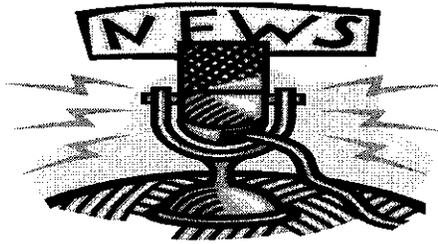


TOWN OF MOUNT PLEASANT
Recreation & Parks Department
742-2310

SENIOR



FLASH

Upcoming Events

November 2016



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

Please call this number for Senior bus pick up, for Club meetings, Senior exercise class and Senior registration questions.

NUTRITION: 592-6441

Please call this number for information on Home Delivered Meals, Lunch Bunch, Bradhurst Senior Day Center, Health and Support Services and Pick up for Tuesdays shopping trips.

REGISTRATION POLICY

REGISTRATION IS ONGOING FOR ACTIVITIES LISTED IN THIS FLYER

**Please make checks payable to:
Town of Mt. Pleasant**

The Mount Pleasant Public Library

offers a Special Home Delivery Service for homebound patrons of the Town of Mount Pleasant and the Village of Pleasantville. contact Martha Mesiti 914-769-0548 ext. 211, or at homesvcs@mountpleasantlibrary.org.

SENIOR CLUB MEETING SCHEDULE

ALL MEETINGS ARE HELD AT THE COMMUNITY CENTER FROM 12:00 NOON TO 2:30 P.M.

Club meetings include crafts, cards and bingo. Coffee, Tea and Refreshments are available.

Thornwood Neighborhood Group

Mondays, November 7, 14, 21, & 28, 2016
From 12:00 p.m. to 2:30 p.m.

Group President – Tony Sardanelli
914-769-6167

Pleasant Seniors of Mt. Pleasant

Thursdays, November 3, 10, & 17, 2016
From 12:00 p.m. to 2:30 p.m.

FOR QUESTIONS REGARDING SENIOR PROGRAMS,

PLEASE CALL

Jim Martorano 914-742-2380

Or Email at

JMartorano@MtPleasantNY.com

EXERCISE PROGRAMS

The exercise programs listed below are available to Town Residents 55 years old and above. You may join these programs at any time throughout the year. **They are "Pay as you participate" programs. Sneakers are required to participate in all exercise programs.**

SENIORCIZE STRENGTHEN & TONE WITH LAURA SANTUCCI, MONDAY, 9:15 A.M. TO 10:00 A.M

This program is designed to help you maintain muscle strength, balance and flexibility. Exercises are done by the chair and the class includes a stretching segment in order to achieve a total body workout. Weights are optional, but preferred. **\$2.00 FEE**

QI GONG FOR HEALTHY AGING WITH NANCY TUESDAYS, 10:45 – 11:30 AM

A modified fitness class for older adults and it can be practiced sitting or standing. Qi Gong consists of three components: slow breathing, gentle stretching movements, and mind full meditation. It is relaxing yet energizing. Anyone can take this class! **\$3:00 FEE**
No class Nov. 22nd.

FIT & FLEX WITH CAROL MIGLIORELLI ISCA/Promise Certified Instructor–TUES. 12:30-1:15pm

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. **FEE: \$3.00 No Class 11/8**

LINE DANCE WITH CAMERON KELLY WEDNESDAY, 11:05 A.M. UNTIL 11:50 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! **\$3.00 FEE**

SENIORCIZE WITH STACEY CRISTIANO 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 No Class Nov. 24th**

FLOORWORKS DELUXE STRETCH WITH STACEY CRISTIANO

FRIDAYS, 9:00 A.M. UNTIL 9:45 A.M.

A combination of 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 No Class Nov 11 & 25**

STAY STRONG AND FIT WITH KAREN KIM

FRIDAYS, 11:15 A.M. – 12:15 P.M. *FREE*****

Strong and Fit is back by popular demand.

Exercise to improve balance, agility, cardiovascular endurance, flexibility and strength. Grant provided by Westchester Community College, NYS Office for Aging and WCDSPS. **No Class Nov 11 & 25**

SENIOR PROGRAMS

"TIPS" MONDAYS AND THURSDAYS

11:00 A.M. to 1:00 P.M.

Have your vital signs checked twice a week by a trained technician. Comprehensive needs assessment services will be available for participants. This is a free service provided by Westchester County and Pace University. Call the Recreation Dept. for more information 914-742-2310.

ARTHUR AVENUE SHOPPING

TUESDAY, NOVEMBER 8, 2016

Spend the day shopping on Arthur Avenue. Limited spots available.

