

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

*“And now let us believe
in a long year that is
given to us, new,
untouched, full of
things that have
never been”*

-Rainer Maria Rilke

This New Year gives us a chance to try things we may not have tried before, to talk to others we have not talked with before and to reach out in ways we have not yet tried.

Hoping that you will include the Clinton Street Center in your New Year's Intentions.

May 2017 be kind to us all.

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

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 5th

There will be an Artists Reception at the Library on February 5th at 2 pm.

Up Coming Events/Trips



- *Lunch Out at the Beehive, January, 17th
- *Empire Casino, January 25th
- *"Beatles" Brunch in NYC, January 28th
- *Lunch Out at Sergio's, February 7th
- * Jazz Pioneers at the Center, February 10th
- *"Bronx Tale" in NYC, February 15th
- * Paint with Me, at CSC, February 8th
- *"The Young Irishmen", March 14th at the Westchester Dinner Theater

Details and Other Happenings are in the Newsletter,
PLEASE READ!

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, January 31

Kohl & Target, Mount Kisco

Tuesday, February 21

Location will depend on the Weather

Tentative- Trader Joes/Xmas Tree/Epstein's

Monthly Breakfast

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



Friday, February 24th

SPEAKER: TBD

TOPIC: Computer Repairs You Can Do

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.

Chinese Take Out and a Movie



Friday, January 20th

Jersey Boys

Directed by Clint Eastwood

Friday, February 17th

Florence Foster Jenkins

with Meryl Streep & Hugh Grant

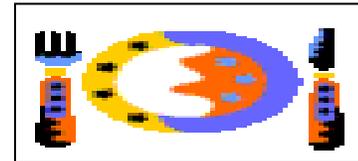
TIME: *3pm Movie followed by dinner & dessert

FEE: \$6.00 – dinner, 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*

Tuesday, January 17th

Lunch Out, Beehive, Armonk

Leave at 11:30am return about 2:00pm

Tuesday, February 7th

Lunch Out, Sergio's, Valhalla

Leave at 11:30am return about 2:00pm

Wednesday, March 29th

Dinner Out, Restaurant to be determined

leave at 4:30pm return about 8pm

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 review

DATE: Fridays

TIME: 2:00 p.m. – 4:00 p.m.

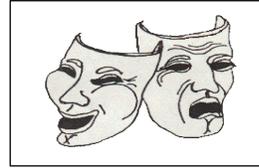
FEE: \$48.00 for the 8 week session,

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

February Welcomes A New Instructor

*The Artists in this program invite you to their
ART SHOW at the Pleasantville Library
January 10th to February 5th *

ACTING! ACTING!



The Clinton Street Players

under the Direction of Susan Courtney cordially invite you to join in the fun!

Actors will be assigned parts and will prepare to do readings of scenes with simple movements, costumes and sets. Excerpts from several plays will be performed for an invited audience.

New Session Starts:

Wednesdays, January 25th to April 26th

Time: 2 to 4pm

Cost \$85.00

Performance Date:

Wednesday, April 26th at 3:30pm

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 start at 3pm

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

Ingrid Bergman: In Her Own Words is a 2015 Swedish documentary film about Ingrid Bergman.

Thursday, February, 9th - Life Itself

Life Itself is a 2014 American biographical documentary film about film critic Roger Ebert.

Tentative future Date and Titles:

Thursday, March 9th -Wasteland

Thursday, April 6th -Project Nina

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!

January 30th - "Trinity" by Leon Uris

February 27th - "The Abundance"

by Annie Dillard

DATES: 3rd Monday of each month, unless there is a Holiday

TIME: 1:30 to 3:30

NO FEE ☺

FACILITATOR: TBD

Paint with Me!



Wednesday, February 8th
2:30 to 4:30 Only \$25

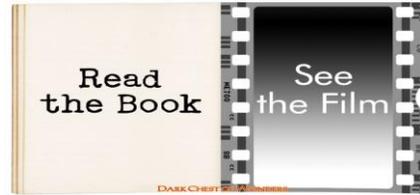
Grab a friend and come for a fun afternoon of painting, light snacks, coffee and sweets. Feel free to bring a bottle of wine.

All painting supplies are provided, including a 16×20 canvas and easy step by step instruction from trained, professional artist, Kathy Jordan Pasquale. You will be walked through it, brushstroke by brushstroke. You will be amazed with what you can do even if you don't have an artistic bone in your body.

*As long as you come with your funny bone
you will have a great time!*
No art experience is needed.

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.

January 23rd - Brooklyn
February 13th -Up in the Air

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, January 26 at 4 pm

Winter Social for Gathering & Giving

Please bring an item (or 2 or 3) for a women. We will be putting together gift bags for a local women's shelter.

