



NORTH CASTLE ADULT NEWSLETTER

APRIL 2016



April:

- 1 Marta Aramburu
- 2 Ann LaSala
- 4 Sandy Adelman
- 4 Mitchell Sime
- 10 Nellie Palamarczuk
- 11 Kathy Mihaly
- 15 Lina Greto

Staff:

Liz Duffy, Director
 Jetta Magrone, General Asst.
 Pat Combs, Ceramics
 Joyce Graefe, Driver

Contact Information:

Hergenhan Recreation Center: 273-2944
 No. Castle Community Center: 946-3244
 Senior Bus Transportation: 438-5629

To receive email notifications about our upcoming events, send an email to:
lduffy@NorthCastleNY.com

RECREATION MAIN # 273-3325

MESSAGE FROM THE DIRECTOR

North Castle Town Assessor, Victoria Sirota, will visit our senior centers on:
 Monday, April 18 at 12:15 pm in Armonk and on
 Wednesday, April 20th at 11:30 am in No. White Plains
 to give us a

Property Tax Exemption Update and Workshop.

If you would like assistance with your application, please bring your paperwork with you as the Assessor's office will be processing exemption applications. All are welcome to attend the update and workshop. Please sign up with Liz Duffy if you will require assistance in completing your exemption application. For more information, call Liz at 273-2944.

Senior Citizen Pool Pass Information!

Pool Passes to the North Castle Town Pool can be purchased at the Hergenhan Recreation Center, 40 Maple Avenue in Armonk. Come in and fill out a Pool Permit Application for our 2016 summer season.

Rates:

Resident Senior:	Before May 30, 2016 - \$75	May 30 and later - \$100
Non-Resident Senior:	Before May 30, 2016 - \$250	May 30 and later - \$350

Keep Moving! It's one of the Healthiest Things You Can Do!

Like most people, you've probably heard that physical activity and exercise are good for you. In fact, being physically active on a regular basis is one of the healthiest things you can do for yourself. Studies have shown that exercise provides many health benefits and that older adults can gain a lot by staying physically active. Even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging.

Being physically active can also help you stay strong and fit enough to keep doing the things you like to do as you get older. Making exercise and physical activity a regular part of your life can improve your health and help you maintain your independence as you age. (from *NIH Senior Health*)

With this in mind, we're offering two new exercise programs running mid-April through the end of June

Heart Plus Strength Workout & Pilates Mat Class for Active Older Seniors!

See page 2 for more information!

**Also, join us for Walking: Monday & Thursday at 10 am at Hergenhan Recreation Center
 Wednesday & Friday at 10 am North Castle Comm. Center Gym**

Highlights from our St. Patrick's Day Luncheon!



It was a grand time indeed! Thank you to all who participated in our annual event! Many thanks to our staff for all their efforts and to Vivian Utko who got us up to dance, and to sing many a joyous Irish song!

What's Coming Up?

APRIL EVENTS:



AARP Defensive Driving Class
Tuesday, April 5 (see information on page 3)



Pizza & Bingo – Armonk (\$5.00/person)
Thursday, April 14

Pizza & Bingo – North White Plains (\$5.00/person)
Wednesday, April 27



MAY & JUNE TRIPS:



The Cloisters Museum & New Leaf Restaurant
Wednesday, May 4 (see flyer on page 4)



Ace in the Hole – Tribute to Frank Sinatra
Wednesday, June 1 (see flyer on page 5)



Belmont Race Track
Wednesday, June 15 (see flyer on page 6)

HERE ARE SOME GREAT SPRING/SUMMER RECREATION PROGRAMS! – SIGN UP EARLY!

