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**TOWN OF MT. PLEASANT TELEPHONE DIRECTORY**

<u>Departments</u>	<u>Phone No.</u>
Assessor .....	742-2345
Building .....	742-2305
Comptroller .....	742-2360
Engineering .....	742-2317
Highway .....	769-1045
Justice Court .....	742-2324
Planning & Zoning .....	742-2330
Police Dept. (Non-Emergency) .....	769-1941
Receiver of Taxes .....	742-2348
<b>Recreation .....</b>	<b>742-2310</b>
Office of Elder Americans .....	592-6441
Sanitation .....	592-4129
Supervisor's Office .....	742-2300
Town Attorney .....	742-2326
Town Clerk .....	742-2312
Water & Sewer .....	831-1062

**THE PROGRAM HOTLINE NUMBER IS  
742-2364  
SPORTS HOTLINE NUMBER IS 742-2367**

**SPECIALISTS NEEDED!!**  
If you have a special skill and would be interested in teaching a class in the fall, winter or spring or be a specialist in one of our camps please call the Recreation Office at 742-2310.

**SPECIAL EVENTS**

- Hardscrabble Wilderness Area Trail Hike ..... Sat., Oct. 4
- Halloween Window Decorating ..... Friday, Oct. 17
- Fall Foliage Festival ..... Saturday, Oct. 18
- Halloween Costume Parade ..... Saturday, Oct. 25



**WEBSITE**

For information and form downloads please visit the Town of Mt. Pleasant's website at [www.MtPleasantNY.com/gov](http://www.MtPleasantNY.com/gov). For Recreation Department only use [www.MtPleasantNY.com/rec](http://www.MtPleasantNY.com/rec).

**Find a Mistake?**

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our publications to meet this need.

# IMPORTANT

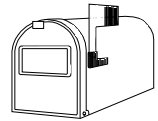
## REGISTRATION POLICY AND PROCEDURES

1. All mailed-in and dropped-off registrations received by Wednesday, September 3, 2008 will be processed on a random basis starting Thursday, September 4, 2008. All registrations received by 4:30 p.m. on Thursday, September 4<sup>th</sup> will be processed on a random basis starting Friday, September 5<sup>th</sup>. Registrations received on September 5<sup>th</sup> will be processed on a random basis starting on the 8<sup>th</sup>. The same process will be followed on the 9<sup>th</sup> and 10<sup>th</sup>. The drop-off box will be available upon receipt of the brochure.
2. Starting September 11<sup>th</sup>, walk-in registrations will be accepted at the Recreation Office on a space available basis in the order in which they are received. Mail-in registrations will be processed randomly each day and interspersed with the walk-in registrations as they are received.
3. Registration forms are required for most programs. Phone registrations will not be accepted unless noted.

**Please fill out your registration form completely to help expedite processing.**

## A SEPARATE CHECK IS REQUIRED FOR EACH INDIVIDUAL PROGRAM

### DON'T DELAY – SIGN UP TODAY



**Programs require advance planning...**

**...REGISTER**

**EARLY**

**PLEASE...**

**Nothing cancels programs more than waiting until the last minute to sign up! Programs require advance planning, including facility scheduling, staffing and purchasing necessary supplies. Keep this in mind and let's avoid that tough decision about canceling programs.**

**Thank You**

## MESSAGE TO PARENTS (AGE REQUIREMENTS)

For all programs age requirements will be as of the date of the first class unless otherwise specified. Please do not request to, or sign your child up for, a class he/she does not belong in. If you should do so and we discover the error, it may be too late to get your child in the correct class because it is full. All age requirements are set to benefit the children and make instruction more consistent for the program leader.

**THANK YOU FOR YOUR COOPERATION**



## REGISTRATION INFORMATION LOCATED ON PAGE 2

### PARTICIPATION & FEES

Participation is restricted to residents of the Town of Mt. Pleasant living outside the Villages of Briarcliff Manor, Pleasantville and Sleepy Hollow. If space is available in any program one week prior to the start of the program, non residents and Village residents will be allowed to participate by paying a 20% surcharge.

Senior Citizens age 60 and over who live in the Town Outside are entitled to a 50% reduction in program fees for all adult programs other than trips. Proof of age is required.

The Recreation and Parks Commission maintains a policy that requires individuals in programs to help defray costs involved. Fees have been established for each program based on the cost of operating the program and number of individuals served. It is the intention of the Town that no resident of the Town Outside be denied the ability to participate in programs because of an inability to pay. Fee reduction and scheduled payment applications are available in the Recreation and Parks Office.

**Sorry, credit cards are not accepted!**

### REFUNDS

Generally, refunds are granted only if a program is canceled. The participant assumes the risk of all changes in personal and business affairs. Any refund request will be reviewed individually and will, if granted, be prorated and subject to a \$15.00 processing fee. The Recreation and Parks Department reserves the right to cancel any program and issue appropriate refunds whenever it is considered in the best interest of the Department.

### INSURANCE

The Town of Mt. Pleasant does not provide accident insurance for any of its programs. All persons participate at their own risk and should make certain they have their own insurance.

### ACTIVITY CHANGES/SCHEDULES

Due to circumstances beyond our control, some activities may require time or location changes. All participants will be notified, when possible, if a change or cancellation does occur.

### WAITING LIST

If your desired class is filled, you will be notified and placed on a waiting list. The department will make every effort to accommodate those on the waiting list. If any openings become available, we will then go to the waiting list to fill the class.

### PROGRAM CANCELLATION

If programs are canceled due to inclement weather, notification will be made over radio station WFAS (103.9 FM or 106.3 FM and 12.30 AM). You can also log onto the WFAS website at [www.wfasfm.com](http://www.wfasfm.com). In addition, the Recreation and Parks Department has a Hotline service that gives information on program changes and cancellations.

**The Hotline Number is 742-2364  
Sports Hotline Number is 742-2367**

### PROGRAM BEHAVIOR

Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to make programs safe and enjoyable for all participants. Additional rules may be developed for particular programs and athletic leagues as deemed necessary by staff. Participants shall:

- show respect to all participants and staff.
- refrain from using foul language.
- refrain from causing bodily harm to other participants or staff.
- show respect for equipment, supplies and facilities.

### HOW TO WATCH A GOOD PROGRAM DIE

Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be canceled or modified if there is insufficient registration. All programs require a high level of coordination often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies.

**PLEASE REGISTER EARLY!**

## MESSAGE TO PARENTS (AGE REQUIREMENTS)

For all programs, age requirements will be as of the date of the first class unless otherwise specified. Please do not request to, or sign your child up in a class he/she does not belong in. If you should do so and we discover the error, it may be too late to get your child in the correct class because it is full. All age requirements are set to benefit the children and make instruction more consistent for the program leader.

