

TOWN OF MOUNT PLEASANT
Recreation & Parks Department
742-2310

SENIOR



FLASH

Upcoming Events

AUGUST 2011



All residents of the Unincorporated Town of Mt. Pleasant who are at least 55 years old are eligible to participate in senior citizen trips. This Monthly flyer detailing upcoming senior activities is available on the first workday of each month at the Recreation Department.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL:
SENIOR CLUBS 742-2310 for Senior bus
pick up for Club meetings, senior exercise
class and senior registration questions.



NUTRITION 592-6441

for Home Delivered Meals, Lunch Bunch,
Bradhurst Senior Day Center, Health and
Support Services and Pick up for Tuesdays
shopping trips.

SENIOR CLUB MEETING SCHEDULE

Thornwood Neighborhood Group August
1,8,15,22,29

Pleasant Senior's of Mt. Pleasant-August 4,11,18,25
ALL MEETINGS ARE HELD AT THE COMMUNITY
CENTER FROM 12:00 NOON TO 3:30 P.M. Club
meetings include crafts, cards, bingo, penny socials,
pool tables and table games. Coffee, Tea and
Refreshments are available.

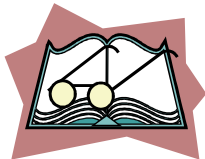
REGISTRATION POLICY

To enroll for upcoming events, the following
registration policy will be implemented.
New trip registration is held at the Mt. Pleasant
Community Center located at 125 Lozza Drive,
Valhalla, NY 10595 at 9:30 A.M.

***The new trip registration will be on:
Monday August 8, 2011***

Numbers will be available in the lobby beginning at
8:00 A.M. on the first day of registration. Only
Recreation Department authorized registration
numbers will be utilized. Residents may only
register for their immediate family and 1 other
resident family.

**Please make checks payable to:
Town of Mt. Pleasant**



The Mount Pleasant Branch Library is pleased
to announce a partnership with the town of
Mount Pleasant Office of Elder Americans to
deliver library materials to residents of Mount
Pleasant who are receiving Home Delivered
Meals. For more information, please call the
Mount Pleasant Branch Library in Valhalla at
914-741-0276.

Programs & Events



BOOK CLUB

PLEASE NOTE TIME CHANGE

THE BOOK CLUB IS HELD AT THE
COMMUNITY CENTER ON WEDNESDAY,
August 17, 2011 in the Recreation Room
from 1:00 – 2:00 P.M.

The book selection for Aug is “Little Bee”

By: Chris Cleave

New members are welcome. Please call the
Recreation Department for future meeting
dates.



LUNCH AND A MOVIE

Wednesday, August 31, 2011

Movie: Straight Talk

Starring: Dolly Parton & James Woods

Lunch will be served by OEA at 12:00 P.M.

The movie will begin at 12:30 P.M.

Cash Only

Lunch Fee: \$2.50

Movie Fee: \$1.00

EXERCISE PROGRAMS

The exercise programs listed below are available to Town Residents 55 years old and above. You may join these programs at anytime through out the year. They are “pay as you participate” programs



SENIORCIZE STRENGTHEN AND TONE WITH MICHELLE SACCURATO MONDAY, 8:45 A.M to 9:45 A.M.

This program is designed to help you maintain muscle strength, balance and flexibility. Exercises are done by the chair and the class includes a stretching segment in order to achieve a total body workout. Weights are optional, but preferred.

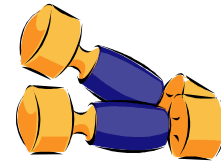
\$2.00 FEE



LINE DANCE WITH CAMERON KELLY WEDNESDAY, 11:00 A.M. UNTIL 11:45 A.M.

This program combines music and Line Dance in order to create an atmosphere of fun as well as a great workout. Get your dancing shoes on and get ready to rock and roll!

\$2.00 FEE



SENIORCIZE WITH STACEY CHRISTIANO THURSDAY, 11:00 A.M. UNTIL 11:45 A.M.

