



# NORTH CASTLE ADULT "HOPE" LETTER

## MAY 2024

### May:

4 Pam Altman	15 Shuhua Bai
4 Victoria Ballirano	18 Ann Rechtermann
4 Phyllis Traweek	22 Theresa Conde
4 Edward Wolf	22 Mary Sweeney
7 Bob Barletta	24 Art Adelman
8 John McGuire	25 Joseph Monticelli
11 Catherine Aloï	



**"May is the time when the flowers bloom, the birds sing, and the world awakens from its winter slumber."**

**Unknown**

### Contact Information:

Hergenhan Active Adult Ctr: 914-273-3000 x305  
40 Maple Ave., Armonk, NY 10504  
Bus Transportation: 914-438-5629

To receive email notifications about our upcoming events, send an email to:  
[lduffy@northcastleny.com](mailto:lduffy@northcastleny.com)

**RECREATION MAIN # 914-273-3000 x49**

### Staff:

Liz Duffy, Director  
Jetta Magrone, Rec. Asst.  
Carmela Facciolo, Rec. Asst.  
Joyce Graefe, Bus Driver

### OUR CENTER IS OPEN FOUR DAYS A WEEK

**9:30 am-1:30 pm,**

**with in-person exercise on**

**Mondays, Thursdays and Fridays at 11:00 am!**

### TRAVELOGUE SERIES

**Join us for short, monthly getaway trips with Rick Steves!**

**Southeast England, Mon., May 13, 10:30 am**

Arcing along the southeast coast of England, we'll travel from Canterbury (with its famous cathedral) to Dover (stoutly fortified from Roman times to the Battle of Britain). Then we'll hike the trails that top the towering chalk cliffs of the South Downs, wander into the beachy resort of Brighton (England's Coney Island), and push on to Portsmouth, whose naval heritage has left it with the best collection of historic sailing ships anywhere.



For those who attend our Strength class at 11:00 am, the Travelogue will finish in time, so you won't be late!

### A PREVIEW OF SOME UPCOMING TRIPS

June 4:	The Morgan Library & Museum - Afternoon Tea and Tour (see page 5)
June 28:	Aqueduct Race Track (see page 6)
July 24:	Culinary Institute of America – Tour and Caterina de Medici Restaurant
September 26:	Oktoberfest at Kruckers
October 8:	American Bandstand at Aqua Turf Club (luncheon and dancing)
December 5:	Radio City Christmas Spectacular and luncheon

**MORE TO COME**

Dear Friends,

I'm looking forward to seeing everyone when I return to the office in early May! In the meantime, if you have any questions, please email me at [lduffy@northcastleny.com](mailto:lduffy@northcastleny.com) or leave me a phone message at 914-273-3000 ext. 305. I check my emails and phone messages regularly.

If you need any assistance while I'm away, please speak with Carmela, Joyce or Jetta.

Warmly, Liz Duffy

(over)

## BRIDGE GROUP

If you're an intermediate Bridge player and are interested in joining our weekly group, please leave a message for Liz Duffy at 914-273-3000, ext. 305.



## PUZZLES WANTED!

If you have gently used or new 500-piece puzzles that you'd like to donate to the seniors, please drop them off at the Hergenhan Community Center.



## What's Coming Up?

- **Mother's Day Pot Luck Luncheon** – Friday, May 10 at noon; Bring a dish to share, sign up in advance!
- **Travelogue: Southeast England** – Mon., May 13 at 10:30 am
- **AARP Defensive Driving Class** – Tuesday, May 14, 8:30 am-3:00 pm (see information 4 on page )
- **Mandala** – Thurs, May 16, 10-11 am
- **Protecting Yourself from Fraud** – Mon., May 20, 10-11 am (see details in box below)
- **Medicare Minute** – Wed., May 22 at 11:45 am
- **Pizza & Bingo** – Fri., May 31 at noon (\$6.00/person)
- **Silent Auction** – Thurs., June 20 (see box on page 3 for more information)

## MARK YOUR CALENDARS FOR THESE INFORMATIVE PROGRAMS!

In conjunction with the Senior Programs of Family Services of Westchester, our Center will be holding the following series at the Hergenhan Community Center!