THANK YOU FOR YOUR COOPERATION

### TODDLER/PRESCHOOL PROGRAMS

## SORRY, SIBLINGS MAY NOT ATTEND PARENT & TOT PROGRAMS

#### ART & LIT FOR PARENTS & TOTS

41101

Instructor: Robin Cambria  
An art class designed for 2 year olds and their parents that will ignite their imaginations through stories and art projects with an assortment of materials and books. Holiday crafts are included in this program. **Smocks are suggested.**

**Mondays, Community Center**

September 15 thru November 10 (no class Oct. 13)

10:00 a.m. to 10:30 a.m. (A)

10:45 a.m. to 11:15 a.m. (B)

Maximum of 10 children

**8 sessions**

**Fee: \$69.00**

#### ART & LIT FOR LITTLE ONES

41102

Instructor: Robin Cambria  
Inspired by books and stories, 3 and 4 year olds will work independently with an assortment of materials to create many wonderful projects. Holiday themes will be included in this session. **Smocks are suggested.**

**THIS IS A DROP OFF CLASS.**

**Mondays, Community Center**

September 15 thru November 10 (no class Oct. 13)

11:35 a.m. to 12:15 p.m. (A)

Maximum of 10 children

**8 sessions**

**Fee: \$75.00**

#### MUSIC & MOVEMENT FOR PARENTS & TOTS

41103

Instructor: Burr Johnson  
A fun and exciting musical experience for tots (18 months to age 3) and their parents. This program is designed to develop perceptual motor skills, learning and socialization thru songs, movement, instrument playing and activities using a variety of props such as hoops, balls and more.

**Wednesdays, Community Center**

September 17 thru November 12 (no class Oct. 1)

10:15 a.m. to 10:45 a.m. (A)

10:45 a.m. to 11:15 a.m. (B)

Maximum of 12 children

**8 sessions**

**Fee: \$63.00**

#### MUSIC & MOVEMENT

41104

Instructor: Burr Johnson  
A fun and exciting musical experience encouraging active participation. This program is for 3 and 4 year olds and develops perceptual motor skills, learning and socialization thru songs, instrument playing and activities using a variety of props such as hoops, balls, and more.

**THIS IS A DROP OFF CLASS.**

**Wednesdays, Community Center**

September 17 thru November 12 (no class Oct. 1)

11:15 a.m. to 12:00 Noon (A)

Maximum of 12 children

**8 sessions**

**Fee: \$68.00**



#### LIL' COOKS

41501

Instructors: Rosa Carra & Rosalie Fierro  
This program for 3, 4 and 5 year olds introduces children to the art of cooking and baking. Children will prepare, cook and eat their own foods! This program will also enhance many skills such as early math skills, pre-reading skills, and language skills as they learn about measuring, counting, word and symbol recognition. Parents are invited to arrive 15 minutes prior to class ending, to enjoy their children's cooking creation. **THIS IS A DROP OFF CLASS.**

**Thursdays, Town Hall Tower Room**

September 25 thru November 20 (no class Oct. 9)

10:00 a.m. to 11:30 a.m. (A)

12:30 p.m. to 2:00 p.m. (B)

**Wednesdays, Town Hall Tower Room**

September 24 thru November 12

12:30 p.m. to 2:00 p.m. (C)

Maximum of 8 children

**8 sessions**

**Fee: \$112.00**

**TEENY TOT PLAYGROUP** 41106

Instructor: Nora Pierce  
Moms & teeny tots from 2 to 3 years old will spend quality time together playing & growing. Toddlers will be encouraged to interact and explore with toys, center-based activities & a variety of materials to spark their creativity. Join us to learn together while sharing ideas & introducing your toddler to new situations to prepare for pre-school.

**Tuesdays, Community Center**  
Sept. 16 thru Nov. 25 (no class Sept. 30, Nov. 4 & 11)

Ages 2 to 3  
10:30 a.m. – 11:15 a.m. (A)

1:00 p.m. – 1:45 p.m. (B)

Maximum 10 children

**8 sessions**

**Fee:** \$72.00

**PARENT & TODDLER SPORTS INTRO** 41105

Instructor: Chris Gifas  
Parents & toddlers will participate in an interactive introduction to sports -- soccer/t-ball/basketball. Toddlers will be taught basic skills with an emphasis on having fun.

**Tuesdays, Community Center**  
September 23 thru November 25 (no class Nov. 4 & 11)

Ages 2 and 3  
11:15 a.m. – 12:15 p.m. (A)

Ages 4 and 5  
10:00 a.m. – 11:00 a.m. (B)

**8 sessions**

**Fee:** \$60.00

**CHILDREN'S PROGRAMS**

**CREATIVE KIDS CRAFT** 42103

Instructor: Nora Pierce  
For 1<sup>st</sup> and 2<sup>nd</sup> graders  
This program will include drawing, painting, constructions and crafts. Lots of materials for big imaginations and tiny hands to explore. **Bring a smock.**

**NOTE:** If your child attends Hawthorne Elementary School they will be supervised by the instructor immediately following dismissal.

**NOTE:** You must send a note to school every week if your child will be attending this program.

**Mondays, Hawthorne Elementary School**  
September 15 thru November 10 (no class Oct. 13)

2:30 p.m. to 3:30 p.m. (A)

Maximum of 12 children

**8 sessions**

**Fee:** \$63.00

**SAFE ON MY OWN** 42401

Instructor: Diane Stonis  
Safe On My Own is a program for children in grades 3 thru 5, taught by a Red Cross Instructor, on the safety measures of what to do when home alone.

**Wednesday, Bradhurst Community Center**  
4:00 p.m. to 6:00 p.m.

December 3 (A)

Maximum of 12 children

**Fee:** \$22.00

**BABYSITTERS TRAINING COURSE**

Registration will be accepted upon receipt of this brochure.

**AMERICAN RED CROSS BABYSITTERS TRAINING COURSE** 42402

Prepares students between the ages of 11 thru 15 with the training every parent wants in a babysitter. The Town of Mt. Pleasant will be offering two different courses this fall. **Maximum of 10 children.**

**Course A:** Instructor: Frank Pepe (A)

This course includes safety, basic childcare, safe play, critical emergency action skills, CPR for the lay person and first aid. Student will become certified in babysitting, CPR for the lay person and first aid.

**Friday, Saturday & Monday, Community Center**

Friday, September 5 6:00 p.m. to 8:30 p.m.

Saturday, September 6 12:00 p.m. to 5:30 p.m.

Monday, September 8 5:00 p.m. to 7:00 p.m.

**NOTE:** Student must attend all sessions.

**Fee:** \$85.00

**Course B:** Instructor: Diane Stonis (B)

Includes safety, basic childcare, safe play and critical emergency action skills. Student will become certified in babysitting only.

**Mondays, Bradhurst Community Center**

December 1, 8 and 15

4:00 p.m. to 6:00 p.m.

**3 sessions**

**Fee:** \$57.00



**JUNIOR COOKS**

42502

Instructor: Rosa Carra & Rosalie Fierro  
 For 4th and 5th graders  
 The art of cooking & baking will be introduced. Children will prepare, cook and eat their own creations through hands-on experiences. All math, reading and language arts skills will be enhanced through the cooking process. The children will go home with the recipe, a related craft and rating. Parents are invited to join their children 15 minutes before class ends to enjoy the finished product.

