushing, Queens	4-12-16	Tuesday	11:00 am	cost of lunch
	WalMart, Fishkill	4-14-16	Thursday	11:00 am	cost of lunch
	City Island	4-19-16	Tuesday	12:00 pm	cost of lunch
	Because We Care	4-21-16	Thursday	12:00 pm	cost of lunch
	Chinatown, NYC	4-26-16	Tuesday	11:00 am	cost of lunch
	Empire City, Yonkers	4-27-16	Wednesday	11:00 am	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 Meeting Dates



Monday, March 21st

Monday, April 18th

Monday, May 16th

Monday, June 20th

All Meetings begin at 12:30pm.... Come Prepared to Vote!!!!



10:00 am - 2:00 pm
Fridays &
Saturdays
thru April 15th



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.*

DATES & TIMES

Saturday, January 9 th , 2016	8:45am – 3:30pm
Monday, March 21 st , 2016	8:45am – 3:30pm
Saturday, March 26 th , 2016	8:45am – 3:30pm
Monday, May 9 th , 2016	8:45am – 3:30pm

LOCATION

Town of Greenburgh's Department of Community Resources
Theodore D. Young Community Center
32 Manhattan Avenue
White Plains, New York 10607

TO REGISTER

Call Tina @ 914-989-3631 to register
Bring lunch, as the break is only 30 minutes

CLASSROOM COURSE:

\$20 for AARP members • \$25 for non-members

For more information visit www.aarp.org/drive

***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 Yoga 1 w/Paige Brodsky

TUESDAY

9:30 -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—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 -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 or Audrey Schlau

THURSDAY

8;30-9:30am QiGong

9:30 -10:30 Yoga 2 , w/Paige Brodsky

9:30– 10:30am: Zumba Gold 3 w/ Diane Sorg *meets in the community room*

10:00-12:00 Adv. Intermediate Bridge w/ Barbara Garner(*Learn more advanced bidding techniques/declarer play and*

THURSDAY..cont.

Adv./Intermediate Bridge cont.

defense. Must have solid bidding basics. Meets twice a month.

10am –11:30am: Men’s Finance Club– a discussion group.

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:

Good Friday:3/25 at 12 noon.

EVENTS:

March/April Bridge Dates:

Tuesday Classes:

March : 8th & 22nd

April: 5th & 19th

Thursday Class:

10am-12 noon.

March: 10th & 24th

April:7th & 21st

Duplicate Bridge: 12:30-3:00pm

Monday: April 4th

Matinee Club Meetings:

Thursday, March 3rd : 11:45am

Thursday, April 7th: 11:45am

MULTIPURPOSE CENTER ACTIVITIES

Friday

@ the Movies

12:30 pm

March 11th "Everest"

(Jason Clarke,
Josh Brolin"

March 18th
"The Intern"
(Robert DeNiro,
Anne Hathway"

April 8th
"The Age
Of
Adelaine"
(Ellen Burstyn,
Harrison Ford)

April 29th
"The Walk":
(Ben Kingsly,
Jason Gordon-
Levitt)

AARP Tax Aide:10am-2pm
Every Wednesday thru April 13th..
AARP Tax Counselors available to
assist with tax returns on a first
come, first served basis.

Qi Gong Class- 8 weeks
**Thursdays: March 3rd- April
21st. 8:30am -9:30am** Fees: \$30
resident seniors, \$40 for adults. \$40
for non-residents. Sign up now.

St. Patrick's Day Party
Tuesday, March 15th: 12:30 pm
Live music & Irish step dancers.
Corned beef & cabbage! Don't
forget to wear green! **Sign up now
at front desk by Thurs. 3/10.**
\$5 in advance. \$6 a the door.

Book Discussion: 10:30am
March 29th:"Atonement" by Ian
McEwan
April 26th: "Age of Innocence" by
Edith Wharton
*Books reserved at Greenburgh
Library Desk 1 month in advance.

Zumba Gold: Spring 2016
10 week sessions.
Tuesdays: 12:00 noon -12:45pm
April 5th -June 7th

Thursdays: :30am-10:15am :
: April 7th-June 9th

Fridays: 11:00am-11:45am
April 8th-June 10h

**Fee: \$40:Residents. \$60: Non-
residents. Sign up Monday 3/14.**

Senior Outdoor Tennis Clinic
6 Tuesdays: April 26- may31st
10:30-11:30am : Anthony Veteran
Park tennis courts. Equip. provided.
**Fee: \$20.residents. \$25/non-
residents. Sign up April 4th.**

Spring Art Lecture Series w/ Cherise Gordon: 4 weeks

**Thurs. March 31st & April 7th,
14th & 21st. Time: 1:00-2:30pm**
Highlights class covering many
topics: East Asian art , masterpieces
from the Met" and Uffizi Gallery, the
Old Master and Mannerism from El
Greco to Rembrandt. Also included:
women artists from Renaissance to
contemporary art, and top gallery/
museum exhibits to visit now!
**Fee: \$25. Sign up start Mon. March
7th. *requires separate registration
form from classes or trips***

Special Presentation : The Importance of a Heart Healthy Lifestyle:

Wed. April 6th: 12:30 -1:30pm.
A cardiologist from St. John's River-
side Hospital will discuss how diet,
exercise and "everyday living " may
affect your heart. Also included will be
risk factors to be on alert for! Light
lunch provided. Pre-registration is re-
quired. Call 693-8985, x117 or sign up
at the Front Desk.

Spring Craft Workshops: Instructor: Susan Spillo

"Design Your Own Silk Scarf"
Tuesday, April 12th: 1:00-2:00pm.
Choice of 2 techniques to create your
own design on a beautiful silk scarf.

