

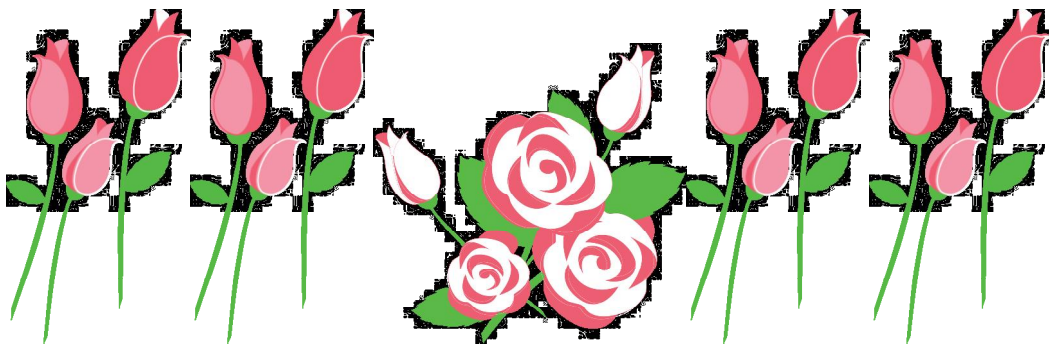
TOWN OF MOUNT PLEASANT
Recreation & Parks Department
742-2310

SENIOR



FLASH

Upcoming Events
APRIL 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- April 5,12,19,26
Pleasant Senior's of Mt. Pleasant-April 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 APRIL 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 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 at 914-769-0548 ext. 221, or at homesvcs@mountpleasantlibrary.org.

Programs & Events



BOOK CLUB..

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

The book selection for April is: "Shanghai Girls"
By: Lisa See

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



LUNCH AND A MOVIE

WEDNESDAY, APRIL 14, 2010

Movie: Blindside

Starring: Sandra Bullock & Tim McGraw
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 group meets on Wednesdays at the community center starting at 1:00 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 so if you play or want to learn please join us fore some fun and mind stimulation. Bring your own cards.



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.



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.



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.



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.



POOL REGISTRATION BEGINS APRIL 12TH 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



MT. PLEASANT SENIORS 39TH
ANNIVERSARY LUNCHEON
THURSDAY, MAY 6, 2010

Come Celebrate with us at the Westchester Manor in Hastings-on-Hudson for our 39th Anniversary Luncheon. Advanced reservations are necessary. Reservations will be held at club meetings on Thursdays. Reservations are taken by Club Officers Only. Please see Marion Sheehan, Elaine Russell or Joan Reillier. Van service available.

COST: \$15.00 FOR MEMBERS
\$30.00 FOR NON-MEMBERS

YANKEE STADIUM BEHIND THE SCENES
TOUR & ARTHUR AVE. SHOPPING
WEDNESDAY, MAY 26, 2010

Feel the thrill of viewing the field up close, sitting in the dugout, seeing the batting cages and the clubhouse. We will also visit the New York Yankee museum and monument park. We will then spend the rest of our time at Arthur Ave shopping and eating.

COACH DEPRATS COMM. CENTER 8:30 A.M
COACH RETURNS: 3:30 P.M
COST: \$ 65.00 PER PERSON

MOHEGAN SUN:
TUESDAY, APRIL 20, 2010

Come try your luck at the casino for the day. Play the slots and the Tables. We will be receiving a food credit and a roulette wheel spin.

COACH DEPARTS COMM. CENTER: 8:15 A.M
COACH RETURNS: 6:45 P.M
COST: \$ 25.00 PER PERSON

NEW:
Tours of distinction will be visiting our community center on April 29, 2010 at 1:30 P.M to discuss the details of a Hawaiian cruise in January 2011.

PASSPORTS
FRIDAY MAY 21, 2010
11:00 A.M – 2:00 P.M

The Westchester County Clerk's Mobil Office will be at the Community Center for the day. Passport Applications and Renewal forms will be processed on site, including taking your photo. No appointment required.

