



NORTH CASTLE ADULT NEWSLETTER

AUGUST 2015

- 3 Louise Monticelli
- 3 Anna Schaller
- 10 Josephine Tatananni
- 18 Sylvia Eorio
- 19 Eleanor McGuire
- 23 Faye Barresi
- 26 Joseph Saglimbeni
- 28 Elizabeth Mathew
- 29 Palma Gervasi

"There's a time each year
That we always hold dear,
Good old summer time;
With the birds and the trees'es
And sweet scented breezes,
Good old summer time,
When you day's work is over
Then you are in clover,
And life is one beautiful rhyme,
No trouble annoying,
Each one is enjoying,
The good old summer time."
- Lyrics by Ron Shields,
In the Good Old Summertime

Contact Information:

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

Email: lthomas@NorthCastleNY.com

RECREATION HOTLINE 273-3325, ext. 1

Staff:

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

MESSAGE FROM THE DIRECTOR

We still have a couple summer events on the horizon - our boat trip to the **Thimble Islands** and our **Ice Cream Socials** in both North White Plains and in Armonk! We have lots to look forward to this fall as well - **Backwards in High Heels** (the Ginger Rogers story) on September 9 at the Westchester Broadway Theatre (see flyer on page 4), our semi-annual **Not So Silent Auction** on September 17, **Oktoberfest at Platzl Brauhaus** on October 15 (see flyer on page 5) and **Empire City Casino** on November 5 (see flyer on page 6). **Also,**

Something new in North White Plains starting on Friday, September 4!

As a trial during the fall, we will hold a **Chair Yoga** class for our senior residents with our wonderful instructor, Peggy Raiskums. The class is free for all senior residents and will be held in the gym on Fridays from 11:00-11:45 am through December.

Wear comfortable clothes. No sign up is required, simply come!

SEE ADDITIONAL FALL PROGRAM OFFERINGS FOR OUR SENIORS ON PAGE 2 & 3

A heartfelt "thank you" to volunteers who have enriched our seniors' lives. Vivian Utko (see article below), Donna Cialfi for playing toe-tapping songs on the piano during our Summer Barbeque and to Caroline Carroll for her weekly assistance at the senior center in Armonk.

Thank you also to those who donated wool and puzzles. We are grateful for your kindness!

Private Garden Tour

Our senses were delighted as we ventured into Vivian Utko's fabulous garden in early July! While strolling through her garden, Vivian shared her herbal knowledge as we tasted a variety of fresh herbs. Vivian also treated us to homemade herbal teas, herbal cheese canapes and cookies.

(l-r) Rae Spinelli, Vivian, Caroline Carroll and Jetta Magrone enjoy their herbal tea while meandering through the garden.

THANK YOU VIVIAN FOR A LOVELY DAY!



What's Coming Up?



Fourth Annual Ice Cream Social - Summer wouldn't be complete without this special "make your own" treat! Join us on August 12 in No. White Plains and August 13 in Armonk as we enjoy a variety of ice cream flavors and toppings. Cost is \$2/person payable in cash by August 7.



Trip - Backwards in High Heels (the Ginger Rogers Story) at the West. Bdwy. Theatre - Wednesday, September 9 (see flyer on page 4)



Not So Silent Auction – Thursday, September 17 – Start looking through your jewelry boxes and closets and decide what you'd like to donate to our auction. Beginning on August 31, drop off your unwanted Costume Jewelry, Handbags, Scarfs, Belts, Wallets & Men's Neckties to the Hergenhan Recreation Center (no books or clothing). Our auction runs from 9:30 am-12:30 pm on September 17.



AARP Defensive Driving Class - Tuesday, October 6 (see page 3 for details)



Platzl Brauhaus – Oktoberfest! - Thursday, October 15 (see flyer on page 5)



Empire City Casino – Yonkers – Thursday, November 5 (see flyer on page 6)

SUMMER BARBEQUE HIGHLIGHTS



More Program Offerings this Fall!

For information about the programs listed below, please call Liz Thomas at 273-2944.



BELLY DANCING By Peggy Raiskums - Designed especially for the active older adult, this fun, Egyptian-style form of belly dancing will help improve posture, flexibility, balance, and core strength while reducing stress. Basic dance techniques and popular movements such as snake arms, hip and shoulder shimmies, hip circles, figure eights and more are broken down in order to easily learn to belly dance. Please bring water and a hip scarf or any type of scarf to fit around the hips. No experience necessary. Program #135903E.

Date: Wednesdays 9/30, 10/7, 10/14, 10/21, 10/28, 11/4

Time/Place: 11:45 AM – 12:30 PM at the Hergenhan Recreation Center, 40 Maple Avenue, Armonk

Fee: \$48 for 6 sessions



AARP DEFENSIVE DRIVING By Jeanne Troiano - 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 Thomas, 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**

Date: Tuesday 10/6

Time/Place: 8:45 AM - 3:30 PM at the Hergenhan Recreation Center, 40 Maple Avenue, Armonk

Fee: AARP Member \$20, Non-Member \$25

FALL DECLUTTER WORKSHOP By Liz Thomas - 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! Program #135903F.