**Fridays, Town Hall Tower Room**

September 26 thru November 14

3:30 p.m. to 5:00 p.m.

(A)

Maximum of 8 children

**8 sessions****Fee:****\$110.00****YOUTH TENNIS**

42204

Instructor: Linda Rosensweig  
 Certified instruction for all levels of ability  
 Beginner: Enjoy the fundamentals including forehand, backhand, serve and basic play.  
 Intermediate: Instruction in ground strokes, volley and game strategy.  
 For ages 8 to 14.

**Saturdays, Westlake High School Tennis Courts**

September 20 thru October 11

**Beginner:** 11:00 a.m. to 12:00 p.m. (A)**Intermediate:** 12:00 p.m. to 1:00 p.m. (B)

Maximum of 12 children

**4 sessions****Fee:****\$57.00****AFTER SCHOOL SPORTS**

42205

Instructor: Ken Fisher  
 A variety of sports and games are played emphasizing fun for all. For children attending schools listed.  
 IMPORTANT: Children may sign up for one class only.  
 2:30 p.m. to 3:30 p.m.

**Columbus Elementary School****Wednesdays**

September 17 thru Nov. 12 (no class Oct. 1) (A)

**Thursdays**

September 18 thru Nov. 13 (no class Oct. 9) (B)

**Fridays**

September 19 thru November 7 (C)

Maximum of 25 children per class

**8 sessions****Fee:****\$46.00****MT. PLEASANT FLAG FOOTBALL**

42206

Program Director: Ken Fisher  
 Mt. Pleasant Recreation is still accepting registrations for the **youth football program in the fall**. Divisions of play are 3rd & 4th graders; 5th & 6th graders. First practices will be held in early September with games starting October and finishing early November. Members receive NFL Team-identified football jerseys. Flag football is non-contact...The offensive team plays for a first down midfield and a touchdown in the end zone. Running and passing plays are allowed. The defensive team covers the receivers, rushes the passer, and grabs flag belts to make "tackles." All youths play in each game. Practices/games are once a week. Either Wednesdays or Fridays (rotates).

**Bradhurst Park – September 3 thru Nov. 7**

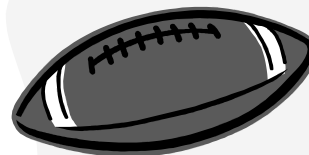
Wednesdays &amp; Fridays, 4:00 p.m. to 4:45 p.m.

3rd &amp; 4th Grade (A)

5th &amp; 6th Grade (B)

Maximum of 60 children per grade group

NOTE: This program was advertised in the spring.

**Registration for each grade group is limited.****Fee:****\$65.00****AFTER SCHOOL CLUB**

42209

**Stained Glass Painting Workshop**

Instructor: Debbie Carr

For 3rd and 4th graders

Children will have fun painting in the authentic style of stained glass. Create your own designs on safe plexiglass while learning about color, line and patterns. Creativity and imagination are encouraged while learning about this style of artwork.

**Tuesdays, Kensico Elementary School**

September 9 thru October 28 (no class Sept. 30)

3:00 p.m. to 4:15 p.m. (A)

Maximum of 15 children

**7 sessions****Fee:****\$80.00**

**MT. PLEASANT AMERICAN HERITAGE GOJU  
KARATE**

**42208**

Sensei: Dayton Guinee

WELCOME! This exciting, high energy, and easy to learn martial arts program designed by American Heritage Goju Karate-Do teaches a wide variety of self-defense techniques for boys and girls ages 6 thru 11. Increasing respect for themselves and others, developing a more positive attitude, enhancing self-esteem and peaceful resolutions to conflict while learning to achieve their goals, are just some of the many benefits and rewards our program has to offer. Students will also acquire a healthier and stronger body through our effective exercise routine. Male and female instructors focusing on *Individual Growth for Individual Achievement!* Sessions are held throughout the school year. Official uniforms and school patch *are required* and can be purchased through the instructor. All instruction, requirements, standards and rank promotions are governed by the American Heritage Goju Karate-Do Organization.

**Community Center**

**Pee Wee – Ages 6 & 7**

**Must be 6 by August 1, 2008**

**Mondays**

September 22 thru November 10 (no class Oct. 13)

4:00 p.m. to 5:00 p.m. (A)

**Wednesdays**

September 24 thru November 12 (no class Oct. 1)

4:00 p.m. to 5:00 p.m. (B)

Maximum of 16 children

**7 sessions**

**Fee: \$85.00**

**Juniors – Ages 7 & one half to 11**

**Must be 7 & one half by August 1, 2008.**

**Mondays & Wednesdays** (All Belt Levels)

September 22 thru November 12 (no class Oct. 1 & 13)

5:30 p.m. to 7:00 p.m. (C)

Maximum of 16 children

**14 sessions**

**Fee: \$180.00**

**INTRO TO COMET CHEERLEADING 42223**

Instructors: Candace & Alex Munoz

This program is available to participants who have no cheer experience. Basic cheers, explosive jumps and various cheer techniques will be taught.

**Thursdays, Community Center**

September 18 thru January 29 (no class Oct. 9, Nov. 27, Dec. 25 & Jan. 1)

Grades K to 3

3:45 p.m. to 4:30 p.m. (A)

Maximum of 12 children

**16 sessions**

**Fee: \$135.00**



**COMET CHEERLEADING**

**42214**

Instructors: Candace & Alex Munoz

Beginning and experienced cheerleaders learn the fundamentals of cheerleading. Basic cheers, explosive jumps, dynamic dance, tumbling techniques, and various stunts are taught by experienced coaches. Comet promotes a fun-filled class teaching cheerleaders of all ages that combining their hard work with dedication can result in achieving great goals.

**Thursdays, Community Center**

September 18 thru January 29 (no class Oct. 9, Nov. 27,

Dec. 25 & Jan. 1)

Grades 1 to 4

4:30 p.m. to 5:15 p.m. (A)

Maximum of 25 children

**16 sessions**

**Fee: \$125.00**

**NOTE:** Uniforms are available for purchase through the instructor for an additional fee.

**SHINING STARS**

**42215**

Instructors: Candace & Alex Munoz

This program incorporates teamwork with fundamentals of the Comet class. Cheerleaders experience the enjoyment of working together learning performance routines as a Cheerleading Squad. This program is goal-driven and our instructors will try to coordinate performances outside the regular curriculum so that the Stars can present their routines to the public. Such performances may include tournaments, festivals, sporting events, senior citizen groups, and special events.