FOXWOOD
TUESDAY MAY 25 ,2010

Join us for the day at the casino. You will receive a keno play and lunch coupon.
COACH DEPARTS COMM. CENTER 8:15 A.M
COACH RETURNS: 6:45 P.M
COST \$ 25.00 PER PERSON

AARP DRIVING COURSE
PLEASE NOTE WE ARE OFFERING TWO DIFFERENT CLASSES.

MONDAY, APRIL 19,2010
9:00 AM- 4:00 P.M

Instructor: Ed Holm

Location: Town Hall

This is a **ONE** day class. Please bring your lunch.

TUESDAY & FRIDAY JUNE 8 & 11, 2010
9:00 AM – 1:00 P.M (2 Days)

Instructor: Doug Mead

Location :Community Center

This is a **TWO** day class.

IMPORTANT INFORMATION

Participants must bring their drivers license and a pen to class. If you're a member of AARP, please bring your membership card to class.

AARP MEMBERS: \$12.00

NON MEMBERS: \$14.00

Checks only made payable to AARP.
Register with the Recreation office.

ANNUAL TEA PARTY
THURSDAY APRIL 22, 2010
2:30 P.M – 4:00 P.M






Westlake High School students will be hosting the Annual High Tea Party at Westlake High School. Pre-registration is required through the Recreation Department. Van service is available. This is a free event.

THORNWOOD NEIGHBORHOOD GROUP
SALAD LUNCHEON
APRIL 19,2010

Thornwood Neighborhood Group is having a luncheon of a variety of Salads, Pre-Registration is required. Please see Mike or Gina to register. Lunch will be served at 12:00. Please no walk-ins.

\$5.00 FOR MEMBERS.

APRIL 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	2 <u>LUNCH WILL NOT BE SERVED</u> Good Friday FLOORWORK DELUXE 9:15 A.M. Community Center	3
4 HAPPY EASTER 	5 Lunch Bunch 10:00 a.m. OEA Thornwood Neighborhood Group 12:00-3:30 Strengthen & Tone 1:00 p.m.	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 REGISTRATION	9 Lunch Bunch 10:00 a.m. OEA FLOORWORK DELUXE 9:15 A.M. Community Center	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 AT 12:30	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  MOHEGAN SUN TRIP	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 TEA PARTY	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 Blood pressure with Sue	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**

APRIL 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY,1	FRIDAY,2
				Good Friday Lunch will <u>Not</u> be Served..
MONDAY, 5	TUESDAY,6	WEDNESDAY, 7	THURSDAY, 8	FRIDAY,10
Italian Meatballs, Spaghetti, Sautéed Broccoli, Apricot Halves		Leg of Lamb, Rosemary Roasted Potatoes, Green Bean Casserole, Grape Juice, Carrot Cake		Breaded Pork Chop, Mashed Potatoes, Petite Peas & Onions, Vanilla Pudding
MONDAY, 12	TUESDAY, 13	WEDNESDAY, 14	THURSDAY, 15	FRIDAY, 16
Italian Chicken Sausage, Roasted Potatoes, Zucchini & Tomatoes, Sliced Peaches		Cheese Lasagna, Tossed Salad w/chickpeas, Sautéed Broccoli, Fresh Fruit		Broccoli & Cheese Stuffed Chicken, Rice Pilaf, Mixed Vegetables, Grape Juice, Coconut Cake
MONDAY, 19	TUESDAY, 20	WEDNESDAY, 21	THURSDAY, 22	FRIDAY, 23
Vegetable & Cheese Frittata, Homefried Potatoes, Fruit Cocktail		Roasted Sliced Turkey, Mushroom & Onion Stuffing, French Style Green Beans, Cran-Apple Juice, Apple Pie		Chicken Marsala, Spaghetti w/ Tomato Sauce, Sautéed Broccoli, Pineapple Tidbits
MONDAY, 26	TUESDAY, 27	WEDNESDAY,28	THURSDAY,29	FRIDAY,30
Stuffed Pepper, Mashed Potatoes, Spinach, Mandarin Orange Segments		Baked Chicken w/ Spinach Style Sauce, Red Beans & Rice Sautéed		Tilapia w/Lemon Herb Sauce, Buttered Brown Rice, Mixed Vegetables, 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

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.

