

Clinton Street Gazette

Village of Pleasantville Seniors

1-A Clinton Street, Pleasantville, New York 10570

(914) 769-2021

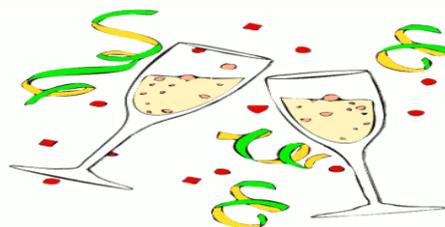
At the Clinton Street Center we strive to meet the growing and changing needs of our Pleasantville Seniors

Hard to believe we are saying
goodbye to another year!

All of us here at the center want to wish you
and your families a Season of Good Health,
Adequate Wealth and Great Joys!

Thank you all for letting us be part of your
lives and thank you for being a great joy in
our lives.

In gratitude and Service,
Joni, Mary, Payal and Richard



Cheers To A New Year
and Another Chance
For us To Get It Right.

– Oprah Winfrey

ART SHOW

The Clinton Street Artists
cordially invite you to a showing of
a selection of their works.



The Groups collection will be at the
Pleasantville Library
January 10th to February 2nd.

There will be an Artists Reception at
the Library on February 2nd at 6:30pm.

Inclement Weather



*What to do if the weather outside is frightful?
I would stay home!*

*But since you are adults you get to make your own choice,
PLEASE use your judgment as to your safety and abilities to
navigate in the elements.*

**It is the policy of the Clinton Street Center
to cancel all programs when the
Pleasantville Schools are closed
due to the weather.**

While our programs will be cancelled our Building will be open and
our Nutrition program will be serving lunch as usual. However, we
will not be providing any transportation.

If you have any questions please call us at 769-2021

SHOPPING TRIPS and other outings



Trips leave the Clinton Street Center
Shopping location is subject to change
Trip Fee is \$5.00,

**ALL trips will require a minimum of 6 people*

Tuesday, November 15th

Walmart, Homegoods, lunch at Bertuccis
In Norwalk, CT

Tuesday, December 6th

Christmas Tree Shop & Danbury Mall

Monthly Breakfast

Join us for a hearty breakfast and informal
discussion with a variety of Community
Organizations and Services



Friday, November 18th

SPEAKER: Dr. Lori Smatt, DC
TOPIC: Taking Care of Your Spine

MENU includes Eggs or another chef selected hot
item, bacon or sausage, hash browns, toast, coffee,
tea and juice.

Time: 8am, *please be on time.*

Fee: \$2.50 per person

Space is limited, please sign up in advance.

Pizza and a Movie



Friday, November 18th

"Hologram for the King" with Tom Hanks

Friday, December 9th

"Florence Foster Jenkins" with Meryl Streep

TIME:

****3pm** movie will be followed by pizza and
dessert

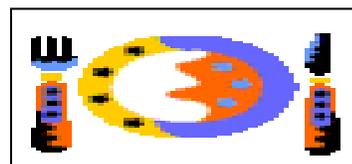
FEE: \$5.00 - 1 slice of pizza, drink and dessert

\$6.00 – 2 slices of pizza, drink and dessert

Pre-registration is requested to prepare food order.

You are welcome to come for Only the movie

DINING OUT AND ABOUT



*Alternating Times to Better fit everyone's
schedules*

Trip Fee is \$5.00, Meal cost is on your own.

**Trips will require a minimum of 6 people attending*

Wednesday, November 9th

Lunch Out, Terra Rustica, Briarcliff
Leave at 11:00am return about 2:30pm

No Dining out in December- We are all too busy!

Tuesday, January 17th

Lunch Out, Beehive, Armonk
Leave at 11:30am return about 2:00pm

DARE to DRAW

Drawing & Painting

Let Your Inner Rembrandt Out!

This course offers both budding and born again artists a relaxing and encouraging atmosphere to learn the elements and master techniques of drawing/painting with local artists.

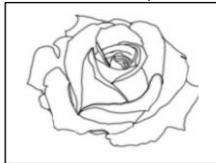
This class has both instruction and one to one guidance, along with peer

DATE: Fridays

TIME: 2:00 p.m. – 4:00 p.m.

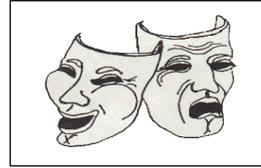
FEE: \$48.00 for the 8 week session,

We can prorate this class for those that want to join in after the session has begun



The Artists in this program invite you their ART SHOW at the Pleasantville Library January 10th to February 2nd

ACTING! ACTING!