**Tuesdays, Community Center**

September 16 thru January 27 (no class Sept. 30, Nov. 4, Nov. 11 & Dec. 30)

Grades 1 to 3 (no cheer experience)

Red Team - 3:45 p.m. to 5:15 p.m. (A)

Grades 2 to 4 (with cheer experience)

Black Team – 5:15 p.m. to 6:45 p.m. (B)

Grades 5 to 12 (with strong cheer & tumbling experience)

Senior Team – 6:45 p.m. to 8:30 p.m. (C)

Maximum of 25 children per class

**16 sessions**

**Fee: \$268.00**

**NOTE:** Uniforms are available for purchase through the instructor for an additional fee.

**INDOOR STREET GAMES****42207**

Instructor: Pat Tufano

For grades 1 to 4

Come take the challenge of some new and exciting games. The following are some of these games: basketball (combination of baseball and basketball), tennis racket baseball, home run derby, frof (Frisbee golf), ultimate Frisbee, football and running bases.

**Thursdays, Community Center**

September 25 thru November 20 (no class Oct. 9)

4:30 p.m. to 5:30 p.m. (A)

Maximum of 30 children

**8 sessions****Fee: \$42.00****MAD HOT BALLROOM FOR KIDS****42104**

Instructor: Cameron Kelly

Come and learn how to dance just like they do on Dancing With The Stars! Learn how to do cool Swing like the gap commercial! Learn how to do the Cha Cha and Disco. Boys and girls are welcome. Improve social skills and interactions, while having tons of fun.

**Mondays, Community Center**

September 22 thru November 17 (no class Oct. 13)

Grades 2 to 4

3:30 p.m. to 4:30 p.m. (A)

Grades 5 to 7

4:30 p.m. to 5:30 p.m. (B)

Maximum of 25 children

**8 sessions****Fee: \$80.00****HOLIDAY CRAFT WORKSHOP****52125**

Instructor: Carol Rodriguez

This class will use different types of craft materials to create projects for gift giving during this holiday season. Treasure boxes, wreaths, greeting cards, ornaments and decoupage are some of the examples of gifts your child will create.

**Mondays, Town Hall Tower Room**

November 10 thru December 22

Grades 1 to 5

4:30 p.m. – 5:45 p.m. (A)

Maximum of 10 children

**7 sessions****Fee: \$90.00****KEN FISHER YOUTH BASKETBALL****52213**

Program Director: Ken Fisher

League games and instructional clinics for area youths.

There are separate divisions for boys and girls in grades 3 thru 12.

Divisions of Play:

Midgets 3<sup>rd</sup> and 4<sup>th</sup> gradesElementary 5<sup>th</sup> and 6<sup>th</sup> gradesJunior 7<sup>th</sup> and 8<sup>th</sup> gradesSeniors 9<sup>th</sup> thru 12<sup>th</sup> grades

Training and team assignments are held in November.

League play starts in December. Any player in 5<sup>th</sup> to 12<sup>th</sup> grade that would like to be considered as a team captain should fill out the CAPTAIN'S form at the Recreation Office, when registering. Player registration must be submitted to the Recreation Office no later than Friday, October 3<sup>rd</sup>. After October 10<sup>th</sup>, registrations will be accepted on a space available basis only. **NOTE: BOTH REGISTRATION AND TRYOUT FORMS MUST BE FILLED OUT.**

**Fee: \$58.00****Tentative Playing Days**- Boys Midget (3<sup>rd</sup> & 4<sup>th</sup> grades)

Saturday afternoons

- Boys Elementary (5<sup>th</sup> & 6<sup>th</sup> grades)

Rotates – Mondays &amp; Thursdays

- Boys Junior (7<sup>th</sup> & 8<sup>th</sup> grades)

Rotates Mondays &amp; Saturday mornings

- Boys Senior (9<sup>th</sup> – 12<sup>th</sup> grade)

Rotates – Mondays, Tuesdays, &amp; Thursdays

- Girls Midget (3<sup>rd</sup> & 4<sup>th</sup> grades)

Wednesdays

- Girls Elementary (5<sup>th</sup> & 6<sup>th</sup> grades)

Tuesdays

- Girls Junior (7<sup>th</sup> grade & up)

Wednesdays

**CARTOONING CLUB****42121**

Instructor: Carol Rodriguez

Grades 1 to 5

This after school club will give your child a chance to learn the art of cartooning. A variety of different types of cartoons will be drawn including superheroes, animals, made-up creatures and whatever your child's imagination wants to create.

**Mondays, Town Hall Tower Room**

September 15 thru November 3 (no class Oct. 13)

Intro to Cartooning – first time cartoonist

4:30 p.m. to 5:45 p.m. (A)

**Wednesdays, Town Hall Tower Room**

September 17 thru November 5 (no class Oct. 1)

Advanced Cartooning – taken class before

4:30 p.m. to 5:45 p.m. (B)

Maximum of 10 children

**7 sessions****Fee: \$70.00**

## TEEN PROGRAMS

### **AMERICAN HERITAGE GOJU KARATE** **44201**

Sensei: Dayton Guinee  
 WELCOME! Our Martial Arts Program is designed for adults and youths ages 12 and up. Students will learn a wide variety of self-defense techniques in a motivating, highly structured, safe and friendly environment. Students will develop a stronger and healthier mind, body and spirit with our effective instruction, including meditation and relaxation techniques for stress management. Our program encourages respect for yourself and others while developing a more positive attitude, enhancing self-esteem and peaceful resolutions to conflict. Male and female instructors focusing on *Individual Growth for Individual Achievement!* Sessions are held continuously throughout the year. Uniforms and school patch are required and can be purchased through the instructor. All instruction, requirements, standards and rank promotions are governed by the American Heritage Goju Karate-Do Organization.

**Ages 12 & up.**

**Mondays & Wednesdays, Community Center**

September 22 thru November 12 (no class Oct. 1 & 13)

7:00 p.m. to 8:30 p.m. (A)

**14 sessions**

**Fee:** **\$180.00**

### **THE PREMIER**

Mt. Pleasant provides a unique atmosphere for students. The evening includes a DJ, game room, and a chance to mingle with friends. Pre-teens in grades 6 to 8 can take advantage of the Community Center on Lozza Drive between the hours of 7:00 p.m. and 10:00 p.m. Parents are asked to have their children dress appropriately.

**DATES: Saturdays,** September 20, October 25,  
 November 22 and December 13

**Fee:** \$3.00 in advance / \$5.00 at the door

**NOTE:** Tickets will be available the Monday prior to "The Premier" at the Recreation Office.

### **TEEN CAMP ROCKS** **43501**

For grades 6 to 8

**Friday, September 12, 2008**

**CALLING ALL TEENS!** Come and get away for a few hours with friends and staff of the Mt. Pleasant Recreation and Parks Department, as we take one last chance to rock the summer away here at our own Community Center. We will enjoy organized sports in the gym, dancing and *Rockin* activities in the recreation room. NOTE: Snacks and drinks will be provided. Pizza is available for \$1.00 per slice.

