

Adult Programs

Basketball League Men's Division

Our Open Basketball League operates January - April, and has an; **A - Division and B - Division. REGISTRATION IS BY TEAM ONLY.**

Team fees include; certified officials, jerseys. Games are played on Mondays, Tuesdays, & Thursdays at 7pm, 8pm, & 9pm. Championship and Runner-Up teams in each division receive an award.

Age Group Open
Day/Time Monday, Tuesday, & Thursday Evenings @ 7, 8, 9pm Games January - April
Game Site Highlands Middle Schools, North Gym
Registration Ongoing **(League is limited to 16 Teams)**
Fee \$950 without Sponsors Name
 \$1,000 with Sponsors Name
All fees must be paid before league play begins.

Softball, Co-Ed League—Fall League

Established league of co-ed softball, please contact Matt Quatrano, Recreation Leader at 422-1363 for further details.

Age Group **Men and Women** 18 and Older
Day/Time Weekday nights, September-November 6-11pm
Location Defino Park/Gille 2
Registration Ongoing
Fee \$825-Entry Deadline 9/09



Softball, Men's League—Fall League

Slow Pitch- League play for all levels of competition.

Age Group 18 & older
Day/Time Weekday nights, September-November 6-11pm
Location Defino Park
Registration Ongoing
Fee \$825-Entry Deadline 9/09

50 + Silver Softball League

Age Group Men & Women 50 yrs and older
Day/Time Wednesday Evenings, 6:30-7:45pm, Starting September 18, 8 Sessions
Location Gillie Park, Field 2
Registration Online or 85 Gedney Way
Fee \$64

Tennis- Platform Tennis

Open play, follows Ebersole Ice rink schedule.

Age Group 16 & Over
Day/Time Courts open 9am-9pm daily
Location Delfino Park, 2 Courts, first-come first-served
Registration Permit only
Fee Season pass Adult \$110, Senior Citizens \$80
 Non-Resident \$200
 Guest coupons available for purchase when ice rink is open
 \$10 per coupon, court closed city holidays

Tennis- Instruction

Instructional program designed for the beginner as well as the more advanced player.

Age Group 16 & Older
Day/Time Monday 6-7:30pm, 4 Sessions
Location Gillie Park
Registration Ongoing
Fee \$135



Volleyball Adult Coed League

Age Group 18 and older
Day/Time Tuesday, 6:30-10pm
 Begins Nov 12, 14 weeks, 1 Week playoffs
Location Eastview Middle School
Fee \$950 per team, 10 players-max
 Make check payable to Westchester Volleyball NY

For further information email westchestervolleyballny@gmail.com

Volleyball Adult Coed Clinic

Age Group 18 and older
Day/Time Thursday, 6:45-8:45pm
 Begins January 23-March 6
Fee \$130 per person
 Make check payable to Westchester Volleyball NY

For further information email westchestervolleyballny@gmail.com

Adult Programs

Arts & Leisure

Educational Presentations - The Center Café

Learn from different professionals about various topics of interest. Lunch is available at the Center Café prior to the presentation.

Day/Time	Wednesday, 12-12:45pm Lunch service is from 11:30am-Noon
Sept 18	Scamming & Mail Fraud
Oct 23	Deceptive & unconscionable practices in retail stores
Nov 27	TBA
Dec 18	Breast Cancer Awareness & Prevention
Jan 22	TBA
Mar 25	TBA
Location	Community Center, 65 Mitchell Place
Registration	Recreation Office or Community Center
Fee	Presentations are FREE. Reservations required for lunch only at least 24 hours in advance. Call 422-1423. \$3 Suggested lunch contribution (60+ seniors) \$5 Lunch contribution for guests under 60

Fine Art Workshop

Explore and learn the fundamentals and techniques in creating art. Instruction will be provided on the following art forms; watercolor, colored pencil, pastels or collage. Students new to this class will choose an art form they would like to learn, and purchase supplies needed. A supply list is provided at the time of registration. Continuing intermediate/advanced students should bring their personal supplies.

Day/Time	Monday, 10am –Noon
Course	A1 Begins October 28, 6 sessions A2 Begins January 27, 8 Sessions
Fee	\$33- 8 Session Resident, \$60 Non-Resident \$27- 6 Session Resident, \$50 Non-Resident



Knitting & Crochet for Everyone

All levels of skill welcomed. This instructional program offers the opportunity to learn this fun craft and socialize with friends. Beginners receive basic instruction to start knitting and crocheting. Beginners should bring one skein of yarn and knitting or crochet needles.

Day/Time	Thursday, 10am-Noon
Course	K1 Begins October 24, 6 sessions
Course	K2 Begins January 23, 8 Sessions
Fee	\$5- 8 Session Resident, \$60 Non-Resident \$5- 6 Session Resident, \$50 Non-Resident

Memoir Writing

This class will help you communicate your experiences in writing creating a clear and compelling prose.