- **Mon., May 20 from 10-11 am – Protecting Yourself from Fraud**  
Recognizing the vulnerability that seniors may face in the ever-evolving landscape of scams and fraud, we'll focus on empowering seniors with knowledge to safeguard themselves. By staying informed and vigilant, seniors can protect their financial assets, personal information, and overall well-being from the pervasive threat of fraud.
- **Mon., June 17 from 10-11 am – Scam Prevention – Safeguarding Seniors:**  
We'll delve into the prevalence of scams and their potential consequences, highlighting common types of scams that seniors may encounter, such as financial fraud, identity theft, and deceptive schemes. We'll review how to recognize red flags, staying informed about evolving scam tactics, review practical tips for scam prevention, and cover areas such as online safety, phone etiquette and mail protection.
- **Mon., July 22 from 10-11 am – Active Aging**  
A comprehensive exploration of the holistic approach to aging that focuses on maintaining physical, mental and social well-being for a fulfilling and vibrant senior lifestyle.
- **Mon., September 23 from 10-11 am – Combating Loneliness: Fostering Social Connections for Seniors**  
Addresses the rising concern of loneliness and social isolation among older individuals. We'll delve into the detrimental effects of social isolation on mental and physical health while offering practical strategies to counteract loneliness.

For more information, please contact Liz Duffy at 914-273-3000, ext. 305

- **No. White Pls. & Armonk Seniors** – Mon., Wed., Thurs. & Fri. from 10:00 am-1:30 pm, bring lunch
- **Strength – In-person** – Mon. and Thurs. at 11:00 am, Hergenhan Community Ctr.
- **Chair Yoga – In-person** – Every Fri. at 11:00 am, Hergenhan Community Ctr.
- **Chair Yoga – On Zoom** – Every Tues. at 11:00 am
- **Knitting Circle** – Every Wed. from 10:00-11:30 am in the Craft Room!
- **NEW! Bridge** – Every Wed. from 12:00-3:00 pm in the Craft Room!
- **Mandala (Coloring) Workshop** – Monthly on a Thursday. Check newsletter and/or calendar for date!
- **Mah Jongg** – Every Mon. from 12:30-3:00 pm, Hergenhan Community Ctr.

## **SILENT AUCTION – Thurs., June 20, 10 am – 1:30 pm**

Start looking through your jewelry boxes and closets and decide what you'd like to donate to our auction, and drop your donations off at the Hergenhan Community Center!

Donation ideas include: costume jewelry, handbags, scarfs, belts, wallets, unused cosmetics, kitchen and small decorative items, linens, baskets, flower pots, vases, craft items, glassware, stationery.

No books or clothing!

**If you have any questions, please call Liz at 914-273-3000 ext. 305. ALL ARE WELCOME!**

## **CRAFT CORNER!**

### **Knitting Circle**

**Attention knitters and crocheters of all ages,  
and anyone who wants to learn!**

**Our Knitting Circle meets every Wed. from 10-11:30 am!**

**Experienced and beginners are welcome!**

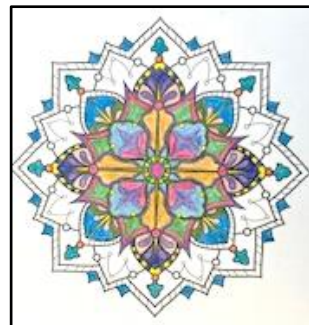
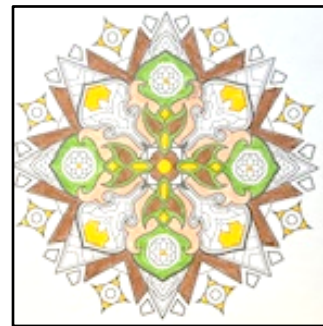
**To learn how to join us, contact Liz at 914-273-3000 ext. 305.**



### **Mandala Workshop**

**Join us on Thurs., May 16, 10-11 am  
for an hour's getaway of peace, relaxation and coloring!**

Examples of Mandalas from our April session! Completed (top left) and some works in progress! Beautiful



## SPRING/SUMMER RECREATION PROGRAMS – SIGN UP EARLY!

### **BEGINNER PIANO** Private Lessons By Bob Goetz PROGRAM #: 335903 J

**Ages 60 years and up.** It's never too late to learn how to play the piano! This class provides a fun way for beginners to learn the basics in a private setting. The class emphasizes basic music reading and playing, and will have you playing simple songs in no time! Keyboards and music books are provided. Beginners only please; no experienced players.

DATES: 6 Tuesdays: 5/7, 5/14, 5/21, 5/28; 6/4, 6/11  
TIME: Arranged by Instructor at the Hergenhan Center  
FEE: Resident \$125 / Non-Resident \$137

### **AARP DEFENSIVE DRIVING CLASS** By Jeanne Troiano – Tues., May 14 PROGRAM #: 335903 G2

**Ages 50 years and up.** This six-hour class is a refresher on the principles of safe driving. 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, you must also bring your membership card to class. Bring lunch, a snack, a beverage, and a pen with you. Make your check payable to AARP and write your membership number on your check - NO CASH! Register early as enrollment is very limited.