Van leaves Community Center: 9:30 a.m.

Van returns Community Center: 3:30 p.m.

Maximum 12 participants

SOLD OUT!



FOXWOOD

TUESDAY, NOVEMBER 15, 2016

Join us for the day at Foxwoods Casino. You will receive a Keno play voucher and a meal voucher.

Fee: \$25 per person

Depart Community Center at 8:15 A.M. Return Community Center at 6:30 P.M.

WESTLAKE TECHNOLOGY CREW

FRIDAY, NOVEMBER 18, 2016

2:30 to 3:30 pm

Join the students of the Westlake Technology To help you learn more about how to use your gadgets. FREE

Please pre-registration is required by calling the Recreation Dept at 914-742-2310.

walk-ins Advanced registration is preferred. Call Mike or Gina@914-428-0064

FEE: \$5.00

WALK-INS: \$8.00

New Members are always welcome

LADIES NIGHT OUT - BINGO

FRIDAY, NOVEMBER 18, 2016

COMMUNITY CENTER 6:30 pm to 9:30 pm

What can better than a room full of ladies enjoying great food & drinks and being with your friends? Leave your worries at the door! Includes: dinner, dessert, coffee and Tea. Bring your own Beverage

Fee: \$30.00 register at the Recreation Office



BOOK CLUB

The next meeting is scheduled for **TUESDAY, NOVEMBER 15, 2016**. We will be discussing, "Twilight in the World of Tomorrow" by James Mauro. Pre-registration is not required. New members always welcomed.
Community Center Rec. Rm. 12:00-1:00 P.M.

WESTCHESTER COMMUNITY COLLEGE

CULINARY ARTS Café LUNCHEON

NOVEMBER 29, 2016

Join us for a wonderful dining and educational experience at the Culinary Arts Café at WCC. Student Chefs and Managers have developed unique themes and menus for the Mt. Pleasant Seniors, so don't miss out.

You will pay \$12.00 (cash) upon entering

THIS PROGRAM IS SOLD OUT!

Leave the Community Center at 11:00 a.m.

WESTCHESTER KNICKS BASKETBALL

GAME - NOV. 30, 2016

Come see the Westchester KNICKS at the Westchester County Center.

\$39.00 per person. Reserve your spot by calling the Recreation Office at 914-742-2310 or register with Jim.

Leave the Community Center at 9:45 am and return at 3:00 pm

MT. PLEASANT SENIOR HOLIDAY

LUNCHEON AT 12:00 P.M.

THURSDAY, DECEMBER 1, 2016

Come and celebrate with us at Stone Manor 101 in Hawthorne for our 45TH Holiday Luncheon. Advance reservations are required.

Reservations will be held only at the club meetings by the Entertainment Committee (Camille Camarda, Marion Sheenan and Elaine Russell) on Thursday, November 3, 10 & 17.

Van service is available.

Members Fee: \$20.00

Non-member Fee: \$35.00



TOWN HALL TREE LIGHTING CEREMONY

FRIDAY, DECEMBER 2, 2016

Residents and friends of all ages are invited to gather at the Mt. Pleasant Town Hall, at 7:30 p.m. for this traditional beginning of the Holiday Season. There will be carol singing, refreshments and a special appearance by Santa Claus. **FREE**



**SHOPPING AT DANBURY MALL AND
CHRISTMAS TREE SHOP**

SATURDAY, DECEMBER 3, 2016

Would you like to do some holiday shopping? We'll leave the driving to us and spend the day at the Danbury Mall and the Christmas tree shop. Call the Recreation Office to reserve your spot on the Bus. 914-742-2310

Depart Community Center: 9:30 a.m.

Return Community Center: 3:30 p.m.

Fee: \$5.00 – Max 12 participants

VALHALLA GAZEBO TREE LIGHTING

SUNDAY, DECEMBER 4, 2016

6:00 p.m. at the Valhalla Greens- FREE
Co-sponsored with the Valhalla Chamber of Commerce and the Valhalla Girl Scouts. There will be carol singing and refreshments will be served.

THORNWOOD NEIGHBORHOOD GROUP

HOLIDAY END OF YEAR PARTY

MONDAY, DECEMBER 5, 2016

This is the time again to make reservations for the Christmas Luncheon at Casa Rina located in Thornwood. Lots of gifts, prizes and music - fun for all. Register with club officers only.

New guests always welcomed

Members: \$10.00

Fee for Guest: \$30:00



"CHRISTMAS INN"

WESTCHESTER BROADWAY THEATRE

WEDNESDAY, DECEMBER 14, 2016

Come one. Come All.

