

# SCARSDALE SENIOR HAPPENINGS



May 2019

VILLAGE OF SCARSDALE

**“Spring is Here!” Trees, bushes and bulbs will be flaunting their blooms invoking new beginnings and the fleeting beauty of nature. Memorial Day opens the pool and before you know it Summer will be here.**

**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](http://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](http://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 5/6, 5/13, 5/20.

Fridays at 12:30pm, on 5/3, 5/10, 5/17, 5/24, 5/31.

**Tai Chi & Exercise:** Thursdays at 9:15 am and 10:30 am on 5/2, 5/9, 5/16, 5/23, 5/30.

**ZUMBA:** Wednesday at **9:30** AM on 5/8, 5/22.

**Special Coffee and Conservation:** Join us for a special “Coffee and Conversation” on Wednesday May 15<sup>th</sup> at 9:30 am, featuring Professional Organizer Extraordinaire Jocelyn Kenner! Jocelyn will present on “Organizing a Lifetime’s Worth of Possessions”, an informative workshop on the fundamental principles for organizing your home, specifically: 1) How to declutter 2) Where to donate, sell or dispose of items, and 3) Motivation techniques to reach your goals. Jocelyn, owner of See Your Way Clear, is an active member of the National Association of Productivity and Organizing Professionals, Institute for Challenging Disorganization, and a regular instructor at the Scarsdale Adult School. Don’t miss out on this wonderful event!

**PROGRAMS AT THE SCARSDALE WOMAN’S CLUB:** Go to [www.scarsdalewomansclub.org](http://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.

**Salute to Seniors:** Wednesday, May 1, 9:30 – 2:30. Westchester County Center, free admission, free parking. Entertainment, Recreational Workshops, Health and Wellness and over 90 businesses demonstrating resources for Seniors.

**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 and to register.

**Tech Time with Dan:** Mondays and Wednesdays by appointment. Bring your specific questions, devices and passwords. There is no help on viruses, hardware or purchasing. Only tech related questions including but not limited to: Library e-books, e-audio books, search and database help. Sessions are 30 minutes. Call to register 914-722-1302.

**Tea and talk,** “The Opposite of Everyone”, at Wayside Cottage. Wednesday 5/8 @ 11 AM.

**Adult Coloring** at Sharrei Tikvah 46 Fox Meadow Road. Friday 5/3 @ 11 AM.

**Foreign Film,** “A Cat in Paris” at Scarsdale Alternate School, May 9<sup>th</sup> @1:45 PM.

### **EXTENDED AND LOCAL TUESDAY TRIPS**

Tuesdays 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.

### **MAY TRIPS:**

#### **Tuesday, May 7, 8:45 AM (Local Trip): Harlem Architecture Tour**

Depart: 8:45 AM (Girl Scout House)

Return: 1:45 PM (Girl Scout House)

Taste Harlem Food and Cultural Tours explores one of NYC’s most famous neighborhoods including theater, religious and residential architecture. The two-hour tour will be led by a Harlem- based practicing architect and/ or a scholar in architectural history. Harlem has been home to famous names, synagogues’ and theaters. An important slice of Harlem’s culture can be gained by navigating its wide streets and viewing its magnificent architecture dating back to the 19<sup>th</sup> century. Transportation to and during tour and tour leader \$55 Members, \$60 non-members. BYO lunch to eat on the way home. Code 4

### **Tuesday, May 14, 9:00 AM (Local Trip): Wildflowers Island**

Depart: 9:00 AM (Girl Scout House)

Return: 1:45 PM (Girl Scout House)

There is a small island in Ossining home to one of Westchester's most diverse wildflower habitats including more than 230 wildflowers species reachable by a wooden bridge. The island's seclusion helps maintain that diversity protecting it from deer browsing, invasive species and other disturbances. In order to arrange a volunteer guide in time, reservations need to be made by May 6<sup>th</sup>. Bring your own picnic lunch to eat on the premises outside by the nature center. Trip will be rescheduled in case of rain – Happy Mother's Day! Members \$20, non-members \$25 includes transportation and guide. Code 4

### **Tuesday, May 28<sup>th</sup> 9:00 AM (Extended Day Trip): Catacombs by Candlelight**

Depart: 9:00 AM (Girl Scout House)

Return: 3:30 PM (Girl Scout House)

The Basilica of Saint Patrick's Old Cathedral was built in 1815 and was one of the original Catholic churches in New York City. Beneath the Basilica are the only catacombs in Manhattan and one of only a handful that exists in the entire United States. Historically it is by far one of the most significant collection of tombs in the country. The underground crypts were opened for public touring in February 2017 following a long, expensive restoration which started in 2013. Lunch at the Original Vincent's Restaurant. There is a flight of stairs down and up from the catacombs with sitting available before and after the 30 minute walking tour. Admission \$35, transportation by Van! Members \$25, non-members \$30. Lunch on your own. Space is limited to 10 people. Code 4

For further information and to register, call the Recreation Office at 914-722-1160. All trips leave and return to the Girl Scout House, 37 Wayside Lane. Wear comfortable shoes and be arrive 15 minutes before the scheduled departure time.

**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. Ride Connect also offers a weekly shopping bus. Call 914-242-7433 or visit. [www.RideConnectWestchester.org](http://www.RideConnectWestchester.org). Call one week in advance.

**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](http://www.westfairrides.org). Must call a week in advance.

**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](http://www.westchestergov.com/seniors). To access Scarsdale Senior information go to [www.scarsdale.com](http://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](http://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

**Condolences:** To Marge Spiro for the loss of her beloved husband Alfred, husband, father and grandfather. And to the Pasternack Family for the loss of their beloved grandmother, mother and sister – Irene.

*Kathy Hurwitz*

# SCARSDALE SENIORS ACTIVITES REGISTRATION, Spring 2019

____ Harlem Architecture Tour 8:45 AM	5/7/19	Members \$55	Non-Members \$60
____ Wild Flower Island 9:00 AM	5/14/19	Members \$20	Non-Members \$25
____ Catacombs By Candle Light 9:00 AM	5/28/19	Members \$25	Non-Members \$30

**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 as of September 1, 2018**

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## **If you have not yet joined – Membership Registration 2018-19**

**MEMBERSHIP: Scarsdale Residents \$15 \_\_\_\_\_ Eligible Non-Residents \$20 \_\_\_\_\_ Till 8/31/19**

**Name:** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **E-Mail** \_\_\_\_\_

**Emergency Contact Name & Number:** \_\_\_\_\_