

Clinton Street Gazette

Village of Pleasantville Seniors

1-A Clinton Street, Pleasantville, New York 10570

(914) 769-2021

Hello again!

As they say, March comes in like a lion and out like a lamb! Let's hope it's true! There might still be some wintry weather, so stay aware when walking on streets and sidewalks and in parking lots and consider bringing a pair of shoes to change into if there is slush on the ground. We will keep you posted if there are any weather related cancellations or changes in our programming.

Looking forward, we have some new programs coming up. A visit from the boy scouts on March 15th (They'll be serving pizza and making a Saint Patrick's Day craft), pizza and a movie will now be a matinee luncheon with a new start time (check in the newsletter for details), a new Broadway program presented by Amy Ahlert, a presentation on Blood Pressure, a trip to the casino (Empire City Casino in Yonkers) and a special Saint Patrick's Day luncheon followed by bingo (Sign up EARLY to secure your spot- Pleasantville residents have first priority).

We look forward to seeing you at the center for something new or a fan favorite! Here's to an early spring (Hopefully!)

With Love,

Sarah Jeanne Johnson

Exercise Class Updates

- Please remember to wear sneakers to class
- Zoom will be phased out for exercise classes at the end of the current sessions. All exercise classes will be offered in person only. Plan accordingly.

Painting with Sally

Join Sally Maurice on Friday's at 2:00pm for a painting class! She will teach you various painting techniques while you create your own masterpieces.



Cost: \$20 for 8 Week Session

Sign up soon! Limited to 12 spots

Class sessions continuing, check at the front desk for where we are in the session. FILLS UP FAST!



Join us for lively, respectful discussions and sharing of opinions, ideas and thoughts.

Books choices are generally available at the Pleasantville Library.

DATES

March 18th, 1:30 PM

Hello Beautiful

By Ann Napolitano

April 15th, 1:30 PM

Tom Lake

By Ann Patchett

Monthly Craft Corner

*Join Vanessa and Maria for our
Monthly Craft Corner*

*****NEW FOR 2024*****

Due to increasing “no-shows” for crafts and the rising cost of materials, the craft program will now cost \$3 to register and you must register in person.

Monday, March 11th, 2024 at 1:30pm
Pine Cone Animals

Monday, April 8, 2024 at 1:30pm
Flower Pot Craft

12 Spots available/class
Sign ups are first come, first served

Saint Patrick's Day Luncheon

March 14th, 2024
12:00 PM

Corned Beef and Cabbage, Boiled Potatoes, Carrots, Irish Soda Bread

In house dining and To-Go meals available (Limited to 2 meals pp)
\$7/meal

Limited availability, reserve your spot today!

Village of Pleasantville Residents Residents Priority

TED Talks with Brian

Are you interested in fascinating and educational activities at Clinton Street Center? **TED** (Technology, Entertainment and Design) is devoted to spreading ideas, usually in the form of short, powerful **TALKS** (18 minutes or less) that cover almost all topics. We select the **TALKS** with seniors in mind. Program is free to attend but please register!

Mondays at 1:00pm. Mar & Apr, 2024

Attend as many days as you like. We'll watch four different **TALKS** that should inspire lots of discussion. Some people participate in the discussion and others don't (no pressure). Everyone's opinion is respected.

