

# NORTH CASTLE ADULT NEWSLETTER

## SEPTEMBER / OCTOBER 2015

### September:

10 Catherine Dubiell  
13 William Bosco  
15 Manorama Chandra  
15 Evelyn Vlad  
17 Cleo Tompkins  
18 Carmen Ruiz  
19 Rita Vettoretti  
25 Sarah Siclardi  
27 Bob Buck  
28 Christine Whittet

### October:

4 Helen D'Angelo  
19 Bonalea Eisenhower  
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](mailto: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 programs, trips and events coming up this fall, and this two-month newsletter highlights them all! Please take a few minutes to read it through, mark your calendars and join us for some great fun and companionship!

Don't forget to check out and register for our recreation programs on page 3!

Our new **Belly Dancing** class is sure to get you moving! **Balance & Flexibility** class will help you feel great and our Fall Declutter Workshop is sure to assist you in taking control of all your "stuff."

## REMINDERS!

### Chair Yoga 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!

### AND

### 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 now, 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.

If you have any questions, please call Liz Thomas at 273-2944.

THANK YOU  
**DECICCIO & SONS**  
FOR YOUR GENEROUS FOOD DONATIONS FOR OUR SENIORS!

Our trip to the **Thimble Islands** in Connecticut was just what the doctor ordered!  
Great weather, beautiful scenery, comfortable boat cruise, delicious food and terrific people!



## What's Coming Up?

Two Trips to Empire City Casino this Fall!



**Not So Silent Auction:** Thursday, September 17 (see details on cover page)



**Empire City Casino – Yonkers:** Thursday, September 10 (see flyer on page 4)



**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)

# 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 \_\_\_\_\_

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

# EMPIRE CITY CASINO

at Yonkers Raceway

## Thursday, September 10, 2015

Cost: \$12.00 Residents and Non-Residents

(Check payable to North Castle Recreation)

**Package will be announced**

**Non-Residents may begin registering on August 24th  
Registration Deadline for Residents and Non-Residents is September 4, 2015**

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 – A (September)**

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

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

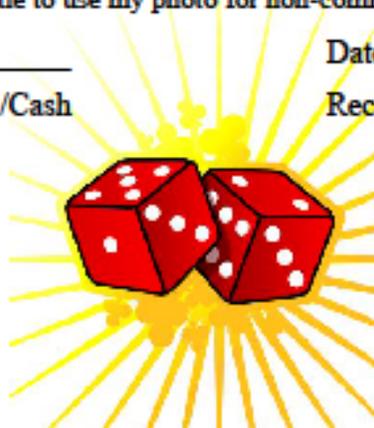
Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

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

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

**Thursday, 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 1<sup>st</sup> – 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.)

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**OKTOBERFEST AT PLATZL BRAUHAUS – Acct. # 135604 – F**

Name: \_\_\_\_\_

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

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

Phone: \_\_\_\_\_

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

Phone: \_\_\_\_\_

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

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 (November)**

Name: \_\_\_\_\_

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

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

Phone: \_\_\_\_\_

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

Phone: \_\_\_\_\_

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

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

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

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

Receipt # \_\_\_\_\_

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

