

SENIOR CITIZEN BULLETIN

NOVEMBER ~ DECEMBER 2016



SENIOR PROGRAMS

CHAIR YOGA with Kathie Scanlon, RYT

Chair Yoga offers the same benefits of traditional yoga without weight bearing or floor work. All poses and exercises are practiced while sitting in a chair, or standing using a chair for support. Chair Yoga is suitable for those with arthritis, back, hip or knee injuries, impaired balance or other physical limitations. Please wear comfortable clothing and bring a water bottle to class.

Day/Time: Mondays 10:00 - 11:00 am

Day/Time: Mondays 11:15 am - 12:15 pm



Newcomer Participant

Seasoned Participant

Dates: September 19, 26 October 17, 24, 31 November 7, 14, 21, 28 Dec 5

Location: Community Center 1st Floor, 1 Library Road, Briarcliff Manor

Fee: \$65.00 for ten sessions - Village Residents

\$75.00 – School District & Non-residents

\$10.00 per class for all drop-in participants *

*Payment in the exact amount must be made to the instructor at the end of each class.



ADULT COLORING



Join our newly-formed Adult Coloring Group! Coloring has been proven to enhance concentration, relieve stress and help reduce anxiety. Come and explore your artistic side, meet new people, and have some fun, all while listening to soft relaxing music. Colored pencils and coloring sheets will be provided or you may bring your own. This program is co-sponsored with the Briarcliff Library.

Day/Time: Mondays 1:00 – 2:30 pm

Location: Community Center 1st Floor, 1 Library Road, Briarcliff Manor

Drop-In, no registration or artistic skills required.



The following Senior Programs are available free of charge to all Village residents age 60 and older. You may join these programs at any time throughout the year. For more information and to register, please call Stephanie Rossi at 941-6560.

LINE DANCING/EXERCISE with Cameron Kelly

Join a lively group of seniors and learn easy-to-follow steps to music that will make you smile. Dance and exercise at the same time. No dance experience or partner necessary. Please wear comfortable clothing and bring a water bottle to class. Pre-registration is required.

Day/Time: Tuesdays 11:15 am - 12:15 pm

Dates: November 1, 8, 15, 22, 29 December 6, 13, 20

Location: Community Center 2nd Floor, 1 Library Road, Briarcliff Manor

Fees: Free to all Village Residents

\$50.00 Non-Residents – Class Dates: September 20 – December 20

\$5.00/per class for non-resident drop-in participants.

Payment must be made prior to attending class.



BRIDGE & CARDS

Enjoy a few hours of bridge with other enthusiasts. Socialize with friends, or make some new ones while playing a friendly game of cards. Bring your own group or join attending group. Refreshments served.

Day/Time: Wednesdays 12:00 - 3:00 pm

Dates: November 2, 16, 23, 30 December 14, 21

Location: Community Center 1st Floor, 1 Library Road, Briarcliff Manor



OFFICE CLOSING DATES

November 11
November 24 & 25
December 23 & 26

Veterans' Day
Thanksgiving
Christmas Holidays

SENIOR ADVOCATE

Samantha Wilkinson, Family Services of Westchester

Available by Appointment

Phone: 760-2779

The Village of Briarcliff Manor's Senior Advocate is available to assist you with any problem typically addressed by a social service agency. All calls are returned as promptly as possible, and if you wish, the Advocate will meet with you in your home to discuss your specific needs or concerns. Topics the Advocate may be able to provide you assistance with include:

-  Social Security, Medicare, and Medicaid Information & Resources
-  Rehabilitation Services and Long Term Care Services
-  Physical and Mental Health Issues
-  Prescription Drug Program Assistance
-  Nutrition, Food Pantries, Meals on Wheels programs
-  Senior Citizen Volunteer Opportunities & Referrals
-  Help filling out applications and interpreting confusing correspondence

This program is available to all residents of the Village of Briarcliff Manor.

If you prefer contact by e-mail, please send a message to: swilkinson@fsw.org

UPCOMING SENIOR TRIPS . . . EVENTS...and ANNOUNCEMENTS!

The following day trips are offered on a first-come, first-served basis and require pre-registration by the deadline indicated on the individual flyer. Registration form, along with payment may be mailed or dropped-off at the Recreation Office. For more information, please contact Stephanie at 941-6560.



"Cruzin' on a Saturday Nite" at the Stony Hill Inn ~ Tuesday, November 15

Annual Trip to the Metropolitan Museum of Art ~ Wednesday, December 7

Note: We have been granted a fee reduction from the nice folks at the museum. Enjoy



St. Patrick's Day Celebration!!

Tuesday, March 14, 2017 at the Aqua Turf Club in Plantsville, CT

Featuring:



Padraig Allen & The McLean Avenue Band



Definitely be prepared to dance!

Deck yourself out in your best **"GREEN"** attire and join us for a delicious luncheon, live entertainment, and lots of fun! Coffee & Donuts served upon arrive, Door Prizes, Complimentary Beer or Wine. **This trip was a big hit last year!**

Wednesday, April 12, 2017 ~ Westchester Broadway Theatre

Save
the
Date

MAMMA MIA!

Save
the
Date

WE ARE ALWAYS OPEN TO TRYING SOMETHING...WHAT ABOUT YOU ?

We are looking for people interested in forming a new group for the following activities:

Mahjogg ~ Canasta ~ Knitting, Crochet, & Needlepoint

Note: We are also looking for volunteers to teach Mahjogg.



BEGINNER BRIDGE LESSONS

Have you ever wanted to learn how to play bridge? Or perhaps you played years ago but have forgotten the details of the game? Well, now is the time to learn! We have volunteers willing to share their time and talent. Class schedule TBD.

For more information, please contact Stephanie Rossi 941-6560.

MEDICARE NEWS

For 2017 Medicare coverage, open enrollment is in the fall of 2016, from October 15 to December 7.



Seniors are also reminded that enrollment for Medicare Part D for 2017 will take place this year from October 15 to December 7 for plans to take effect Jan. 1, 2017.

For more information, visit www.medicare.gov or call (800) 633-4227



DAYLIGHT SAVING

Sunday, November 6, 2016, **2:00:00 AM** clocks are turned **backward** 1 hour.