A safe and enjoyable program of movement and stretching designed for the mature adult. Stay in shape as you limber up, exercise and dance to great music. Simple routines and an occasional line dance add to the fun! This is not an “aerobic” program. Please bring 3-5 lbs. weights.

\$2.00 FEE



FLOORWORKS DELUXE STRETCH WITH MARGARET CUNZIO

FRIDAY, 9:15 A.M. UNTIL 10:15 A.M.

This is a combination strength and stretch class done on a floor mat. This class is designed to increase joint mobility, muscle flexibility and strengthen the abdominal area. This class ends with a refreshing, relaxing total body stretch that includes spine strengthening and range of motion moves that are excellent for arthritis and osteoporosis. An exercise mat is required for this class.

\$3.00 FEE

UPCOMING EVENTS:

ANNUAL SENIOR PICNIC

WEDNESDAY, AUGUST 3

Come out and join us for the Annual Senior Picnic at the Community Center. The day will include Hot Dogs, Salads, Ice Cream and more. There will also be musical entertainment and a free raffle.

TIME 11:00 A.M TO 3:00 P.M

COST \$ 8.00 CASH ONLY

VAN SERVICE AVAILABLE

MOHEGAN SUN CASINO

TUESDAY AUGUST 16

Try your luck at Mohegan sun for the day.

Package will include \$15.00 Food Coupon and a \$15.00 spin on their wheel.

DEPART COMMUNITY CENTER 8:15 A.M

RETURN: 6:30 P.M

COST \$25.00

JEWELRY SALE

THURSDAY AUGUST 11

11:30 A.M TO 3:00 P.M

The craft table will be holding a Jewelry sale. Stop by and take a look at some unique and special jewelry pieces.

THORNWOOD NEIGHBORHOOD GROUP

PIZZA PARTY

AUGUST 15

Come join us for a pizza party. We will also have a raffle and prizes. Please register with Betty or Carole. New members are always welcome.

COST \$5.00 IN ADVANCE/ WALK INS \$6.00

ATLANTIC CITY DAY TRIP

SHOWBOAT CASINO

SEPTEMBER 20

Enjoy the day in Atlantic City. Walk the boardwalk, sit on the beach or shop the outlets.

COST \$25.00

COACH DEPARTS COMMUNITY CENTER

7:15 A.M

COACH RETURNS 7:00 P.M

MT. PLEASANT SENIORS END OF SUMMER

LUNCHEON

THURSDAY SEPTEMBER 29

Mt. Pleasant Seniors are hosting an "end of summer" luncheon at 12:00 noon for Pleasant senior Club dues paying members. Join us for an afternoon of fun, music and dancing.

Advance Registration is necessary. Please register at the club meetings on the following dates:

September 8,15, 22. Registration is handled by the Mt. Pleasant Senior Club not the Recreation Department.

COST: \$7.00 Per Person

REMINDERS FOR PARTICIPANTS SIGNED UP FOR UPCOMING TRIPS:

Cruise around Manhattan:

Wed. August 17

Depart Community Center 9:30 A.M.

Return Community Center 6:15 P.M.

Billy Elliot on Broadway:






