

TOWN OF MOUNT PLEASANT
Recreation & Parks Department
742-2310

SENIOR



FLASH

Upcoming Events

SEPTEMBER 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-Sept. 13,20,27
Pleasant Senior's of Mt. Pleasant-Sept. 2,9,16,23,30
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, SEPTEMBER 13, 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, September 15, 2010
Recreation Room at 1:30-2:30 P.M.**

The book selection for Sept. is "Morality for
Beautiful Girls" By Alexander McCall-Smith
**New Members are welcome. Please call the
Recreation Department for future meeting
dates.**



LUNCH AND A MOVIE

Wednesday, September 29, 2010

Movie: OVERBOARD

Starring: Goldie Hawn & Kurt Russell
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 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

**PLEASE NOTE NEW CLASS TIME
BEGINNING SEPTEMBER 13**



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

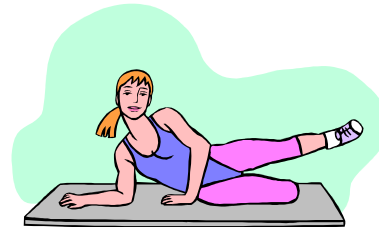


FLOORWORKS DELUXE STRETCH WITH MARGARET CUNZIO

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

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



FIT & FLEXIBLE WITH CAROL MIGLIORELLI TUESDAY, 12:30 P.M TO 1:30 P.M

SEPTEMBER 21 THRU NOVEMBER 16

8 SESSIONS

NO CLASS NOVEMBER 2ND

One of the most helpful things you can do for your arthritis is to exercise wisely. A proper balance of exercise can help relieve stiffness and maintain or improve your joint mobility and muscle strength.

COST \$ 60.00

SENIORS AGE 60 AND OLDER COST \$30.00

Program number 44307

ELLIS ISLAND TOUR
TUESDAY, SEPTEMBER 7, 2010

Please note: This trip is full

DEPART COMMUNITY CENTER 8:15 A.M
RETURN COMMUNITY CENTER 6:30 P.M

PLATZL BRAUHAUS
TUESDAY, OCTOBER 5, 2010

It's time to enjoy the biggest feast around at the Annual Platzl Brau Haus Oktoberfest. There will be coffee, tea, and Danish served upon arrival. You will have a choice of roasted half chicken or roast pork platter with soup. They will also be serving, Bratwurst, Spare ribs, Red cabbage, Sauerkraut and Applesauce. Enjoy a day of music, dancing and entertainment.

COST \$ 63.00 PER PERSON
COACH DEPARTS COMMUNITY CENTER:
9:30 A.M
COACH RETURNS: 6:00 P.M



ATLANTIC CITY OVERNIGHT TRIP
TUESDAY & WEDNESDAY SEPTEMBER 21
& 22, 2010

SEE BACK COVER OF THIS NEWSLETTER FOR DETAILS.

THORNWOOD NEIGHBORHOOD GROUP
47TH ANNIVERSARY LUNCH
MONDAY, SEPTEMBER 20, 2010

All members: Please come join us at the Riverview Restaurant located in Hastings on Hudson to celebrate our annual Luncheon. Guest are welcome for a \$25.00 fee. Please Note: We will be having a business meeting Monday, September 27 at 11:45. All members are encouraged to attend.

WESTCHESTER COUNTY CLERKS OFFICE
THURSDAY SEPTEMBER 16, 2010

Timothy Idoni, Westchester county clerk, will visit the community center to discuss the most recent scams targeting our seniors.

AARP DRIVING CLASS
TUESDAY, OCTOBER 12 & FRIDAY
OCTOBER 15, 2010
9:00 A.M – 1:00 P.M

Instructor: Doug Mead
Location: Community Center
This two day driving course will be offered at the Mt. Pleasant Community Center. Participants must bring their drivers license and a pen to class. If you are an AARP member, please bring your card to class.
Please note you must attend both classes.
AARP MEMBERS: \$ 12.00
NON MEMBERS: \$ 14.00
PRE REGISTRATION IS REQUIRED THROUGH THE RECREATION OFFICE.
Checks are made payable to AARP. If you are an AARP member, please put your membership number on your check.







MT. AIRY CASINO PENNSYLVANIA
TUESDAY, OCTOBER 19, 2010

Come try your luck for the day in the Pocono's. Go wild with over 2,500 of the hottest slots including your favorite reel-spinning slots and electronic table games like poker, roulette and blackjack. \$35.00 slot machine credit.