Jewelry Creations-Beaded Earrings,
Necklaces, or Bracelets
Wed. May 4th: 12:30-1:30pm.
Create your own beaded jewelry!

**Fees: \$15 registration fee per work-
shop. \$5 material fee. -paid to
instructor at workshop.**

Sign up begins Monday, March 7th.

MULTIPURPOSE CENTER ACTIVITIES

SENIOR ASSISTANCE

Blood Pressure Check:

Rite Aide
Thursday,
*call for date

Podiatrist
Dr. Mervyn
Kaplan
*call for date

TRIPS:

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

Matinee Club trips: 10:30am

Wed. March 23rd

Wed. April 20th

Celebrate Restaurant Weeks:

Tarry Lodge in Port Chester

Monday, March 7th: 10:30am –3pm

Italian food at its best! Time to visit the Tarry Market and the Kneaded Bread bake shop before lunch. **Deadline: Fri. March 5th.**

Gaudio's Grill in White Plains

Wed. March 16th: 12 noon –3pm

Delicious Argentinean restaurant.

Deadline Mon. March 14th.

Fee for each restaurant: \$26, includes tip not beverages. Pay in cash the day of trip.

Jewish Film Festival –Jacob Burns Theater in Pleasantville

Wed, April 13th: 10:30am –3:30pm

2 choices: "A New Leaf" or "The Muses of Isaac Bashevis Singer, along with a short film about his early memories in NY. More info. at Front Desk.

Lunch on own before movie. **Movie Fee: \$7 in cash at registration. Must pick movie when you register.**

Deadline: Fri. April 8th.

Union Square & Ladies Mile: Walking tour w/ Marty Shore

Mon. April 18: 9am –4:30pm, Union square history. Visit the Farmer's Market. After lunch, walk "Ladies Mile" - The heart of the Gilded Age.

Union Square trip—continued.

Tour fee: \$16.00. rain date:

Mon. 4/25.. Deadline: Wed .4/13.

Brooklyn Museum Tour

Thurs. April 28th: 8:45am–

5:30pm. Cherise Klebanov will guide

the group through the Elizabeth Sackler Center, along with "The European Paintings" & the "I See My-

self In You" exhibits. Lunch & time

to browse in the museum. **Fee:\$48.00**

Includes tour fee & coach bus.

Deadline: Tues. 4/5.

Upcoming Trip: sign up
beginning Tues, April 19th.

Brooklyn Bridge Walk, Chinatown & Little Italy w/ Marty

Shore .Mon. May 23rd. Rain

Date: Wed. May 25th. 9am–

5:30pm

Start in Brooklyn, walk over the bridge while learning the history of why and how the bridge "came to be". Great views of the "cityscape"

Lunch in Chinatown, Dessert in Little Italy.! **MUST** be able to walk a mile over the bridge and another mile total through both neighborhoods.

Tour Fee & coach bus: \$45.00.

Lunch & dessert extra. Deadline:

Tues. May 3rd.

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.

**GREENBURGH PARKS AND RECREATION - REGISTRATION FORM
MULTIPURPOSE CENTER CLASSES AND TRIPS (January - June 2016)**

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	4013-0	FITNESS1/SEATED EXERCISE	\$35/\$62
	Monday @ 10:30 to 11:30	4013-1	YOGA 1	\$35/\$62
	Monday @ 12:30 to 2:00	3014-3	BEGINNER SPANISH	\$30/\$48
	Monday @ 2:00 to 3:30	3014-4	ADV. BEGINNER SPANISH	\$30/\$48
	Tuesday @ 9:30 to 10:30	4013-5	FITNESS 6/LOW IMPACT AEROBICS	\$35/\$62
	Tuesday @12:00 to 12:45	4302-4	ZUMBA GOLD 1	\$40/\$60
	Tuesday @ 10:00 to 12:00	4018-0	PHOTOGRAPHY	\$35/\$62
	Tuesday @ 10:30 to 11:30	4005-2	SEATED YOGA	\$35/\$62
	Tuesday @ 12:30 to 2:30	4012-0	IMPROVE YOUR BRIDGE GAME	\$35/\$87
	Tuesday @ 2:30 to 4:30	4012-2	LOWER INTERMEDIATE BRIDGE	\$35/\$87
	Wednesday @ 9:30 to 10:30	4014-0	DANCING	\$35/\$62
	Wednesday @ 10:30 to 11:30	4013-3	FITNESS 4/SEATED EXERCISE	\$35/\$62
	Wednesday @ 10:00 to 12:00	4017-2	MAH JONGG	\$35/\$75
	Thursday @ 9:30 to 10:30	4302-5	ZUMBA GOLD 3	\$40/\$60
	Thursday @ 9:30 to 10:30	4015-0	YOGA 2	\$35/\$62
	Thursday @ 10:00 to 12:00	4012-1	ADV./INT. BRIDGE	\$35/\$87
	Thursday @ 11:00 to 12:00	4013-6	FITNESS 7/LOW IMPACT AEROBICS	\$35/\$62
	Thursday @ 1:00 to 2:30	4011-2	CREATIVE ARTS	\$35/\$80
	Friday @ 9:30 to 10:30	4016-0	FITNESS 5 (WALKING & WEIGHT TRAINING)	\$35/\$62
	Friday @ 11:00 to 11:45	4302-6	ZUMBA GOLD 2	\$40/\$60
	Friday @ 1:00 to 3:00	4011-3	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

St .Patrick's Day Party
Tuesday, March 15th



12:30pm

Music & Irish Step Dancers.
Multipurpose Center :
\$5 in advance. \$6 at door.

Supervisor:
Paul J. Feiner

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

Town Clerk:
Judith Beville

TDYCC's
**Italian American
Celebration**
Friday, April 22nd
10:00 am - 1:00 pm