'Tis the Season for Holiday Fun at the Westchester Broadway Theatre. Enjoy a hilarious day of holiday music, laughter, and a story of Christmas Magic. Performed by a Broadway cast, the show features all your favorite Christmas music including an old-fashioned sing-along.

Fee: \$59.00 - Van Service available

LUNCH AND SENIOR HOLIDAY

KARAOKE WITH JOHN and JIM

WEDNESDAY, DECEMBER 21, 2016

Whether you think you can't sing, or if you know you can, come and sing along with your favorite **Holiday Songs** and have some real fun.

Lunch will be served by OEA at noon followed by Karaoke with John and Jim



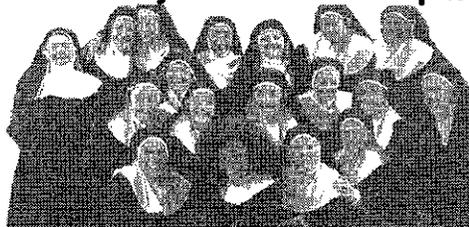
SISTER ACT

WHITE PLAINS PERFORMING ARTS CTR

THURSDAY, DECEMBER 22, 2016

Sister Act is the feel-good musical comedy smash based on the hit 1992 film that has audiences jumping to their feet. **Fee: \$40.00**

Leave Community Center at 12:30 pm

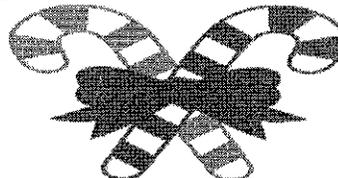


CHRISTMAS CRAFT TABLE/SALE

THURSDAYS, NOV. 10TH & 17TH, 2016

11:00 am to 3:00 pm

Come and see what the seniors of Mount Pleasant can create. Hope to see you all! Thank you.



NEW YEARS EVE PARTY

FRIDAY, DECEMBER 30, 2016

11:00 A.M. – 2:30 P.M.

Ring in the New Year at 12 noon with your friends at the Mt. Pleasant Community Center. Lunch will be served and entertainment will be provided. **Fee: \$10.00**

Pre-registration is required.

Van Service will also be available



HAPPY NEW YEAR

LADIES DAY/ NIGHT OUT!
BROADWAY SHOW

NATASHA, PIERRE AND THE GREAT COMET
OF 1812

Here is your chance to catch Josh Groban in his Broadway musical debut!

Drawing inspiration from a 70-page portion of Leo Tolstoy's Russian masterpiece *War and Peace*, *Natasha, Pierre and the Great Comet of 1812* follows Natasha, a young girl who forms a relationship with the attractive rebel Anatole while her betrothed Andrey is off fighting. Andrey's best friend Pierre remains on high alert as the new romance blossoms.

For ladies 21 & over

WHEN: Wednesday, January 25, 2017

24001 (A)

WHERE: bus leaves C.C. at 10:00 a.m.

Lunch will be at Carmines

**FEE: Register at the Recreation Dept.:
\$190.00**

WHEN: Friday, January 27, 2017

24001 (B)

WHERE: Bus leaves C.C. at 3:30 p.m.

Dinner will be at O'Lunneys (includes wine & soda)

**FEE: Register at the Recreation Dept.:
\$190.00**

UPCOMING EVENTS

November 8 – AUTHUR AVENUE SHOPPING TRIP
SOLD OUT

November 15 – FOXWOODS

November 18 – LADIES NIGHT OUT - BINGO

November 29 – CULINARYCAFÉ AT W.C.C.
SOLD OUT

November 30 – WESTCHESTER KNICKS
BASKETBALL GAME

December 1 - MT. PLEASANT SENIOR HOLIDAY
LUNCHEON

December 3 – SHOPPING AT DANBURY MALL

December 5 – THORNWOOD NEIGHBOOD GROUP
HOLIDAY LUNCHEON

December 14 – "CHRISTMAS INN" AT THE
WESTCHESTER BROADWAY
THEATRE

December 21 – HOLIDAY KARAOKE

December 22 – SISTER ACT

December 30 – NEW YEARS EVE PARTY

January 25, 2017 – LDO-BROADWAY SHOW
MATINEE

January 27, 2017 – LNO-BROADWAY SHOW
EVENING PERFORMANCE

**"A VIBRANT,
THRILLINGLY IMAGINED
NEW MUSICAL.**

As this tale of love and corruption swirls like a feverish dream before us, above us and around us, we are brought into whispering intimacy with the characters as they pursue their fates.

When that comet streaks through the sky at the hushed climax of the show,
IT HAD MY HEART LEAPING INTO MY THROAT."