Date: Tuesdays 10/20, 10/27

Time/Place: 10:00 - 11:30 AM at the Hergenhan Recreation Center, 40 Maple Avenue, Armonk

Fee: \$8 for 2 sessions

BALANCE & FLEXIBILITY By Jean Sheff - Want to stay lively and active? Then make sure you work on your balance and stability! This gentle program is designed to develop the muscle groups that can keep you mobile and includes complementary stretches that can increase your flexibility. Program #135903G.

Date: Wednesdays 11/18, 12/2, 12/9, 12/16 (No class 11/25)

Time/Place: 11:30 AM - 12:15 PM at the Hergenhan Recreation Center, 40 Maple Avenue, Armonk

Fee: \$52 for 4 sessions

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 # _____

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 _____

BACKWARDS IN HIGH HEELS



The Ginger Musical

Town of No. Castle
40 Maple Avenue
Armonk, NY
914-273-2944
Senior Activities

at the
Westchester Broadway Theatre
Wednesday, September 9, 2015

She danced her way into our hearts in the arms of **Fred Astaire**, setting the gold standard for grace and elegance on the silver screen.

In her surprising true-life story, we follow **Ginger Rogers** from the Vaudeville stage at the age of 15 through her ascension to Hollywood goddess.

Backwards in High Heels is the story of a small-town girl from Texas who dazzled the whole wide world, playing everything from 'the girl next door' to the modern woman with a mind of her own.

It's a candy box of show-stopping dance numbers, great songs and some surprising revelations about the movie legend.

Cost: Residents and Non-Residents \$55.00 (payable to North Castle Recreation)
Limited number of tickets available – Sign-Up Early!

Non-Residents may begin registering on July 13
REGISTRATION DEADLINE – AUGUST 6th – NO EXCEPTIONS!

Price includes: Show & Meal (salad, rolls, choice of entrée, dessert du jour, coffee/tea)

11:00 am - Theatre doors open
11:15 am - Tickets distributed in lobby
4:00 pm - Show ends (approx.)

VAN SERVICE: Our van is available, on a first come, first served basis, for a limited number of senior residents who are unable to drive. Please call 273-2944 to make your van reservation. All others are encouraged to drive their own vehicle or carpool with other seniors.

Please note: This trip may involve climbing or descending 2-3 stairs.

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BACKWARDS IN HIGH HEELS – THE GINGER STORY - #135903 - B

Name: _____

Cell Phone: _____

Address: _____ Email: _____

Phone: _____

Emergency Contact: _____

Phone: _____

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Signature: _____

Date: _____

Amount: \$ _____ Check/Cash

Receipt: # _____

Check: # _____



PLATZL BRAUHAUS

IN POMONA, NY presents

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



with Music, Dancing & Entertainment

Wednesday, October 15, 2015

OUR CELEBRATION INCLUDES:

Upon Arrival

Homemade Scones & Donuts, Coffee & Tea

Lunch at Noon

Hearty Barley Soup, Cucumber Salad, Selection of Rolls and Bread

Choice of: Roast Half Chicken, Roast Pork or Sauerbraten

Potato Pancake and Vegetable, Bratwurst, Spare Ribs, Red Cabbage, Sauerkraut, Applesauce, Ice Cream, Coffee & Tea

At 4:00 PM

Black Forest Ham or Turkey Sandwich, Pretzels, Coffee & Tea

BEER, SODA & APPLE CIDER SERVED FROM NOON TO 5:00 PM

Cost: \$45.00 Residents and Non-Residents

(Check is payable to North Castle Recreation)

Non-Residents may begin to register on September 21

Registration Deadline for Residents and Non-Residents is October 1st – No Exceptions!

Depart: Armonk at 9:00 am / NWP at 9:15 am // Return: NWP at 6:15 pm / Armonk at 6:30 pm (Approx.)

OKTOBERFEST AT PLATZL BRAUHAUS – Acct. # 135604 – F

Name: _____

Cell Phone: _____

Address: _____ Email: _____

Phone: _____

Emergency Contact: _____

Phone: _____

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Signature: _____
Amount: \$ _____ Check/Cash



Date: _____
Receipt #: _____

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

EMPIRE CITY CASINO

at Yonkers Raceway

Thursday, November 5, 2015

Cost: \$12.00 Residents and Non-Residents

(Check payable to North Castle Recreation)

Package will be announced

**Non-Residents may begin registering on October 19th
Registration Deadline for Residents and Non-Residents is October 30th**

Depart: Armonk at 9:00 am / NWP at 9:30 am
Return: NWP at 3:45 pm / Armonk at 4:15 pm (Approx.)



Empire City Casino at Yonkers Raceway – Act. # 135604 - R

Name: _____ Cell Phone: _____

Address: _____ Email: _____ Phone: _____

Emergency Contact: _____ Phone: _____

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Signature: _____

Date: _____

Amount: \$ _____ Check/Cash

Receipt # _____

Check # _____