COACH DEPARTS COMMUNITY CENTER:
8:15 A.M
COACH RETURNS: 7:00 P.M
COST \$25.00 PER PERSON



SEPTEMBER 2010 CALENDAR OF EVENTS AND ACTIVITIES

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
			<p style="text-align: center;">1</p> <p style="text-align: center;">Lunch bunch 10:00 a.m.</p> <p style="text-align: center;">Line Dance 11:00 a.m. Community Centre</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">Pleasant Seniors Club Meeting 12-3:30</p> <p style="text-align: center;">Seniorcize 11:00 a.m. Community Center</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">Lunch Bunch 10:00 a.m. OEA</p> <p style="text-align: center;">FLOORWORK DELUXE 9:15 A.M. Community Center</p>	
5	<p style="text-align: center;">6</p> <p style="text-align: center;">COMMUNITY CENTER CLOSED</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">Shoprite SHOPPING TRIP OEA 592-6441</p> <p style="text-align: center;"> ELLIS ISLAND TRIP</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Lunch bunch 10:00 a.m.</p> <p style="text-align: center;">Line Dance 11:00 a.m. Community Center</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">Pleasant Seniors Club Meeting 12-3:30 Seniorcize 11:00 a.m. Community Center</p> <p style="text-align: center;">Blood pressure with Sue</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">Lunch Bunch 10:00 a.m. OEA</p> <p style="text-align: center;">FLOORWORK DELUXE 9:15 A.M. Community Center</p>	11
12	<p style="text-align: center;">13</p> <p style="text-align: center;">Lunch Bunch 10:00 a.m. OEA</p> <p style="text-align: center;">Thornwood Neighborhood Group 12:00-3:30 Strengthen & Tone 1:00 p.m.</p> <p style="text-align: center;">Blood pressure with Sue</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">A&P SHOPPING TRIP OEA 592-6441</p> <p style="text-align: center;"> ELLIS ISLAND TRIP</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Lunch Bunch 10:00 a.m. OEA</p> <p style="text-align: center;">Line Dance 11:00 a.m. Community Center</p> <p style="text-align: center;">BOOK CLUB</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">Pleasant Seniors Club Meeting 12-3:30</p> <p style="text-align: center;">Seniorcize 11:00 a.m. Community Center</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">Lunch Bunch 10:00 a.m. OEA</p> <p style="text-align: center;">FLOORWORK DELUXE 9:15 A.M. Community Center</p>	18
19	<p style="text-align: center;">20</p> <p style="text-align: center;">Lunch Bunch 10:00 a.m. OEA</p> <p style="text-align: center;">Thornwood Neighborhood Group 12:00-3:30 Strengthen & Tone 1:00 p.m.</p>	<p style="text-align: center;">21</p> <p style="text-align: center;">Shoprite SHOPPING TRIP OEA 592-6441</p> <p style="text-align: center;"> ELLIS ISLAND TRIP</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Lunch Bunch 10:00 a.m. OEA</p> <p style="text-align: center;">Line Dance 11:00 a.m. Community Center</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">Pleasant Seniors Club Meeting 12-3:30</p> <p style="text-align: center;">Seniorcize 11:00 a.m. Community Center</p> <p style="text-align: center;">Blood pressure with Sue</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">Lunch Bunch 10:00 a.m. OEA</p> <p style="text-align: center;">FLOORWORK DELUXE 9:15 A.M. Community Center</p>	25
26	<p style="text-align: center;">27</p> <p style="text-align: center;">Lunch Bunch 10:00 a.m. OEA</p> <p style="text-align: center;">Thornwood Neighborhood Group 12:00-3:30 Strengthen & Tone 1:00 p.m.</p> <p style="text-align: center;">Blood pressure with Sue</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">A & P SHOPPING TRIP OEA 592-6441</p> <p style="text-align: center;"> ELLIS ISLAND TRIP</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">Lunch Bunch 10:00 a.m. OEA</p> <p style="text-align: center;">Line Dance 11:00 a.m. Community Center</p> <p style="text-align: center;">LUNCH & MOVIE</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">Pleasant Seniors Club Meeting 12-3:30</p> <p style="text-align: center;">Seniorcize 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
SEPTEMBER 2010**

		WEDNESDAY, 1	THURSDAY, 2	FRIDAY, 3
		Baked Chicken w/ Caribbean Peach Sauce, White Rice, Broccoli, Fresh Fruit		BBQ Chicken, Corn Nibbles, Tossed Salad, Watermelon
MONDAY, 6	TUESDAY, 7	WEDNESDAY, 8	THURSDAY, 9	FRIDAY, 10
HOLIDAY OFFICE CLOSED		Baked Tilapia w/ Dill Sauce, Corn Nibbles, Green Beans, Apricot Halves		Roast Beef Sandwich, Lettuce & Tomato, Macaroni Salad, Three Bean Salad, Fresh Fruit
MONDAY, 13	TUESDAY, 14	WEDNESDAY, 15	THURSDAY, 16	FRIDAY, 17
Macaroni & Cheese, Stewed Tomatoes, Broccoli, Tropical Fruit Salad		Meatloaf, Mashed Potatoes, Spinach, Oatmeal Cookies		Crispy Baked Fish w/ Lemon Sauce, Potato Pancakes, Mixed Vegetables, Coffee Cake
MONDAY, 20	TUESDAY, 21	WEDNESDAY, 22	THURSDAY, 23	FRIDAY, 24
Italian Meatballs, Spaghetti, Broccoli w/ Oil & Garlic, Sliced Peaches		Vegetable & Cheese Frittata, Home Fried Potatoes, Green Beans, Apricot Halves		Breaded Pork Chop, Rosemary Roasted Potatoes, Peas and Carrots, Birthday Cake
MONDAY, 27	TUESDAY, 28	WEDNESDAY, 29	THURSDAY, 30	
Salisbury Steak, Mashed Potatoes, Mixed Vegetables, Mandarin Orange Segments		Roasted Chicken, Buttered Boiled Potatoes, Broccoli, Fresh Fruit		

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.