

NORTH CASTLE ADULT NEWSLETTER

FEBRUARY 2015



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“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

Leo Buscaglia



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 have lots of events coming up. Be sure to mark your calendar!



Valentine's Day Appetizer Party in NWP

Bring your favorite Appetizer and photos of your loved ones!
Wednesday, February 11 in NWP / Thursday, February 12 in Armonk



Pizza & Bingo with lots of prize money - \$5.00/person

Thursday, February 19 in Armonk / Wednesday, February 25 in NWP



Music with Vivian

Thursday, February 26 at 12:15 pm



Trip to Camelot at the Westchester Broadway Theatre

Thursday, March 12 (see page 3, register by February 19)



Trip to Empire City Casino

Wednesday, March 26 (see page 4, register by March 19)



AARP Defensive Driving Class

Tuesday, April 14 (look for flyer in March newsletter)



Trip to The New York Botanical Garden Orchid Show & Arthur Avenue

Thursday, April 16 (look for flyer in March newsletter)



Joe Girolamo

**In Memory
of
our
Dear
Friends**



Louis Martino

What's Coming Up?

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

BALANCE & FLEXIBILITY

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 #235903G. Instructor – Jean Sheff

Date: Thursdays 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26
Time: 1:45 - 2:30pm
Where: Hergenhan Recreation Center
Fee: \$52 for 8 sessions

ZUMBA®GOLD

Join us for a fun and exciting workout geared for active older adults. Set to lively Latin and international music, this dance-based fitness program includes moves that help improve cardiovascular and circulatory health by working the muscles of the hips, legs and arms. No dance experience necessary. Wear comfortable clothes and sneakers, and bring water. Program #235903A. Peggy Raiskums, Licensed Zumba®Gold Instructor

Date: Fridays 2/6, 2/13, 2/20, 2/27, 3/6, 3/13, 3/20, 3/27
Time: 10:45 - 11:30am
Where: Hergenhan Recreation Center
Fee: \$52 for 8 sessions

WINTER DECLUTTER WORKSHOP

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 #235903F. Instructor – Liz Thomas

Date: Tuesdays 2/10, 2/17
Time: 10:00 - 11:30am
Where: Hergenhan Recreation Center
Fee: \$8 for 2 sessions

REGISTRATION FORM

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

Name _____ Address _____

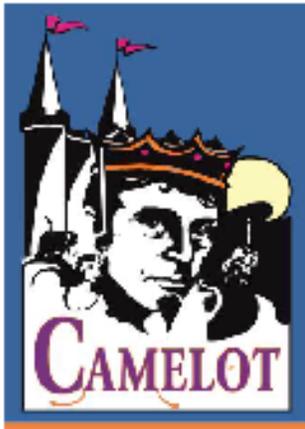
Home Phone _____ Cell Phone _____ Email _____

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 _____

(see pages 3 and 4 for March trip flyers)



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

at the
**Westchester
 Broadway Theatre**
 on
Thursday, March 12, 2015

One of history's greatest love stories!
King Arthur and his new queen, Guenevere, rule their kingdom with ideals of chivalry and peace, but the arrival of Sir Lancelot threatens the foundation of the realm in one of the most fabled love triangles of all time.

Revel in the glorious music including, *"If Ever I Would Leave You," "The Lusty Month of May," "How to Handle a Woman," "I Loved You Once in Silence," "What Do the Simple Folk Do?"*

Directed and choreographed by Broadway's Richard Sabellico, this new, intimate production focuses on the dynamic and rich, intense characters in this most regal of American musicals.

11:00 am - Theatre doors open
11:15 am - Tickets distributed in lobby
3:45 pm - Show ends (approx.)



Cost: \$55.00 Residents and Non-Residents
 (payable to North Castle Recreation)

Non-Residents may begin registering on February 2nd
Registration deadline for Residents & Non-Residents is February 19(No Exceptions!)

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

Please note: This trip may involve climbing/descending 1 or 2 steps

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.

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Camelot #235903 - E

Name: _____ Cell Phone: _____

Address: _____ Email _____ Home Phone: _____

Emergency Contact: _____ Phone: _____

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Signature: _____

Date: _____

Amount: \$ _____ Check/Cash

Receipt: # _____





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

EMPIRE CITY CASINO

at Yonkers Raceway

Wednesday, March 25, 2015

Cost: \$12.00 Residents and Non-Residents

(Check payable to North Castle Recreation)

Package will be announced

Non-Residents may begin registering on February 23rd
Registration Deadline for Residents and Non-Residents is March 19th

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. # 235903 - M

Name: _____ Cell Phone: _____

Address: _____ Email: _____ Phone: _____

Emergency Contact: _____ Phone: _____

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Signature: _____

Date: _____

Amount: \$ _____ Check/Cash

Receipt # _____

Check # _____