THURSDAY, February 23 at 4 pm

Speaker: TBD

Topic: Setting Intentions for 2017

Please bring a Nosh to share. Adult beverage is optional

Coloring Craze!

Come & spend some time with others, have some fun and work on keeping fit from the neck up in a different way!

*Coloring can help with a number of emotional and mental health issues.

*Coloring also brings us back to a simpler time.

*Coloring utilizes both hemispheres of the brain, right and left. (Color balance, color choices, applying colored pencil to paper- works on problem solving and fine motor skills)

*Coloring is another method of practicing mindfulness

You don't even have to color within the lines!

Date: Wednesdays

Time: 1:30 to 3pm

all supplies provided





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 and Friday

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 and fun too!

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

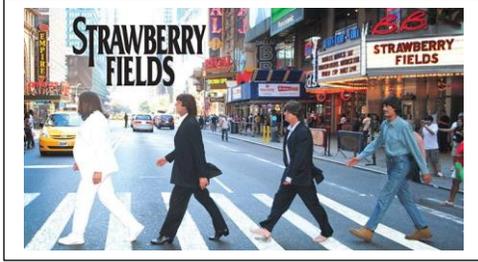
You are welcome to try
any of our classes.

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!

Beatles Brunch



DATE: Saturday, January 28th

TIME: 12 Noon Show,

Leaving on a 9:40 am 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 11am, show begins at Noon. Planning on a 3ish train home.

Tickets are limited!

Theater Trip



Date: Wednesday, February 15th

Time: 2pm show, meet at P'ville station for 10:47am train.

Cost: \$65.00 train and lunch are on your own

TICKETS ARE LIMITED!

Seats are rear center mezz.

Payment needed by January 18th

Exercise for Your Brain

Mercy College Occupational Therapy Students are back!!

Join our *new* OT students for 7 weeks of games to stimulate your brain!

The details are still in the works expected to start in late January

Remember when it comes to your brain.. Use It Or Lose It!

Betsy & the Clinton Street Singers are Looking For A Few Men!



If you enjoy singing with a group and having fun PLEASE come and check them out!

Choral Group meets Wednesdays 10:30am



Casino Trips

EMPIRE CASINO

Date: Wednesday, January 25th (weather permitting)

Time: Departure 10am, Returns about 3pm

Cost: \$10.00

UPCOMING TRIPS

FOXWOODS – March 7th

SANDS – May 2ⁿ

MOHEGAN SUN – July 11th

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 on select Tuesdays 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: Lori Garcia

* *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

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

RELAX and COLOR With ME!

Release some stress, spend time with others. Get a Little Creative.

DATE: Wednesdays TIME: 1:30 to 3pm

FACILITORS: Lori Garcia

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 9:00 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 9:00 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.

Your Dining Options

Hot Meal, Sandwich or Salad are available in house and to go

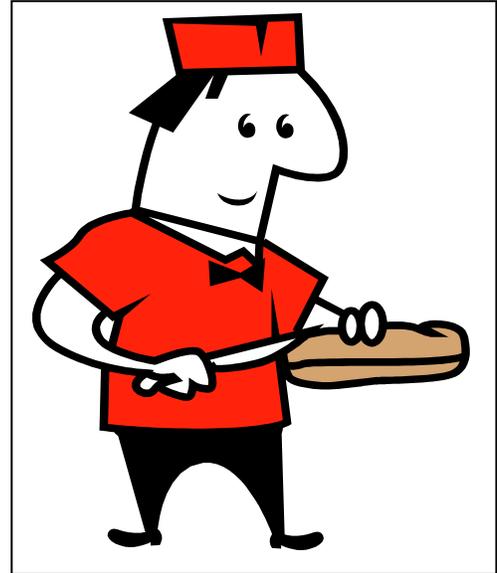
SANDWICH ROTATION For January and February

*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



Option: 1 Hot Meal as written on Calendar

Option 2: Sandwich and Homemade Soup*

Sandwich for Monday: Tuna Salad

Sandwich for Tuesday: Roast Beef

Sandwich for Wednesday: Egg Salad

Sandwich for Thursday: Turkey & Cheese

Sandwich for Friday: Ham & Swiss

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

Option 3: 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

It is the policy of the Clinton Street Center
to cancel all programs when the

Pleasantville Schools are closed due to the weather.

**We DO NOT follow any delays, if you have an early morning
class, call us to confirm.**

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

The message machine will be updated by 7am as needed

Parking Tickets: We can NO LONGER assist with your parking
tickets. Be sure that you have the appropriate parking notice VISIBLE
on your dash board.

Emergency Forms and Code of Conduct: *Please See the Front
Desk to be sure we have an updated Emergency contact information
form 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 ,especially in the winter months*
- 2. Car pooling*
- 3. Walking, if at all possible*
- 4. Finishing your program at the scheduled time, so your spot can be
available for the next set of programs.*

Thank you in advance for helping