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| Mar 4 | The Truth About Human Population Decline (Sciubba)
Who am I? Think again (Patel)
Lessons from my Father, Alexey Navalny (Navalnaya)
There's No Shame in Taking Care of Your Mental Health (Delle) |
| Mar 11 | 3 Practices for Wisdom and Wholeness (Tippett)
What Would Happen if You Didn't Sleep (Aguirre)
The Joy of Learning Random Things on Wikipedia (Rauwerda)
How One of the Most Profitable Companies in History Rose to Power (Clulow) |
| Mar 18 | The Encyclopedia of Invisibility -- A Home for Lost Stories (Strachan)
Can Other Animals Understand Death? (King)
3 Money Lessons from Infamous Scam Artists (Mase)
A Brief History of the Toilet (de los Reyes) |
| Mar 25 | Let's Reframe Cancel Culture (Jones)
Why Your Phone Battery Gets Worse Over Time (Zaidan)
The Power of Unconventional Thinking (McWilliams)
How to Build a Resilient Future Using Ancient Wisdom (Watson) |
| Apr 1 | Artificial Skin? We Made It -- and Here's Why (Coclite)
Why is this Black Square Famous? (Leigh)
What Does "Wealth" Mean to You? (Nyandoro)
The One Thing Preventing Jellyfish from Taking Over (Pajuelo) |
| Apr 8 | Are You Really as Good at Something as You Think? (Kramer)
Whoever Builds Something Here will be Rich Beyond Measure (Pacucci)
The Danger of a Single Story (Adichie)
Why did Megalodon Go Extinct? (Cooper) |
| Apr 15 | Your Elusive Creative Genius (Gilbert)
Why Design Should Include Everyone (Burke)
Inside America's Dead Shopping Malls (Bell)
Want to Know if You're Pregnant? Use this Frog (York) |
| Apr 22 | Life on the Frontlines of War Reporting (Ferguson)
Grit: The Power of Passion and Perseverance (Duckworth)
How to Find Humor in Life's Absurdity (Kalman)
Can Alligators Survive this Apex Predator? (Coogan) |
| Apr 29 | Why You Shouldn't Trust Boredom (Gary)
10 Lessons I Learned from Being a Nerd (Dinwiddle)
The Dark Side of Storytelling (Duncan)
Is Life Meaningless? And Other Absurd Questions (Medvinskaya) |

FIT AND FABULOUS

Exercise Classes Registration Policies and Reminders

Registration for classes is on a first come first served basis. Your registration is confirmed in the class upon payment. Classes are \$45/session. Class size is limited to 15 participants. Drop in classes are \$8/class if the class registration is not full, \$5 per class if the class registration is full. SIGN UP EARLY to secure your spots. Spots are not guaranteed session to session.

DANCE THAT WALK – A self-motivating fitness tape, where we walk and dance ourselves into a fit, fabulous and fun frenzy. Bring a friend & walk, talk and melt the stress away! (And melt a few pounds too!)

DATES: **Friday** TIME: 9:00am FEE: No COST

ARTHRITIS BALANCE- This class follows the Arthritis Foundation exercise guidelines. Participation has shown a decrease in joint stiffness, improvement in joint stability and an increase in range of motion .

DATE: **Wednesday**

TIME: 12:00 to 12:45pm FEE: \$45 for 10 week session INSTRUCTOR: Carol

AEROBICS! – Keep moving in this Cardio Fun and energetic class that will focus on aerobic fitness, incorporating strength, balance and flexibility into the routine

DATE: **Wednesdays**

TIME: 12:50 to 1:35pm FEE: \$45 for 10 Week Session INSTRUCTOR: Carol

TAI CHI – An amazing class that increases balance, coordination and flexibility while increasing strength. Tai Chi has been proven by NIH studies to reduce falls!

DATE: **Monday** TIME: 9:00 to 10:00am FEE: \$45 for 10 week session INSTRUCTOR: Alex

CHAIR YOGA–You improve strength, stamina balance and flexibility. This class features movements on and off the chair. It includes basic exercises, working all muscle groups and includes stretching, yoga, guided meditation and breath work. The class is for all levels and is set to fun music.

DATE: **Tuesday** TIME: 1:30 to 2:30pm FEE: \$45 for 10 weeks INSTRUCTOR: Ellen

MAT YOGA–. This slow flow class will build strength and stamina while gently increasing your flexibility. The class includes guided breathing and meditation to relax and restore. Yoga is a good way to learn to calm yourself and your stress level.

DATE: **Tuesday** TIME: 2:45 to 3:45pm FEE: \$45 for 10 week INSTRUCTOR: Ellen

LINE DANCING- Line Dancing is known to be one of the best forms of exercise for aging bodies, it helps improve cardiovascular health, helps improve balance, and it is lots of Fun!