The Clinton Street Players

under the Direction of Susan Courtney cordially invite you to our Annual Fall Readings. Excerpts from several plays will be performed, light refreshments to follow the performance.

PERFORMANCE DATE:

Thursday, November 10th

TIME: 3:30 to 6pm

*Please Do Not show up before 3pm, we need the time to set the theater up.

*New Class Will Start In January,
Come Join Us!*

MOVIE THURSDAYS

The Documentaries continue.....

Join Kathleen and your fellow movie aficionados for a spell binding selection of Documentaries followed by Discussion. The Documentaries are selected from the Jacob Burns Curated Collection.



Movies will start at 2:45pm

Thursday, December 8th - Meru

Thursday, January 12th - Ingrid Bergman - In Her Own Words

All movies will start at 2:45pm

This program is free but please let us know that you will be attending

BOOK CLUB

Do you love books?

Have you read something amazing but had no one to share it with?
Have you wanted to join a book club only to find they all meet on weekends or in the evenings?

Then welcome to our Book Club!

This club will be open to everyone - both men, women, young, old. A common interest in good books is all that's needed. So, if you love books and have a free afternoon once a month, come join us!

November 21st: "The Heart of the Matter"

By: Graham Greene

December 19th: "The Things They Carried"

By: Tim O'Brien

DATES: 3rd Monday of each month

TIME: 1:30 to 3:30

NO FEE ☺

FACILITATOR: TBD

Come Spread Cheer Singing Holiday Songs

With the Pleasantville Scouts



DATE: SUNDAY, DEC. 4th

TIME: 2:30 TO 4pm

COST: FREE

The Pleasantville Scouts will be leading the sing a long and providing holiday snacks.

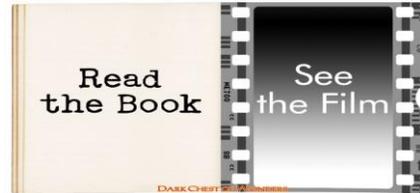
Please RSVP to 769-2021

Transportation MAY be available

BOOK and a MOVIE

This is a new twist on a traditional book group.

Join us for a movie that is based on a book!



2nd Monday of each month we will view a movie that was based on a book & have a discussion after.

November 7th - Being There

December 5th - Brooklyn

TIME: 2:45pm start

NO FEE ☺

FACILITATOR: Kathleen Williamson

**You can even join us without reading the book!*

Books will be available at the P'ville Library

Women's Support & Social Club

This group is for women who are looking for some support and friendship while dealing with all that life throws our way.



THURSDAY, November 17th at 4 pm

Speaker: Linda Berg, LSMW

Topic: Changing Relationships

THURSDAY, December 1st at 4 pm

Holiday Social Gathering & Giving

Please bring a \$3 to \$5 grab bag gift to exchange and an item (or 2 or 3) for the Interfaith Food Pantry

Please bring a Nosh to share. Adult beverage is optional

Technology Troubles?

Come and talk it over with Bessie!

(Bessie Stolatis, a technology assistant at WCC, has offered her time and expertise)

2 Days ONLY!

1 day in November &

1 day in December

10am to Noon

Get Help with your iPad, iPhone, Android phone, lap top or any other piece of technology. Please bring the operating manual and charger.

Date: Call us for the dates and to reserve your seat. (769-2021)

Time: 10 am to Noon.

*****Please let us know you are coming!**



FIT AND FABULOUS

*Join In Any Time,
All Classes are ongoing!!!*



All classes have a minimum number of participants registered to run, so REGISTER EARLY!

WALKING

A self-motivating tape, walk around the dining room. Bring a friend and walk off breakfast!

DATES: **Monday** TIME: 8am

Fee: FREE

KEEP MOVING!

A fun and energetic class that will focus on aerobic fitness and incorporate strength training.

DATES: **Monday** TIME: 12:30 – 1:30pm

FEE: \$35 for 8weeks **transportation available*

INSTRUCTOR: Carol Migliorelli

MOVING AND GROOVING

Dance, Shake, and Groove your way into fitness! This is a Zumba Gold, Line Dancing plus more, combination class that will burn calories, improves tone, balance and flexibility all while having a great time.

DATES: **Tuesday**

TIME: 9:30 to 10:30am

FEE: \$35 for 8 weeks

INSTRUCTOR: Laura Santucci

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!!

DATES: **Wednesday** **OR** DATES: **Tuesday**

TIME: 8am – 9am TIME: 4:30 – 5:30

FEE: \$35 for 8 weeks

INSTRUCTOR: Alex Lamas

ARTHRITIS BALANCE

This is a class designed for those with joint stiffness; It will follow the Arthritis Foundation exercise guidelines. Participation has shown a decrease in joint stiffness, improvement in joint stability and an increase in range of motion.