The New York Times

NOVEMBER 2016
CALENDAR OF EVENTS AND ACTIVITIES

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
		1 SHOPRITE SHOPPING TRIP OEA 592-6441 Qi Gong 10:45-11:30 am Fit & Flex 12:30-1:15 pm	2 Lunch Bunch 10:00 a.m. Line Dance 11:05 a.m. Community Center	3 Pleasant Seniors Club Meeting 12-2:30 p.m. Seniorcize 11:00 a.m. Community Center <u>TIPS</u>	4 Lunch Bunch 10:00 p.m. OEA FLOORWORK DELUXE 9:00 a.m. Community Center Strong & Fit 11:15-12:15	5
6	7 Lunch Bunch 10:00 a.m. Strength & Tone 9:15 a.m. <u>TIPS</u> Thornwood Neighborhood Group 12-2:30 p.m.	8 ELECTION DAY COMMUNITY CENTER CLOSED Authur Avenue Shopping Trip	9 Lunch Bunch 10:00 a.m. Line Dance 11:05 a.m. Community Center	10 Pleasant Seniors Club Meeting 12-2:30 p.m. Seniorcize 11:00 a.m. Community Center <u>TIPS</u>	11 VETERANS DAY COMMUNITY CENTER CLOSED	12
13	14 Lunch Bunch 10:00 a.m. Strength & Tone 9:15 a.m. <u>TIPS</u> Thornwood Neighborhood Group 12-2:30 p.m.	15 SHOPRITE SHOPPING TRIP OEA 592-6441 Qi Gong 10:45-11:30 am Fit & Flex 12:30-1:15 pm	16 Lunch Bunch 10:00 a.m. Line Dance 11:05 a.m. Community Center	17 Pleasant Seniors Club Meeting 12-2:30 p.m. Seniorcize 11:00 a.m. Community Center <u>TIPS</u>	18 Lunch Bunch 10:00 a.m. OEA FLOORWORK DELUXE 9:00 a.m. Community Ctr. Strong & Fit 11:15-12:15 Westlake Tech Crew LADIES NIGHT BINGO	19
20	21 Lunch Bunch 10:00 a.m. Strength & Tone 9:15 a.m. <u>TIPS</u> Thornwood Neighborhood Group 12-2:30 p.m.	22 ACME SHOPPING TRIP OEA 592-6441 NO Qi Gong Fit & Flex 12:30-1:15 pm	23 Lunch Bunch 10:00 a.m. Line Dance 11:05 a.m. Community Center	24 HAPPY THANKSGIVING COMMUNITY CENTER CLOSED	25 HAPPY THANKSGIVING COMMUNITY CENTER CLOSED	26
27	28 Lunch Bunch 10:00 a.m. Strength & Tone 9:15 a.m. <u>TIPS</u> Thornwood Neighborhood Group 12-2:30 p.m.	29 SHOPRITE SHOPPING TRIP OEA 592-6441 No Qi Gong Fit & Flex 12:30-1:15 pm	30 Lunch Bunch 10:00 a.m. Line Dance 11:05 a.m. Community Center			

TOWN OF MT. PLEASANT
Office of Elder Americans
MENU SUBJECT TO CHANGE
Please call two days in advance
for reservations or to cancel - 592-6441
November, 2016

(COMM. CTR. ONLY) MONDAY	(BRADHURST ONLY) TUESDAY, 1	(COMM. CTR. ONLY) Wednesday, 2	(BRADHURST ONLY) Thursday, 3	(COMM. CTR. ONLY) FRIDAY, 4
	Eggplant Parmigiana Bowtie Pasta w/ Tomato Sauce Broccoli Florets Seasonal Fresh Fruit	Broccoli Quiche Roasted Potatoes Stewed Tomatoes Mandarin Orange Segments	Beef Stew Buttered Noodles Spinach Brownie	Flounder Oreganata Orzo Pilaf Mixed Mediterranean Vegs. Seasonal Fresh Fruit
MONDAY, 7	TUESDAY, 8	WEDNESDAY, 9	THURSDAY, 10	FRIDAY, 11
Breaded Pork Chop Green Beans Roasted Sweet Potatoes Sliced Pears	SITES CLOSED	Chicken Marsala Linguine w/ Olive Oil Lemon Garlic Broccoli Sliced Peaches	Meatloaf Mashed Potatoes Peas & Carrots Apple Pie w/ Whipped Topping	SITES CLOSED
MONDAY, 14	TUESDAY, 15	WEDNESDAY, 16	THURSDAY, 17	FRIDAY, 18
Salisbury Steak Roasted Potatoes Sautéed Red Cabbage Oatmeal Cookies	Chicken California Brown Rice Mediterranean Mixed Veg. Seasonal Fresh Fruit	Beef Stew Buttered Noodles Creamed Spinach Mango Chunks	Beef Chili White Rice Mixed vegetables Butterscotch Pudding	Tilapia w/ Lemon Butter Sauce Buttered Grits Carrots Pineapple Chunks
MONDAY, 21	TUESDAY, 22	WEDNESDAY, 23	THURSDAY, 24	FRIDAY, 25
Peppers, Onions & Cheese Frittata Home Fried Potatoes Zucchini & Tomatoes Pitted Plums	Turkey & Stuffing Fresh Sweet Potato Green beans Cornbread Cranberry Pumpkin Pie	Chicken Cutlet Roasted Potatoes Creamed Spinach Apple Pie	SITES CLOSED	SITES CLOSED
Monday, 28	Tuesday, 29	Wednesday, 30		
Crispy Baked Cod w/ Tartar Sauce Quinoa w/ Kale Glazed Carrots Fruit Cocktail	Swedish Meatballs Buttered Noodles Spinach Seasonal Fresh Fruit	Herbed Lemon Chicken Roasted Potatoes Green Beans Sliced Peaches		