DATE: **Tuesdays** TIME: 9:00 to 10:00am FEE: \$45.00 for 10 weeks INSTRUCTOR: Cameron

ZUMBA GOLD– This is a fun modified version of Zumba providing a lower-impact workout, the movements are easy to follow and minimize stressful jerking, and other potentially harmful motions.

DATE: **Thursdays** TIME: 10:00 to 11:00am FEE: \$45 for 10 weeks INSTRUCTOR: Erin

ZUMBA GOLD/TONING- Low-intensity dance fitness workout that incorporates Latin and world rhythms with easy to follow choreography. In addition, this one hour class will include low-impact strengthening segments using your own body weight (and toning bands) for resistance to help maintain and prevent that reduction in bone and muscle mass.

DATE: **Fridays** TIME: 10:00 to 11:00 am FEE: \$45 for 10 weeks INSTRUCTOR: Erin

Clinton Street Center SUPPORT SERVICES

The Clinton Street Center is a site of many diversified activities, events, programs and services for older adults, 60 years and above, and their friends and family members who may need advice or guidance. The Center caters to the philosophy of wellness of “Mind- Body-Spirit” in providing cultural, recreational, educational, health and social activities for adults age 60 and over in Pleasantville and the surrounding area.

Ultimately, we strive to respond to the growing and changing needs of our aging population.

SUPPORT SERVICES

INFORMATION, REFERRAL & SUPPORT

The Village of Pleasantville provides senior citizen programs and services through the Clinton Street Center. Sarah Johnson, Coordinator of Senior Services can be contacted Monday through Friday from 8:00 a.m. to 4:00 p.m. at 769-2021. The following programs and services are available to all eligible Pleasantville residents.

FILE OF LIFE

The File of Life Card enables medics to obtain a quick medical history when you are unable to offer one. The packet includes a mini medical history, which is placed in a holder and posted on the outside of the refrigerator. There is also a wallet-sized card to be carried with you. No Fee

LIBRARY ON WHEELS

Volunteers bring books and/or tapes to your home. We work with the Library to get your favorite books in your hands to enjoy!



NUTRITION

LUNCH AT THE *Clinton Street Cafe*

The *Clinton Street Cafe* serves a full lunch in house on Tuesday Wednesday, and Thursday (except holidays) at 12:00 Noon. The menu is published in the bi-monthly newsletter. Please make your reservation in advance. **Meals are \$7.00.**

Grab and Go Meals are Available Monday through Friday!

HOME DELIVERED MEALS

A hot and/or cold meal is available 7 days a week for senior citizens who are unable to prepare a meal and/or unable to grocery shop. Please contact Program Director for application and information. **\$5.00 per meal.**

TRANSPORTATION

WEEKLY FOOD SHOPPING VAN

An escorted weekly shopping van offers door-to-door shopping. Assistance with packages provided.

DATE: Thursdays TIME: 9:00 a.m.

FEE: \$2.00

LOCAL VAN

Van Service is available within the Village and to the Thornwood Shopping Center. Use this service to go to the Hair Salon, Bank, local medical, etc. Times available are limited and appointments are required

FEE: \$2.00

MEDICAL ESCORT SERVICE (*Note Changes*)

For seniors needing transportation to medical appointments within the Village please call us at least one week in advance and we will try our best to accommodate. When we are unable to provide transportation or you need to go outside of the Village we recommend you call Ride Connect 914.242.7433, TRA at 914.764.3533 and if applicable register for Westchester County Para Transit. 914.995.2959

GROUP ACTIVITIES

most of these activities are FREE to join.

Have an idea for something new?
Let us know, we are ALWAYS looking
for new things ☺

AMERICAN LEGION POST 77

Join this group of local veterans for discussion, service to others, activities and refreshments. 1st Tuesday of the month at 6:30 PM

KNITTING & CROCHETING

Join this knitting and crocheting circle that concentrates on knitting for others.

DATES: Mondays TIME: 10:15 a.m.

INSTRUCTOR: Ruth Murden

TED TALKS WITH BRIAN

Join Brian for an afternoon of learning and sharing. Topics are varied; complete calendar is in the newsletter

DATE: Mondays TIME: 1 to 2:30pm

INSTRUCTOR: Brian Scholl

BINGO!