Wednesday August 10

Depart Community Center 10:15 A.M

Return Community Center 6:30 P.M

August 2011

CALENDAR OF EVENTS AND ACTIVITIES

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	<p>1</p> <p>Lunch Bunch 10:00 a.m. OEA</p> <p>Thornwood Neighborhood Group 12:00-3:30</p> <p>Strengthen & Tone 8:45 AM.</p>	<p>2</p> <p>Shoprite</p> <p>SHOPPING TRIP OEA 592-6441</p> 	<p>3</p> <p>Lunch bunch 10:00 a.m.</p> <p>Line Dance 11:00 a.m. Community Center</p>	<p>4</p> <p>Pleasant Seniors Club Meeting 12-3:30</p> <p>Seniorcize 11:00 a.m. Community Center</p>	<p>5</p> <p>Lunch Bunch 10:00 a.m. OEA</p> <p>FLOORWORK DELUXE 9:15 A.M. Community Center</p>	6
7	<p>8</p> <p>Lunch Bunch 10:00 a.m. OEA Thornwood Neighborhood Group 12:00-3:30</p> <p>Strengthen & Tone 8:45 AM. Blood pressure w/ sue</p>	<p>9</p> <p>A & P</p> <p>SHOPPING TRIP OEA 592-6441</p> 	<p>10</p> <p>Lunch bunch 10:00 a.m.</p> <p>Line Dance 11:00 a.m. Community Center</p>	<p>11</p> <p>Pleasant Seniors Club Meeting 12-3:30 Seniorcize 11:00 a.m. Community Center</p> <p>Blood pressure w/ sue</p>	<p>12</p> <p>Lunch Bunch 10:00 a.m. OEA</p> <p>FLOORWORK DELUXE 9:15 A.M. Community Center</p>	13
14	<p>15</p> <p>Lunch Bunch 10:00 a.m. OEA</p> <p>Thornwood Neighborhood Group 12:00-3:30</p> <p>Strengthen & Tone 8:45 AM.</p>	<p>16</p> <p>Shoprite</p> <p>SHOPPING TRIP OEA 592-6441</p> 	<p>17</p> <p>Lunch bunch 10:00 a.m.</p> <p>Line Dance 11:00 a.m. Community Center</p> <p>BOOK CLUB</p>	<p>18</p> <p>Pleasant Seniors Club Meeting 12-3:30</p> <p>Seniorcize 11:00 a.m. Community Center</p>	<p>19</p> <p>Lunch Bunch 10:00 a.m. OEA</p> <p>FLOORWORK DELUXE 9:15 A.M. Community Center</p>	20
21	<p>22</p> <p>Lunch Bunch 10:00 a.m. OEA Thornwood Neighborhood Group 12:00-3:30</p> <p>Strengthen & Tone 8:45 AM.</p>	<p>23</p> <p>A & P</p> <p>SHOPPING TRIP OEA 592-6441</p> 	<p>24</p> <p>Lunch Bunch 10:00 a.m. OEA</p> <p>Line Dance 11:00 a.m. Community Center</p>	<p>25</p> <p>Pleasant Seniors Club Meeting 12-3:30</p> <p>Seniorcize 11:00 a.m. Community Center</p> <p>Blood pressure w/ sue</p>	<p>26</p> <p>Lunch Bunch 10:00 a.m. OEA</p> <p>FLOORWORK DELUXE 9:15 A.M. Community Center</p>	27
28	<p>29</p> <p>Lunch Bunch 10:00 a.m. OEA Thornwood Neighborhood Group 12:00-3:30</p> <p>Strengthen & Tone 8:45 AM. Blood pressure w/ sue</p>	<p>30</p> <p>Shoprite</p> <p>SHOPPING TRIP OEA 592-6441</p> 	<p>31</p> <p>Lunch Bunch 10:00 a.m. OEA</p> <p>Line Dance 11:00 a.m. Community Center</p> <p>Lunch & Movie</p>			

**TOWN OF MT. PLEASANT
MENU SUBJECT TO CHANGE
OFFICE OF ELDER AMERICANS
Please call two days in advance
For reservations or to cancel 592-6441**

