

# 60+ Adult Programs

## About the White Plains Recreation & Parks AOA Program

All programs and services can be accessed at the White Plains Recreation & Parks Community Center, 65 Mitchell Place. Metered parking is available on Mitchell Place or in the City Center Parking Garage located on Martine Ave. and Main Street. Hours of operation are Monday - Friday, 8:30am - 4:30pm. For more information about call, 422-1423.

**The Center Café, Transportation, Support and Wellness Programs** are partially funded through the US Department of Health and Human Services, the New York State Office for the Aging and the Westchester County Department of Senior Programs and Services.

**The Center Café** – The center serves a delicious, nutritious hot lunch daily from 11:30am–noon for a \$3.00 suggested contribution. Meal reservations can be made for a week at a time (24 hour reservation required), call 422-1423.

**Senior Café** – The Center serves a delicious, nutritious hot lunch daily from 11:30am–noon for a \$3.00 suggested contribution. Meal reservations can be made for a week at a time (24 hour reservation required), call 422-1423.

**Center Transportation Services** – Center Bus service is available, door to door, to and from your home (24 hour reservation required). Reservations can also be made for a week at a time. Bus Schedule: 9am, 10am (dependent on number of riders) 1 & 2:30pm runs. Fee is a \$1.00 suggested contribution per one-way service. For reservations call 422-1423.

**Grocery Shopping – Thursdays** – (Shop for one hour). Bus pick up is between 9:15 – 10am. You can choose to shop at Stop & Shop or Shop Rite. **Farmer's Market – Wednesdays** The Center Bus will pick you up on the morning run and drop you off at the market. The bus will pick you up from the Market and return to the Center, not your home. For a ride home you must make a reservation for the 1pm bus leaving from the Center.

**Para Transit Services in White Plains** – Para-Transit of Westchester County of White Plains utilizes taxi cab companies to provide Para Transit services for whose disabilities prevent them from using standard fixed route buses. For more information call Para Transit at 995-7272 and press 2. Applications can also be picked up at the Community Center.



**Senior Citizens Advisory Committee (The SCAC is a non-partisan and non-sectarian organization not affiliated with the City of White Plains.)** – The purpose of the SCAC is to enrich the lives of senior members of the community through supporting programs and activities for older citizens and creating a positive impact in their quality of life. Feel free to speak with any committee member with suggestions that you may have: Malcolm Baehr, Diane Bloom, Matthew Coffey, Jean Cortalano, Sue Demarsico, Kathy Ferri, Jane Prout, Agnes Scheu, Barri Schulman, and Margaret Weaver. **SCAC Thrifty Boutique Shop** – Donate your unused items and help to support programs through item sales. Boutique is open Mon – Fri., 10am – 2:30pm.

**60+ Center Program Meeting** – An open meeting on upcoming Community Center programs and activities. Your feedback and suggestions are welcomed. May 24 & Sept. 6, 12:15- 1:00pm

**Cafeteria y Transportacion** – Delicioso y nutritivo almuerzo diariamente de 11:30 am. a 12 pm. Contribución sugerida: \$3.00. Se ofrece transportación de ida y vuelta de su casa al Centro. Contribución sugerida: \$1.00 cada vía. Horario de buses: 9am, 1pm y 2:30pm. Para almuerzo y transportación debe reservar por lo menos con 24 horas de anticipación. Llamar al 422-1423. Puede hacer reservaciones para toda la semana

**Transportación para ir de compras** – (1 hora para hacer compras) **Jueves** - Shop Rite o Stop & Shop- Ida y vuelta – Le recogen entre 9:15 – 10am en su casa. **Miércoles** - Para el Mercado al aire libre (Court Street)- El bus de las 9am le recogerá en su casa y le llevará al mercado. El bus le recogerá en el mercado para regresar al centro, no a su casa. Para transportación hacia su casa reserve el bus de la 1pm que sale del Centro.

# 60+ Adult Programs

**(Programs are held at the White Plains Recreation & Parks Community Center)**

## Aging & Life Transitions

Join in this open discussion group where you will explore and share experiences related to the process of aging.

**Day/Time** Tuesday, 12:15 – 1pm  
**Date** April 3, 17, May 1, 15, 29, June 12, 26  
 July 10, 24, August 7, 21, Sept. 4, 18

## Bingo!

**Day/Time** Thursday 1– 2:30pm  
**Fee** 50c a card, Registration required

## Bingo Bonanza Night

Join us for a pizza dinner and a fun game of Bingo.

**Day/Time** Wednesdays, 5 - 7:30 pm  
 April 11 & August 1  
**Fee** \$4 for 1 slice, \$6 for 2 slices, (pepperoni - add 50 cents per slice). Salad, drink, and dessert are included.  
 Community Center bus transportation provided to and from your home.



## Center Café Birthday Celebrations

Join us with food and live entertainment as we celebrate birthdays. Birthday participants will receive a Center Café lunch on the house.