**Community Center**

6:00 p.m. to 10:00 p.m. (A)

**Fee:** **\$15.00**

**Fee at door:** **\$20.00**

## ADULT PROGRAMS

### **ADULT TENNIS** **44204**

Instructor: Linda Rosensweig  
 Certified instruction for all levels of ability.  
 Beginner: Basic instruction including forehand, backhand, serve, and game play.  
 Intermediates: Instruction in ground strokes, volley and game strategy.

**Saturdays, Westlake High School Tennis Courts**

September 20 thru October 11

Beginner: 9:00 a.m. to 10:00 a.m. (A)

Intermediate: 10:00 a.m. to 11:00 a.m. (B)

Maximum of 10 participants

**4 sessions**

**Fee:** **\$70.00**

### **DEFENSIVE DRIVING** **44401**

Instructor: Dan Oderifero  
 Upon successful completion of this program, you may be eligible for a 10% insurance discount as well as a 4 point removal from your driving record. An additional fee of \$11.00, payable to the "National Safety Council" at the first class is required to receive the certificate.

**Monday and Wednesday, Town Hall Tower**

7:00 p.m. to 10:00 p.m.

October 20 and October 22 (A)

November 10 and November 12 (B)

December 1 and December 3 (C)

January 12 and January 14 (D)

Maximum of 25 participants

**Fee:** **\$35.00**

**THE KNITTING CIRCLE** 44118

Instructor: Sharon Campbell Rubens  
This course is for all skill levels including no-skills-at-all. Beginners will learn the basics of this ancient craft and move on to hat and scarf projects. More experienced knitters can hone their skills, acquire new techniques, and work on projects of their choice. Bring to first class a pair of medium-size needles (US sizes 7-9) and any basic worsted weight yarn of a medium or light color or you may purchase a starter kit containing yarn, needles, book and tote from the instructor. Note: Sharon has taught knitting for over 20 years to all ages and also designs and sells specialized embroidery kits. She currently works in the yarn department at A.C. Moore in Yorktown Heights.

**Tuesdays, Community Center**

September 23 thru November 25 (no class Sept. 30 & Nov. 11)

9:30 a.m. to 11:30 a.m. (A)

Maximum of 12 participants

**8 sessions**

**Fee:** \$72.00

**TRAPSHOOTING FOR BEGINNERS THROUGH ADVANCED** 45202

Instructors: Tony Nacinovich & Bo Guglielmo  
An introduction to clay bird shooting with instruction by experienced marksmen and more advanced instruction for experienced participants. Program includes discussion on fire arm safety and individual instruction. Participants must be 16 years or older. Program will be held at and with the cooperation of the Mt. Pleasant Sportsman's Club. Although there is no charge for this program, you must register by completing and mailing in the registration form. In the event of inclement weather please call 941-3607. Participants will receive a free gun lock compliments of Project Childsafe.

**NOTE:** Participants may call Bo Guglielmo at 914-962-6096.

**Mt. Pleasant Sportman's Club**

9:00 a.m. to 1:00 p.m.

Saturday, October 4 (A)

Saturday, November 1 (B)

Sign in at 8:45 a.m.

Program begins 9:00 a.m. sharp

Maximum of 15 participants

**NOTE:** Participants must purchase their own ammunition at \$6.00 per round of 25 shells. Anticipate shooting 2 or 3 rounds.

**Fee:** FREE

**ALWAYS CHECK WITH YOUR PHYSICIAN PRIOR TO PARTICIPATING IN THESE ROUTINES AND/OR EXERCISE PROGRAMS.**

**YOGA** 44304

Instructor: Chris Tangerman  
This century's old practice is today's most popular fitness endeavor. Increase your body's strength, endurance and flexibility like no other program. As you practice Asanas (postures) along with conscious breathing, you will achieve a sense of calm, balance and well-being on more than just the physical plane. The session ends with deep relaxation and guided meditation. Men and women welcome. Wear comfortable clothing and bring a floor mat.

**Tuesdays, Community Center**

September 23 thru November 25 (no class Sept. 30 & Nov. 11)

Tues. 6:00 p.m. to 6:55 p.m. (A)

Tues. 7:00 p.m. to 7:55 p.m. (B)

Maximum of 20 participants

**8 sessions**

**Fee:** \$96.00



**SHAPE & TONE** 44303

Instructors: Cameron Kelly, Stacey Christiano & Debbie Martin

Flex your muscles, gain flexibility and get a cardiovascular workout. This program is designed to keep your bones strong, muscles flexible and heart rate pumping while incorporating all the elements of a well rounded fitness program. This class is set to great music and designed to accommodate all fitness levels.

**NOTE:** Please bring an exercise mat and handheld weights to class.

**Wednesdays & Fridays, Community Center**

10:00 a.m. to 11:00 a.m.

September 24 thru November 19 (no class Oct. 1)

Maximum of 20 participants

Weds. & Fri. (A)

Weds. or Fri. (B)

**8 or 16 sessions**

**Fee per session Wed. & Fri.:** \$140.00

**Fee per session once a week:** \$70.00

**FIT BALL WORKOUT**

44314

Instructor: Carol Migliorelli  
 ISCA/Promise Certified Instructor  
 Do you have a "fit" ball (resistance ball) and don't know how to use it? This class is for you...learn correct positioning and exercise to tone and strengthen your body.

**Mondays, Community Center**

September 22 thru November 17 (no class Oct. 13)  
 8:00 p.m. to 9:00 p.m. (A)

Maximum of 15 participants

**NOTE:** Please bring a workout mat and of course "The Ball"

**8 sessions**

**Fee:** \$68.00

**PROGRAM HOTLINE NUMBER IS 742-2364  
 SPORTS HOTLINE NUMBER IS 742-2367**

**20-20-20**

44302

Instructor: Carol Migliorelli  
 ISCA/Promise Certified Instructor  
 20 minutes of aerobic, 20 minutes of basic step, and 20 minutes of target exercises for those not-so-toned areas. Come workout – sweat – and feel great! Some steps are available to borrow or purchase through the instructor so don't let that be an excuse to stop you.

**Thursdays, Community Center**

September 25 thru November 20 (no class Oct. 9)  
 8:00 p.m. to 9:00 p.m. (A)

Maximum of 20 participants

**8 sessions**

**Fee:** \$68.00

**ALWAYS CHECK WITH YOUR PHYSICIAN PRIOR TO PARTICIPATING IN THESE ROUTINES AND/OR EXERCISE PROGRAMS.**

**PILATES**

44309

Instructor: Stacy Christiano  
 Pilates is a target sequence of movements designed to firm and strengthen the abdominal thigh and buttocks muscles. These focused exercises enable you to achieve a flatter stomach and firmer legs while improving your posture and coordination. Pilates is a fun and healthy way to reduce your stress level and attain a beautifully sculpted body. **NOTE:** Advanced beginners class uses pilates balls.