Day/Time	Tuesday, 10:30 – 11:45am
Course #	M1 Begins September 24, 8 sessions M2 Begins January 21, 6 sessions
Fee	\$5 Resident, \$60 Non-Resident

White Plains Chorale Singers

All are welcome. From beginner to experienced singers alike. Gather to sing with an ensemble, to improve our vocal skills and perform at local city venues.

Day/Time	Tuesday, 10:15–11:30am
Course #	C1 Begins September 24, 8 sessions C2 January 21, 6 sessions
Fee	\$5- 8 Session Resident, \$60 Non-Resident \$5- 6 Session Resident, \$50 Non-Resident

Growing White Plains

The program operates two community gardens, one at NY Presbyterian Hospital and one in partnership with Bethel Baptist Church at the corner of Prospect St. and Sterling Ave., as well as a small greenhouse in Delfino Park. This is a volunteer effort and the gardens belong to the citizens of White Plains.

Age Group	All Ages
Date	Late Summer thru early Winter
Location	Various
Contact	Byron Smalls, 914-422-1378, x6720 bsmall@whiteplainsny.gov



Adult Programs

HEALTH & FITNESS

Physical Activity Levels

Health & Fitness classes are defined by the minimum physical skills required to participate in the activity.

REMINDER: Consult your physician before participating in a fitness program. For comfort and ease of movement, dress warm up clothes and appropriate foot wear.

- Level 1:** movement done in a sitting position only
- Level 2:** movement done in a sitting position or standing position with support from a chair
- Level 3:** movement done in a standing position with or without the support of a chair
- Level 4:** movement done in a standing position without support of a chair, with high level skills in agility, balance and coordination, ability to get down and up from the floor.

Chair Yoga Flow – Level 1 *Exercise Video*

Extend your yoga classes with this 35-minute chair flow. Perfect for all levels. Chair Yoga is a great way to relax from head to toe without the stress of getting out of your chair.

Day/Time Tuesday, 10:15 - 11:15 am
Course **YV** Begins December 17 - January 14, 5 sessions
Fee Free, Registration Required

Flexible Fitness - Level 1 - 2

In this instructor lead class poses can be done standing or in a chair. Improve strength; improve flexibility; improve coordination; reduced stress and improve mental clarity; improve pain management Through meditation and paying attention to your breath, you can help your body and mind to cope with the pain of an illness or condition you may suffer with.

Day/Time Tuesday, 10:45 - 11:45am
Course **Y1** September 24, 8 Sessions
Y2 January 21, 6 Sessions
Fee \$33- 8 Session Resident, \$60 Non-Resident
\$27- 6 Session Resident, \$50 Non-Resident



Gentle Yoga – Level 2

In this instructor lead class poses can be done standing or in a chair. Improve strength; improve flexibility; improve coordination; reduced stress and improve mental clarity; improve pain management Through meditation and paying attention to your breath, you can help your body and mind to cope with the pain of an illness or condition you may suffer with.

Day/Time Tuesday, 10:45 - 11:45am
Course # **Y1** September 24, 8 Sessions
Y2 January 21, 6 Sessions
Fee \$33- 8 Session Resident, \$60 Non-Resident
\$27- 6 Session Resident, \$50 Non-Resident

H.I.I.T Squad – High Intensity Interval Training (NEW) Level 4 +

A challenging and fun cardio workout that incorporates strength training, agility training, & plyometric training.

Day/Time **Monday & Wednesday evenings, 7:15 - 8:30 pm**
Session 1: September 9, 11, 16, 18, 23, 25
Session 2: October 2, 7, 16, 21, 23, 28
Session 3: November 4, 6, 13, 18, 20, 25
Session 4: December 2, 4, 9, 11, 16, 18
Session 5: January 6, 8, 13, 15, 22, 27
Session 6: February 3, 5, 10, 12, 24, 26
Session 7: March 2, 4, 9, 11, 16, 18
Location Gillie Recreation Room
Registration Recreation Office
Fee \$120 per session, Checks payable to DVD Blue Collar



Adult Programs

Mat Yoga – Level 4

A gentle and individualized approach to yoga. This class will introduce slow and flowing movements to open and center the body and mind. Instructor will offer modifications to make poses more accessible for those who would like to practice in a supported way. It may include breath work and guided imagery. Bring your own mat.

Day/Time Tuesday, 9:30 -10:30am
Course **Y3** September 24, 8 Sessions
Y4 January 21, 6 Sessions
Fee \$33- 8 Session Resident, \$60 Non-Resident
 \$27- 6 Session Resident, \$50 Non-Resident



Gentle Tai Chi – Level 3 *Exercise Video*

Extended your Tai Chi class...Great for beginners! Enhance your overall body awareness and balance your energy.

