

**TOWN OF MOUNT PLEASANT**  
**Recreation & Parks Department**  
**742-2310**

# **SENIOR**



# **FLASH**

**Upcoming Events**

**AUGUST 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-Aug. 2,9,16,23,30  
Pleasant Senior's of Mt. Pleasant-Aug. 5,12,19,26  
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, AUGUST 9<sup>TH</sup>***

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](mailto:homesvcs@mountpleasantlibrary.org).

# Programs & Events



**BOOK CLUB...**

**IS HELD AT THE COMMUNITY CENTER ON  
WEDNESDAY, August 18,2010**

**Recreation Room From :1:30-2:30 P.M.**

The book selection for July is: "The Piano  
Teacher" By: Janice Lee

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



**LUNCH AND A MOVIE**

**Wednesday, August 25, 2010**

**Movie: Fever Pitch**

Starring: Drew Barrymore & Jimmy Fallon

Lunch will be served by OEA at 12:00 p.m.

The movie will begin at 12:30 p.m.

**Cash Only**

**Lunch Fee: \$2.50**

**Movie Fee: \$1.00**



**BRIDGE GROUP**

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

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

**EXERCISE PROGRAMS**

The exercise programs listed below are available to Town Residents 55 years old and above. You may join these programs at anytime through out the year. They are “pay as you participate” programs

**SENIORCIZE STRENGTHEN AND TONE WITH MICHELLE SACCURATO MONDAY, 1:00 P.M. UNTIL 2:00 P.M.**

This program is designed to help you maintain muscle strength, balance and flexibility. Exercises are done by the chair and the class includes a stretching segment in order to achieve a total body workout. Weights are optional, but preferred.

**2.00 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! **\$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**

**ELLIS ISLAND TOUR**  
**TUESDAY, SEPTEMBER 7, 2010**

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

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



**MOHEGAN SUN CASINO**  
**TUESDAY, AUGUST 24, 2010**

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

**COST: \$25.00**  
**COACH DEPARTS COMMUNITY CENTER**  
**8:15 A.M.**  
**RETURN AT COMMUNITY CENTER**  
**6:45 P.M**



**ANNUAL SENIOR PICNIC**  
**WEDNESDAY AUGUST 11, 2010**

Come out and join local senior picnic. The day will include plenty of food! Hot Dogs, salads, ice cream and more. There will also be musical entertainment and a free raffle.

**TIME 11:00 A.M TO 3:00 P.M.**  
**COST: \$5.00 CASH ONLY**  
**VAN SERVICE AVAILABLE**



**PLATZEL 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.

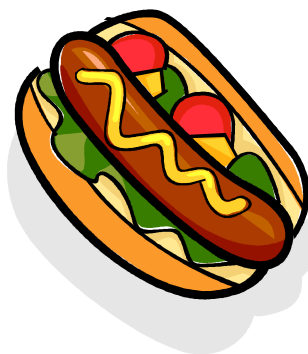
**COST \$63.00 Per Person**  
**COACH DEPARTS COMM. CTR: 9:30 A.M**  
**COACH RETURNS: 6:00 P.M**



**THORNWOOD NEIGHBORHOOD GROUP**  
**HOT DOG ROAST AUGUST 23, 2010**






We are having a Hot Dog Roast and a 50/50 Raffle. Please register with Betty. New members are always welcome.