**Wednesdays, Community Center**

September 24 thru November 19 (no class Oct. 1)

**Beginners:** 6:15 p.m. to 7:15 p.m. (A)

**Advanced beginners:** 7:30 p.m. to 8:30 p.m. (B)

**Thursdays, Community Center**

September 25 thru November 20 (no class Oct. 9)  
 9:30 a.m. to 10:30 a.m. (C)

Maximum of 20 participants

**NOTE:** Please bring a towel and your own mat, if you have one. People without a mat are also welcome.

**8 sessions**

**Fee:** \$72.00

**TOTALLY TONING**

44301

Instructor: Carol Migliorelli, ISCA/Promise Certified  
 Start off with low impact aerobic warm-up and then focus on toning the major muscle groups with specific exercises. Abdominal and glutes will be targeted. X-ertubes will be provided. Please bring hand weights (3-5 lbs.) and an exercise mat.

**Mondays, Community Center**

September 22 thru November 17 (no class Oct. 13)  
 7:00 p.m. to 8:00 p.m. (A)

Maximum of 25 participants

**8 sessions**

**Fee:** \$67.00

**FIT AND FLEXIBLE**

44307

Instructor: Carol Migliorelli  
 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. This program is subsidized by a grant from the Arthritis Foundation. **NOTE: No senior discount applies.**

**Fridays, Community Center**

September 12 thru October 31  
 2:00 p.m. to 3:00 p.m. (A)

Maximum of 20 participants

**8 sessions**

**Fee:** \$25.00

**SHALL WE DANCE: BALLROOM AND SWING DANCE** 44103

Instructor: Cameron Kelly & instructors  
Dancing with a partner is back! Why sit on the sidelines at weddings, bar mitzvahs and parties when you can get up and dance? It's easy! Learn to swing, foxtrot, salsa and cha cha to great music. You'll be turning, dipping and swinging your lady with ease. Men are taught easy ways to lead so you make your partner look great. Put some spice back in your relationship! Singles meet some fun new people! Everyone has fun!

NOTE: The intermediate program is for those who have participated in the beginner program and have a firm knowledge of all basic steps.

**Thursdays, Community Center**

September 25 thru November 20 (no class Oct. 9)

**Beginners:** 7:30 p.m. to 8:30 p.m. (A)

**Intermediate:** 7:30 p.m. to 8:30 p.m. (B)

Maximum of 20 participants

**8 sessions**

**Fee: \$80.00 per person**

**CO-ED LINE DANCING** 44305

Instructor: Cameron Kelly

Do you love to dance but don't have a partner? No problem! Learn all the popular line dances. Have a blast. Get some exercise and burn calories without even realizing it since you are dancing!! Dance and pop...so you think you can dance? I know you can!!!

**Thursdays, Community Center**

September 25 thru November 20 (no class Oct. 9)

6:30 p.m. to 7:30 p.m. (A)

Maximum of 20 participants

**8 sessions**

**Fee: \$80.00 per person**



**BEGINNER TAP DANCING FOR ADULTS** 44104

Instructor: Donna Simone

Have you always wanted to tap but never had the chance? Or do you want to brush up on some steps you used to do, but to today's popular tunes? Melissa will inspire you to dance using new and exciting music along with your favorite show tunes. Burn more calories in one hour than the hardest workout just having fun and dancing up a storm! Tap shoes required.

**Fridays, Community Center**

September 26 thru November 14

12:00 p.m. to 1:00 p.m. (A)

Maximum of 20 participants

**8 sessions**

**Fee: \$88.00 per person**

**BELLY DANCING** 44306

Instructor: Gina Bergamini

Have fun, lose weight, tone up, feel confident! As featured in the latest issue of Time Magazine, Belly Dancing is now being discovered by modern women as a great workout! This ancient dance is gaining in popularity in health clubs around the country as a way to stay in shape, burn calories, relax your mind and nurture your soul! Veils will be provided for use at first class. Barefoot please!

**Tuesdays, Community Center**

September 23 thru November 25 (no class Sept. 30 & Nov. 11)

8:00 p.m. to 9:00 p.m. (A)

Maximum of 20 participants

**8 sessions**

**Fee: \$88.00 per person**

**MT. PLEASANT AMERICAN HERITAGE GOJU KARATE** 44201

Sensei: Dayton Guinee

WELCOME! Our Martial Arts Program is designed for adults and youths ages 12 and up. Students will learn a wide variety of self-defense techniques in a motivating, highly structured, safe and friendly environment. Students will develop a stronger and healthier mind, body and spirit with our effective instruction, including meditation and relaxation techniques for stress management. Our program encourages respect for yourself and others while developing a more positive attitude, enhancing self-esteem and peaceful resolutions to conflict. Male and female instructors focusing on *Individual Growth for Individual Achievement!* Sessions are held continuously throughout the year. Uniforms and school patch *are required* and can be purchased through the instructor. All instruction, requirements, standards and rank promotions are governed by the American Heritage Goju Karate-Do Organization. **Ages 12 & up**

**Mondays & Wednesdays, Community Center**

September 22 thru November 12 (no class Oct. 1 & 13)

7:00 p.m. to 8:30 p.m. (A)

**14 sessions**

**Fee: \$180.00**

**AMERICAN SIGN LANGUAGE** 44502

Instructor: Julie Rice – HS sign language teacher  
Introductory class in which students learn the alphabet, numbers and the signs necessary to hold a basic conversation about themselves.

**Wednesdays, Bradhurst Community Center**

September 17 thru November 19 (no class Oct. 1 & 8)

6:30 p.m. to 8:00 p.m. (A)

**8 sessions**

**Fee: \$80.00**

### OPEN BASKETBALL

Swish! Take a few of your best shots at that hoop and you are headed for fun!

Resident Men & Women ages 18 and older

When: Tuesdays  
September 16 thru November 18  
(no program Nov. 11)  
8:30 p.m. to 10:00 p.m.

Where: Community Center

Fee: \$2.00 each evening

### OPEN VOLLEYBALL

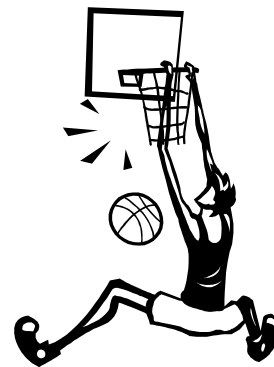
Bump, volley and serve, just get it over the net! Come join the fun and play a few friendly games of volleyball. Have twice the fun, bring a friend.

Resident Men & Women ages 18 and older.

When: Wednesdays  
September 17 thru November 19  
8:30 p.m. to 10:00 p.m.

Where: Community Center

Fee: \$2.00 each evening



### ADULT BASKETBALL LEAGUE

An organizational meeting for ADULT BASKETBALL LEAGUES will be held on Thursday, November 6 at 7:00 p.m. at the Mt. Pleasant Town Hall Rec Office. Enter via the Police Station. If you are interested in entering a team, you must attend or send a representative. Each league is limited to 24 teams. For additional information, contact the Recreation Department – 742-2365.