AARP DEFENSIVE DRIVING CLASS By Jeanne Troiano FEE: AARP Members—\$20/ AARP Non-Members—\$25

This 6-hour class is a refresher on the principles of safe driving for adults age 50 and older. Upon completion of the course you will receive a 30% discount on your auto insurance over 3 years. Participants must bring their driver's license and, if you are an AARP member, please bring your membership card to class. Also, bring lunch, a snack, a beverage and a pen with you. Please make your check payable to AARP and mail it to: Liz Duffy, Senior Recreation Leader, Town of North Castle, 40 Maple Avenue, Armonk, NY 10504. If you are an AARP member, write your membership number on the check. Enrollment is limited register early! **CHECKS ONLY - NO CASH WILL BE ACCEPTED!**

DATES: 4/5

TIME/LOCATION: 8:45 AM—3:30 PM / Hergenhan Center

SPRING DE-CLUTTER WORKSHOP By Liz Duffy Program #335903F FEE: \$8

What a great time of year to start conquering that excess “clutter” crowding your home! If you’re feeling overwhelmed by the “things” that you’ve accumulated over the years and want to scale back on your “stuff,” but don’t know where to begin, this workshop will help you reclaim your space and turn your home into the sanctuary it is intended to be!

DATES: 5/10 and 5/17

TIME/LOCATION: 10:00—11:30 AM

HEART PLUS STRENGTH WORKOUT By Peggy Raiskums Program #335903E FEE: \$48

This fun & age-appropriate circuit training program for active, independent older adults allows participants to experience a variety of exercises & equipment at whatever intensity one chooses. No need to be in sync with others or compete with anyone but yourself. The format, set to music, alternates between strength exercises for upper & lower body plus core, with brief bouts of cardio-inspired movements traveling from one “station” to another. The exercises are accessible for most levels & can easily be modified to increase or decrease the intensity & complexity. Wear comfortable exercise clothing & sneakers, & bring a towel & water.

DATES: 4/13, 4/20, 4/27, 5/4, 5/11, 5/18

TIME/LOCATION: 11:45 AM—12:30 PM

PILATES MAT CLASS FOR ACTIVE OLDER ADULTS By Peggy Raiskums Program #335903G FEE: \$48

A modified combination of exercises for beginners done lying down on a mat or sitting in a chair without any special equipment. A gentle way to stay in shape while reducing the risk of injury that weight-bearing exercises may cause with less stress on the joints. The focus is on controlled breathing and quality of movement—not quantity of repetitions. This healthful and safe program is designed to meet differing needs, along with the many benefits of the Pilates method, such as increased levels of strength, balance, flexibility, muscle tone, stamina and well-being. Please wear comfortable exercise clothing and sneakers, & bring a towel and water.

DATES: 5/25, 6/1, 6/8, 6/15, 6/22, 6/29

TIME/LOCATION: 11:45 AM—12:30 PM

WALKING WITH SENIORS By Liz Duffy FEE: FREE, but sign up with Liz!!

Join us YEAR ROUND (except Holidays) as we take our daily exercise walks! Walk at your own pace and enjoy the company of other Seniors. Benches are rest areas are available along the way if needed. Dress appropriately and wear comfortable shoes!!!

TIME: 10:00—11:00AM

LOCATION: Mondays and Thursday—Hergenhan Center / Wednesdays and Fridays—North Castle Community Center, NWP

REGISTRATION FORM

NORTH CASTLE RECREATION AND PARKS DEPARTMENT REGISTRATION FORM 40 Maple Avenue, Armonk, NY 10504 Attention: Senior Programs

Name _____ Address _____

Home Phone _____ Cell Phone _____ Email _____

Program Name _____ Program # _____

Program Name _____ Program # _____

I hereby release the Town of North Castle, its Councilmen, Employees and Volunteers of any liability whatsoever in connection with any damages and/or injuries I or the person named above may sustain as a result of participation in the programs of the Town of North Castle sponsored by the Town of North Castle Recreation and Parks Department. I authorize the Town of North Castle to use my photo for non-commercial purposes in Town media.

Signature _____ Date _____

Town of North Castle Senior Recreation
40 Maple Avenue
Armonk, NY 10504
914-273-2944
(Senior Activities)



The Cloisters Museum & the New Leaf Restaurant

Wednesday, May 4, 2016
(Registration Deadline: April 21)

Enjoy a self-guided tour of The Cloisters, a branch of the Metropolitan Museum of Art, devoted to the art and architecture of medieval Europe. Set on a hilltop with commanding views of the Hudson River, The Cloisters is designed in a style evocative of medieval architecture specifically for the display of masterpieces created during that era. The works are primarily from Western Europe and include collections of sculpture, stained glass, tapestries, painting, manuscript illumination, and metalwork.