**COST: \$ 5.00 PER MEMBER**



# AUGUST 2010

## CALENDAR OF EVENTS AND ACTIVITIES

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	
	<p><b>2</b></p> <p><b>Lunch Bunch</b> 10:00 a.m. OEA</p> <p>Thornwood Neighborhood Group 12:00-3:30</p> <p>Strengthen &amp; Tone 1:00 p.m.</p>	<p><b>3</b></p> <p><b>Shoprite</b> <b>SHOPPING TRIP</b> OEA 592-6441</p> 	<p><b>4</b></p> <p><b>Lunch bunch</b> 10:00 a.m.</p> <p>Line Dance 11:00 a.m. Community Cente</p>	<p><b>5</b></p> <p>Pleasant Seniors Club Meeting 12-3:30</p> <p>Seniorcize 11:00 a.m. Community Center</p>	<p><b>6</b></p> <p><b>Lunch Bunch</b> 10:00 a.m. OEA</p> <p>FLOORWORK DELUXE 9:15 A.M. Community Center</p>	<b>7</b>	
<b>8</b>	<p><b>9</b></p> <p><b>Lunch Bunch</b> 10:00 a.m. OEA</p> <p>Thornwood Neighborhood Group 12:00-3:30</p> <p>Strengthen &amp; Tone 1:00 p.m.</p>	<p><b>10</b></p> <p><b>A &amp; P</b> <b>SHOPPING TRIP</b> OEA 592-6441</p> 	<p><b>11</b></p> <p><b>Lunch bunch</b> 10:00 a.m.</p> <p>Line Dance 11:00 a.m. Community Center</p> <p><b>Senior Picnic</b></p>	<p><b>12</b></p> <p>Pleasant Seniors Club Meeting 12-3:30</p> <p>Seniorcize 11:00 a.m. Community Center</p>	<p><b>13</b></p> <p><b>Lunch Bunch</b> 10:00 a.m. OEA</p> <p>FLOORWORK DELUXE 9:15 A.M. Community Center</p>	<b>14</b>	
<b>15</b>	<p><b>16</b></p> <p><b>Lunch Bunch</b> 10:00 a.m. OEA</p> <p>Thornwood Neighborhood Group 12:00-3:30</p> <p>Strengthen &amp; Tone 1:00 p.m.</p> <p><b>Blood pressure with Sue</b></p>	<p><b>17</b></p> <p><b>Shoprite</b> <b>SHOPPING TRIP</b> OEA 592-6441</p> 	<p><b>18</b></p> <p><b>Lunch Bunch</b> 10:00 a.m. OEA</p> <p>Line Dance 11:00 a.m. Community Center</p>	<p><b>19</b></p> <p>Pleasant Seniors Club Meeting 12-3:30</p> <p>Seniorcize 11:00 a.m. Community Center</p> <p><b>Blood pressure with Sue</b></p>	<p><b>20</b></p> <p><b>Lunch Bunch</b> 10:00 a.m. OEA</p> <p>FLOORWORK DELUXE 9:15 A.M. Community Center</p>	<b>21</b>	
<b>22</b>	<p><b>23</b></p> <p><b>Lunch Bunch</b> 10:00 a.m. OEA</p> <p>Thornwood Neighborhood Group 12:00-3:30</p> <p>Strengthen &amp; Tone 1:00 p.m.</p>	<p><b>24</b></p> <p><b>A &amp; P</b> <b>SHOPPING TRIP</b> OEA 592-6441</p>  <p><b>Mohegan Sun</b></p>	<p><b>25</b></p> <p><b>Lunch Bunch</b> 10:00 a.m. OEA</p> <p>Line Dance 11:00 a.m. Community Center</p> <p><b>MOVIE</b></p>	<p><b>26</b></p> <p>Pleasant Seniors Club Meeting 12-3:30</p> <p>Seniorcize 11:00 a.m. Community Center</p> <p><b>Blood pressure with Sue</b></p>	<p><b>27</b></p> <p><b>Lunch Bunch</b> 10:00 a.m. OEA</p> <p>FLOORWORK DELUXE 9:15 A.M. Community Center</p>	<b>28</b>	
<b>29</b>	<p><b>30</b></p> <p><b>Lunch Bunch</b> 10:00 a.m. OEA</p> <p>Thornwood Neighborhood Group 12:00-3:30</p> <p>Strengthen &amp; Tone 1:00 p.m.</p> <p><b>Blood pressure with Sue</b></p>	<p><b>31</b></p> <p><b>Shoprite</b> <b>SHOPPING TRIP</b> OEA 592-6441</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**

**JULY 2010**

MONDAY, 2	TUESDAY, 3	WEDNESDAY, 4	THURSDAY, 5	FRIDAY, 6
Vegetable & Cheese Frittata, Home Fried Potatoes, Zucchini & Tomatoes, Sliced Pears		Chef's Salad: Turkey, Ham, Cheese, Tossed Salad, Cucumber Salad, Pineapple Chunks		Salmon Loaf w/ Dill Sauce, Brown Rice, Glazed Carrots, Fruited Gelatin
MONDAY, 9	TUESDAY, 10	WEDNESDAY, 11	THURSDAY, 12	FRIDAY, 13
Eggplant Parmigiana, Bow Tie Pasta, Broccoli, Fruit Cocktail		BBQ Chicken, Hot Dog, Potato Salad, Cole Slaw, Ice cream		Roast Turkey, Sweet Potato, French Style Green Beans, Pumpkin Pie
MONDAY, 16	TUESDAY, 17	WEDNESDAY, 18	THURSDAY, 19	FRIDAY, 20
Breaded Pork Chop, Parslied Potatoes, Harvard Beets, Applesauce		Italian Meatballs, Spaghetti, Broccoli, Sliced Pears		Chicken w/Marsala Sauce, Bowtie Pasta & Broccoli, Tossed Salad, Chocolate Cake
MONDAY, 23	TUESDAY, 24	WEDNESDAY, 25	THURSDAY, 26	FRIDAY, 27
Stuffed Cabbage, Mashed Potatoes, Carrots, Fruit Cocktail		Tuna Salad Sandwich, Tomato & Cucumber Salad, Pasta Salad, Fresh Fruit		Zucchini & Cheese Frittata, Broccoli, Parslied Potatoes, Grape Juice, Birthday Cake
MONDAY, 30	TUESDAY, 31			
Sole Florentine, Sweet Potato, Cauliflower, Oatmeal Cookies				

*The Pleasant Lunch Bunch meets every Monday, Wednesday and Friday at the Community Center for a nutritious lunch, bingo, cards, fun and friendship. Please call (592-6441) two days in advance if you would like to attend. There is a suggested donation of \$3.00 per meal with transportation and \$2.50 per meal without transportation. Van transportation is available upon request.*

**PLEASANT LUNCH BUNCH FACTS.** The Pleasant Lunch Bunch program is managed and staffed by the Town of Mt. Pleasant Office of Elder Americans. It is funded through the Town of Mt. Pleasant, The Department of Health and Human Services, The New York State Office for Aging, Westchester County Department of Senior Programs and Services, and participant Donations. This is a social program available to every resident who is 60+. It is not based on any type of economic or physical need. If you have a food allergy, please call the Office of Elder Americans at 592-6441

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