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 Mount Pleasant Office of Elder Americans. It is funded through the Town of Mount 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 very 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

Qi Gong for Healthy Aging New! Chair Qi Gong!

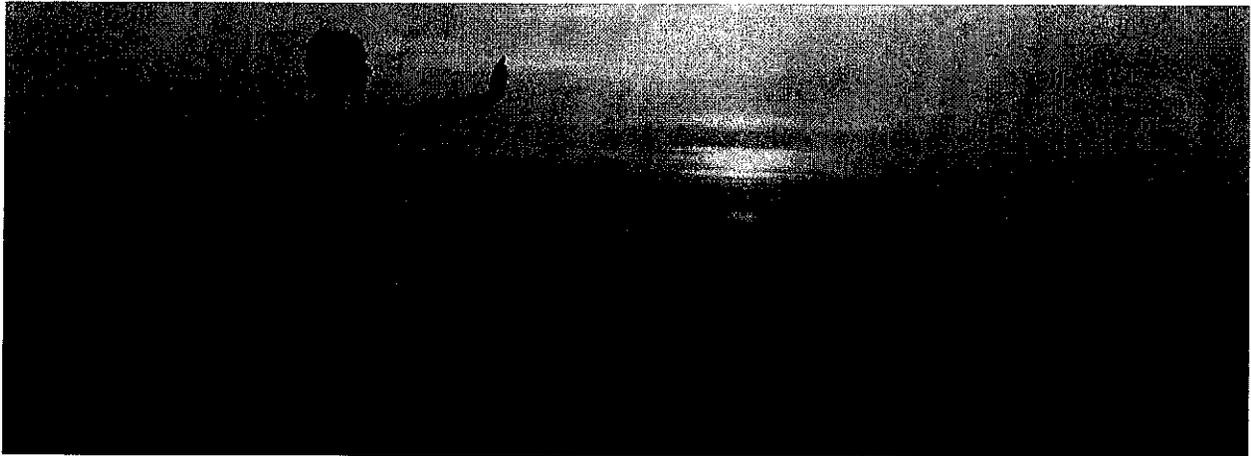
Mount Pleasant Community Center

Beginning Tuesday, November 8th

Tuesdays 9:45-10:30 Chair Qi Gong*

Tuesdays 10:45 -11:30 Standing Qi Gong

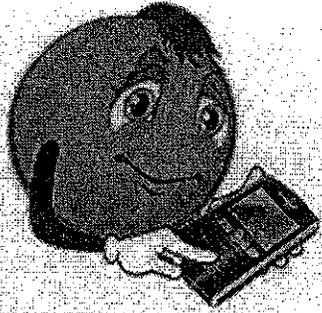
No Qi Gong classes on Tuesday, November 22nd



Join Nancy Fried-Tanzer, M.Ed, for Therapeutic Qi Gong, or Chinese Yoga. This practice consists of three components: slow breathing, gentle stretching movements, and mindful meditation.

Relaxing yet energizing, Qi Gong can relieve many ailments: back pain, neck and shoulder problems, cardiac ailments, low energy, immune function, GI problems, muscle stiffness, arthritic complaints and many other difficulties. Many people benefit from this form of exercise when recovering from surgery or after other medical treatments.

***Chair Qi Gong will be done sitting--all the great benefits of Standing Qi Gong!**



**Mt. Pleasant Recreation Department
and
Westlake Middle/High School
Student Technology Crew**

Would you like to learn how to:

Download apps?