## FAMILY & SPECIAL EVENTS

### HARDSCRABBLE WILDERNESS AREA - TRAIL HIKE

Saturday, October 4 45501

FREE

Residents of all ages are invited to "take a hike" on Saturday, October 4. This hike will be run under the direction and guidance of resident Bud Mortsch, who has been instrumental in maintaining the trails at Hardscrabble. Participants can enjoy a leisurely hike while admiring the breathtaking beauty of the area. Trails are of moderate difficulty and hiking shoes and a water bottle are recommended. This is a wonderful family or scout activity.

WHERE: Meet at Hardscrabble Wilderness Area entrance at Dogwood Lane, off Pleasantville Road in Briarcliff.

TIME: 9:00 a.m.

**NOTE:** Although there is no charge for this program, you must register by completing and mailing in the registration form in this booklet.

Maximum of 20 participants



**PROGRAM HOTLINE NUMBER IS 742-2364**  
**SPORTS HOTLINE NUMBER IS 742-2367**

**PARENTS NITE OUT**

56501

For grades K to 5  
Parents, go out and enjoy yourself for a few hours on your own. We'll take care of the kids – you take care of yourself. Under the supervision of Recreation Staff, children will enjoy organized games in the gym; arts and crafts, ping pong, pool, air hockey and board games in the rec hall. Snacks and drinks provided. NOTE: Please leave all electronics, including cell phones, home.

**Saturdays, Community Center**

5:30 p.m. to 9:30 p.m.

- September 13 (A)
- October 11 (B)
- November 1 (C)
- December 6 (D)

NOTE: Pre-registration required  
Maximum of 70 children per session

**Fee per session:** \$10.00 per child

**Fee at door:** \$15.00 per child

\*Pizza available \$1.00 per slice

**KIDZ NIGHT OUT**

46516

For grades 1 to 5  
**Friday, October 3**  
**IT'S FIESTA TIME!**

Wear your favorite sombrero for a night of music and dancing, organized games in the gym, arts and crafts and other fiesta surprises. Snacks and drinks provided. Taco's will be available for \$1.00 each. **Must be pre-ordered.** NOTE: Please leave all electronics, including cell phones, home.

**Community Center**

5:30 p.m. to 9:00 p.m.

NOTE: Pre-registration required  
Maximum of 70 participants

**Fee:** \$15.00

**Fee at door:** \$20.00



**FALL FOLIAGE FESTIVAL**

**Saturday, October 18**

Come out and enjoy this fabulous community celebration with the family. The day will include hayrides, pumpkin decorating, face painting, games, music, food, refreshments and more!

**Broadway Field, Hawthorne**

11:00 a.m. to 3:00 p.m.

**HALLOWEEN WINDOW DECORATING**

42504

**Friday, October 17**

For ages 5 thru 12

Sponsored by the Mt. Pleasant Recreation and Parks Department and the Rosehill Shopping Center Merchants Association. Windows will be assigned at Rosehill Shopping Center.

Group 1: 3:15 p.m. to 4:15 p.m. (A)

Group 2: 4:15 p.m. to 5:15 p.m. (B)

All registration forms must be in the Recreation Office by October 10. Window assignments will be available on October 16.

**NOTE:** You must use permanent or paint markers. They are available at Thornwood Office Essentials or any art supply store.

**Fee:** \$5.00 per person



**13TH ANNUAL HALLOWEEN COSTUME PARADE**

**Saturday, October 25**

Parade begins at 11:00 a.m. The parade route begins at the American Legion, Legion Drive in Valhalla and continues to the Gazebo in the Village.

**HALLOWEEN PARTY**

41503

**Saturday, October 25**

For ages 3 to 6

Join us for some Halloween fun at the Mt. Pleasant Community Center. Come in your costume, enjoy a hot dog, chips and juice, make a Halloween craft and receive some Halloween treats.

12:00 p.m. to 1:30 p.m.

Maximum of 40 children

**Fee:** \$15.00

**STUFF A BIRD/MAKE A PIE**

46518

**Saturday, November 22**

Instructors: Nora Pierce

For grades K to 3

Stuff a bird, then make a delicious pie to bring home. While waiting for the pie to bake, read a Thanksgiving story and make a craft.

**THIS IS A DROP OFF PROGRAM.**

**Community Center**

12:00 p.m. to 1:30 p.m. (A)

Maximum of 15 children

**Fee:** \$20.00

## SENIOR CITIZEN PROGRAMS & ACTIVITIES

### CLUB MEETINGS

All meetings are held at the Mt. Pleasant Community Center on Lozza Drive in Valhalla, from 12:00 p.m. to 3:30 p.m. except holidays. Coffee is available as is the opportunity to socialize with your friends, old and new. All persons 55 years of age and older, living in the Unincorporated portions of the Town of Mt. Pleasant, are eligible to join the clubs. Other activities include: arts and crafts, cards, bingo, pool, ping pong and much, much more.

### THORNWOOD NEIGHBORHOOD GROUP

President: Mr. Anthony Sardinelli  
Club meets Mondays, except holidays.

### PLEASANT SENIORS OF MT. PLEASANT

President: Mr. Dominick D'Arrigo  
Club meets on Thursdays, except holidays.

### SENIOR CITIZEN DISCOUNTS

Residents over 60 years of age are entitled to discounts of 50% on all programs listed in the Adult Programs sections of this brochure except trips.

### SENIOR CITIZEN TRIPS AND LOCAL EVENTS

All residents of the Unincorporated Town of Mt. Pleasant who are at least 55 years old are eligible to participate in senior citizen trips. A monthly senior citizen flyer detailing upcoming senior activities is available the first workday of each month at the Recreation Department Office and Community Center. Registration for new programs start approximately one week later. One month after a trip first appears in the senior flyer, non-resident guests will be accepted on a space available basis.

Day trips, extended trips and local events currently being planned:

September 16	Mohegan Sun
October 8	Platzl Brauhaus Oktoberfest
November 25	Yonkers Raceway

All trips and events are subject to change. Please check our Senior Flyer each month for details on all upcoming trips!

### WEEKLY PROGRAMS

#### Mondays

10:00 a.m.	Lunch Bunch Lunches Suggested contribution \$3.00 with transportation \$2.50 without transportation
12:00 p.m.	Thornwood Neighborhood Group Club Meeting
12:30 p.m.	Blood Pressure Testing (2 times a month, see senior flyer for dates)

1:00 p.m.	Strengthen and Tone with Michelle Saccurato \$1.00 fee
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#### Tuesdays

10:00 a.m.	Shopping Trips to local shopping centers – call 592-6441
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#### Wednesdays

10:00 a.m.	Lunch Bunch Lunches Suggested contribution \$3.00 with transportation \$2.50 without transportation
11:00 a.m.	Line Dance and Exercise with Cameron Kelly \$1.00 fee

#### Thursdays

11:00 a.m.	Floorworks Deluxe with Margaret Cunzio \$2.00 fee
12:00 p.m.	Pleasant Seniors of Mt. Pleasant Club Meeting

12:30 p.m.	Blood Pressure Testing (2 times a month, see senior flyer for dates)
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#### Fridays

10:00 a.m.	Lunch Bunch Lunches Suggested contribution \$3.00 with transportation \$2.50 without transportation
11:15 a.m.	Exercise with Stacey Christiano \$1.00 fee

All programs are located in the **Community Center** unless otherwise noted and do not take place on holidays.