DATES: **Wednesday** TIME: 12:30 to 1pm

FEE: \$16.00 for 8 weeks **transportation available*

INSTRUCTOR: Carol Migliorelli

YOGA with “Vee”

Super Gentle Yoga using Chair poses and some standing work. *Class limited to 14 participants.*

DATE: **Tuesdays** TIME: 10:45am

Fee: \$35.00 for 8 weeks **Transportation available*

INSTRUCTOR: Vitalah Simon

AEROBICS

A challenging and fun fitness class that easily adapts to all fitness levels. After a warm up you spend time in aerobic activity, strength and balance and in stretch and cool down.

DATES: **Thursday** **OR** DATE: **Monday**

TIME: 8am – 9am ***TIME: 3:30 to 4:30pm*

FEE: \$35.00 for 8 weeks

INSTRUCTOR: Carol Migliorelli

YOGA

Yoga is a form of exercise that uses slow movements and stretching. It is good for increasing flexibility, strength and balance as well as relieving stress

DATES: **Thursday**

TIME: 12:15 Mat Based Class

1:30 Chair Based Class

FEE: \$35 for 8 weeks * *transportation available*

INSTRUCTOR: Satya Carlson

MINDFULNESS and MORE

Join Cynthia as she takes you through a series of breathe work and relaxation exercises. This class will incorporate stretching, breathing and vibrations that have been proven to have beneficial effects on your health.

DATES: **Thursday** TIME: 11am

FEE: \$35.00 for 8 weeks **transportation available*

INSTRUCTOR: Cynthia Farina

You are welcome to try any of our classes.

The first class is free; if you like the programs then you register for the full amount.

**Class fees are as advertised,
Single classes are \$8 per class**

PLEASE REGISTER EARLY!

Holiday Gospel Brunch



DATE: Sunday, December 4th

TIME: 1:30pm show,
leaving on a 10:47am train

COST: \$42.00 per ticket includes, meal,
show, tax and tip. Train fare is on your own

The PLAN: We take the train from Pleasantville,
walk, cab or subway to BB Kings, (42nd between
7th & 8th) doors open at 12:30, show begins at 1:30.
Planning on a 3ish train home.

Tickets are limited!

NEW YORK CITY PUBLIC LIBRARY TOUR



DATE: Thursday, November 3rd

TIME: 12noon tour, taking the 10:12am train

COST: No fee, all expenses are on your own.

We are taking train from Pleasantville, will walk
over to the Library for our Private Tour. After the
tour we can head back to Grand Central Food Court
for some lunch and take the train back home.

There will be sometime to wander around
Grand Central Market Place.

*If you want to extend your day you can take the audio
tour of Grand Central*

Grace Church Concert

Wednesday, December 14, 12 Noon



EPHEMERALS

Thomas Bagwell,
piano,
Gilda Lyons. voice.



Described by Marilyn Horne as, "A pioneer for his age", Thomas Bagwell is known internationally for his song recital and chamber music performances, as well as his work as conductor, teacher, and coach. In EPHEMERALS, Bagwell curates a program of contemporary solo works and collaborates with vocalist and new-music specialist Gilda Lyons in the performance of 21st century song.

DATE: Wednesday, December 14th

TIME: Leave P'Ville at 11:15am Return at 2:30pm

*****CONCERT IS AT NOON

COST: \$5.00 per person

Need a minimum of 5 to register for trip to run

Casino Trips



MOHEGAN SUN

Date: Tuesday, November 29th

Time: Departure 7:45am, Returns about 6pm

Cost: \$35.00

PLEASE Make Check for Mohegan Sun Trip

Payable to Mt. Kisco Seniors

EMPIRE CASINO

Date: Tuesday, January 25th (weather permitting)

Time: Departure 10am, Returns about 3pm

Cost: \$10.00

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. Joni Ehrlich, GCM, QDCP, Director 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.

BLOOD PRESSURE SCREENING

The Clinton Street Center will have a registered Nurse available every Tuesday from 10:00 a.m. to 12:00 noon for blood pressure screenings. Please call before coming out.

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 tapes to your home. Your choice or ours. Join our Book Discussion Group – Monthly selection and discussion questions will be shared with homebound seniors upon request. No Fee



NUTRITION

LUNCH AT THE “CENTER”

The Clinton Street Center serves a full lunch Monday through Friday (except holidays) at 12:00 Noon. A salad or sandwich may be substituted for the main entrée with prior 24 hour notice. The menu is published in the monthly newsletter. Please make your reservation in advance. \$5.00.

