

SENIOR CITIZEN BULLETIN

SEPTEMBER ~ OCTOBER 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. Regular yoga practice reduces stress, can help alleviate depression & anxiety and promote better sleep. Please wear comfortable clothing and bring a water bottle to class. **Pre-registration is required.**

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

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

Please call 941-6560 the morning of 9/19 to confirm class location.

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.*

Register by: Thurs., September 15 - To register, call Stephanie at 941-6560.



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 by the Briarcliff Manor Library and Briarcliff Recreation Department.

Day: Mondays starting September 26

Time: 1:00 – 2:30 pm

Location: Community Center, 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: September 20, 27 October 11, 18, 25

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

Please call 941-6560 the morning of 9/20 to confirm class location.

Fees: Free to all Village Residents

\$5.00 - Non-residents – 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: September 7, 21, 28 October 5, 19, 26

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

Please call 941-6560 the morning of Sept. 7 & 21 to confirm class location.



BRIARCLIFF MANOR SENIOR CITIZENS TRANSPORTATION PROGRAM

The Village of Briarcliff Manor provides a Senior Citizen Bus, which accommodates up to 16 passengers and is equipped with a wheelchair lift. Door-to-door transportation, on a first-come, first-served basis, is available using a phone reservation system. Local shopping trips are scheduled every Thursday, and trips to nearby malls are scheduled for most Tuesdays. For further information or to be included on the mailing list to receive our bus schedule, please call the Recreation Office at 941-6560.

This program is available to residents of the Village of Briarcliff Manor age 60 and over.



UPCOMING SENIOR TRIPS

Eleanor Roosevelt National Historic Site ~ Val-Kill Cottage
Franklin D. Roosevelt Presidential Library & Museum
Lunch at Hyde Park Brewing Company

Trip Date: Wednesday, September 14

Walkway Over the Hudson with Lunch at the Mountain Brauhaus
And a visit to Wright's Apple Farm

Trip Date: Wednesday, October 5

Both trips are currently full; please call 941-6560 to be added to the waitlist.

Westchester County Senior Events

Celebrate Aging: The Fourth Annual Livable Communities Village Fair

Wednesday, September 14, 2016 • 10 a.m. to 2 p.m.

Mount Pleasant Community Center, 125 Lozza Drive, Valhalla

Come to the fair for music, movement, discussion, interactive learning and fun with inspired thinkers and doers from across Westchester County

Free admission and on-site parking • Complimentary light lunch

For more information, contact Jennifer Crawford at 914-813-6263 or jqsu@westchestergov.com

Senior Law Day

Tuesday, September 27, 2016 • 8:30 a.m. to 2 p.m.

Westchester County Center, White Plains

This free event will feature 20 workshops on elder law topics, plus free 15-minute, one-on-one consultations with some of the county's leading legal, financial and geriatric care experts.

Parking is also free. We encourage everyone interested in attending to pre-register.

For more information and registration visit www.westchestergov.com/seniors, or call (914) 813-6300.

OFFICE CLOSING DATES

Monday, September 5

Monday, October 10

Labor Day

Columbus Day

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