

# Greenburgh Senior Highlights

## November/December 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.

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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](mailto:gconiglio@greenburghny.com)**  
Front Desk/Transportation: 989-3600  
Public Transportation: Bus Stop Rt. 119  
and Manhattan Ave.: 813-7777

- Theater Club **12:30pm** .....11/14& 12/12
- “Movement” w/ Martin .. .....Tuesdays
- Lunch at “X20.....12/15
- Wal-Mart, Fishkill.....11/3 & 12/1
- Fairview CAFÉ’ Entertainment...Fridays
- TGIF, Tarrytown.....11/17
- Flushing, Queens.....11/29 &12/6
- Empire City, Yonkers.....11/23 & 12/7
- BECAUSE WE CARE VISIT..... 12/27
- Thanksgiving Lunch.....11/22
- Shope—Rite, Yonkers.....12/13
- Holiday Party .....12/14
- Stew Leonard’s.....12/22
- Fairway Market, Pelham.....12/20

Theodore D. Young  
SENIOR  
CITIZEN  
ADVISORY  
COMMITTEE

Eleanor Smith  
Chairperson

Lorenzo Brown  
Vice Chairperson

Gwyneth Moore

Myrtle Dawson

Liu Fang Mien

Bernice Lowell

Jennie Coleman

## EMPIRE CITY

WEDNESDAY 11/23 & 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

# Best Wishes for the Holiday Season!

As we approach the Holiday season, we have a renewed gratefulness for the many friendships that have formed within our Community Center. It also a time to reflect several special milestones;

**“ Drawing and Painting”**  
Class is a Center “original” which began when the building was completed in 1972. Generations of participants have learned skill and techiques need to create wonderful paintings. Jason Alloway is our second instructor with the late Gregory Lysun serving as instructor for 32 years  
\* **Yoga** recently celebrated 14 years. The class began with the addition of the expanded second floor in 1997

**Evergreen Club** has called the Theodore D. Young Community home for 11 years.

**Bridge;** Wednesday has been Bridge Day at our center for 26 years.

**Nutrition Program;** has been a Center original since 1973. It estimated that over 300,000 lunches have been served during this time.

**Fairview Theater Club....** celebrates 14 years and over 200 Play outings.

**Note NEW TIME for monthly meetings is 12:30pm**

### *Special Thank You*

Stanley Nelson's Family generously donated flowers to the “Because We Care” Visits. Your caring is much appreciated. While we miss Mr. Nelson, are certain that he would be most pleased to at your thoughtfulness.



# 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
	Louis Armstrong Visit	11/1	Tuesday	11:00am	5.00 at door
	Wal-Mart, Fishkill / Cracker-barrel Restaurant	11/3	Thursday	11:00am	cost of lunch
	<b>Jacob Burns Movie</b>	<b>11/9</b>	<b>Wednesday</b>	<b>12 noon</b>	<b>6.00 at door</b>
	Theater Club Meeting	11/14	Monday	<b>12:30</b>	30.00 Membership
	9/11 Memorial , NYC	11/15	Tuesday	11am	4.00 donation
	TGIF , Tarrytown	11/17	Thursday	11:30am	cost of lunch
	Thanksgiving Lunch	11/22	Tuesday	11:30am	3.00 60+,6.00 under 60
	Empire City, Yonkers	11/23	Wednesday	11:00am	n/c
	Flushing, Queens	11/29	Tuesday	11:00am	cost of lunch
	Wal-Mart, Fishkill / Cracker-barrel Restaurant	12/1	Thursday	11:00am	cost of lunch
	Flushing, Queens	12/6	Tuesday	11:00am	cost of lunch
	Empire City, Yonkers	12/7	Wednesday	11:00am	n/c
	<b>Because We Care Visit</b>	<b>12/8</b>	<b>Thursday</b>	<b>11:00am</b>	<b>n/c</b>
	Theater Club	12/12	Monday	<b>12:30pm</b>	30.00 Membership
	Shoppe-Rite, Yonkers	12/13	Tuesday	12:30pm	n/c
	Holiday Party	12/14	Wednesday	11:am	5.00 residents/ 8.00 N.R.
	<b>“X20 Restaurant, Yonkers</b>	<b>12/15</b>	<b>Thursday</b>	<b>11:30am</b>	<b>30.00 Lunch Special</b>
	Fairway Market, Pelham	12/20	Tuesday	12:30pm	n/c
	Stew Leonard’s	1222	Thursday	12:30pm	n/c
	<b>“Because We Care Visit”</b>	<b>12/27</b>	<b>Tuesday</b>	<b>12:30pm</b>	<b>n/c</b>
	Palisades Mall	12/29	Thursday	12:30pm	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 <sub>2</sub> 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

