

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**.

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, **call 422-1423**.

Grocery Shopping-Tuesdays - (Shop for one hour). Bus pick up is between 9 & 10am and will drop you off at Shop Rite. The bus will then pick you up from Shop Rite and return you to your home.

Farmer's Market – Wednesdays (ends in November) - Bus pick up is between 9 & 10am and will drop you off at the Market. Bus will pick you up at the market between 10:30 & 11am and take you to the Center. 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 those whose disabilities prevent them from using standard fixed route buses. For more information call Para Transit at 995-7272 and press 2.

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, Bari Schulman. **SCAC Thrifty Boutique Shop** – Donate your unused items and help to support programs through item sales. Boutique is open Mon – Fri., 10am – 2:30pm.

NEW! Senior Citizens Advisory Committee Election Year! - If you interested in running for a position please speak to a SCAC member. Elections will be held in November at the Community Center.

60+ Program Meeting is an open meeting on upcoming Community Center programs and activities. Your feedback and suggestions are welcomed. 12:15- 1:00pm, check the monthly online calendar for dates.

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 al Supermercado - Shop Rite - Martes - (1 hora para hacer compras) - El bus le recoge entre 9 y 10am en su casa y le deja en Shop Rite. El bus le recoge en Shop Rite de vuelta a casa.

Mercado al Aire Libre (Farmers Market) Miércoles - (termina en noviembre) El bus le recoge entre 9 y 10 am y le deja en Court Street. El bus le recoge en Court Street entre 10:30 y 11 am para llevarle al Centro. Para volver a casa debe hacer reservación para el bus que sale del Centro a la 1pm.

Special Announcements

The Senior Program is looking for volunteers who would like to provide guidance to seniors on the use of technology, i.e. computers, smart pads, smart phones, etc. If you are interested in volunteering please contact Sia Tofano at 422-1423.

The Community Center is always open during the day for residents who would like to gather with friends to play Bridge, Mah Jong or other board and card games. If you would like to reserve a room please contact the Center at 422-1423.

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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 Sept 10 & 24; Oct. 8 & 22; Nov. 12
 Dec. 10; Jan. 14 & 28; Feb. 11; Feb. 25; Mar. 10 & 24
Fee Free

Bingo

Day/Time Thursday, 12:15 - 1:45pm
Fee 50 cents per bingo card - Payable at the game.



Center Café Birthday Celebrations

Join us for lunch and entertainment as we celebrate birthdays. Birthday celebrants will receive a Center Café lunch on the house.

Day/Time Wednesday, 11:30am-1pm
 Nov. 20, Fall Birthdays (Oct- Dec)
 Feb. 19, Winter Birthdays (Jan–March)
Fee \$3 (suggested contribution - 60+ seniors); \$5 (guests under 60)
 Lunch reservations must be made at least 24 hours in advance. Call 422-1423.



Center Café Special Events

Join us for a delicious theme luncheon and live entertainment. Advanced registration required. Payment will be collected at registration.

Oktoberfest Fri., October 4, 11:30am-1:30pm
Halloween Thurs., October 31, 11:30am-1pm
Veteran's Day Fri., Nov. 8, 11:30am-1pm
Thanksgiving Tues, Nov. 26, 11:30-1:30pm
Holiday Luncheon Fri., Dec. 13, 11:30am-1:30pm
New Year's Tues., Dec. 31, 11:30am-1pm
St. Patrick's Day Thurs. March 12, 11:30am-1:30pm
Fee \$3 (suggested contribution - 60+ seniors);
 \$5 (guests under 60)

Lunch reservations must be made at least 24 hours in advance. Call 422-1423.



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.



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Flexible Fitness - Level 1

Flexible Fitness - Level 1

Continue your Wednesday exercise routine with exercises that will keep you flexible and feeling great!

Day/Time Wednesday, 10:30 - 11:30am
Course FF February 19, 6 Sessions
Fee \$27- 6 Session Resident, \$50 Non-Resident



Live 2 Be Fit - Level 3

Class sponsored by Westchester County Department of Senior Programs and Services and the YWCA. Strengthen your balance, muscle support and build cardiovascular endurance to help you stay fit and active.

Day/Time Monday, 10:30am - 11:30am
Course SF Begins September 23, 10 sessions
 SF2 Begins January 27, 6 session
Fee FREE, **Advance registration is required.**



Grupo Social Hispano

Unase a este grupo social y comparte 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. No necesita inscribirse.
Fee Free. No registration required.

Movies and Popcorn

Join us once a month for a movie and warm roasted popcorn. No registration necessary. Movies will be determined monthly. To find out the movie selection call 422-1423.

Day/Time Wednesday, 12:30pm
 9/11, 10/16, 11/6, 12/11, 1/15, 2/26 & 3/18
Fee Free



Holiday Dinner Outing

Join other seniors for a delicious meal and celebrate the Holidays. Advanced registration required. Register at the Community Center.

Day/Time Tuesday, December 3, 5-7pm
Location Luka's Italian Cuisine, 130 W Post Road, White Plains
Fee \$40 (includes gratuity); cash bar
 Make check payable to: WP Senior Advisory Board



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Intergenerational Valentine's Day Dinner Dance

Enjoy a fun evening of dancing and a delicious buffet dinner. Program co-sponsored with the White Plains Youth Bureau.

Day/Time Wednesday, February 13, 5–8pm
Fee FREE
Transportation available to and from home to WP residents only (60+).



Medicare Minute

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

Day/Time First Tuesday of the month, 12-12:30pm
Dates Sept. 3, Oct. 1, Nov. 12, Dec. 3, Jan. 7, Feb. 4, Mar. 3

Nurse's Corner - Doctor's United

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

Day/Time 2nd and 4th Mondays, Noon - 1pm



Stay Strong and Fit

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 Wednesday 10:30am - 11:30am
Course# SF Begins October 2, 14 session
Fee FREE, *Advance registration is required.*

Westchester County Golden Harvest Dance & Talent Show

Celebrate Fall with a fun-filled day of music, lunch and talent show at the Westchester County Center. Pre-registration required. Payment will be collected at registration

Day/Time Tuesday, October 29 10:30am - 3pm
Fee \$4 - Lunch Registration deadline Oct. 22
Transportation provided to White Plains seniors only.

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
Course# SF Begins September 5
Fee FREE, *Advance registration is required.*