Meals To Go Are Now Available!

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 for hot meal or cold 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 suggested donation

MONTHLY SHOPPING TRIP

Monthly shopping trips to area shopping malls are provided by the Village van. This shopping may include lunch out at a pre-determined restaurant. Transportation Fee: \$5.00 Details in Newsletter.

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. DATE: Monday – Friday TIME: By Appointment – it is scheduled IF we can fit it in to our other Transportation Services FEE: \$3.00 suggested donation

MEDICAL ESCORT SERVICE

For seniors needing transportation to medical appointments. This service is provided by volunteers and subject to availability. No Fee

GROUP ACTIVITIES

these activities are FREE to join



THE COMPUTER LAB IS OPEN!!!

Wednesdays 9:30 to 12:30pm

Friday 10am to 12pm and 2 to 4pm

While there is NO formal instruction Mary, Joni and Payal will help where we can.

COFFEE AND CONVERSATION

Join the group for interesting conversation on a wide variety of topics.

DATES: Fridays TIME: 10:30 a.m.

FACILITATOR: TBD

* *Transportation available*

KNITTING & CROCHETING CIRCLE

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

DATES: Mondays TIME: 10:00 a.m.

INSTRUCTOR: Ruth Murden

MIXED MEDIA CRAFTS *aka MORNING MINGLE*

Macramé, card making, seasonal crafts and more are all part of this relaxed and judgment free Craft group.

DATE: Wednesdays TIME: 10:00 a.m.

INSTRUCTOR: Barbara Smith

CHESS FOR ALL LEVELS WITH JACK

Join Jack Stockel for a morning of non-competitive play.

DATES: Fridays TIME: 10:00 a.m.

INSTRUCTOR: Jack Stockel

PLAY CRIBBAGE

Join Mike B. while he supervises as well as guides us through the playing of this classic game

DATE: Wednesdays TIME: 1:00 to 3pm

VETERANS ROUNDTABLE

Join this group of local veterans for discussion, service to others, activities and refreshments.

DATE: Second Tuesday each month at 6 p.m.

CHORAL GROUP (*Clinton Street Singers*)

Meet informally with others who enjoy singing.

No experience necessary

DATE: Wednesdays TIME: 10:30am

INSTRUCTOR: Betsy Hughes

**Transportation available*

OPEN Mah Jong

Pick up Mah Jong, bring a table of 4, a partner or just come yourself and join in the fun.

DATES and TIMES Fridays 9:30 to 11:30am

OPEN BRIDGE

Pick up Bridge, bring a table of 4, a partner or just come yourself and join in the fun.

DATES and TIMES: Tuesday 1 to 3:30pm

Thursdays 9:30 to 11:30am

JEWELRY

Join the gang and create beautiful pieces that you will be proud to wear or share. Learn to work with chain, wire, cords glass beads and more.

DATE: Thursdays TIME: 3to 5pm

FACILITORS: Lori Garcia

GUITAR (*Clinton Street Stringers*)

If you have an interest in playing or learning to play the Guitar then this is the place to be – Come and Join Us!

DATE: Wednesdays TIME: 9am

INSTRUCTOR: Betsy Hughes

**We are ALWAYS Looking for New Programs,
Activity and Trip Ideas!**

Please share your ideas with us and let us see what we can create together.

~Program and Holiday Highlights~

*NYC Public Library Tour

Thursday, November 3rd

*THEATER GROUP to see Cagney

Wednesday, November 9th, 2016

* Dining Out

Wednesday, November 9th

* Acting! Acting! Acting!

Performance on November 10th at 3:30pm
New Session will begin in January 2017!!

*Shopping Trip

Tuesday, November 15th
Wal Mart, Home Goods, Norwalk, CT
Tuesday, December 6th
Danbury Mall/ Christmas Tree Shop

*Women's Support & Social Club

Thursday, Nov. 17th, at 4pm
Thursday, December 15th at 4pm

*Casino Trips:

November 29th Mohegan Sun
January 25th Empire Casino

*READ THE BOOK, WATCH THE MOVIE

A New Twist on a traditional book group.
DATE: Monday, November 7th and December 5th
TIME: 2:45pm
**You can even join us without reading the book!*

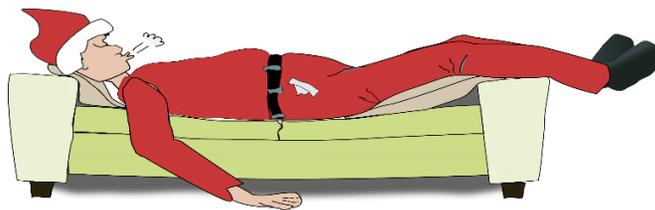
*BOOK CLUB

Meets the 3rd Monday of the Month at 1:30pm
November 21st "The Heart of the Matter"
December 19th "The Things They Carried"
**Books will be available at the Pleasantville Library*