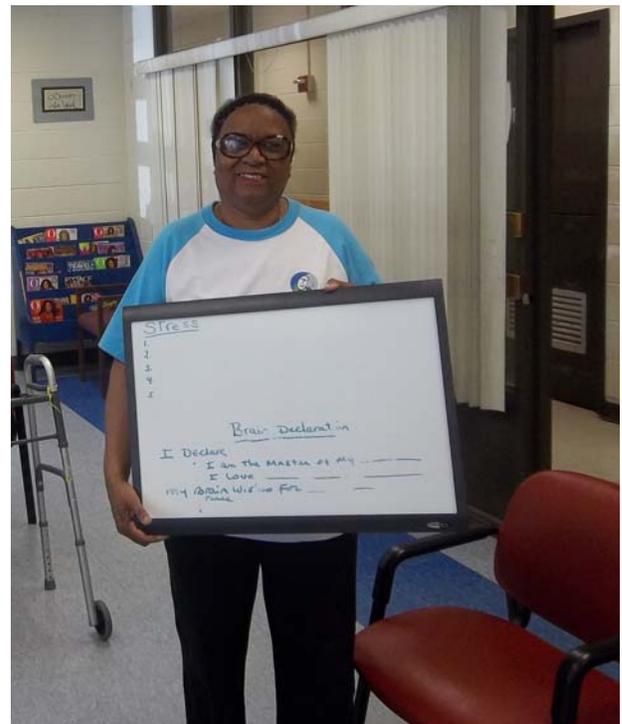
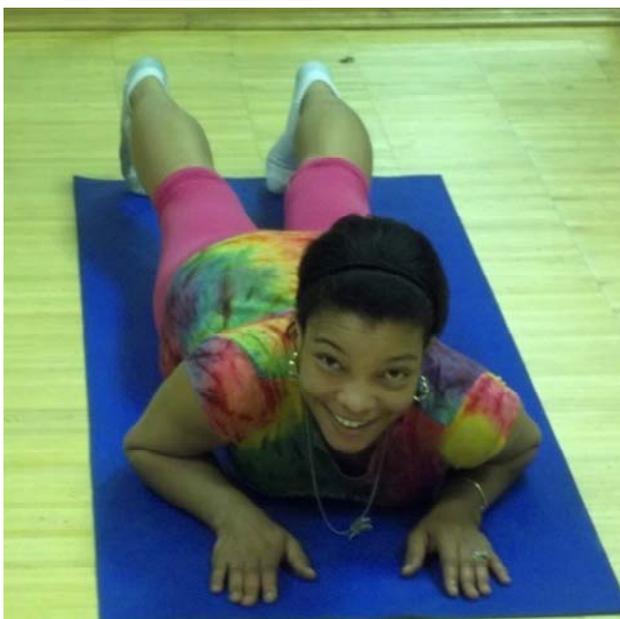


### THURSDAYS

Yoga	8:30—9:45 am	Park Studio
Golden Ages H <sub>2</sub> 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 <sub>2</sub> 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)  
**Tina Harper Fitness Instructor**

**Beverly Rivers Brain Aerobics**

Theodore D. Young Community Center

Senior Citizen/Older Adult Programs and Services

# Fun with Movement!



**Martin Returns!**

**Every Tuesday On-going until Dec 6<sup>th</sup>, 2011**

**10:30-11:30am Lounge Area**

*Made possible by the generous consideration of*

*Westchester Community College*

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** Creative Arts, with Irma Spielberg