### BOCCE COURTS

The Thornwood Lions Club has constructed and donated two bocce courts. The courts are at the Mt. Pleasant Community Center. Bocce balls will be available to sign out at the Community Center and Pool.

### MONTHLY BOOK CLUB

Facilitator: Karen Rippstein  
The Book Club welcomes new members to come join them for book reading and discussion. Meeting dates are generally the third Wednesday of the month at the Community Center beginning at 1:30 p.m. Please check the Senior Flyer for details.

### MUSIC IS FOR EVERYONE

Come listen, learn and discuss 4 musical genres that have wide popularity. Big bands, opera, Operetta and Broadway musicals will be explored. This program is sponsored by Mainstream, the Mt. Pleasant Branch Library and Mt. Pleasant Recreation. Pre-registration is required by calling the Mainstream office at 606-6793.

#### Wednesday, Community Center

October 8 thru October 29

1:00 p.m. to 3:00 p.m.

Maximum of 30 participants

## OFFICE OF ELDER AMERICANS 592-6441

63 Bradhurst Avenue  
Hawthorne, NY 10532  
Director of OEA, Kathryn Fox  
Recreation Supervisor, Robin Fleming  
Services are offered to residents 60 years old

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 individual to be maintained in their home environment, preserving their dignity and independence.

### **NUTRITION PROGRAMS**

You **must** call ahead two business days if you wish to participate, attend or need transportation for the following programs:

#### **\*The Pleasant Lunch Bunch** (3 days/week) M,W, F

Community Center 11:00 am. to 2:00 p.m. A nutritious hot lunch is provided as well as nutrition education. Activities include Bingo, Cards and Friendship!

#### **\*Bradhurst Senior Day Center** (3 days/week) T,W,Th

Bradhurst Community Center 11:00 am. to 2:00 p.m. Frail and/or socially isolated individuals are provided therapeutic activities, socialization, and a hot lunch in a warm, supportive setting. This atmosphere also provides respite for caregivers.

#### **\*Home Delivered Meals** (5 days/Week, Monday – Friday)

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.

### **HEALTH AND SUPPORT SERVICES**

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

**Case Management** provided for individuals. Needs are assessed during a home visit. A care plan is jointly developed and assistance is provided as necessary.

**Visiting Nurse** Service of Westchester. Blood pressure and blood sugar screening is available on the second Wednesday of the month from 11:00 a.m. to 12 noon at the Mt. Pleasant Community Center except during the months of July, August, December and 2<sup>nd</sup> Tuesday at Bradhurst Community Center..

#### **\*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 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup>** weeks of the month we shop at **Shop Rite**.
- **The 2<sup>nd</sup> & 4<sup>th</sup>** weeks 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.

### **CONTRIBUTIONS**

For services indicated \*, a contribution is requested. Call OEA Office for more information. No individual is denied a meal if they are unable or willing to meet the suggested contribution.

Employment opportunities, community service, internship and a variety of volunteer experiences are also available. For information, call 592-6441.

Office of Elder Americans is a subcontractor of the Department of Health and Human Services, NYS Office for Aging, Westchester County Department of Senior Programs and Services.

## AMERICANS WITH DISABILITIES ACT

The Mt. Pleasant Recreation and Parks Department is committed to ensuring that individuals with disabilities are able to utilize and enjoy our programs and activities to the fullest extent possible. When registering, please let us know if you or your family member have any special needs.

## NORTH EAST WESTCHESTER SPECIAL RECREATION



Programs offered by North East Westchester Special Recreation, an agency supported and sponsored by Mt. Pleasant, are available to children and adults with developmental disabilities from our community. North East programs offer a variety of year-round recreation activities for all ability levels, designed with the specific support needed for participant success in this environment. Programs are highly structured, professionally staffed and closely supervised. Program goals may focus on teaching skills, fostering fun and friendships or teaching and correcting social or behavioral deficiencies.

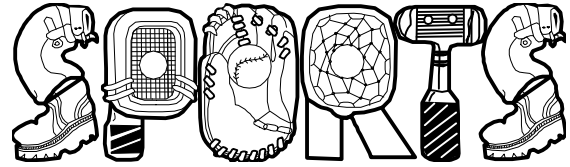
For information call 347-4409.

Employment opportunities, community service credit, educational internships, and a variety of volunteer experience are also available at North East.

## MOUNT PLEASANT BRANCH LIBRARY 741-0276

The Mt. Pleasant Branch Library is located in the Community Center. The branch has a collection of approximately 17,000 books (adult and juvenile), popular magazines and a small reference area, as well as a rotating collection of videos, talking books, compact discs and large print books. A variety of craft programs and story times are offered for children. Access to the Internet and other computer databases are also available.

Hours:	Mondays	10:00 a.m. to 5:00 p.m.
	Tuesdays	10:00 a.m. to 5:00 p.m.
	Wednesdays	10:00 a.m. to 8:00 p.m.
	Thursdays	10:00 a.m. to 5:00 p.m.
	Fridays	10:00 a.m. to 2:00 p.m.
	Saturdays	10:00 a.m. to 2:00 p.m.



## YOUTH SPORT ORGANIZATIONS

Many youth sports in the Town are organized by voluntary organizations. These groups are listed below:

### Baseball/Softball

#### Sherman Park Little League

Hawthorne, Thornwood, parts of Valhalla and Pleasantville

Programs for ages 6 to 15

Contacts: Steve Surace 447-3184

#### Kensico Little League

Valhalla, North White Plains and parts of Greenburgh.

Programs for ages 6 to 15

Contact: Bob Candrea 288-0504

### Football

#### Mt. Pleasant Wildcats Football Club

Contact Football & Cheerleading for 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> grade students of the Mt. Pleasant Central School District. Program runs from August through November

Contact: Vito Virgilio 449-6139

### Soccer

#### AYSO

Program for ages 4 to 18

Coaches, referees, and volunteers needed.

Contact: Jim Dore 909-6651

#### Mt. Pleasant United Soccer Club

A competitive travel soccer league

Contact: Denise Addorisio 682-7808





## **DINNER DANCE**

featuring

**THE NORM HATHAWAY BIG BAND**

sponsored by

**Mount Pleasant Rotary Club**

all proceeds for the benefit of

**MOUNT PLEASANT CLOCKS PROJECT**



**SATURDAY, OCTOBER 18, 2008**

**6:30 – 10:30 PM**

at

**Mount Pleasant Community Center**

**125 Lozza Drive**

**Valhalla, NY 10595**

Tickets \$60 per person includes  
dinner, beer, wine and live music  
by the Norm Hathaway Big Band - Tickets and information call  
769-3354 or 742-2337