**Day/Time** Fridays, 11:30am - 1pm  
**Date** Fridays, 11:30am - 1pm  
 April 6 Spring Birthdays (April-June)  
 Aug. 31 Summer Birthdays (July-Sept)  
**Fee** \$3 Suggested contribution



## Center Café Special Events

Join us for a delicious theme luncheon with live entertainment and raffles. Fridays \$3 suggested contribution required.

**May 11** Mother's Day Celebration, 11:30am – 1:30pm  
 (Pre-payment Required)  
**June 8** Gardella Park BBQ, 10:30am - 1:30pm  
 (Pre-payment Required.)  
**June 15** Father's Day Celebration – 11:30am - 1pm  
 (Pay at the door)  
**Sept. 7** Gardella Park BBQ, 10:30am - 1:30 pm  
 (Pre-payment Required.)

## Dine Around Club

Join us on the last Tuesday of every month for dinner out in White Plains with friends. Restaurants will be determined monthly. Cost on your own. Please register at the front desk or call 422-1423



## Friday Movies and Popcorn

Join us on Fridays, 12:30pm, for a movie and warm roasted popcorn. No registration necessary. Movies will be determined weekly. To find out the movie selection call 422-1423.



## Grupo Social Hispano

Únase a este grupo social y comparta las similitudes y diferencias de su cultura con otras personas de habla hispana. (Join this social group and share your culture.)

**Dia/Hora** Miércoles, 12:30-2:30pm, Todo el año  
**Day/Time** Wednesday, 12:30 - 2:30pm, ongoing  
**Costo** Gratis, Registración no es necesaria.  
**Fee** Free, No registration required.

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## Health for Life Program (HeLP)

**new**

Are you 55 or older with a chronic health condition or caring for someone with a health issue? If so, the upcoming Health for Life Program (HeLP) workshop can enhance your quality of life and provide fun while learning. This free workshop is offered by Westchester County Department of Senior Programs and Services and focuses on mind/body connection, better breathing, fall prevention and getting a good night's sleep.

**Day/Time** Monday, 9:30am - Noon  
April 16 - May 21, 6 Sessions

**Location** White Plains Community Center, 65 Mitchell Place

**Registration** Register via email to [mccq@westchestergov.com](mailto:mccq@westchestergov.com) or call (914) 813-6427

**Fee** FREE, Advance registration is required.

## Ice Cream Social

Cool off with some live music and ice cream.

**Day/Time** Wednesday, August 22, 12:30 - 2:00 pm

**Fee** \$2, Advance registration is required  
Community Center Bus transportation will be provided home.

## Medicare Minute

Once a month, trained volunteers in the Seniors Out Speaking (SOS) share Medicare Minutes on important Medicare topics.

**Day/Time** First Tuesday of the month Noon - 12:30pm

**Dates** April 3, May 1, June 5, July 3, August 7, September 4

## Nurse's Corner - Doctors United

Meet with the visiting nurse for blood pressure readings and questions about medications and diet.

**Day/Time** Every Monday, Noon - 1pm



## Senior Health & Fitness Day

Participate in a day filled with informative health and nutrition related lectures and fitness classes. This event is coordinated by Burke Rehabilitation Hospital, White Plains Hospital and White Plains Recreation & Parks Community Center. You must register by calling 422-1331 between April 13th and May 21st

**Day/Time** Wednesday, May 30, 8:30am-4pm

**Location** Burke Rehabilitation Hospital

**Fee** FREE, Advance registration is required.  
Community Center Bus transportation provided to and from your home for White Plains residents only. Bus seating is limited!

## Stay Strong and Fit (formerly Falls Prevention)

Class sponsored by Westchester County Department of Senior Programs and Services and Westchester Community College Mainstream. Improve balance, cardiovascular endurance, and strength to support a healthy lifestyle.

**Day/Time** Every Wednesday from 10:30am - 11:30am

**Course** **163410-F1** Begins April 18 (**No session 7/4**)

**Fee** FREE, Advance registration is required.

## Volunteer Recognition

Following the Center Café lunch, join us in recognizing our dedicated volunteers. Refreshments will be served.

**Day/Time** Tuesday, April 24, 12:30 - 1:30 pm

**Fee** FREE, Advance registration is required  
*Community Center Bus transportation provided to your home.*

## Westchester County Center Salute to Seniors

Transportation will be provided to and from home.

**Day/Time** Wednesday, May 2, 9:30am-2:30pm

**Registration deadline April 25**

**Fee** \$4 suggested contribution, **Pre-payment Required.**  
*Community Center Bus transportation provided to your home.*

## Westchester County Saxon Woods Pool Party

Live music, barbecue lunch & swimming!

**Day/Time** Tuesday, June 19, 9am-2pm (rain date June 20)

**Registration deadline June 12**

**Fee** \$4 suggested contribution, **Pre-payment Required.**  
*Community Center Bus transportation provided to your home.*

## Westchester Wii Bowling League - White Plains Team

Learn how to do play this fun bowling video game and compete against other senior groups.

**Day/Time** Monday & Thursday, 10-11:30am & 12:30-2:30pm

**Registration deadline April 25**

**Course** **165110-W1** Begins April 2 (**No session 5/28**)

**Fee** FREE, Registration Required