### 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

### BRIDGE CLASS SCHEDULES:

#### Tuesday Bridge Classes:

November: 1st, 15th, and 29th  
December: 6th and 20th

#### Thursday Bridge Class:

November: 3rd and 17th  
December: 1st, 15th

#### Duplicate Bridge: 1:00-3:00pm

Wednesday, November 1st  
Wednesday, December 7th

### Multipurpose Center Closings

**Election Day:** Tuesday, Nov. 8th

**Veteran's Day:** Friday, Nov. 11th

**Thanksgiving:** Thursday and Friday, Nov. 24th & 25th

**Christmas:** Friday, Dec. 23rd at 12 noon  
Center re-opens Tuesday, Dec. 27th.

**New Year's:** Friday, Dec. 30th: 12 noon  
Center re-opens Tuesday, Jan. 3rd.

### EVENTS

#### Matinee Club Meetings

Thursday, Nov. 3rd -11:45am  
Thursday, Dec. 1st 11:45am

# MULTIPURPOSE CENTER ACTIVITIES

## **FRIDAY** **AT** **THE** **MOVIES** **12:30 pm**

**November 18th**  
**“Secretariat”**

**December 2nd**  
**“Social Network”**

**December 9th**  
**“The Goodbye Girl”**

**December 16th**  
**“The Town**

## **Need Help Understanding Your Medicare Prescription Drug Options?**

**Tuesday, Nov. 15th: 11am**  
A special presentation by the Medicare Rights Center. From October 15th through December 7th, senior citizens have the chance to change their Medicare Prescription drug plan. Learn about the differences between Original Medicare and Medicare Advantage. Find out about the changes in EPIC for 2012. Refreshments served. **Sign up at the Front Desk by Friday, November 11th.**

**Thanksgiving Lunch**  
**Tuesday, Nov. 22nd at 12 noon**  
Share a special Thanksgiving lunch with your friends at the Multipurpose Center. **Fee for lunch: \$5.00. Bring a dessert to share! Sign up by Thursday, November 17th.**

**Book Discussion Group**  
**Tuesday, Nov. 29th - 10:30am**  
“Space Between Us” by Thrity Umrigar.  
Valerie Griffith, Greenburgh Librarian is the discussion leader.

**Special Presentation: How to Think Quickly During a Medical Emergency.**  
**Tuesday, Dec. 6th at 11am**  
Many seniors will, at some point, find themselves in a medical emergency situation. Glen Eisen will help participants increase their awareness of how they would respond to critical medical issues. Refreshments served. **Sign up by Thursday, Dec. 1st.**



**ANNUAL HOLIDAY PARTY**  
**Tuesday, December 13th: 11:30am**  
Celebrate the holiday season with your friends. Enjoy a delicious lunch and dance to music by Tony Michaels. Special presentation by the Woodlands High School Chorus. **Fee: \$5.00. Sign up by Thursday, December 8th.**

## **TRIPS**

*Please note:*  
*Trip registration for November and December trips will begin on Monday, November 7th at 9:30am.*

## **Matinee Trips**

**Wednesday, Nov., 30th at 10:30am**

**Wednesday, Dec., 14th at 10:30am**

## **Lunch Club Trip** **Westchester Burger Co. Grill in White Plains.**

Check out White Plain’s new hot spot for the best burgers around! Order off the menu, or create your own 6 oz, 8oz or 10oz burger. Don’t like Burgers? Plenty of other options available. Menu at Front Desk. Pay for lunch at the restaurant. **Sign up by Monday, November 14th.**

# MULTIPURPOSE CENTER ACTIVITIES

## **SENIOR ASSISTANCE**

**Nutritionist**  
Nella Caggiano  
By Appointment  
Only

\*\*\*\*\*

**Blood Pressure Doctor's Express Urgent Care**

**Thursday,**  
**November 3rd**  
11:30am-12:30pm

**Thursday**  
**December 1st**  
11:30am-12:30pm

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**Podiatrist**  
Dr. Hal Abraham

**Thursday,**  
**November 10th**  
12 noon-1:30pm

**Thursday,**  
**December 8th**  
12 noon-1:30pm

## **Museum of Modern Art:** **deKooning Exhibit**

**Monday, Nov. 28th 10am-4pm**  
A guided tour of the popular deKooning exhibition. Time to explore on your own. Buy lunch at the museum.  
**Fee: \$10.00 Registration Deadline: Tues. Nov. 15th.**

## **New York Botanical Garden** **Holiday Train Show and Lunch on Arthur Ave.**

**Wed., Dec. 7th: 9:30am-3:30pm.**  
Enjoy a guided tour of more than 140 replicas of NY landmarks made entirely of plant materials. Model trains and seasonal lighting highlight the exhibit. Lunch on your own on Arthur Ave.  
**Tour fee: \$32.00 Registration deadline: Monday, November 14th.**

**Tour of NY City Holiday Decorations and Dinner**  
**Thursday, December 15th:**  
**3:30 pm-10:30 pm**  
Have dinner at "Kefi" and enjoy a guided tour of NY City's famous holiday decorations. Susan Teltser-Schwarz will be our docent.. **Fee for Coach Bus and Docent: \$35.00. Fee for 3 course dinner with tip: \$21.00 . Pay cash for dinner the day of the trip. Registration Deadline: Tuesday, December 6th.**