Get your Dimes and Nickels together and join us for BINGO!

DATES: Tuesday & Thursday TIME: 1pm

Choral Group

Join us as we sing songs together with piano accompaniment. No singing experience required!

Date: Wednesday Time: 10:30

Instructors: Frank Aiello

OPEN BRIDGE and other CARD GAMES

We provide the space; you bring the people!
Come and play Bridge or any other game like Canasta or Rummikub.

DATE: Wednesday TIME: 1:30 to 3:30pm

HARMONICA

Join the wonderful group of budding musicians as they huff, puff, and create music while increasing their lung capacity.

**New Members are welcome, please meet with instructor before joining the class.*

DATES: Fridays TIME: 12:45 to 1:45 pm

INSTRUCTOR: Janet Kiel and Others

GUITAR -Intermediate

Learn and play new songs with a group of fellow guitarists!

DATE: Tuesdays TIME: 10:00am

INSTRUCTOR: Harriet Weistrop

OPEN MAH JONG and other GAMES

Pick up Mah Jong, bring a table of 4, a partner or just come yourself or come play another game like Scrabble or Rummikub.

DATES: Fridays TIME: 10:15 to 11:30am

(No Mah Jong March 22 or April 19)

Beginner Italian Class

Join our beginner Italian class! We will learn new vocabulary and grammar through short stories, music, dialogues, and transcripts read by native speakers.

Dates: Fridays- March 29th, April 26th

****NEW TIME** Time: 2:15-3:15**

Instructor: Vanessa

PAINTING WITH SALLY

Sally will be hosting an 8 week session of painting classes. Create paintings together while learning new techniques. Sessions continuing, check with front desk to sign up for next session

Date: Fridays

Time: 2:00

Cost: \$20/Session

Instructor: Sally

Special Programs

Boy Scouts Pizza and Craft

Join a Group of Boy Scouts from Pleasantville for a pizza luncheon followed by crafting!

Friday, March 15th

12:00 PM

Blood Pressure Presentation

Informational presentation-No Blood Pressures will be taken on this day

Sponsored by Bethel Springvale Inn

Wednesday, April 24th

10:00 AM

Programs free to attend
please sign up at the front desk!

Jewelry Making

Special Projects with
Sarah

Monday, March 25th, 2024



Beaded Earrings

Monday, April 22nd, 2024



Paper Beads

\$3.00 to register due to increased cost of materials and no-show participants

**Limited to 12 participants
Register in person, spots fill up quickly!**

Pizza and Movie Luncheon Matinee

**Now an earlier start time! Enjoy a
matinee show while having a pizza
lunch!**

***Movie starts at 1:00pm SHARP
Pizza served during movie***

Friday, March 8th, 2024

“Tourist Guide to Love”

Starring: Andrew Barth Feldman, Rachael Lee Cook, Scott Ly,
Ben Feldman

Run Time: 1hr 36 mins

Friday, April 12th, 2024

“My Big Fat Greek Wedding 2”

Starring: Nia Vardalo, John Corbett, Michael Constantine,
Lainie Kazan

Run Time: 1 hr 34mins

**Cost: \$5.00 includes Pizza, a drink and the Movie
Open to All – Register today!**

**Note: This is a “dine-in program”, if you would like to bring your
pizza home, please bring your own container.**

Trips for March and April Sign up at the front desk!



Wednesday, March 13th

Cortlandt Towne Center

(Walmart, Home Goods, Marshalls, etc)

Wednesday, April 17th

Empire City Casino

(Yonkers)

Pick ups for trips start at 9:30

Trips cost \$5.00 per/person

***Must have 5 signed up to run the trip**

Saint Patrick's Day Bingo

Hopefully the luck of the Irish is on your side during this game of BINGO and you win a pot of gold!

Extra prizes, raffles, and treats!

Wear your green!



Thursday, March 14th, 2024

1:00 PM

Broadway Musicals of the 20th Century

(From 1930's Through 1950's)



Thursday's in April

(4, 11, 18, 25)

1:00PM

Come for Lunch and Stay for a fun, informative and interesting program!

