

TOWN OF MOUNT PLEASANT
Recreation & Parks Department
742-2310

SENIOR



FLASH

Upcoming Events

JUNE 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.



ONS, 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-June 7,14,21,28
Pleasant Senior's of Mt. Pleasant-June 3,10,17,24
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, JUNE 7, 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 is pleased to announce its 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..

WEDNESDAY, June 16 , 2010

The Group will be having their discussion at Kathleen's in Peekskill this month. Advanced Registration is required. Call 742-2310 for more information.

Van Leaves Community Center 12:15 P.M
Van Returns Community Center 3:45 P.M



LUNCH AND A MOVIE

WEDNESDAY, June 23, 2010

Movie "Damm Yankees"

Starring: Gwen Verdon, Tab Hunter and Ray Walston

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

PEPSI POPS

MONDAY, JUNE 14 ,2010

10:30 A.M-11:00 A.M

MT. PLEASANT COMMUNITY CENTER

Enjoy a morning of free music with the Pepsi employee chorus.

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. There is a \$ 1.00 Fee. **AS OF JULY 12, \$2.00 FEE**

THERE WILL BE NO CLASS JULY 5



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! There is a \$1.00 fee. **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. There is a \$1.00 fee.

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. There is a \$2.00 fee.

AS OF JULY 9, \$3.00 FEE



POOL REGISTRATION AT THE RECREATION DEPARTMENT.

Town Residence:

Senior Citizen fee for the season \$ 73.00

After June 5th the fee is \$ 95.00

Village Residents:

Senior Citizen fee for the season \$ 100.00

After June 5th the fee is \$ 125.00



ATLANTIC CITY DAY TRIP
SHOWBOAT CASINO
TUESDAY, JUNE 15, 2010

Enjoy the day in Atlantic City. Walk the boardwalk, sit on the beach or shop. The bus will be stopping at a rest stop for 20 min. in each direction.

COACH DEPARTS COMM. CTR 8:00 A.M
COACH RETURNS 7:15 P.M
COST \$ 25.00

JEFFERSON VALLEY MALL
WEDNESDAY, JUNE 9, 2010

Shop at the Mall. Participants will be dropped off at the mall entrance and return at 2:30 to come home.

VAN DEPARTS COMM. CTR. 9:30 A.M
RETURNS 3:30 P.M
COST \$ 5.00

NEW:
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.

NEW
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

NEW
SENIOR WELLNESS PRESENTATION
MONDAY, JUNE 14, 2010 AT THE
COMMUNITY CENTER 11:00 A.M

Do you know an older adult who is depressed, anxious, isolated, and struggles with basic activities? The Gatekeeper Program can help. Please come to the Senior Wellness Presentation.

NEW
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
COST \$ 25.00

NEW
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 Venus, Ferry Transportation to/from Ellis Island and round trip coach transportation.

COST \$ 88.00 PER PERSON
DEPART & RETURN 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.

THORNWOOD NEIGHBORHOOD GROUP
FATHERS DAY CELEBRATION
MONDAY, JUNE 21, 2010

Come celebrate Fathers day with us. We will be having a Hot Dog Roast and a 50/50 Raffle and prizes. Please Register with Betty. No walk-ins Please. New Members are always welcome.

COST \$5.00 FOR MEMBERS

JUNE 2010 CALENDAR OF EVENTS AND ACTIVITIES

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

JUNE 2010

MONDAY,31	TUESDAY,1	WEDNESDAY,2	THURSDAY,3	FRIDAY,4
MEMORIAL DAY COMMUNITY CENTER CLOSED		Crispy Baked Fish, Roasted Potatoes, Peas & Carrots, Pineapple Tidbits		Roasted Sliced Turkey, Sweet Potato, French Style Green Beans, Cherry Pie
MONDAY,7	TUESDAY,8	WEDNESDAY,9	THURSDAY,10	FRIDAY,11
Crab & Scallop Stuffed Sole, Buttered Brown Rice, Carrots, Fruit Cocktail		Chicken Paprika, Mashed Potatoes, Brussels Sprouts, Fresh Fruit		Salisbury Steak, Buttered Noodles, Red Cabbage, Cranapple Juice, Vanilla Pudding
MONDAY, 14	TUESDAY, 15	WEDNESDAY, 16	THURSDAY, 17	FRIDAY ,18
Meatloaf, Mashed Potatoes, Spinach, Chocolate Chip Cookies		Italian Meatballs, Spaghetti, Broccoli, Apricot Halves		Pork Tenderloin w/ Apples, Roasted Potatoes, Green Beans, Apple Pie
MONDAY, 21	TUESDAY, 22	WEDNESDAY, 23	THURSDAY, 24	FRIDAY, 25
Crab Stuffed Sole, Baked Potato, Carrots, Fruit Cocktail		Turkey Chili, Brown Rice, Spinach, Fresh Fruit		Zucchini & Cheese Bake, Tossed Salad, Parslied Potatoes, Grape Juice, Birthday Cake
MONDAY, 28	TUESDAY,29	WEDNESDAY,30	THURSDAY	FRIDAY
Stuffed Pepper, Mashed Potatoes, Spinach, Mandarin Orange Segments		Fresh Roasted Ham w/ raisin sauce, Baked Sweet Potato, Green Cabbage, Oatmeal Cookies		

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

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.