Day/Time Thursday, 11am - noon
Course **TV** December 12 - January 16, 5 sessions
Location White Plains Community Center, 65 Mitchell Place
Fee FREE, Registration required

Let's Line Dance – Levels 3 & 4

Line dance helps with coordination, balance and teases the brain while giving you a great workout! Wear shoes with soles, sneakers not recommended.

Day/Time Thursday, 10– 11am
Course **L1** September 26, 8 Sessions
L2 Begins January 23, 6 Sessions
Fee \$33- 8 Session Resident, \$60 Non-Resident
 \$27- 6 Session Resident, \$50 Non-Resident

Sit Down & Tone Up – Level 1 *Exercise Video*

Feel the benefits of strength training from the comfort of your chair.

Day/Time Monday, 10 - 10:30am
Course **TU** Begins September 9
Fee FREE, Registration required

Sit & Get Fit – Level 1

Exercise Video

Get a great workout while sitting in your seat.

Day/Time Friday 10 –10:45am
Course **SV** September 6
Fee FREE, Registration required



Tai Chi for Wellness – Levels 3 - 4

Relax, decompress, and feel calming effects that evoke the feeling of meditation in motion. Experience the wellness benefits as you gain greater aerobic capacity and muscle strength; increase your energy and stamina; enhance flexibility, balance, agility, and reduce inflammation. No prior experience is necessary.

Day/Time Thursday, 11am - noon, 8 Sessions
Course # **T1** Begins September 20
T2 Begins January 30
Location White Plains Community Center, 65 Mitchell Place
Registration Recreation Office or Community Center
Fee \$33- 8 Session Resident, \$60 Non-Resident
 \$27- 6 Session Resident, \$50 Non-Resident



Adult Programs

White Plains Hospital Lecture Series

Once a month learn from top notch health professionals on how to stay healthy. Learn how to enhance your energy levels and improve your physical, cognitive and emotional health to live life to the fullest. Lunch is available at the Center Café prior to the presentation.

Day/Time Wednesday, 12 - 12:45pm
Lunch service is from 11:30am - Noon

Sept 4 **Health Care in the Digital Age: An Update**
Oct. 2 Risk Factors Associated with the Flu
Nov. 13 Depression Management
Dec 4 Sleep: Are you getting enough?
Jan 8 Diabetes Management
Feb. 5 Heart Disease
March 4 Respiratory Diseases

Location Community Center, 65 Mitchell Place

Fee Presentations are FREE. Reservations required for lunch only at least 24 hours in advance. Call 422-1423.
\$3 Suggested lunch contribution (60+ seniors)
\$5 Lunch contribution for guests under 60

Yoga with Oudi - Where Body and Mind Merge (New) – Level 4 +

This class helps the development of the mind, body and spirit, using breathing techniques, exercises and meditation, while promoting strength and flexibility in the body. Yoga leads to a sense of peace, happiness and well-being. "When the posture is steady, the mind is steady."

Age Group 18 & Older

Day/Time Wednesday, 7pm - 8:15pm
Saturday, 8:30 - 9:45 am
Ongoing class until December.

Location Community Center, 65 Mitchell Place

Registration Ongoing at Community Center before the start of each class

Fee \$15 per class. (Pay as you go)

Zumba Fitness – Level 4 +

Lose yourself in the music and find yourself in shape with this Latin-inspired, easy to follow, calorie-burning dance fitness party. Feel the music and let loose.

Age Group 12 & Older

Day/Time Thursday, 6:45 - 7:45 pm
Begins Thursday, September 26 (6 sessions)

Location Gillie Recreation Room

Registration Recreation office or e-mail Lisa at zumbabylisha@optonline.net

Fee \$72



ZUMBA Toning – Level 4

In this instructor lead class you will move to international music, world rhythms and get an exciting, effective workout. Unique to this program, routines features aerobic training with a combination of weights for toning and sculpting.

Day/Time Friday, 10:30 – 11:30am

Course **Z1** Begins September 27, 8 sessions
Z2 Begins January 24 6 sessions

Fee \$33- 8 Session Resident, \$60 Non-Resident
\$27- 6 Session Resident, \$50 Non-Resident



Adult Programs

Trips & Excursions

DAY TRIP ACTIVITY CODE

REMINDER: Your safety and comfort are important to us. Trips require boarding buses, sometimes lengthy walking, climbing steps and standing. Some trips are not suitable for those with ambulatory limitations. If on-going assistance is required, it will be necessary for you to arrange for a companion or aide to attend the trip with you. Please note the activity level descriptions below to determine if a trip is appropriate for you. If you have any questions please contact our office to determine if the trip you are interested in is suitable for you.