Use Facebook or Skype?

Check your voicemail?

Attach photos to email messages?

Change the text size on your device?

Send messages or take notes using voice recognition?

**Join the students of the Westlake Technology Crew
to learn more about how to use your gadgets.**

FREE!!

Where: Westlake High School Library

When: Friday, November 14, 2016

Time: 2:30 - 3:30 pm

Pre-registration is required by calling the

Recreation Department

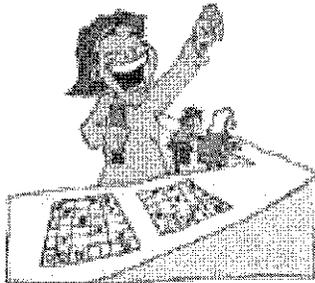
742-2310

Town Van service is available through the Recreation Department

Mount Pleasant Recreation

Ladies Night Out...

B-I-N-G-O!



Ladies, this is not your ordinary B-I-N-G-O! Come and leave your worries behind, as you gather your friends for a night of delicious food, lots of exciting prizes, and loads of fun! BYOB!

NOTE: 21 AND OVER PLEASE!

Friday, November 18

At The Community Center

From 6:30pm to 9:30pm

Fee: \$30.00

Door: \$40.00

Please pre register at Recreation Office

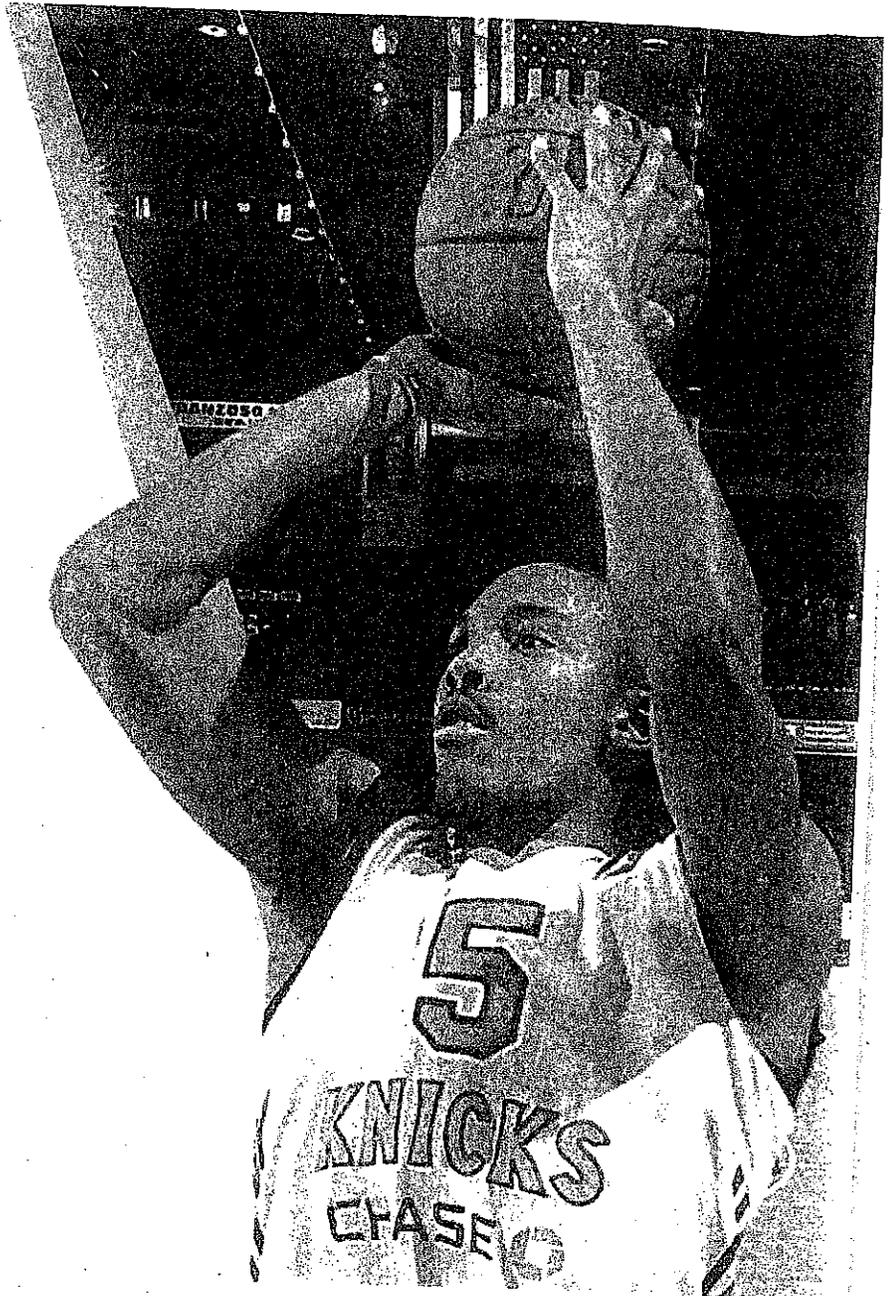
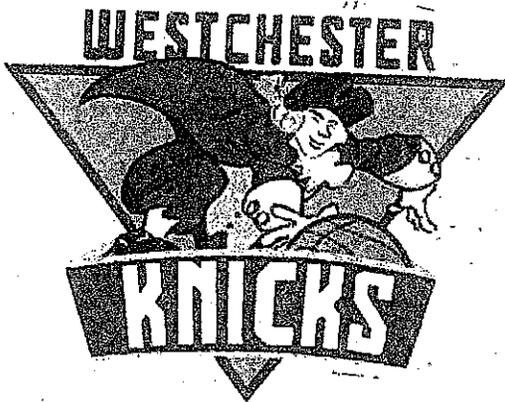
Activity number-44000 A

