

TOWN OF MOUNT PLEASANT
Recreation & Parks Department
742-2310

SENIOR



FLASH

Upcoming Events

JULY 2010



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-July 12,19,26
Pleasant Senior's of Mt. Pleasant-July 1,8,15,22,29
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:
Thursday, July 8, 2010

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 Public Library

offers a Special Home Delivery Service for
homebound patrons. The Mount Pleasant
Library will arrange to deliver materials to
residents of the Town of Mount Pleasant and
the Village of Pleasantville who are unable to
visit the library in person. For more
information, please contact Martha Mesiti
914-769-0548 ext. 221, or at
homesvcs@mountpleasantlibrary.org.

Programs & Events



BOOK CLUB...

**IS HELD AT THE COMMUNITY CENTER ON
WEDNESDAY, JULY 21, 2010
Recreation Room at 1:30-2:30 P.M.**

The book selection for July is: "Tears of the
Giraffe": Alexander McCall Smith

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



LUNCH AND A MOVIE

Wednesday, July 14, 2010

Movie: BOUNTY HUNTER

Starring: Jennifer Anniston & Gerald Butler
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



BRIDGE GROUP

The bridge Club meets on Wednesdays at the
community center from 1pm to 4 pm. Ed Holm,
who is an avid bridge player, has generously
volunteered his time to help guide and
organize the group. This will be a friendly
"Standard American" bridge game. If you play
or want to learn, please join us for some mind
stimulation. Please bring your own cards.

OUR SENIOR EXERCISE PROGRAM HAS BEEN RUNNING SINCE 1997 WITHOUT ANY PRICE INCREASE. DUE TO AN INCREASE IN COST, WE WILL BE CHARGING \$1.00 MORE PER CLASS. THE NEW PRICE WILL BE IN EFFECT AS OF JULY 7.

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, 1:00 P.M. UNTIL 2:00 P.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.

AS OF JULY 12, \$2.00 FEE

THERE WILL BE NO CLASS JULY 5th

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! **AS OF JULY 7, \$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.

AS OF JULY 8, \$2.00 FEE

FLOORWORKS DELUXE STRETCH WITH MARGARET CUNZIO

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

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.

AS OF JULY 9, \$3.00 FEE



SUMMER EVENTS

ANNUAL SENIOR PICNIC WEDNESDAY AUG. 11, 2010

Come out and join local senior picnic. The day will include plenty of food! 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 \$5.00 CASH ONLY VAN SERVICE

SENIOR DAY AT THE POOL THURSDAY JULY 8, 2010

Between 1:00 p.m. – 4:00 p.m. come and enjoy oldie’s music with a DJ while you sit by the pool. Relax the day away as you float in the adult section on various kickboards and floats.

POOL PASS REQUIRED

REMINDERS:

KUTZTOWN FOLK FESTIVAL KUTZTOWN, PA

THURSDAY, JULY 8 & FRIDAY, JULY 9

Day 1: Travel to Kutztown, PA and enjoy the day at the Kutztown Folk Festival. Enjoy entertainment with live music, fiddlers and country dancing. See over 2,000 quilts for sale, shop for traditional American crafts. Enjoy dinner on your own at the festival. We will depart from the festival and travel to Ephrata, PA where we will stay overnight at the Hampton Inn Suites.

Day 2: After enjoying breakfast at the hotel, we will travel to the Green Dragon Farmers Market. This indoor/outdoor market has over 400 local vendors selling fresh vegetables, clothing household specialties and more.

**COST: \$145.00 Double, \$115 Triple
\$195 Single**

LASDON PARK OUTDOOR CONCERTS FRIDAY, JULY 2 OR JULY 16, 2010

Bring your lunch and enjoy an outdoor Jazz concert at Lasdon Park, Somers.

COST: \$5.00

**VAN DEPARTS COMMUNITY CENTER:
11:00 A.M.**

**VAN RETURNS TO THE COMMUNITY
CENTER: 3:00 P.M.**

FOXWOODS CASINO TUESDAY, JULY 20, 2010

Try your luck at the Casino for the day.

**COACH DEPARTS COMMUNITY CENTER
8:15 A.M.**

**COACH RETURNS COMMUNITY
CENTER 6:45 P.M.**

FEE: \$25.00

ELLIS ISLAND TOUR TUESDAY, SEPTEMBER 7, 2010

The day will include a private tour guide on Ellis Island, \$10.00 food voucher, redeemable at the Ellis Island Café, admission to Venues and Ferry Transportation to/from Ellis Island. Round trip coach transportation will also be provided.

**COST: \$88.00 PER PERSON
TIME TO BE ANNOUNCED**

HAWAIIAN CRUISE JANUARY 13-23, 2011

Enjoy a trip of a life time. Cruise the Hawaiian island. Registration is on going, so sign up today. A detailed itinerary is available at the Recreation Department. Inside cabin pricing begins at \$3,000.00.

NEW 4TH OF JULY EXTRAVAGANZA AND ANNUAL BELL RINGING CEREMONY

Join us as we celebrate Independence Day on July 4th. Be patriotic, come to the Town Pool and ring the bell in this traditional event. The Bell ringing ceremony will be held at 10:15 A.M. and followed immediately by the 4th of July Extravaganza. Complementary refreshments will be served. Entrance to the pool is free to all Town Residents from 10:00 A.M. to 1:00 P.M.

Swimming begins at 10:30 A.M.

PROOF OF RESIDENCY REQUIRED.