- Level 1** Little or no walking; few or no stairs (i.e. Bus drops you off close to the event).
- Level 2** Moderate walking, with places to rest.
- Level 3** Substantial amount of walking with or without places to rest.
- Level 4** Lots of walking, with standing for long periods of time.

Theater Lovers' Club – Level 1

Do you like Broadway Shows? If so, this club is for you! At these meetings, participants will be deciding which Broadway show they would like to attend. Tickets are reserved at the meeting, so please come prepared to make a payment in order to guarantee your spot.

Day/Time Thursdays, 9/12 @ 6 pm & 3/19 @ 1 pm
Location White Plains Community Center, 65 Mitchell Place
Fee Cost varies and includes: transportation via coach bus to and from the show, show tickets and dinner. Coach bus picks up/drops off at Delfino Park and Community Center.



Ace in the Hole -Tribute to Frankie Valli & The Four Seasons - NJ – Level 1

Take a trip to Jersey with Adam and The New Hearts as they pay tribute to Frankie Valli & The Four Seasons singing all their hits. Enjoy a delicious family-style meal and 2 complimentary drinks during Happy Hour; Boutique shopping all day, door prizes and 50/50 raffle.

Day/Time Friday, September 27, 9:15-5:30pm
Registration Deadline: Sept. 20
Fee \$57 (includes show & meal)
 Coach bus transportation subsidized by the WP Senior Advisory Board.
Bus Pick up 9:15am-Delfino Park; 9:30am-Community Center

Hudson River Museum & Planetarium- Yonkers – Level 2

Enjoy a guided tour of the Museum and Planetarium show. Afterwards, have lunch at Xaviars on the Hudson.

Day/Time Thursday, October 10, 8:45am-3:30pm
Registration Deadline: October 3
Fee \$60 (all included)
Bus Pick up Delfino Park: 8:45am & Community Center: 9am



German Fest at Lake Wallenpaupack, Hawley, PA – Level 1

Begin your day with a strudel making demonstration; make your own pretzels; enjoy a delicious family style German meal and tap your toes or sing along to the Joe Lastovica Band playing a spirited mix of German music, old favorites and contemporary classics.

Day/Time Wednesday, November 6 - 8:15am-5:30pm
Registration Deadline: October 2
Fee \$70 (all included)
Bus Pick up 8:15am-Delfino Park; 8:30am-Community Center

NY Botanical Gardens Holiday Train Show – Level 3

Experience one of New York's favorite Winter traditions. Enchanting model trains zip through a display of more than 175 New York landmarks, each re-created with bark, leaves, and other natural materials. Enjoy lunch on your own at one of the eateries located at NYBG.

Day/Time Tuesday, December 10 - 8:45am - 3:30pm
Registration Deadline: November 4
Fee \$33 (Lunch on your own)
Bus Pick up 8:45am-Delfino Park; 9am-Community Center

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Westchester Broadway Theater/ Elmsford - “It Happened One Christmas Eve” – Level 1

A heart-warming musical about an infant left on a Brooklyn doorstep one Christmas Eve and the magic she brings to the lives of those who find her. It captures the holiday message of Love, Forgiveness, Understanding, Loyalty, and Perseverance in a nostalgic blend of joy and nostalgia. The show is filled with favorite Christmas carols, popular seasonal songs, and some original songs sure to please the young, the old, and anyone in between!!



Day/Time Thursday, December 5, 10:45am-4pm
Registration Deadline: October 30
Fee \$63 (includes show, meal & transportation)
Bus Pick up 11am-Delfino Park; 9:30am-Community Center

Lunch Around – Level

Join us for lunch at a local restaurant during the month of March. Meet new friends or enjoy the company of old ones. Call 422-1423 to inquire about exact date and location.

Day/Time TBA
Fee Lunch on your own
Bus Pick up Transportation provided to and from the Community Center, 65 Mitchell Place to White Plains Seniors (60+) only.

Jacob Burns Film Center-Pleasantville – Level 1

Enjoy lunch at the Pleasantville Diner and then watch “Gloria” a Senior Afternoon Cinema film at the Jacob Burns Film Center. When a young boy’s family is killed by the mob, their tough neighbor, Gloria, becomes his reluctant guardian. In possession of a book that the gangsters want, the pair go on the run in New York.

Day/Time Tuesday, September 10 - 10:15am-3:30pm
Registration Deadline: September 3
Fee \$5 (Lunch on your own)
Bus Pick up 10:15am-Delfino Park; 10:30am-Community Center



Lap Swim

Ages 16 -Adult

White Plains High School Pool will now be available for Lap Swimming. Fitness minded adults will have the chance to take to the water several times each week to swim without interruption.

Day/Time Monday, Wednesday, Thursday & Friday @ 7:30-9pm
Course Session 1 Begins October 7 11 Weeks
 Session 2 Begins January 6 11 Weeks
Pool closed when School is not in Session
Fee \$225 per Session