**Program is free to join
Sign up at the Front Desk**

Bagels and Broadway

Now serving FRESH Bagels with Cream Cheese or Butter

while you enjoy the show!

Join us once a month, on a FRIDAY, for a previously taped live show played on the big screen with surround sound.

March 22, 2024

**Celtic Women- A New Journey Live at Slane Castle Ireland
(Irish Music Concert Film)**

Show starts at 10:00 am (Running time 1hrs 30 min)

April 19, 2024

"The Sound of Music"

(Featuring Carrie Underwood!)

Show starts at 10:00 am (Running time 2hrs 15 min)

Please register prior to attending.

Clinton Street Café

In House Dining on Tuesday, Wednesday and Thursday
March and April 2024

*Lunch is served *in house* at 12:00 on Tuesdays, Wednesdays and Thursdays

*Please reserve your space for the Tuesday, Wednesday or Thursday *in house* meal, the day before by 4pm.

*If you would like to bring any leftover portion of your meal home with you, PLEASE remember to bring your own container!

*Grab and Go Meals are available Monday to Friday

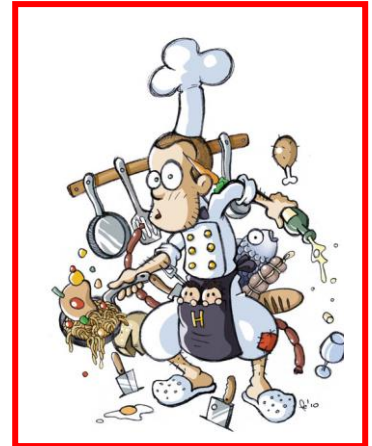
***The cost is \$7.00**

Options: 1 Hot Meal as written on Calendar

Option 2: Cold Deli Sandwich w/ Soup & Chips

4 Sandwich options are available every day.

1. Roast Beef
2. Turkey
3. Tuna Salad
4. Chicken Salad



PLEASE specify which sandwich you would like upon ordering or signing up for a meal in house.

**** NEW FOR 2024****: DINE IN ONLY

*Hamburger/cheeseburger- \$7.00

*Cup of Soup- \$1.00

***** DON'T FORGET WE OFFER, "TO GO" MEALS*****

Call ahead to order a hot meal "To Go".

Must be ordered by 9:00am,

pick up meals between 11:30am and 12:30pm

Please order meals as soon as you know you'd like one. You can leave a voicemail if we are closed. The sooner the better! -Thank you!

Clinton Street Café

Grab and Go Available 5 Days a Week

Order Meals the day before, Call us at 914-769-2021

Lunch pick up is from 11:30am to 12:30pm. Meals are \$7.00,

PLEASE Bring Correct Change Or

A Check Made Payable to **Village of Pleasantville.**

Hot Meals are served with Bread & Butter & Chef's Choice of Dessert

Cold Meals are served with Lettuce, Tomato, Pickle Spear, Chips, Soup & Dessert

Sandwiches Available: Roast Beef, Turkey, Tuna Salad, Chicken Salad

Hamburger/Cheeseburger and Fries option (EAT IN ONLY)

Cup of Soup \$1.00 (EAT IN ONLY)

March Menu (the menu is subject to change if items are not available or not delivered)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breaded pork chop, applesauce, hash brown potatoes, carrots, bread & butter
4 Chicken Ala King (Mushrooms, peas, pimentos) Over rice, cornbread	5 Beef Stroganoff, noodles, carrots, roll with butter	6 Chicken Parmigiana, pasta, broccoli, Italian bread/butter	7 Sliced Roast Pork w/gravy, mashed potatoes, greenbeans, bread/butter	8 Baked Fish Florentine, Rice pilaf, green beans, roll/butter
11 Eggplant Parmigiana, pasta/sauce, Italian bread & butter	12 Herb Pork Chop, Home fried potatoes, red cabbage, bread/butter	13 Chicken Tenders, BBQ sauce, cheesy potatoes, creamed spinach, biscuit/butter	14 Corned Beef, Cabbage, boiled potatoes, carrots, Irish soda bread	15 Krab Stuffed Fish, Rice Pilaf, Vegetable Medley, Roll/butter
18 Chicken Chow Mein over rice, egg roll	19 Swedish Meatballs, noodles, carrots, roll/butter	20 Sausage and peppers, pasta, broccoli, garlic bread	21 Roast Turkey w/gravy, mashed potatoes, peas, roll/butter	22 Baked Salmon, home fried potatoes, vegetable medley, bread/butter
25 Meals this week TBD	26	27	28	29

