

60+ Adult Programs

About the White Plains Recreation & Parks AOA Program

To attend all classes and programs you must have a **Recreation & Parks Senior Pass**. 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, 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 nutritious hot or cold lunch from Monday-Friday, from 11:30am-noon for a \$3.00 suggested contribution. Meal reservations must be made in advance before 3:30pm the previous business day by calling **422-1423**. **You may also make a reservation for one week at a time.**

Center Transportation Services – Center Bus service is available, door to door, to and from your home for White Plains residents only. Reservations must be made in advance before 3:30pm the previous business day by calling 422-1423. Reservations can also be made for a week at a time. Bus pick up schedule: 9:15am. Bus departure schedule: 1pm. (except Thursdays at 1:45pm). Schedule may be adjusted depending on number of riders. Fee is a \$1.00 suggested contribution per one-way service.

Grocery Shopping-Fridays (Shop for one hour). Bus picks up beginning at 9am and will drop you off at Shop Rite. The bus will then pick you up from Shop Rite and return you to your home.

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: Diane Bloom, Matthew Coffey, Jean Cortalano, Sue Demarsico, Kathy Ferri, Jane Prout, Agnes Scheu, Bari Schulman and Mrunal Deo.

Cafeteria y Transportación - El Centro sirve un nutritivo almuerzo frío o caliente de lunes a viernes 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 bus:

Recoge comenzando a las 9:15am; Regreso a casa a la 1pm (excepto los jueves a la 1:45pm). El horario del bus puede ser ajustado dependiendo del número de pasajeros. Para almuerzo y transportación debe reservar antes de las 3:30pm el día laboral previo. Llamar al 422-1423. Puede hacer reservaciones para toda la semana.

Transportación para ir al Supermercado - Shop Rite - Viernes – (1 hora para hacer compras) - (1 hora para hacer compras) - El bus le recoge empezando a las 9am en su casa y le deja en Shop Rite. El bus le recoge en Shop Rite de vuelta a casa.

Aging & Life Transitions

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

Day/Time Every other Tuesday, 12:15 - 1pm;
Starts September 6th.

FEE *FREE*

Bingo! (Drop-In Program)

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

Center Café Birthday Celebrations

Join us with food and live entertainment as we celebrate birthdays. Birthday celebrants will receive lunch on the house.

Day/Time Wednesday, 11:30am - 1pm

Date December 2 - Fall Birthdays (Oct.-Dec.)

March 3 - Winter Birthdays (Jan.-March)

FEE \$3 (suggested contribution 60+); \$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 with live entertainment. Advanced registration required.

Wed. Sept. 7 Gardella Park BBQ, 11:30am - 1:30pm

Thurs. Oct. 13 Hispanic Heritage Celebration, 11:30am - 1:30pm

Tuesday, Nov. 22 Thanksgiving Luncheon, 11:30am - 1:30pm

Wed., Dec. 14 Holiday Luncheon, 11:30am - 1:30pm

Wed., Feb. 8 Black Heritage Celebration, 11:30am - 1:30pm

Thurs. March 14 St. Patrick's Day Luncheon, 11:30am - 1:30pm

FEE \$3 (suggested contribution 60+); \$5 (guests under 60)
Lunch reservations must be made at least 24 hours in advance. Call 422-1423.

Educational Presentations - The Center Café

Learn from different professionals throughout the year about various topics of interest related to the well-being of our senior community. Dates and times to be announced.

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MahJong

Gather with some friends to play this game of skill, strategy and luck. Call 422-1423 to make a reservation.

Fee Free



Senior Benefits (Drop-In Program)

Once per month, a trained volunteer will share important Information about senior entitlements, programs and services.

Day/Time Second Wednesday of the month, 12-12:30pm.
Fee FREE



Exercise & Movement for seniors 60 & older

Live 2B Fit - Level 3

Class level 3 movements are done in a standing position with or without a chair. This class helps to strengthen your balance, muscle support and build cardiovascular endurance to help stay active and fit. Class is sponsored by Westchester County Department of Senior Programs and Services & the YWCA.

Fall Begins Monday, October 3, 10:30 - 11:30am
Fee FREE - White Plains residents only - 8 Sessions

Winter Begins Monday, January 9, 10:30 - 11:30am
Location Community Center, 65 Mitchell Place

Fee FREE - White Plains residents only - 8 Sessions

Please note: Non-attendance by registrants may result in losing your spot.



Stay Strong & Fit - Level 1

Class Level 1 movements are done in a sitting position. Improve balance, cardiovascular endurance and strength to support a healthy lifestyle. This class is sponsored by Westchester County Department of Senior Programs and Services & Westchester Community College Mainstream.

Fall Begins Wednesday, September 21, 10:30 - 11:30am
Location Community Center, 65 Mitchell Place

Fee FREE - White Plains residents only - 10 Sessions

Please note: Non-attendance by registrants may result in losing your spot.

