

NORTH CASTLE ADULT NEWSLETTER

OCTOBER 2014



4 Helen D'Angelo
21 Charles Kramer

Contact Information:

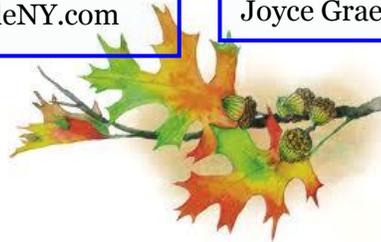
Hergenhan Recreation Center: 273-2944
No. Castle Community Center: 946-3244
Senior Bus Transportation: 438-5629
Email: lthomas@NorthCastleNY.com

Staff:

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

"Listen! The wind is rising, and the air is wild with leaves,
we have had our summer evenings, now for October eves!"

Humbert Wolfe



MESSAGE FROM THE DIRECTOR

Fall Classes are starting in October! Check out our programs & trips on pages 2, 3 & 4.

Once again our "Not So Silent Auction" was a great success! Thank you to all who donated their unwanted items. A special "thank you" to our committee members Faye Barresi, Stella Kielb, Carmen Preston, Rae Spinelli, Rita Vettoretti and Barbara Viola who organized and prepared hundreds of items for our auction - all their work made this event a terrific success. A total of \$197.00 was collected! Five cash prizes totaling \$90 were given out and the remaining income will be used as prize money during an upcoming Pizza & Bingo. Great job all around!



Lou Rubio adjusts a lovely necklace for Laura Hamermann.



Bidders browse through hundreds of auction items.



Committee members (l-r) Faye Barresi and Rita Vettoretti peruse items at the start of the auction.



SIMPLY DELICIOUS!

Thanks again to Buddy Schultz for generously sharing his tomato harvest with the seniors.



(l-r) Jessie Abrams checking out the auction items with Committee members Carmen Preston, Stella Kielb and Barbara Viola.



(l-r) Committee member Stella Kielb joins bidder Grace Cubinski.



What's Coming Up?

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

FALL 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 & want to scale back on your "stuff," but don't know where to begin, this workshop will help you reclaim your space & turn your home into the sanctuary it is intended to be! Program #135903F. Instructor – Liz Thomas
Date: Tuesdays 10/14, 10/21; **Time:** 10:00 - 11:30am; Hergenhan Recreation Center; **Fee:** \$8 for 2 sessions

AARP DEFENSIVE DRIVING - 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 &, if you are an AARP member, bring your membership card to class. Also, bring lunch, a snack, a beverage & a pen with you. Please make your check (no cash) payable to AARP & mail it to: Liz Thomas, Sr. 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!
CHECKS ONLY - NO CASH WILL BE ACCEPTED. Instructor – Jeanne Troiano

Date: Tuesday 10/7
Time: 8:45am - 3:30pm; Hergenhan Recreation Center; **Fee:** AARP Member \$20/Non-Member \$25

BALANCE & FLEXIBILITY - Want to stay lively & 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 & includes complementary stretches that can increase your flexibility. Program #135903G. Instructor – Jean Sheff
Date: Thursdays 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20
Time: 1:45 - 2:30pm; Hergenhan Recreation Center; **Fee:** \$52 for 8 sessions

LINE DANCING - Join our newcomer/beginner Line Dancing class and learn a number of popular dances. Line Dancing builds coordination and balance, teases the brain and is a great way to have fun while exercising! No partner or previous experience required. Program #135903E. Instructor – Richard Barnett
Date: Thursdays 10/2, 10/9, 10/16, 10/23, 10/30, 11/6
Time: 11:00am - 12:00noon; Hergenhan Recreation Center; **Fee:** \$36 for 6 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 #135903H. By Peggy Raiskums, Licensed Zumba®Gold Instructor
Date: Fridays 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21
Time: 10:45 - 11:30am; Hergenhan Recreation Center; **Fee:** \$52 for 8 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 _____

(over for trip flyers)

The Aqua Turf Club

in Plantsville, CT
presents

Celebrity Impersonators Mark Verselli and Holly Faris

on

Tuesday, October 28, 2014



Mark Verselli is a phenomenal, critically acclaimed impressionist who captivates audiences with an ever-changing cast of characters, which includes over 120 personalities. Mark is featured with numerous headline entertainers and his comedy and extraordinary singing voices has thrilled audiences across the country.

Holly Faris is a one-woman show unlike any you have seen before! Holly has thrilled audiences from coast-to-coast with her assortment of celebrity impersonations and comedy, providing world-class entertainment.

Cost: \$44.00 Residents and Non-Residents
(payable to North Castle Recreation)

Price includes: Coffee & Donuts, Door Prizes, Complimentary Beverage; Family-Style Luncheon - Salad, Pasta, Chicken Francese, Sliced Roast Beef, Vegetable, Potato, Dessert

REGISTRATION DEADLINE – October 14th – NO EXCEPTIONS!

Depart: NWP at 8:30 am / Armonk at 8:45 am

Return: Armonk at 5:30 pm / NWP at 5:45 pm (Approx.)

The bus ride is approximately 2 hours in each direction!



The Aqua Turf Club - #135604 D

Name: _____ Cell Phone: _____

Address: _____ Email _____ Home Phone: _____

Emergency Contact: _____ Phone: _____

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Signature: _____

Date: _____

Amount: \$ _____ Check/Cash

Receipt: # _____

Check: # _____

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

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



CULINARY INSTITUTE of AMERICA

Friday, November 21, 2014

**Luncheon at Caterina de' Medici Restaurant
followed by a one-hour tour**

Our three-course luncheon includes:

- Gnocchi with mozzarella & asparagus
- Grilled chicken with polenta & braised greens
- Tiramisu, coffee, tea, iced tea
- Cash Bar

This trip involves a good deal of walking and standing (benches are available)

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

**Registration Deadline for Residents & Non-Residents is November 5th (No Exceptions!)
Non-Residents may begin registering on October 20th**

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

Culinary Institute of America – Luncheon and Tour # 135903 B

Name: _____ Cell Phone: _____

Address: _____ Email: _____ Phone: _____

Emergency Contact: _____ Phone: _____

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Signature: _____

Amount: \$ _____ Check/Cash

Check: # _____



Date: _____

Receipt # _____