

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

# **SENIOR**



## **FLASH**

**Upcoming Events**

# **JANUARY**



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.

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*EXERCISE PROGRAMS*  
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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.

## ***EXERCISE PROGRAMS***

The exercise programs listed below are available to Town Residents 55years 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. (No Class Jan. 19)



### **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. (NO PROGRAM ON JAN. 1)



### **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

***Get Involved With Our New Winter Exercise Programs. Welcome Our New Certified Fitness Instructor Nathalie Koffler.***

### **Fitness Program**

***Thursdays, Jan. 15 – Feb. 26 – 7 sessions  
12:00 p.m. – 1:00p.m. at the Mt. Pleasant  
Community Center***

***Fee: \$ 35.00***

This Program consists of moderate exercise that combines strength, endurance and stretching. The benefits of the program; strengthening your cardiovascular system, (which lowers blood pressure), strengthening your bones, (slowing down the process of Osteoporosis) and decrease in stiffness/improve joint flexibility...The program promotes weight loss and sense of well being.

### **Fusion Dance**

***Fridays, Jan. 16- Feb. 27 – 7 sessions  
11:00 a.m. – 12:00 p.m. at the Mt. Pleasant  
Community Center***

***Fee: \$35.00***

Join in a friendly gathering of Seniors for a weekly session of group dancing to the music of many cultures. All dances are based on 3-4 basic steps. The fun comes in the way of these steps are combined. The music is a combination of Latin, belly dancing, African, Tango, salsa and others. No partners are needed. This gently aerobic program is always open to new dancers. Join the party!

**The Recreation Department also offers:**

**Pilates, Yoga, Belly Dancing,  
Ballroom Dance and Fit Ball.**

**Call 742-2310 for more information.  
The late winter session begins in  
February.**

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](mailto:homesvcs@mountpleasantlibrary.org).

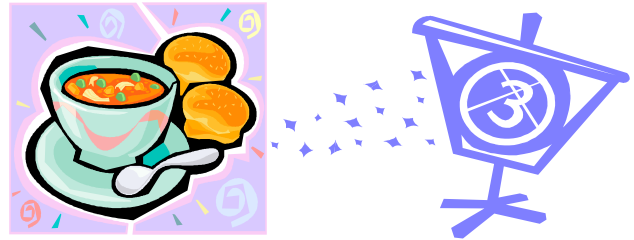
## Programs & Events



**IS HELD AT THE COMMUNITY CENTER RECREATION ROOM AT 1:30 PM. on Wednesday, January 14<sup>th</sup>.** The book selection for December is "Little Heathens" by Mildred A. Kalish. **New Members are welcome"**

### Weaving Stories Together-2009

Join program facilitator Karen Rippstein, CPT, Hawthorne, NY as she leads you in an intergenerational community outreach project. Weaving Stories Together gives you the opportunity to interact and share life experiences with Westlake High School's English Honor Society students in small groups or one on one. Together you will be inspired to weave stories from photographs about your past and present. The project consists of five one and a half hour sessions starting in January, 2:30 - 4:00 p.m. on Thursdays following school dismissal at the Mt. Pleasant Recreation Community Center. Please sign up at the Recreation Department.



### LUNCH AND A MOVIE

**WEDNESDAY, JANUARY 21, 2009**

**Movie: Mama Mia !**

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

The movie will begin at 12:45p.m.

**Cash Only**

**Fee: Lunch: \$2.50**

**Fee: Movie: \$1.00**



### **BRIDGE GROUP**

The bridge Club meets on Wednesdays in the small recreation room of the community center. The room will be available from 1-4 p.m. with tables and chairs set up for your convenience. 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 for some fun and some mind stimulation. Bring you own cards.

**The Mount Pleasant Public Library** is pleased to announce its Special Home Delivery Service for homebound patrons. The Mount Pleasant Library will

### **ROTARY PASTA DINNER**

**TUESDAY, FEBRUARY 17, 2009**

The Rotary Club of Mt. Pleasant invites you to a free Pasta Dinner at the Mt. Pleasant Community Center.

Pre registration is required through the Recreation Department by February 13, 2009

**DOORS OPEN AT 4:30 P.M.**

**DINNER WILL BE SERVED AT 5:00 P.M.**



Residents may only register for their immediate family and 1 other resident families.

**Please make checks payable to:  
TOWN OF MT. PLEASANT**

**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- January 5, 12, 19, 26

Pleasant Senior's of Mt. Pleasant- January 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 January 8, 2009.***

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.

**PROGRAM SURVEY**

The Recreation Department would like you to comment and or make suggestions on the following. Please fill out and return to Kellie or the Recreation dept.