**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.

## *Upcoming Trips:*

### **Hudson River Museum:** **Elihu Vedder: Voyage on the Nile & Lunch**

**Wed. Jan. 4th: 10am-3pm**  
View 40 artworks from painter, Elihu Vedder's journey up the Nile from Dec. 1889-April 1890. **Guided tour fee: \$6.00. Lunch at local restaurant after tour. Registration deadline: Friday, December 9th.**

## *Announcements:*

**Bring Your Grandchildren to....**

### **Breakfast with Santa** **Saturday, Dec .3rd: 9am-11am** **Multipurpose Center**

Bring the grandkids for pancakes! Have your picture taken with Santa,, and we will email them to you!  
**Pre-Registration Fee (by Friday, Dec.2nd at 4pm): \$2/child, \$3/adult. \$5 for everyone at the door.** Proceeds donated to the Greenburgh Nature Center for their new Discovery Playground. The event is presented by the Hartsdale Rotary Club and co-sponsored by Greenburgh Parks and Recreation. More info: call 693-8985, x116.

**The Kiwanis Club of Hartsdale is** once again collecting canned goods/ non-perishable items for their Thanksgiving Baskets. Please bring your donations to the Multipurpose Center by Tuesday, November 22nd.

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We wish you all a vey  
Happy Holiday Season  
and a  
Healthy New  
Year!

PJ, Diane, Dotty and Angie

**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: \_\_\_\_\_

<b>Check Box</b>	<b>Program Time</b>	<b>Code</b>	<b>Program Title</b>	<b>Res/NonRes</b>
	Monday @9:30 to 10:30	<b>4003-0</b>	FITNESS1/SEATED EXERCISE	<b>\$20/\$36</b>
	Monday @ 10:30 to 11:30	<b>4003-1</b>	PILATES/YOGA	<b>\$20/\$36</b>
	Tuesday @ 9:30 to 10:30	<b>4003-5</b>	FITNESS 6/LOW IMPACT AEROBICS	<b>\$20/\$36</b>
	Tuesday @10:00 to 12:00	<b>4007-0</b>	CANASTA	<b>\$20/\$51</b>
	Tuesday @ 10:30 to 12:30	<b>4008-0</b>	PHOTOGRAPHY	<b>\$20/\$36</b>
	Tuesday @ 1:00 to 3:00	<b>4002-0</b>	INTERMEDIATE BRIDGE	<b>\$20/\$51</b>
	Tuesday @ 3:00 to 5:00	<b>4002-2</b>	ADVANCED BEG. BRIDGE	<b>\$20/\$51</b>
	Wednesday @ 10:30 to 11:30	<b>4003-3</b>	FITNESS 4/SEATED EXERCISE	<b>\$20/\$36</b>
	Wednesday @ 9:30 to 10:30	<b>4004-0</b>	DANCING	<b>\$20/\$36</b>
	Wednesday @ 10:00 to 12:00	<b>4007-2</b>	MAH JONGG	<b>\$20/\$51</b>
	Thursday @ 9:30 to 10:30	<b>4005-0</b>	YOGA	<b>\$20/\$36</b>
	Thursday @ 10:30 to 12:30	<b>4002-1</b>	ADV./INT. BRIDGE	<b>\$20/\$51</b>
	Thursday @ 11:00 to 12:00	<b>4003-6</b>	FITNESS 7/LOW IMPACT AEROBICS	<b>\$20/\$36</b>
	Thursday @ 1:00 to 3:00	<b>4001-2</b>	CREATIVE ARTS	<b>\$20/\$51</b>
	Friday @ 9:30 to 10:30	<b>4003-4</b>	FITNESS 5 (WALKING)	<b>\$20/\$36</b>
	Friday @ 10:30 to 11:00	<b>4006-0</b>	WEIGHT TRAINING	<b>\$20/\$24</b>
	Friday @ 1:00 to 3:00	<b>4001-3</b>	KNITTING	<b>\$20/\$36</b>
<b>TRIPS</b>				
<b>TRIPS</b>				

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  
Holiday Party*



*Tuesday, Dec. 13th  
11:30am - \$5.00  
Lunch,  
Music and Dancing*

Supervisor:  
Paul J. Feiner

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

Town Clerk:  
Judith Beville



*Fairview Café  
Live Entertainment  
Every Friday @ 11:30am*