

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

# **SENIOR**



# **FLASH**

**Upcoming Events**

**September 2018**



**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 [reference@mountpleasantlibrary.org](mailto:reference@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, September 10, 17 and 24, 2018.  
From 12:00 p.m. to 2:30 p.m.  
Group President – Tony Sardanelli  
914-769-6167

**Pleasant Seniors of Mt. Pleasant**

Thursdays, September 6, 13, 20 and 27, 2018.  
From 12:00 p.m. to 2:30 p.m in the Community Center.  
Craft Sales on 09/20, 10/18, 11/15 and 11/29

FOR QUESTIONS REGARDING SENIOR PROGRAMS,

PLEASE CALL

Jim Martorano 914-742-2380

Or Email at

[JMartorano@MtPleasantNY.com](mailto: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, MONDAYS,**

**10:00-10:45 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. **FEE: \$3.00**

**TAI CHI CLASS,**

**MONDAYS, 11:00 A.M.-12:00 P.M.**

The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Learn exercise sequences that improve balance both mentally and physically, increase muscular strength, and offer arthritis pain relief.

**FEE: \$3.00**

**QI GONG FOR HEALTHY AGING WITH NANCY**

**TUESDAYS, 10:45-11:30 A.M.**

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! **FEE: \$3.00**

**FIT & FLEX WITH CAROL MIGLIORELLI**

**ISCA/Promise Certified Instructor-TUESDAYS,**

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.

**9/11 FROM 12:30 – 1:15 P.M. FEE \$3.00**

**LINE DANCE WITH CAMERON KELLY**

**WEDNESDAYS, 11:05-11:50 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**

## SENIOR EXERCISE CONTINUED



### SENIORCIZE WITH STACEY CRISTIANO THURSDAYS, 11:00-11:45 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. **\$3.00 FEE**

### ZUMBA GOLD, THURSDAYS, SEPT 6 THRU 20<sup>TH</sup> 12 – 1:00 P.M. WEDNESDAYS, SEPT 26, 2:15-3:15PM

Designed for older active adults and those who are just starting a fitness program, Zumba Gold® combines Latin and international dance rhythms such as salsa, merengue, tango, and cha-cha into an energizing cardio workout. It is a safe and effective total body workout that feels more like a dance party. Movements will be modified to accommodate physical limitations, and those who wish to participate by sitting in chairs for some or all of the class are welcome to do so. Please wear comfortable clothing. **FEE: \$3.00**

### CHAIR YOGA WITH ELLEN –NEW PROGRAM THURSDAYS AT 2:45 PM TO 3:30PM

Come and enjoy a relaxing and invigorating experience where a fun and easy activity is paired with great music. Chairs will be provided to those participating in the class, come down to the Community Center and give it a try. **FEE: \$3.00**

### DELUXE STRENGTH & TONE WITH STACEY CRISTIANO - FRIDAYS, 10:15-11:00 A.M.

A combination of strength and stretch class done on a floor mat. This class 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**

### STAY STRONG AND FIT WITH KAREN KIM FRIDAYS, 11:15 A.M.–12:15 P.M. – FREE CLASSES START SEPTEMBER 17

The perfect mix of fitness and fun that incorporates different exercises to increase heart health, muscular strength, flexibility, and balance. This class is suitable for every fitness level. Chairs are available for seated or standing support. **FREE**

## SENIOR PROGRAMS

### "TIPS" ON 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.

### THORNWOOD NEIGHBORHOOD GROUP 56<sup>th</sup> ANNIVERSARY LUNCHEON AT MONDAY, SEPTEMBER 10, 2018

Members and guests are welcome to join us for our 56<sup>th</sup> Anniversary celebration at Casa Rina located in Thornwood. As usual, a choice of: Beef, Chicken, or Fish; wine & Soda, plus lots of prizes. We need your support to buy chances for our raffle.

**Luncheon fee for members: \$10.00**

**Luncheon fee for Guests: \$30.00**

New members are always welcomed.

Van transportation is available, register with Tony Sardanelli)

### JIM PASSABET 3<sup>rd</sup> ANNUAL APPLE ORCHARD & WINERY TRIP–TUESDAY, SEPTEMBER 11, 2018

Visit the Weed Orchards & Winery in Marlboro, NY. Includes lunch, cider/wine, tasting and a big bag of apples.