AUGUST 2011

MONDAY,1	TUESDAY,2	WEDNESDAY,3	THURSDAY,4	FRIDAY,5
Stuffed Cabbage, Mashed Potatoes, Mixed Vegetables, Slices Peaches		Senior Picnic Bar B Q Chicken, Hot Dogs, Coleslaw, Potato Salad, Watermelon & Ice Cream		Roast Turkey, Mashed Potatoes, Succotash, Fruited Gelatin
MONDAY,8	TUESDAY, 9	WEDNESDAY, 10	THURSDAY, 11	FRIDAY,12
Macaroni & Cheese, Spinach, Stewed Tomatoes, Pineapple Chunks		Meatballs, Spaghetti, Tossed Salad, Grape Juice, Chocolate chip Cookies		Seafood Salad Sandwich, Three Bean Salad, Coleslaw, Cantaloupe
MONDAY, 15	TUESDAY, 16	WEDNESDAY, 17	THURSDAY, 18	FRIDAY, 19
Stuffed Pepper, Mashed Potatoes, Mixed Vegetables, Tropical Fruit Salad		Roast Beef Sandwich w/lettuce, Pasta & Vegetable Salad, Cucumber & Tomato Salad, Lemon Cake		Country Captian Chicken, Buttered Bow Tie Pasta, Green Bean Almandine, Apple Juice, Fresh Melon
MONDAY,22	TUESDAY, 23	WEDNESDAY, 24	THURSDAY, 25	FRIDAY, 26
Zucchini & Cheese Frittata, Home Fried Potatoes, Stewed Tomatoes, Shortbread Cookies		Baked Fish w/Parsley & lemon Sauce, Baked Potato, Broccoli, Sliced Pears		Meatloaf, Mashed Potatoes, Carrots, Birthday Cake
MONDAY, 29	TUESDAY, 30	WEDNESDAY, 31	THURSDAY	FRIDAY
Crispy Baked Fish, Herbed Couscous, Peas & Onions, Pitted Plums		Chicken Cacciatore, Spaghetti, Sautéed Broccoli, Tropical Fruit Salad		

The Pleasant Lunch Bunch meets every Monday, Wednesday and Friday at the Community Center for a nutritious lunch, bingo, cards, fun and friendship. Please call (592-6441) two days in advance if you would like to attend. There is a suggested donation of \$3.00 per meal with transportation and \$2.50 per meal without transportation. Van transportation is available upon request.

PLEASANT LUNCH BUNCH FACTS. The Pleasant Lunch Bunch program is managed and staffed by the Town of Mt. Pleasant Office of Elder Americans. It is funded through the Town of Mt. Pleasant, The Department of Health and Human Services, The New York State Office for Aging, Westchester County Department of Senior Programs and Services, and participant donations. This is a social program available to every resident who is 60+. It is not based on any type of economic or physical need. If you have a food allergy, please call the Office of Elder Americans at 592-6441

OFFICE OF ELDER AMERICANS

63 Bradhurst Avenue
Hawthorne, NY 10532
914-592-6441

Director of OEA, Kathryn Fox

MONDAY THRU FRIDAY

8:30 A.M. TO 3:30 P.M.

For information regarding any of the following programs please call the OEA office at 592-6441.

The Office of Elder Americans offers support and guidance to individuals and families living within the unincorporated areas of the Town of Mount Pleasant, including Thornwood, Hawthorne and Valhalla.

The purpose of the Office is to provide services and support that reduce social isolation allowing the individuals to be maintained in their home environment, preserving their dignity and independence.

SERVICES OFFERED 60 YEARS OLD+

NUTRITION PROGRAMS

Please call 2 days ahead if you want to attend or need transportation for these programs.

*Home Delivered Meals

(5 days/week, Mon-Fri.)

Up to two nutritious meals a day can be provided for any person 60 years or older who are frail, isolated, homebound individuals, unable to meet his/her nutritional needs because of difficulty in shopping and preparing meals. This program is available on a temporary or on going basis.

*The Pleasant Lunch Bunch

(3 days/week- M, W, F)

Come for a nutritious hot lunch and nutrition education at the Community Center. 11:00 a.m. to 2:00 p.m.

Activities include Bingo, Cards, and Friendship!

*Bradhurst Senior Day Center

(3 days/week T, W, Th)

This program is for frail and/or socially isolated individuals. This program provides therapeutic activities, socialization, and a hot lunch in a warm, supportive setting. 11:00 a.m. to 2:00 p.m. This is an atmosphere, which also provides respite for caregivers and a small intimate social setting. No one will be denied a meal if they are unable to meet the suggested contribution.

CONTRIBUTIONS

For these services a contribution is requested. Call OEA office for more information. No individual is denied a meal if they are unable or unwilling to meet the suggested contribution.