**(1)Future day and extended trips:**

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**(2)Registration procedures for trips:**

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**(3)Would you be interested in attending a 13 day trip in October, 2009 to Italy for approximately \$3,500.00 a person?**

**YES \_\_\_\_\_ NO \_\_\_\_\_**

**(4)Would you like to attend Broadway shows in New York City? The day would include a coach bus transportation, an orchestra seat and lunch for approx \$160.00 per person? YES \_\_\_\_\_ NO \_\_\_\_\_**

**(5)Are you interested in**

**(a)Museums**

**YES \_\_\_\_\_ NO \_\_\_\_\_**

(b)Baseball games





YES \_\_\_\_\_ NO \_\_\_\_\_

© Visiting Historical Sites

YES \_\_\_\_\_ NO \_\_\_\_\_

# TRIPS

## INFORMATION CORNER

-  -Little or no walking; few or no stairs  
(ie: Bus drops you off close to the event)
-  - Moderate amount of walking with places to rest.
-  - Substantial amount of walking with or without places to rest.
-  - Lots of walking with standing for long periods of time

## LION KING



Would you be interested in going to the city to see “Lion King” in July? Price would include an orchestra seat, round trip coach transportation from the community center and lunch. Please let Kellie know if you are interested by January 9<sup>th</sup>.  
**\$160.00 Per Person**



**MONDAY, FEBRUARY 23, – TUESDAY, FEBRUARY 24, 2009**  
**FOXWOODS/ MOHEGAN SUN**

**ITINERARY:**  
**MONDAY, FEBRUARY 23, 2009**

- \*Coach bus will leave the Community Center at 8:15 a.m.
- \*We will check into the Two Trees Inn at Foxwoods
- \*A coach bus will be available to bring you from the Hotel to Foxwoods Casino
- \*Free 24 hour shuttle service to and from Hotel and Casino
- \*Receive one breakfast and one dinner at Foxwoods
- \*\$10.00 keno play at Foxwoods

**TUESDAY, FEBRUARY 23, 2009**


- Following breakfast at the Hotel, a coach bus will take us to Mohegan Sun for the day!
- At Mohegan Sun you will receive one lunch buffet and one Rolette spin.
- \*Coach bus departs from Mohegan at 4:30 p.m. and returns to the Mt. Pleasant Community Center by 7:00 p.m.

**\*\*Single room: \$159.00**

**\*\*Double room: \$121.00 / person**

**\*\*Triple room: \$114.00 / person**

**Reservations will be accepted through February 4, 2009. For further information, call the Recreation Department at 742-2310**

<b>January 2009 CALENDAR OF EVENTS AND ACTIVITIES</b>						
SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
				<b>1</b> NEW YEARS DAY 	<b>2</b> <b>Lunch Bunch</b> <b>10:00 a.m.</b> <b>OEA</b>  FLOORWORK DELUXE 9:15 A.M. Community Center	<b>3</b>
<b>4</b>	<b>5</b> <b>Lunch Bunch</b> <b>10:00 a.m.</b> <b>OEA</b>  Thornwood Neighborhood Group Business Meeting  Strengthen & Tone 1:00 p.m.	<b>6</b>  <b>SHOPRITE</b> <b>SHOPPING TRIP</b> <b>OEA</b> <b>592-6441</b>  <b>FIT AND FLEXIBLE</b> <b>12:30 – 1:30 P.M.</b>	<b>7</b> <b>Lunch bunch</b> <b>10:00 a.m.</b> <b>OEA</b>  Line Dance 11:00 a.m. Community Center  <b>BRIDGE</b>	<b>8</b> Pleasant Seniors Club Meeting 12-3:30  Seniorize 11:00 a.m. Community Center  <b>NEW TRIP</b> <b>REGISTRATION</b>	<b>9</b> <b>Lunch Bunch</b> <b>10:00 a.m.</b> <b>OEA</b>  FLOORWORK DELUXE 9:15 A.M. Community Center	<b>10</b>
<b>11</b>	<b>12</b> <b>Lunch Bunch</b> <b>10:00 a.m.</b> <b>OEA</b>  Thornwood Neighborhood Group Meeting  Strengthen & Tone 1:00 p.m.  <b>BLOOD PRESSURE</b> <b>WITH SUE</b>	<b>13</b>  <b>A &amp; P</b> <b>SHOPPING TRIP</b> <b>OEA</b> <b>592-6441</b>  <b>FIT AND FLEXIBLE</b> <b>12:30 – 1:30 P.M.</b>	<b>14</b> <b>Lunch Bunch</b> <b>10:00 a.m.</b> <b>OEA</b>  Line Dance 11:00 a.m. Community Center  <b>BOOK CLUB</b> <b>1:30P.M.</b>  <b>BRIDGE</b>	<b>15</b> Pleasant Seniors Club Meeting 12-3:30  Seniorize 11:00 a.m. Community Center  <b>BLOOD PRESSURE</b> <b>WITH SUE</b>	<b>16</b> <b>Lunch Bunch</b> <b>10:00 a.m.</b> <b>OEA</b>  FLOORWORK DELUXE 9:15 A.M. Community Center	<b>17</b>
<b>18</b>	<b>19</b>  <b>CLOSED</b>	<b>20</b>  <b>SHOPRITE</b> <b>SHOPPING TRIP</b> <b>OEA</b> <b>592-6441</b>	<b>21</b> <b>LUNCH &amp; MOVIE</b>  <b>Lunch Bunch</b> <b>10:00 a.m.</b> <b>OEA</b>  Line Dance 11:00 a.m. Community Center  <b>BRIDGE</b>	<b>22</b>  Pleasant Seniors Club Meeting 12-3:30  Seniorize 11:00 a.m. Community Center	<b>23</b> <b>Lunch Bunch</b> <b>10:00 a.m.</b> <b>OEA</b>  FLOORWORK DELUXE 9:15 A.M. Community Center	<b>24</b>

