

# NORTH CASTLE ADULT NEWSLETTER JANUARY/FEBRUARY 2016



## January:

4 Tony Cicia  
4 Maria DiMartino  
20 Nikki Kottoor  
24 Cecilia Nassetta  
25 Sandra Cuttitto



## February:

6 Josephine Merritt  
7 Maria Rosa Vieira  
23 Ray Fischer  
23 Sankaranarayanan Nair  
24 Guy Ballirano  
24 Lucille Bates  
25 Orestes Mihaly  
27 Katie Blaney

## Contact Information:

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

Email: [lduffy@NorthCastleNY.com](mailto:lduffy@NorthCastleNY.com)

**RECREATION MAIN # 273-3325**

“Let this coming year be better than all the others. Vow to do some of the things you have always wanted to do but could not find the time. Call up a forgotten friend. Drop an old grudge, and replace it with some pleasant memories. Vow not to make a promise you do not think you can keep. Walk tall, and smile more. You will look 10 years younger. Do not be afraid to say, I love you. Say it again. They are the sweetest words in the world.” – Ann Landers

## Staff:

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

## MESSAGE FROM THE DIRECTOR

**Good News – Chair Yoga in North White Plains Continues!**  
**Our Chair Yoga class on Fridays at 11:00 am with Peggy Raiskums in the gym will continue to run throughout the New Year for our senior residents!**  
**See page 2 for a great idea for a New Year's Resolution!**

## Snow Cancellation Policy Reminder

**Armonk Senior Center** – If the Byram Hills School District has a two hour delay or if the schools are closed for the day, our senior center will be closed.

**North White Plains Senior Center** – If the Valhalla School District has a two hour delay or if the schools are closed for the day, our senior center will be closed.



## Save the Date and Participate!

**Not So Silent Auction**  
**Thursday, January 28**  
**at the Hergenhan Recreation Center**



**Join us for this FUN event!**

**Starting on January 4<sup>th</sup> bring in 3 unwanted items from your home (no books or clothing) to be auction off at our Not So Silent Auction on January 28<sup>th</sup>. Minimum bids will be set for each item and seniors will have a chance to bid in increments of .50 cents. Bidding ends at 12:30 pm and the names of the winners will be called at that time. Payment for the item(s) is due on the same day in cash. Items not sold will be donated to the local thrift shop.**

**ALL THE BEST FOR A HAPPY AND HEALTHY NEW YEAR!**



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

**HERE'S A NEW YEAR'S RESOLUTION IDEA! SIGN UP TODAY!**

**WINTER DECLUTTER WORKSHOP** By Liz Duffy - 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.

- Date:** 2 Tuesdays, February 9 and 16  
**Time/Place:** 10:00 - 11:30 AM at the Hergenhan Recreation Center, 40 Maple Avenue, Armonk  
**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 \_\_\_\_\_

*What's Coming Up?*

**JANUARY EVENTS:**



**Not So Silent Auction**  
 Thursday, January 28 in Armonk  
 Start donating your items (no books or clothing) on January 4<sup>th</sup>!

**FEBRUARY EVENTS:**



**Valentine's Day Appetizer Party**  
 Wednesday, February 10 in NWP / Thursday, February 11 in Armonk  
 Bring your favorite Appetizer and photos of your loved ones!



**Pizza & Bingo with lots of prize money - \$5.00/person/cash**  
 Wednesday, February 17 in NWP / Thursday, February 25 in Armonk

**MARCH EVENTS:**



**Empire City Casino**  
 Thursday, March 10 (see flyer on page 4)



**St. Patrick's Luncheon in Armonk - \$7.00/person/cash**  
 Thursday, March 17 (sign up by March 11)



**Man of La Mancha - Westchester Broadway Theatre**  
 Wednesday, March 23 (see flyer on page 5)

## Highlights from our Holiday Party at Casa Rina Restaurant

Thanks to all the seniors for participating in this annual event! Thanks also to our Town Board, Town Administrator and Superintendent of Parks & Recreation for attending and for their support. A big "THANK YOU" to Barbara Viola our Committee Chairperson for her assistance in planning this event!