HEALTH AND SUPPORT SERVICES

Information, referral and, or assistance with issues pertaining to the senior population such as entitlements, benefits and home health care.

SUPERMARKET SHOPPING

Weekly shopping trip to local supermarkets on Tuesdays.

- Please limit your groceries to only two bags.
- Should be able to carry them without help
- The 1st, 3rd and 5th Tuesday of the month we shop at Shop Rite.
- The 2nd and 4th Tuesday of the month we shop at A&P.
- Reservations for shopping are taken the TUESDAY before the week you want to shop on a first come first serve basis.



Blood pressure screening available.



Office of Elder Americans is a subcontractor of the Dept. of Health and Human Services, NYS Office for Aging, WC Dept of Senior Programs & Services

SENIOR CITIZEN TRIP RESERVATION POLICY

1. All residents of the Unincorporated Town of Mount Pleasant who are age 55 or older are entitled to register for Senior Citizen Trips offered by the Mount Pleasant Recreation and Parks Department.
2. New trips are announced in the monthly Senior Citizens Flyer, which is available on the first business day of the month at the Recreation and Parks office at Town Hall and at the Mount Pleasant Community Center. Individuals who are unable to get to the sites above can call the Recreation and Parks Department office at 742-2310, on or after the first workday of the month and we will mail a flyer to you.
3. Registration for trips is accepted on a first come first served basis starting approximately one week after the flyer is available. The specific date is noted in the flyer. Registration is at the Community Center. REGISTRATION WILL ALSO BE ACCEPTED AT THE COMMUNITY CENTER ON MONDAY from 11:30 a.m. -12:30 p.m. AND THURSDAY FROM APPROXIMATELY 12:30 P.M. TO APPROXIMATELY 1:30 PM.
****YOU MAY ALSO REGISTER @ TOWN HALL MONDAY –FRIDAY BETWEEN 8:30 A.M. – 4:30 P.M.****
4. NO REGISTRATION WILL BE ACCEPTED WITHOUT PAYMENT. There will be a minimum \$15.00 deposit required on all registrations for day trips (unless otherwise noted.) On extended trips, deposit amounts and dates full payment is required, will be announced when the trip is offered.
5. For the first month after a trip is advertised, registration is limited to residents of the Unincorporated Town. After one month, guests may be registered if space is still available.
6. If you are not personally known to be a resident by the Recreation Staff person registering you for the trip, you will be required to show proof of residency. If you are registering for someone else, you will need to show that person's proof of residency.

SENIOR CITIZEN TRIP CANCELLATION/REFUND POLICY

In the past the Town has had a very generous refund policy when individuals canceled trips. This has led to the Town losing money on some of the senior citizen trips. To prevent this in the future, we will observe the following policy.

1. If an individual cancels a trip and that individual's spot can be filled, a full credit will be given to be used within the next 6 months.
2. If an individual cancels a trip due to illness or a medical emergency and presents a doctors note a credit will be given to be used within the next 6 months.
3. If an individual cancels a trip, and cannot present a doctors note or does not appear at the bus on the day of the trip no credit will be given.
- ***4. When trips are contracted through an outside contractor/tour group refunds are not guaranteed.***

SENIOR CITIZEN BUS TRIP PROCEDURE

Passenger's names will be called to be seated in the exact order they appear on the registration lists. Exceptions will no longer be made for medical reasons.

No passengers will be permitted to "save" seats for others further down on the registration list.

Passengers should arrive 15 minutes prior to the scheduled departure. Anyone arriving after their name has been called will lose their place and be seated last.

If there are 2 buses, people will be advised at the time of their registration as to whether they are on Bus 1 or Bus 2.

Passengers must take same seats for return trip. There is no smoking on the bus at any time. If you eat on the bus, please be sure to clean up. There is no standing on the bus. We ask for your cooperation in following these few simple rules in order to make all our trips as comfortable as possible for everyone. If these rules are ignored, we may be required to revoke traveling privileges for those involved.