**Activity #914004K - \$75.00**



### LIVABLE COMMUNITIES VILLAGE FAIR AT MT. PLEASANT COMMUNITY CENTER WEDNESDAY, SEPTEMBER 12, 2018

**10:00 am to 2:00 pm - See Enclosed Flyer**

This year the Livable Communities Village Fair will be held on Wednesday, September 12, from 10 a.m. to 2 p.m. at the Mount Pleasant Community Center – 125 Lozza Drive, Valhalla. The fair will feature music, movement, interactive learning, and a complimentary light lunch. There will be vendors who will have information to share about products and services for seniors and caregivers. SEE ENCLOSED FLYER.

**PHELPS HOSPITAL AND THE TOWN OF  
MT. PLEASANT ARE PLEASED TO  
ANNOUNCE THE 3rd ANNUAL AUTUMN  
GAMES FOR SEASONED ADULTS  
SEPTEMBER 15, 2018**

Join us for a day full of activities for Westchester residents age 55+ who are fit, or once were fit, or want to be fit! This is a unique event with games and athletic challenges of all levels that will give participants an enjoyable experience and inspire more active, healthy lifestyles.

Sports will include Bocce Ball, Pickle Ball and many more games. Autumn Games will take place at the Mount Pleasant Community Center in Valhalla on Saturday, September 15, 2018 from 10:00 a.m. - 4:00 p.m.

**RESORTS WORLD CASINO  
TUESDAY, SEPTEMBER 18, 2018**

Nestled among the beauty of the Catskill Mountains, Resorts World Catskills Casino Resort offers an unmatched experience in excitement, entertainment, and luxury. **\*\*LIMITED SPACE\*\***

**Fee: \$25 per person**

**Depart Community Center at 9:00 A.M.**

**Return Community Center at 6:30 P.M.**

**Activity # 914004L**

**BOOK CLUB,**

The next meeting is schedule for,  
**TUESDAY, SEPTEMBER 18, 2018.**

**Community Center  
Rec. Rm. 12:00-1:00 P.M.**



Pre-registration is not required. New members always welcome. Call the Recreation Dept. for further details at 914-742-2310.

**FALL PREVENTION AWARENESS DAY  
FRIDAY, SEPTEMBER 21, 2018  
MT. PLEASANT COMMUNITY CENTER  
9:00 AM TO 2:00 PM**

Phelps Hospital, Town of Mt. Pleasant & Senator Terrence Murphy presents – Fall Prevention Day. This program will offer fitness classes, complementary food, guest lectures and giveaways.

**PHELPS WOMEN'S HEALTH DAY  
TUESDAY, SEPTEMBER 25, 2018  
COMMUNITY CENTER 9:00 AM TO 4:00 PM**

The goal of this event is to encourage women to take control of their health: to learn the facts they need to make smart health choices, and to make time for regular physical activity.

**SEE ENCLOSED FLYER FOR MORE INFORMATION.**

**AARP DEFENSIVE DRIVING  
WEDNESDAY AND FRIDAY,  
SEPTEMBER 26<sup>th</sup> and 28<sup>th</sup>, 2018  
9:00 am to 1:00 pm**

**Mt. Pleasant Community Center**

Participants must attend both days.

Fee: \$20.00 AARP Members

\$25.00 Non-Members

Pre-registration required by calling the Recreation Dept. 914-742-2310

**Limited space available**



**GERMANFEST  
SILVER BIRCHES – HAWLEY, PA  
TUESDAY, OCTOBER 2, 2018**

Save the date for a great afternoon enjoying a German Band and feasting on German food including Bratwursts and Beer.

**Fee: \$75.00 per person** Pickup at the Community Center at 8:15 a.m. and return at 4:45 p.m.



**MOHEGAN SUN CASINO  
TUESDAY, OCTOBER 16, 2018**

Try your luck at the casino for the day. Casino bonus will include a spin on the Mohegan Wheel and a lunch voucher.