DATE: Tuesday 5/14  
TIME: 8:30AM - 3:30PM (*please arrive at 8:15AM*) LOCATION: Hergenhan Community Center  
FEE: AARP Member \$25 / Non-Member \$30

### **CLEAR YOUR CLUTTER** By Liz Duffy PROGRAM #: 335903 F

**Ages 60 years and up.** 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!

DATES: 2 Tuesdays: May 21 and May 28  
TIME: 10:00 - 11:30AM LOCATION: Hergenhan Center  
FEE: Resident \$8 / Non-Resident \$10

## REGISTRATION FORM

### NORTH CASTLE PARKS & RECREATION DEPARTMENT REGISTRATION FORM

40 Maple Avenue, Armonk, NY 10504 Attention: Active Adults 60+

Name \_\_\_\_\_ Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

Program Name \_\_\_\_\_ Program # \_\_\_\_\_

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  
914-273-3000 ext. 305  
(Active Adults 60+)

## Afternoon Tea & Tour of the Morgan Library & Museum & Beatrix Potter Exhibit, NYC

**Tuesday, June 4, 2024**  
(Registration Deadline: May 17)



We'll journey to the Morgan Library & Museum on 36<sup>th</sup> St. in NYC and start our day with a lovely Afternoon Tea which includes Tea Sandwiches, Scones, Sweets, Preserves, Clotted Cream, Harney & Sons Tea.



Beatrix Potter, aged 15,  
with her dog Spot,  
circa 1880.

We'll enjoy a guided tour featuring an overview of the Morgan's history, architecture, historic buildings, library and collections. The Morgan Library & Museum began as the personal library of financier, collector and cultural benefactor Pierpont Morgan. As early as 1890, Morgan began to assemble a collection of illuminated, literary and historical manuscripts, early printed books and old master drawings and prints.

Our self-guided tour of the *Beatrix Potter: Drawn to Nature* exhibit brings together, artwork, books, manuscripts and artifacts from several institutions, paired with the Morgan's exceptional collection of her picture letters. These objects trace how Potter's innovative blend of scientific observations and imaginative storytelling shaped some of the world's most popular children's books including unforgettable animal characters like Peter Rabbit, Mr. Jeremy Fish and Mrs. Tiggy-Winkle, Tom Kitten and Jemima Puddle-Duck.

**Cost: \$55.00 Residents / \$62.00 Non-Residents**

(Check is payable to North Castle Recreation and is due no later than May 17)

Residents may begin to register on March 15, Non-residents may register beginning on April 29

**NOTE: This trip is limited to 30 people and involves walking, standing, and possible stair climbing. Please wear comfortable shoes.**

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



### The Morgan Library & Museum – Beatrix Potter Exhibit and Tea – #335903 H

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

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

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

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

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





Town of North Castle Senior Recreation  
40 Maple Avenue  
Armonk, NY 10504  
914-273-3000 ext. 305  
(Active Adults 60+)

# AQUEDUCT RACE TRACK

with a buffet luncheon at  
**THE EQUESTRIAN RESTAURANT**  
**Friday, June 28, 2024**

Join us for a day of horse racing at beautiful Aqueduct Racetrack!

Aqueduct Racetrack, also known as The Big A, is the only racetrack in New York City and occupies 210 acres in South Ozone Park in Queens.

Our buffet luncheon, located in The Equestrian Restaurant, offers nearby betting windows and breathtaking panoramic views of the race track.

Price includes admission, race day program, buffet luncheon and gratuity.  
**BEVERAGES ARE NOT INCLUDED!**

Gates open at 11:30 am, our buffet begins at 12:00 noon.  
First post time is 1:30 pm (approx.)

Please note that there is some walking on this trip.

Cost: \$73.00 Residents / \$80.00 Non-Residents  
(Check payable to North Castle Recreation)



Residents may register starting on April 1.  
Non-Residents may register beginning on May 1, but may send their checks in advance.  
Non-Resident checks will be held in the order in which they are received.

**Registration Deadline for all is June 6 (No exceptions!)**

Depart: Armonk (Community Park) at 10:30 am/NWP at 10:45 am // Return: TBA

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## AQUEDUCT RACE TRACK #435903 A

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 # \_\_\_\_\_

