

SCARSDALE SENIOR HAPPENINGS



JANUARY 2018

VILLAGE OF SCARSDALE

A very Happy New Year to everyone and best wishes for health, happiness and peace.

Program Cancellation – as the seasons change and the weather becomes inclement be sure you have registered your e-mail so cancelled programs and/or changes can easily reach you. Tune in to Optima channel 77 or Fios channel 27 for bulletins on school closings early in the morning. All programs are cancelled when Scarsdale Schools are closed. If there is a 2 hour delay on Mondays, yoga will be cancelled. If you have not yet registered your email, see below and do so. Call the office at 722-1160 if you have a question about a program. As always, use your best judgment about the advisability of coming to a program during inclement weather.

New membership and membership renewal is required for taxi vouchers, exercise classes, special rates for luncheons, trips and programs, summer Thursday pool admittance, aqua aerobics next summer, and the monthly newsletter, Scarsdale Senior Happenings, mailed to your home.

Scarsdale has a new website. All Scarsdale Seniors must register their e-mails to get senior information, cancellations or changes in programs. To register your e-mail, go to www.scarsdale.com and scroll down to “Notify Me” on the right. Click on the envelope. Follow the directions. Select sign-in options as to your interest in receiving e-mails from the Village. Scroll up to “Your profile Information” and sign out.

*After you subscribe you will receive confirmation e-mails. Make sure you respond to the e-mails.

*For senior news and the Happenings: Go to www.scarsdale.com, click on DEPARTMENTS. Under Parks & Recreation, scroll down to the bottom and on the left, click on Senior Citizens. If you need help call 722-1160.

PROGRAMS AT THE GSH.

Yoga: Mondays at 9:30am, on 1/8, 22 & 29.

Fridays at 12:30pm, on 1/5, 12, 19 & 26.

Tai Chi & Exercise: Thursday s at 10:30 am and 11:45 am on 1/4, 11, 18 & 25.

Canasta: Wednesday 11:00 am on 1/3, 10, 17, 24 & 31.

Coffee & Conversation: Monday at 12:15pm on 1/22.

*****Zumba***** Wednesdays at 9:30am 1/10 & 24. Mary Huff Stevenson will be leading Zumba through March 2 times a month. She has extensive experience in teaching fitness. This Zumba is geared for seniors and is low key. You CAN do it!

PROGRAMS AT THE SCARSDALE WOMAN'S CLUB: Go to www.scarsdalewomansclub.org to access the schedule of programs or check the weekly calendar on page 2 of the Arts and Entertainment section of the Scarsdale Inquirer.

PROGRAMS AT THE SCARSDALE PUBLIC LIBRARY: Check the library adult schedule to enjoy their numerous programs. Call 722-1300 to receive a monthly online newsletter.

Tech Time with Dan: Monday's 10:00 AM. Bring your specific questions, devices and passwords. There is not help on viruses, hardware or purchasing.

Navigating Services for Seniors: Thursday from 9:00 AM to 3:00 PM in the library lobby. A trained navigator will provide in-depth guidance on county services for seniors. Specifically, the navigator can provide information on benefits and services related to housing, home care, memory care, transportation, nutrition, and other programs that can help save you money and help in planning for your future. These sessions are one-to-one and there is no registration necessary but please call in the morning to confirm 914-722-1302. This service made possible through a partnership between the Scarsdale Library and the Westchester County Department of Senior Programs and Services.

AARP 55 Alive Driving Course Registration – Flyers are available in the Scarsdale Public Library listing the AARP Smart Driving Courses on Jan. 8th, and 29th, 2018. The session is from 8:30 am until 3:30 pm with a 30 minute lunch break. Call 914-582-2070 for more information and to register. Classroom course fee is \$20 for AARP members and \$25 for non-members. Visit www.aarp.org/drive. Participants do not have to be 55+ years old to take the course which gives a 10% discount on auto insurance for 3 years and you may be eligible to reduce 4 points on your driving record. Consult your agent for details. Information on-line.

Paper Cutting with Sine Hjort: Thursday, Jan, 4th, 3:30 PM. Register at Scarsdalelibrary.org or call 722-1302 for this 2 hour workshop about how to use paper cutting to tell stories and create beautiful pictures.

Adult Coloring:

Friday 1/12 @ 11:00 AM, 1/19 @ 2:00 PM

Monday 1/22 @ 6:30 PM (Jaffin Room). Must register.

Movies:

1) Silver Screen Series, "The Bridges of Madison County", Friday, 1/12 @ 1:45 PM

2) "The 110 yr Old Man Who Jumped Out of the Window and Disappeared". 1/26 @ 1:45 PM.

EXTENDED AND LOCAL TUESDAY TRIPS

Tuesday are designated for extended and local trips. Local trips will leave from the Girl Scout House and are by school bus. Wear comfortable shoes and be at the proper destination 15 minutes before the scheduled departure time. Extended trips will use a van.

The trip activity code ranges from 1 – 4 with 1 being little walking, bus drops close to the event; whereas 2 indicates moderate; 3 is substantial walking with no rest places and 4 includes lots of walking and stairs. Please review the criteria and your own skill level before you sign up for a trip. If on-going assistance is required, it will be necessary for you to arrange for a companion or aide to attend the trip with you. Be sure your medical form is on file with your doctor's signature.