MOVIE THURSDAYS

Join Our Documentary Series Thursdays at 2:45
film will be followed by discussion.
November 17 and December 8th

HOLIDAY TREATS & TRIPS



Monday, November 21st

"The Melody Men" from Greenwich, CT
will be here to Serenade and Entertain at 12:30pm
(Bingo will follow)

Sunday, December 4th

BB Kings Gospel Brunch

Depart on 10:47am train and return about 4pm
\$42.00

Sunday, December 4th

Holiday Sing along with the P'ville Scouts.

Share the Holiday Cheer with a younger generation.
2:30 to 4pm. *SNACKS TOO!*

Monday, December 12th

Holiday Luncheon with Pleasantville PBA

Join us for a delicious catered lunch and rousing
games of bingo with members of the Pleasantville
Police Benevolent Association

Tuesday, December 13th

The Mount Kisco Fox Center,
"FOX-TAINERS"

Will be here to SING in some Holiday Magic!
12:30pm with bingo to follow

Wednesday, December 14th

Grace Church Concert in White Plain's
"Ephemerals"

Depart at 11:15am return 2:30pm
\$5.00

Wednesday, December 21st

The Famous, *CLINTON STREET SINGERS*
Proudly present a collection of Holiday Classics
12:30 pm with bingo to follow

It's all about Choice!

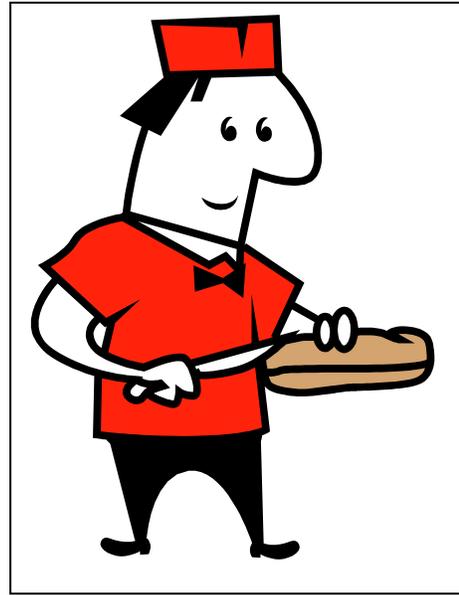
SANDWICH ROTATION For November and December

*Lunch is served at noon

*The cost is \$5.00

*You need to reserve your space for lunch, the day before by 4pm.

*Please call us at 769-2021, by 9am if you have to cancel your meal



Options: 1 Hot Meal as written on Calendar

Option 2: Sandwich and Homemade Soup*

Sandwich for Monday: Roast Beef

Sandwich for Tuesday: Egg Salad

Sandwich for Wednesday: Turkey & Cheese

Sandwich for Thursday: Ham & Swiss

Sandwich for Friday: Tuna Salad

*Sandwiches will be served with Lettuce,
Tomato, pickle and chips.*

Option3: Tossed Salad and Soup*

*Homemade Soup is Chefs Choice

***** DON'T FORGET WE OFFER "TO GO" Service*****

Call ahead to order a hot meal to go,
must be ordered by 9am and picked up by 3pm



Inclement Weather

What to do if the weather outside is frightful?

I would stay home!

But since you are adults you get to make your own choice, PLEASE use your judgment as to your safety and abilities to navigate in the elements.

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due to the weather.**

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If you have any questions please call us at 769-2021
The message machine will be updated by 7am as needed

Emergency Forms and Code of Conduct

Please See the Front Desk to be sure we have updated Emergency contact information and to sign the code of conduct. The Code of Conduct is posted on the Bulletin board in the dining room.

Parking: Yes, we are painfully aware that Parking is an issue so we are asking for your cooperation. Please consider:

- 1. Using our Transportation Services*
- 2. Car pooling*
- 3. Walking, if at all possible*
- 4. Finishing your program at the schedule time, so your spot can be available for the next set of programs.*

Thank you in advance for helping

**The Staff and Volunteers
at the
Clinton Street Center
Wish Each of You a
Joyous Holiday**

"THE HOLIDAY SEASON
IS A PERFECT TIME
TO REFLECT ON OUR BLESSINGS
AND SEEK OUT WAYS TO
MAKE LIFE BETTER
FOR THOSE AROUND US."

-TERRI MARSHALL