NEW MOHEGAN SUN CASINO TUESDAY, AUGUST 24, 2010

Enjoy this day trip to Mohegan Sun Casino. You will receive a lunch buffet coupon and a roulette free spin. Get ready for a fun day and hopefully some good luck.

COST: \$25.00

**COACH DEPARTS COMMUNITY CENTER
8:15 A.M.**






**RETURN AT COMMUNITY CENTER
6:45 P.M.**

NEW THORNWOOD NEIGHBORHOOD GROUP MONDAY JULY 19, 2010

Come and join us for Taco's , 50/50 raffle and prizes. Please register with Betty. No walk ins please. New Members are always welcome.

COST: \$5.00 for members.

JULY 2010
CALENDAR OF EVENTS AND ACTIVITIES

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
				1 Pleasant Seniors Club Meeting 12-3:30 Seniorize 11:00 a.m. Community Center BLOO PRESSURE WITH SUE	2 Lunch Bunch 10:00 a.m. OEA FLOORWORK DELUXE 9:15 A.M. Community Center	3
4 4TH OF JULY BELL RINGING CEREMONY 10:15 AM 	5 COMMUNITY CENTER CLOSED	6 Shoprite SHOPPING TRIP OEA 592-6441 	7 Lunch bunch 10:00 a.m. Line Dance 11:00 a.m. Community Center	8 Pleasant Seniors Club Meeting 12-3:30 Seniorize 11:00 a.m. Community Center SENIOR DAY @ THE POOL DEPART FOR KUTZTOWN	9 Lunch Bunch 10:00 a.m. OEA FLOORWORK DELUXE 9:15 A.M. Community Center RETURN FROM KUTZTOWN	10
11	12 Lunch Bunch 10:00 a.m. OEA Thornwood Neighborhood Group 12:00-3:30 Strengthen & Tone 1:00 p.m. Blood pressure with Sue	13 A & P SHOPPING TRIP OEA 592-6441 	14 Lunch Bunch 10:00 a.m. OEA Line Dance 11:00 a.m. Community Center MOVIE	15 Pleasant Seniors Club Meeting 12-3:30 Seniorize 11:00 a.m. Community Center Blood pressure with Sue	16 Lunch Bunch 10:00 a.m. OEA FLOORWORK DELUXE 9:15 A.M. Community Center	17
18	19 Lunch Bunch 10:00 a.m. OEA Thornwood Neighborhood Group 12:00-3:30 Strengthen & Tone 1:00 p.m.	20 Shoprite SHOPPING TRIP OEA 592-6441  FOXWOOD CASINO	21 Lunch Bunch 10:00 a.m. OEA Line Dance 11:00 a.m. Community Center BOOK CLUB	22 Pleasant Seniors Club Meeting 12-3:30 Seniorize 11:00 a.m. Community Center	23 Lunch Bunch 10:00 a.m. OEA FLOORWORK DELUXE 9:15 A.M. Community Center	24
25	26 Lunch Bunch 10:00 a.m. OEA Thornwood Neighborhood Group 12:00-3:30 Strengthen & Tone 1:00 p.m. Blood pressure with Sue	27 A & P SHOPPING TRIP OEA 592-6441 	28 Lunch Bunch 10:00 a.m. OEA Line Dance 11:00 a.m. Community Center	29 Pleasant Seniors Club Meeting 12-3:30 Seniorize 11:00 a.m. Community Center	30 Lunch Bunch 10:00 a.m. OEA FLOORWORK DELUXE 9:15 A.M. Community Center	

**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**

JULY 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY, 1	FRIDAY, 2
				BBQ Chicken, Potato Salad, Three Bean Salad, Grape Juice, Watermelon
MONDAY, 5	TUESDAY, 6	WEDNESDAY, 7	THURSDAY, 8	FRIDAY, 9
HOLIDAY COMMUNITY CENTER CLOSED		Herb Roasted Chicken, Rice Pilaf, Carrots, L.S. V-8 Juice, Sugar Cookies		Roast Beef Sandwich w/ lettuce/tomato, Coleslaw, Three Bean Salad, Fresh Fruit
MONDAY, 12	TUESDAY, 13	WEDNESDAY, 14	THURSDAY, 15	FRIDAY, 16
Macaroni & Cheese, Stewed Tomatoes, Broccoli, Mandarin Orange Segments		Italian Meatballs, Spaghetti w/Tomato Sauce, Tossed Salad, Fresh Fruit		Roast Turkey, Boiled Red Skin Potatoes, Mixed Vegetables, Butterscotch Pudding
MONDAY, 19	TUESDAY, 20	WEDNESDAY, 21	THURSDAY, 22	FRIDAY, 23
Italian Chicken Sausage, Roasted Potatoes, Zucchini & Tomatoes, Sliced Peaches		L.S Ham Sandwich, Carrot Raisin Salad, Cucumber Salad, Pineapple Chunks		Crispy Baked Chicken, Cheesy Grits, Collard Greens, Shortbread Cookies
MONDAY, 26	TUESDAY, 27	WEDNESDAY, 28	THURSDAY, 29	FRIDAY, 30
Stuffed Peppers, Mashed Potatoes, Mixed Vegetables, Mandarin Orange Segments		Tilapia w/lemon Butter Sauce, Parslied Couscous, Peas & Onions, Fresh Fruit		Chicken Cutlet Parmigiana, Pasta w/ tomato sauce, Broccoli w/garlic, Birthday Cake

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)**

A nutritious hot lunch, 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)**

For frail and/or socially isolated individuals. 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.