Questions please call 742-2310

Leave your worries at the door!!!!!!!!!!!!



VS



Come see the Knicks at the Westchester County Center

Wednesday, November 30th 2016

Bus Leaves the Community Center at 9:45am

Returning to the community center at 2pm

Food and drinks provided at the game

WESTCHESTER BROADWAY THEATRE PRESENTS



DECEMBER 14, 2016

It's Christmas Eve at an old New England Inn. The merriment begins when two famous entertainers who split up their act are both booked to headline the traditional holiday show at the Inn. Enjoy a hilarious evening of holiday music, laughter, and a story of Christmas magic, as the families of the feuding stars try to get them to reunite and recreate the act which made them famous. Performed by a Broadway cast, the show features all your favorite Christmas music including and old-fashioned sing-along.

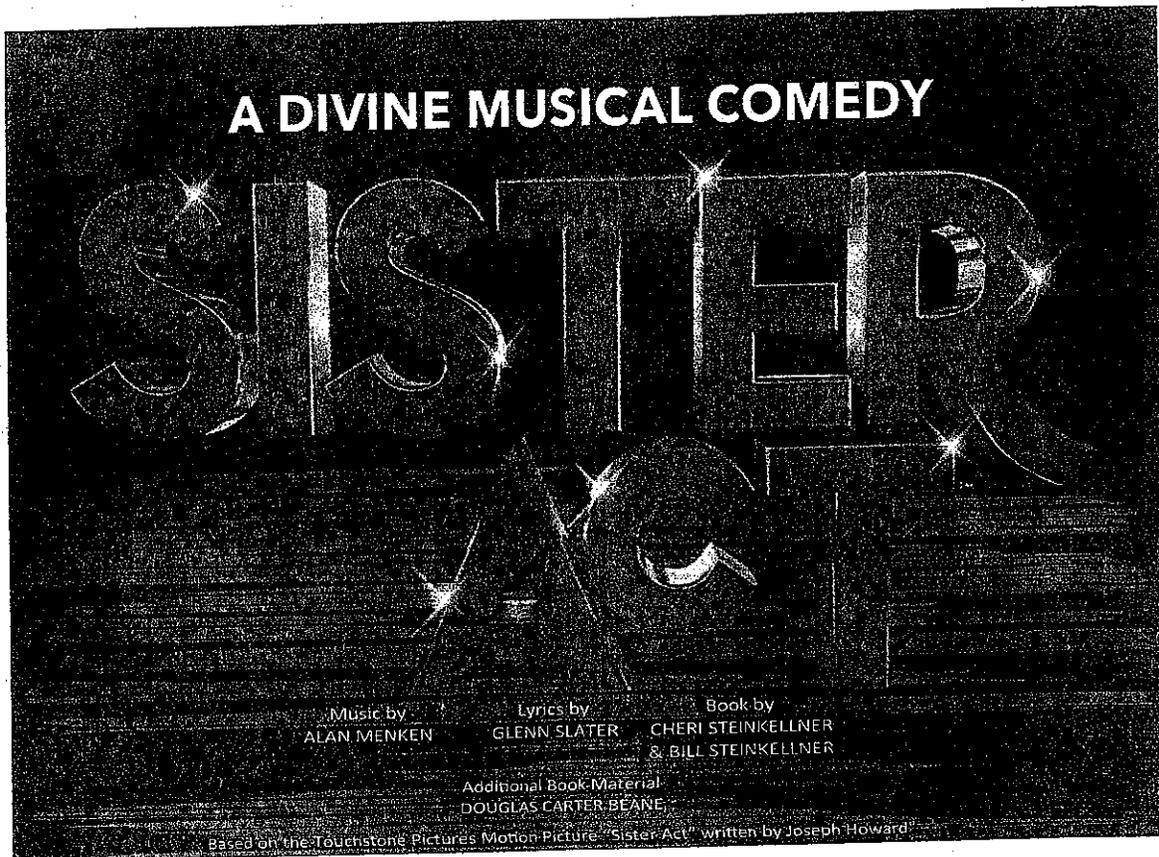
To reserve your seat call the Recreation office at 914-742-2310