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Sandwiches Available: Roast Beef, Turkey, Tuna Salad, Chicken Salad

Hamburger/Cheeseburger and Fries option (EAT IN ONLY)

Cup of Soup \$1.00 (EAT IN ONLY)

April Menu (the menu is subject to change if items are not available or not delivered)

Monday	Tuesday	Wednesday	Thursday	Friday
1 Battered Cod, Mac and Cheese, Broccoli, cornbread, butter	2 Breaded Pork chop, applesauce, mashed potatoes, creamed spinach, bread/butter	3 Chicken Fricassee, creamy gravy with vegetables, rice, cornbread/butter	4 Baked Ham w/ pineapple sauce, sweet potatoes, green beans, cornbread/butter	5 Beef Burgundy, noodles, carrots, roll&butter
8 Chicken Tenders, BBQ Sauce, broccoli & rice casserole, biscuit	9 Baked Salmon, home fried potatoes, vegetable medley, bread/butter	10 Eggplant parmigiana, pasta/sauce, Italian bread/butter	11 Pot Roast w/ Gravy, mashed potatoes, peas, biscuit/butter	12 Knockwurst & sauerkraut, hash brown potatoes, carrots, bread/butter
15 Baked Fish Florentine, Rice Pilaf, Green beans, roll/butter	16 Chicken Cacciatore, pasta, zucchini, bread/butter	17 Salisbury Steak, mushroom gravy, mashed potatoes, peas, bread/butter	18 Sliced roast pork w/gravy, mashed potatoes, green beans, bread/butter	19 Baked tortellini alfredo with chicken & broccoli, garlic bread
22 TBD	23 Shrimp Scampi, risotto, vegetable medley, bread/butter	24 Chicken Marsala, pasta, zucchini, Italian bread/butter	25 Meatloaf w/gravy, mashed potatoes, carrots, biscuit/gravy	26 Herb pork chop, home fried potatoes, red cabbage, bread/butter
29 Country Fried Steak w/creamy gravy, mashed potatoes, succotash, biscuit/butter	30 Eggplant parmigiana, pasta w/sauce, Italian Bread/butter	MAY 1 Chicken Cordon Bleu, Cheesy potatoes, green beans, roll/butter	2 Roast turkey w/gravy, sweet potatoes, peas, roll/butter	3 Baked Fish Piccata, rice pilaf, green beans, roll/butter

Monthly Reminders

March

Friday	March 8 th	Pizza and Movie
Monday	March 11 th	Crafts-Pine Cone Animals
Wednesday	March 13 th	Trip: Cortlandt Town Center
Thursday	March 14 th	St Patrick's Day Lunch
Thursday	March 14 th	St Patrick's Day BINGO
Friday	March 15 th	Boy Scouts Program
Monday	March 18 th	Book Club- Hello Beautiful
Friday	March 22 nd	Bagels and Broadway
Monday	March 25 th	Special Jewelry-Earrings
Friday	March 29 th	Italian Lessons

April

Thursdays	April 4, 11, 18, 25	Broadway Music Program
Monday	April 8 th	Crafts-Flower Pot Craft
Friday	April 12 th	Pizza and Movie
Monday	April 15 th	Book Club- Tom Lake
Wednesday	April 17 th	Empire City Casino Trip
Friday	April 19 th	Bagels and Broadway
Monday	April 22 nd	Special Jewelry- Paper Beads
Tuesday	April 23 rd	Spring Fun Bingo!
Wednesday	April 24 th	Blood Pressure Presentation
Friday	April 26 th	Italian Lessons