**Leave the Community Center at 8:15 am**

**Return 7:00 pm Cost: \$25.00**

**VETERANS' PANCAKE BREAKFAST  
SATURDAY, OCTOBER 27, 2018  
9:00 am to 11:00 am**

**MT. PLEASANT COMMUNITY CENTER**

As part of Senator Murphy's "Thank a Vet" Tour, he is hosting a free pancake breakfast for veterans and their guest at the Mt. Pleasant Community Center.

## **SANDS CASINO**

**TUESDAY, NOVEMBER 13, 2018**

Try your luck at Sands Casino in Bethlehem, PA.



**Fee: \$25 per person**

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

## **WESTCHESTER BROADWAY THEATER**

**“PHANTOM” WEDNESDAY, NOVEMBER 21, 2018 11AM TO 3PM**

Come and join us in thrilling journey into 1954 London, England where the life of Christine and Erik are told. Erik takes Christine, a struggling singer, under his wing to coach her into being Opera House ready, all with exception of her never seeing his face.

## **ENVISION MT. PLEASANT WORKSHOP**

**TUESDAY, OCTOBER 9, 2018**

**MT. PLEASANT COMMUNITY CENTER**

The Town is embarking on a process that will guide the Town’s future planning and development through a document called a Comprehensive Plan. As the term “comprehensive” suggests, this is an all-inclusive approach to addressing the issue of a community’s future growth. The document will serve as a policy guide to decisions about community development and preservation. Over the course of 2018 and early 2019, the Town will bring together local residents, workers, business owners, and the Town’s various Boards and Committees, through public workshops and events, to identify priorities, goals, and strategies that will shape Mount Pleasant over the coming decades and beyond. The Comprehensive Plan will outline goals and policies related to central themes of strengthening and revitalizing the hamlets of Valhalla, Hawthorne and Thornwood, as well as broader Town-wide issues related to land use, natural resources, transportation, municipal services and infrastructure, economics, historic and cultural resources, sustainability, resiliency and green building. This is the time for residents to get involved in the conversation and add their voice. Visit

<https://www.mtpleasantny.com/> and click on Envision Mt. Pleasant to find out more and to find future dates to participate.

## **UPCOMING EVENTS**

- SEPTEMBER 10, 2018 – LUNCHEON  
THORNWOOD  
NEIGHBORHOOD GROUP
- SEPTEMBER 11, 2018 – JAMES PASSABET APPLE  
PICK – 3<sup>RD</sup> ANNUAL
- SEPTEMBER 12, 2018- LIVABLE COMMUNITIES
- SEPTEMBER 15, 2018 – AUTUMN GAMES
- SEPTEMBER 18, 2018 – RESORTS WORLD CASINO
- SEPTEMBER 25, 2018 – PHELPS WOMEN’S  
HEALTH DAY
- SEPTEMBER 26 & 28 – AARP DEFENSIVE DRIVING
- OCTOBER 2, 2018 – GERMANFEST
- OCTOBER 9, 2018 – ENVISION MT. PLEASANT
- OCTOBER 16, 2018 – MOHEGAN SUN
- OCTOBER 27, 2018 – VETERAN’S PANCAKE  
BREAKFAST
- NOVEMBER 13, 2018 - SANDS
- NOVEMBER 21, 2018 – WESTCHESTER BROADWAY  
THEATER “PHANTOM”
- DECEMBER 12, 2018 – CHRISTMAS CAROL