Please make sure to check with Parks & Recreation Department and/or the monthly newsletter for updates. Changes do occasionally happen. Please arrive 15 minutes before trips as all trips leave promptly. You are registered when we receive your payment. Only club members may reserve a space. Non-members can go on a waiting list with an extra charge of \$5. All participants must supply an emergency contact phone number and have submitted an emergency information form signed by your doctor. You can pick up a form at the Recreation Department in the Village Hall – or call and it will be mailed to you.

Refunds for trips will not be granted unless the spot can be filled from the waiting list. If your spot can be filled, \$10 or 10% of the trip fee (whichever is higher) will be charged for processing the refund. Full refunds for a medical reason will be granted before the trip when accompanied by a doctor's note.

For further information, call the Recreation Office at 722-1160 or leave a message for Kathy Hurwitz at 722-1162.

Tuesday, January 16th, 8:45 AM (Local Trip): Trip to Downton Abbey Exhibit. Experience: The History – The Fashion – The House. As an immersive experience, this show transports you into the world of Downton Abbey with characters, costumes, rare footage, and loving recreations of the interiors. Even though you may not be acquainted with the show this exhibit will give you the opportunity to step into Downton Abbey, wander through the sumptuous upstairs family rooms, the kitchen and servants' quarters downstairs, and get up close to many iconic costumes and props. Official artifacts will be on display including telegrams to Lord Grantham of about the Titanic sinking and the outbreak of WWI. You will learn about British society, culture and fashion of the post Edwardian period leading up to the Roaring Twenties. You can expect to spend 60 – 90 minutes exploring the exhibit. We have an entry time for 10:00 am. Bring your lunch to eat on the way home. Code 3+. There is a limit of 14 people since the tickets have been purchased. Members \$40, Non-members \$45. Leave and depart from the GSH. Snow date: 1/23- NO REFUNDS unless you get someone to replace you.

Tuesday, February 13th (Local Trip): The Knolls, 10:00 AM. Every year we try to visit a senior residence facility to let you explore an alternate living arrangements. The Knolls is just one of two continuing care retirement communities in lower Westchester County located only 11

minutes from White Plains on a stunning 30 acre wooded campus. Beautifully renovated apartment homes have indoor/ outdoor maintenance, include full kitchen, washer/dryer, walk-in closets, basic TV, security..... . There is an abundance of activities, outings, a pool and shuttle to and from the train station. The Healthcare center provides a well-rounded medical and dental supervision and skilled nursing care. Sign up for a tour and lunch. Members \$7, non-members \$12. Code 2

TRANSPORTATION: Taxi service (one-way) is available for local medical/dental visits, with one week advance notice for **Scarsdale Senior resident members only**. Call the Parks and Recreation Office, 722-1160. Don't forget the Para-transit Bus, 995-7272, for Westchester seniors not able to use the regular bus, \$5.00 door to door, any day, anywhere in Westchester.

RideConnect, a program of Family Services of Westchester, provides information, referral and volunteer transportation services to older adults (60+), in Westchester County. Rides can be scheduled for medical, shopping, or other errands. Services are free, and rides can be provided on weekends and evenings. RideConnect also offers a weekly shopping bus. Call 914-242-7433 or visit. www.RideConnectWestchester.org.

WestFair Rides (WFR) is a not for profit volunteer ride and information and referral service that manages ride choices for Westchester residents who are aged 60+ or 21+ with vision impairments. WFR works with other service organizations, hospitals, medical groups, town recreation departments and older adult programs to ensure that residents keep medical and healthcare appointments. WFR does not charge for its ride services, but does accept donations which it uses to recognize and reward its volunteer drivers who pay for their own gas and insurance. Call 914-764-3533 or visit www.westfairrides.org.

INFORMATION & REFERRAL service is available to older persons and/ or their families. The Senior Co-coordinator will be at her desk for this service on Monday, Wednesday, Thursday and Friday from 1 to 2 PM. All inquiries are confidential. Call Kathy Hurwitz at 722-1162, or leave a message for her to contact you. For program questions call the office at 722-1160. To get more information on County Senior interests and events, access www.westchestergov.com/seniors. To access Scarsdale Senior information go to www.scarsdale.com and click on Departments. Scroll down to Senior Citizens (click). Scroll down to "Senior Happenings and date in small print. Click, open and allow. Be sure to register your e-mail so information about program changes can easily reach you.

SPECIAL SERVICES: Scarsdale & Edgemont Family Counseling Services offer Older Adult Services, including in home supportive counseling, friendly visits from volunteers and case management to assist older persons to remain at home and in the community. To find out more or to volunteer contact Maryellen Saenger, director of Aging in Place, call 723-3281 or visit the website: www.sfcsinc.org.

Senior Police Issues: Patricia Arcesi is the new detective handling senior police issues. If you need help contact her at 914-722-1205, cell: 914-227-1254.

Kathy Hurwitz

SCARSDALE SENIORS ACTIVITES REGISTRATION, FALL 2017

_____ Downton Abby Exhibit, 8:30 AM 1/16/18 Members \$40 Non-Members \$45
(This trip is limited to 14 people)

_____ The Knolls , 10:00 AM 2/13/18 Members \$ 7 Non-Members \$12

When Registering by Mail – Make check payable to: Village of Scarsdale

Send to: Senior Club, 1001 Post Road, Scarsdale, NY 10583

Use Credit Card when registering online – Registration available on line on September 1, 2017

If you have not yet joined – Membership Registration 2017-18

MEMBERSHIP: Scarsdale Residents \$15 _____ Eligible Non-Residents \$20 _____ Till 8/31/18

Name: _____ **Phone #** _____

Address: _____

Date of Birth: _____ **E-Mail** _____

Emergency Contact Name & Number: _____