25	<b>26</b> <b>Lunch Bunch</b> <b>10:00 a.m.</b> <b>OEA</b>  Thornwood Neighborhood Group Meeting  Strengthen & Tone 1:00 p.m. <b>BLOOD PRESSURE</b> <b>WITH SUE</b>	<b>27</b> <b>A &amp; P</b> <b>SHOPPING TRIP</b> <b>OEA</b> <b>592-6441</b>	<b>28</b> <b>Lunch Bunch</b> <b>10:00 a.m.</b> <b>OEA</b>  <b>BRIDGE</b>	<b>29</b> Pleasant Seniors Club Meeting 12-3:30  Seniorize 11:00 a.m. Community Center  <b>BLOOD PRESSURE</b> <b>WITH SUE</b>	<b>30</b> <b>Lunch Bunch</b> <b>10:00 a.m.</b> <b>OEA</b>  FLOORWORK DELUXE 9:15 A.M. Community Center	31
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**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

## JANUARY 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY, 1	FRIDAY, 2
			<b>HOLIDAY</b> <b>NEW YEARS DAY</b>  <b>OFFICE CLOSED</b>	<b>Chicken Paprika,</b> <b>Oven Roasted</b> <b>Potatoes, Carrots,</b> <b>Fruited Gelatin</b>
MONDAY, 5	TUESDAY, 6	WEDNESDAY, 7	THURSDAY, 8	FRIDAY, 9
<b>Salisbury Steak,</b> <b>Succotash,</b> <b>Carrots,</b> <b>Pineapple Tidbits</b>		<b>Roasted Chicken,</b> <b>Mashed Sweet</b> <b>Potatoes,</b> <b>Brussels Sprouts,</b> <b>Chocolate Chip</b> <b>Cookies</b>		<b>Crispy Baked Fish</b> <b>w/ Lemon Butter,</b> <b>Red Skin Boiled</b> <b>Potatoes,</b> <b>Peas and Onions,</b> <b>Fresh Orange</b>
MONDAY, 12	TUESDAY, 13	WEDNESDAY, 14	THURSDAY, 15	FRIDAY, 16
<b>Stuffed Cabbage,</b> <b>Mashed Potatoes,</b> <b>Mixed Vegetables,</b> <b>Pineapple Tidbits</b>		<b>Roast Turkey,</b> <b>Baked Sweet Potato,</b> <b>Green Bean</b> <b>Casserole,</b> <b>Butterscotch Pudding</b>		<b>Vegetable &amp; Cheese</b> <b>Frittata,</b> <b>Home Fried</b> <b>Potatoes,</b> <b>Stewed Tomatoes,</b> <b>Sugar Cookies</b>
MONDAY, 19	TUESDAY, 20	WEDNESDAY, 21	THURSDAY, 22	FRIDAY, 23
<b>HOLIDAY</b> <b>OFFICE CLOSED</b>		<b>Vegetable Lasagna,</b> <b>Tossed Salad</b> <b>w/Chickpeas,</b> <b>Broccoli Spears,</b> <b>Sliced Pears</b>		<b>Meatloaf,</b> <b>Mashed Sweet</b> <b>Potato,</b> <b>Spinach,</b> <b>Sliced Pears</b>
MONDAY, 26	TUESDAY, 27	WEDNESDAY, 28	THURSDAY, 29	FRIDAY, 30
<b>Chicken Chow</b> <b>Mein,</b> <b>White Rice,</b> <b>Oriental Vegetable</b> <b>Medley,</b>		<b>Chicken Cutlet</b> <b>Parmigiana,</b> <b>Pasta,</b> <b>Spinach,</b> <b>Tossed Salad,</b>		<b>Tilapia w/ Veracruz</b> <b>Sauce,</b> <b>Mashed Potatoes,</b> <b>Broccoli,</b> <b>Birthday Cake</b>

Pineapple Juice, Orange		Fresh Fruit		
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**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.

## 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.

### CONTRIBUTIONS

\*For these services a contribution is requested. Call OEA office for more information. No individual is denied a meal if they are unable 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.

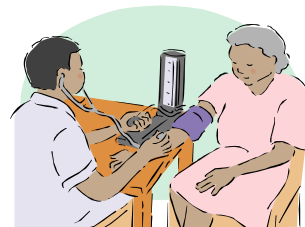
Weekly shopping trip to local supermarkets on Tuesdays.

- 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.



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

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.