**September 2018**  
**CALENDAR OF EVENTS AND ACTIVITIES**

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
						1
2	3 <i>Happy Labor Day</i>  COMMUNITY CENTER CLOSED	4 SHOPRITE SHOPPING TRIP OEA 592-6441  Qi Gong 10:45-11:30 a.m.	5 Lunch Bunch 10:00 a.m.  Line Dance 11:05-11:50 a.m.  COMMUNITY CENTER	6 Pleasant Seniors Club Meeting 12-2:30 p.m.  Seniorcize 11:00-11:45 a.m. <u>TIPS</u> Community Center  ZUMBA GOLD 12-1:00 PM  CHAIR YOGA 2:45PM-3:30PM	7 Lunch Bunch 10:00 a.m. OEA  STRENGTH & TONE DELUXE 10:15-11:00 a.m. Strong & Fit 11:15am-12:15pm  COMMUNITY CENTER	8
9	10 Lunch Bunch 10:00 a.m.  Strength & Tone 10:00-10:45 a.m.  Tai Chi 11a.m.-12p.m.  LUNCHON THORNWOOD NEIGHBORHOOD GROUP	11 ACME SHOPPING TRIP OEA 592-6441  Qi Gong 10:45-11:30 a.m.  JAMES PASSABET APPLE PICK  Fit & Flex 12:30-1:15 p.m.	12 NO Lunch Bunch  Line Dance 11:05-11:50 a.m.  COMMUNITY CENTER  LIVABLE COMMUNITIES 10:00am – 2:00pm	13 Pleasant Seniors Club Meeting 11-2:30 p.m.  Seniorcize 11:00-11:45 a.m. <u>TIPS</u> Community Center  ZUMBA GOLD 12-1:00 PM  CHAIR YOGA 2:45PM-3:30PM	14 Lunch Bunch 10:00 a.m. OEA  STRENGTH & TONE DELUXE 10:15-11:00 a.m.  Strong & Fit 11:15am-12:15pm  COMMUNITY CENTER	15 AUTUMN GAMES  10:00am to 4:00 pm
16	17 Lunch Bunch 10:00 a.m.  Strength & Tone 10:00-10:45 a.m.  Tai Chi 11a.m.-12p.m.  Thornwood Neighborhood Group 12-2:30 p.m	18 SHOPRITE SHOPPING TRIP OEA 592-6441  Qi Gong 10:45-11:30 a.m.  Fit & Flex 12:30-1:15 p.m.  Book Club RESORTS WORLDS CASINO	19 Lunch Bunch 10:00 a.m.  Line Dance 11:05-11:50 a.m.  COMMUNITY CENTER	20 Pleasant Seniors Club Meeting 12-2:30 p.m. <u>TIPS</u>  Seniorcize 11:00-11:45 a.m. Community Center  ZUMBA GOLD 12-1:00 PM  CHAIR YOGA 2:45PM-3:30PM  CRAFT FAIR	21 Lunch Bunch 10:00 a.m. OEA  STRENGTH & TONE DELUXE 10:15-11:00 a.m. Strong & Fit 11:15am-12:15pm  COMMUNITY CENTER	22
23	24 Lunch Bunch 10:00 a.m.  Strength & Tone 10:00-10:45 a.m.  Tai Chi 11a.m.-12p.m.  Thornwood Neighborhood Group 12-2:30 p.m.	25 ACME SHOPPING TRIP OEA 592-6441  Qi Gong 10:45-11:30 a.m.  Fit & Flex 12:30-1:15 p.m.  PHELPS WOMEN'S HEALTH DAY	26 Lunch Bunch 10:00 a.m.  Line Dance 11:05-11:50 a.m. COMMUNITY CENTER  ZUMBA GOLD 2:15-3:15 PM  AARP DEFENSIVE DRIVING	27 Pleasant Seniors Club Meeting 12-2:30 p.m. <u>TIPS</u>  Seniorcize 11:00-11:45 a.m. Community Center  CHAIR YOGA 2:45PM-3:30PM	28 Lunch Bunch 10:00 a.m. OEA  STRENGTH & TONE DELUXE 10:15-11:00 a.m. Strong & Fit 11:15am-12:15pm  COMMUNITY CENTER AARP DEFENSIVE DRIVING	29

**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**

**September 2018**

MONDAY,	TUESDAY,	WEDNESDAY, 1	THURSDAY, 2	FRIDAY, 3
MONDAY, 6	TUESDAY, 7	WEDNESDAY, 8	THURSDAY, 9	FRIDAY, 10
MONDAY, 13	TUESDAY, 14	WEDNESDAY, 15	THURSDAY, 16	FRIDAY, 17
MONDAY, 20	TUESDAY, 21	WEDNESDAY, 22	THURSDAY, 23	FRIDAY, 24
MONDAY, 27	TUESDAY, 28	WEDNESDAY, 29	THURSDAY, 30	FRIDAY, 31

*\*Each meal includes bread, butter, and milk.*

*\*Diabetic approved alternative desserts available by request.*

***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

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 Nutrition Program – 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

A 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 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 on 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 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 doctor's 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 the 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.