The most studied and beloved objects at The Cloisters are the seven individual hangings known as "The Unicorn Tapestries." They are among the most beautiful and complex works of art from the late Middle Ages that survive. Luxuriously woven in fine wool and silk with silver and gilded threads, the tapestries vividly depict scenes associated with a hunt for the elusive, magical unicorn.

Following our museum visit we will venture to the nearby New Leaf Restaurant to enjoy a three course luncheon of seasonal soup, entrée choice (choose below) and dessert.

Cost: \$55.00 Residents and Non-Residents

(Check is payable to North Castle Recreation and is due no later than April 21)

Note: This trip involves walking, standing, and possible stair climbing. Please wear comfortable shoes.

Depart: 9:00 am Armonk / 9:30 am NWP **** Return: 4:45 pm NWP / 5:15 pm Armonk (Approx.)

The Cloisters Museum & the New Leaf Restaurant – #335903 C

Name: _____

Cell Phone: _____

Address: _____ Email: _____

Phone: _____

Emergency Contact: _____

Phone: _____

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Signature: _____

Date: _____

Amount: \$ _____ Check/Cash



Check: # _____ Receipt: # _____

Entrée Choices (select one): _____ Vegetable Risotto – parmesan cheese
_____ Classic Burger – cheddar, house pickles, lettuce, tomato, fries
_____ Vermont Salad – grilled chicken, maple glazed bacon, apple, goat cheese

Town of North Castle
Senior Recreation
40 Maple Avenue
Armonk, NY 10504
914-273-2944
(SENIOR ACTIVITIES)

Ace in the Hole Productions
in Garfield, NJ presents

“Fly Me To The Moon”

A Frank Sinatra Tribute

on Wednesday, June 1, 2016



Here is the quintessential Frank Sinatra tribute featuring the legendary Tony Sands!
Not just your ordinary tribute, but a multi-media narration, starting with the early Big Band era and culminating with the historical Madison Square Garden performance.
You will be taken through his entire career from the saloon songs, songs from his Oscar winning movie career, and so much more!

Cost: \$50.00 Residents and Non-Residents
(payable to North Castle Recreation)

Price includes: 2 Complimentary Drinks, Soda, Garden Salad, Ziti Marinara, Roast Beef, Roast Chicken, Rosemary Potatoes, Fresh Garden Medley, Dessert, Coffee, Tea

REGISTRATION DEADLINE – May 19th – NO EXCEPTIONS!
Non-residents may begin registering on May 5th

Depart: Armonk at 10:00 am /NWP at 10:30 am
Return: NWP at 5:00 pm / Armonk at 5:30 pm (Approx.)

The bus ride is approximately 1½ hours in each direction!



Ace in the Hole Productions – Frank Sinatra Tribute - #435903 E

Name: _____ Cell Phone: _____
Address: _____ Email _____ Home Phone: _____
Emergency Contact: _____ Phone: _____

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I authorize the Town or North Castle to use my photo for non-commercial purposes in Town media.

Signature: _____ Date: _____
Amount: \$ _____ Check/Cash Receipt: # _____
Check: # _____





Town of North Castle Senior Recreation
40 Maple Avenue
Armonk, NY 10504
914-273-2944
(Senior Activities)

BELMONT RACE TRACK

with an elegant buffet luncheon at

THE GARDEN TERRACE

on

Wednesday, June 15, 2016

Join us for a day of horse racing at beautiful Belmont Park!

Opened in 1905, Belmont Park is the largest race track in North America and hosts the Belmont Stakes, the final jewel of racing's Triple Crown.

Our buffet luncheon, located at The Garden Terrace, offers betting windows and breathtaking panoramic views of the race track.

Price includes admission, race day program, luncheon and gratuity.

Gates open at 11:30 am and first post time is 1:00 pm (approx.)

Please note that there is a minimum amount of walking on this trip.

Cost: \$52.00 for Residents and Non-Residents
(Check payable to North Castle Recreation)

Registration Deadline: May 18th (no exceptions)

Depart: Armonk at 10:15 am/NWP at 10:30 am // Return: TBA



Belmont Race Track # 435903 A

Name: _____

Cell Phone: _____

Address: _____ Email: _____

Phone: _____

Emergency Contact: _____

Phone: _____

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Signature: _____

Date: _____

Amount: \$ _____ Check/Cash

Receipt # _____