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

# EMPIRE CITY CASINO

at Yonkers Raceway

## Thursday, March 10, 2016

Cost: \$12.00 Residents and Non-Residents

(Check payable to North Castle Recreation)

**Package will be announced**

**Non-Residents may begin registering on February 19th  
Registration Deadline for Residents and Non-Residents is March 3<sup>rd</sup>**

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 (March 2016)

Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Amount: \$ \_\_\_\_\_ Check/Cash \_\_\_\_\_ Receipt # \_\_\_\_\_

Check # \_\_\_\_\_



**At the**

**Westchester Broadway Theatre  
Wednesday, March 23, 2016**



Come "Dream the Impossible Dream" with this five-time Tony award-winning musical!

Inspired by one of the greatest novels of all time, *Man of La Mancha* features Miguel de Cervantes who channels the power of storytelling to enact his magical tale of the greatest knight of all, Don Quixote – the slayer of dragons, windmills and defender of ladies in distress.

On a quest to restore chivalry to the world and to claim his lady love, Don Quixote and his trusty sidekick Sancho, remind us all to never give up – that miracles happen – and we can reach the stars.

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

**REGISTRATION DEADLINE – February 19th – NO EXCEPTIONS!  
(Non-Residents may begin registering on February 5<sup>th</sup>)**

**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  
\*(If you haven't arrived by 11:30, your ticket will be left at the front desk)  
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.**

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



**MAN OF LA MANCHA - #235903 E**

Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

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Signature: \_\_\_\_\_

Amount: \$ \_\_\_\_\_ Check/Cash



Date: \_\_\_\_\_

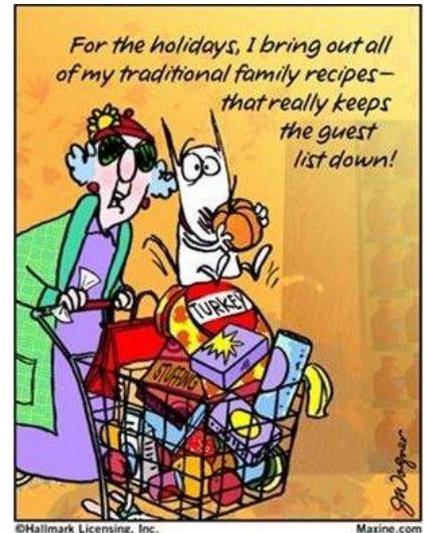
Check: # \_\_\_\_\_ Receipt: # \_\_\_\_\_

## SOME LAUGHS FOR THE NEW YEAR! ENJOY!

### Baby Boomer Blues:

It was fun being a baby boomer... until now. Some of the artists of the 60's are revising their hits with new lyrics to accommodate aging baby Boomers. They include:

- Herman's Hermits--- Mrs. Brown, You've Got a Lovely Walker
- Ringo Starr--- I Get By With a Little Help From Depends
- The Bee Gees--- How Can You Mend a Broken Hip
- Bobby Darin--- Splish, Splash, I Was Havin' a Flash
- Roberta Flack--- The First Time Ever I Forgot Your Face
- Johnny Nash--- I Can't See Clearly Now
- Paul Simon--- Fifty Ways to Lose Your Liver
- The Commodores--- Once, Twice, Three Times to the Bathroom
- Procol Harem--- A Whiter Shade of Hair
- Leo Sayer--- You Make Me Feel Like Napping
- The Temptations--- Papa's Got a Kidney Stone
- Abba--- Denture Queen
- Tony Orlando--- Knock 3 Times On The Ceiling If You Hear Me Fall
- Helen Reddy--- I Am Woman, Hear Me Snore
- Leslie Gore--- It's My Procedure, and I'll Cry If I Want To
- Willie Nelson--- On the Commode Again



### One-liners About Aging:

- Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied. "Two years older than me." "So you're 96," the undertaker commented. She responded, "Hardly worth going home, is it?"
- Reporters interviewing a 104-year-old woman: "And what do you think is the best thing about being 104?" the reporter asked. She simply replied, "No peer pressure."
- The nice thing about being senile is you can hide your own Easter eggs.
- I've sure got old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.
- I feel like my body has got totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.
- An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart. "Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?" "Then I'll be sure my daughters visit me twice a week."
- My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.
- It's scary when you start making the same noises as your coffeemaker.
- These days about half the stuff in my shopping cart says, "For fast relief."
- Remember: You don't stop laughing because you grow old, you grow old because you stop laughing.

### The Senility Prayer:

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.