Doors Open at 11:00 a.m. and the show start at 1:00 p.m.

Fee: \$59.00 – Registration at the Recreation Office or with Jim

white plains performing arts center

11 city place, white plains, ny 10601
914.328.1600 | wppac.com



Sister Act is the feel-good musical comedy smash based on the hit 1992 film that has audiences jumping to their feet! Featuring original music by Tony- and eight-time Oscar winner, Alan Menken (*Newsies*, *Beauty and the Beast*, *Little Shop of Horrors*), this uplifting musical was nominated for five Tony Awards, including Best Musical.

When disco diva, Deloris Van Cartier, witnesses a murder, she is put in protective custody in the one place the cops are sure she won't be a found: a convent! Disguised as a nun, she finds herself at odds with both the rigid lifestyle and uptight Mother Superior. Using her unique disco moves and singing talent to inspire the choir, Deloris breathes new life into the church and community but, in doing so, blows her cover. Soon, the gang is giving chase, only to find them up against Deloris and the power of her newly found sisterhood.

Filled with powerful gospel music, outrageous dancing and a truly moving story, *Sister Act* will leave audiences breathless. A sparkling tribute to the universal power of friendship, *Sister Act* is reason to REJOICE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					16	17
					7:00 PM	7:00 PM
18				22	23	
2:00 PM				2:00 PM	7:00 PM	
		27	28		30	
		7:00 PM	2:00 PM 7:00 PM	7:00 PM	7:00 PM	
					6	7
					7:00 PM	2:00 PM 7:00 PM
8						
2:00 PM						

DECEMBER 22

December 22

MT. PLEASANT RECREATION PRESENTS:

LADIES NIGHT/DAY OUT

BROADWAY SHOW



MATINEE PERFORMANCE

WHEN: Wednesday, January 25, 2017

24001 (A)

WHERE: bus leaves C.C. at 10:00 a.m.

Lunch will be at Carmines

FEE: Register at the Recreation Dept.:

\$190.00

EVENING PERFORMANCE

WHEN: Friday, January 27, 2017

24001 (B)

WHERE: Bus leaves C.C. at 3:30 p.m.

Dinner will be at O'Lunneys (includes wine & soda)

FEE: Register at the Recreation Dept.:

\$190.00

PLEASE REGISTER AT THE MT. PLEASANT RECREATION OFFICE

Hawthorne, NY 10532

914-592-6441

OEA Contact: Laurie Gonzalez

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**

(2 days/week T, Th)

Provides therapeutic activities, socialization, and a hot lunch in a warm, supportive setting. 11:00 a.m. to 2:00 p.m. No one will be denied a meal if they are unable to meet the suggested contribution.

CONTRIBUTIONS

For these services a contribution is requested. Call OEA office for more information. No individual is denied a meal if they are unable or unwilling to meet the suggested contribution.

HEALTH AND SUPPORT SERVICES

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

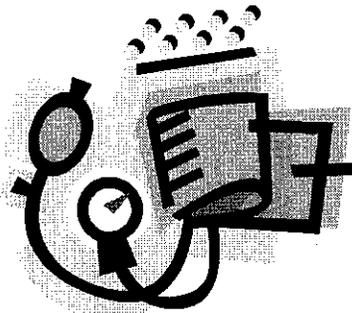
SUPERMARKET SHOPPING

Weekly shopping trip to local supermarkets on Tuesdays.

- Please limit your groceries to only two bags.
- Should be able to carry them without help
- The 1st, 3rd and 5th Tuesday of the month we shop at Shop Rite.
- The 2nd and 4th Tuesday of the month we shop at ACME.
- 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 funded through the Town of Mt. Pleasant, the Department of Health and Human Services, New York State Office for Aging and the Westchester County Department 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. Registrations are accepted at
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.

SENIOR CITIZEN TRIP CANCELLATION/REFUND 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.

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.

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.