

# SCARSDALE SENIOR HAPPENINGS



## FEBRUARY 2020, VILLAGE OF SCARSDALE

February is a short month and it will seem even shorter with the holiday week: February 17<sup>th</sup> – 21<sup>rd</sup> when there will be no senior programs at the Girl Scout House.

During inclement weather tune into channel 77 for Optimum and 27 for Fios for bulletins on school closings early in the morning. All programs are automatically cancelled when Scarsdale Schools are closed. A 2 hour delay cancels programs before 10 am, on Mondays, Wednesdays and Thursdays. In case of a storm keep flashlights and a battery operated radio handy with fresh batteries. Have a cell phone charged for emergencies.

Snow removal should be planned before the storm, not during the weekend, or a holiday or during a storm. Contact “YES” the Scarsdale High School Youth Employment Services, when you need help. Register for temporary or permanent jobs anytime, day or night by accessing <http://Scarsdale.NY.HS-SES.com> or call 723-2472, Monday to Friday 11:30 – 1:30PM during school days, Fax: 723-3281. Try to line up snow shovelers BEFORE a storm.

Scarsdale has a new website. All Scarsdale Seniors must register their e-mails to get senior information, cancellations or changes in programs. To register your e-mail, go to [www.scarsdale.com](http://www.scarsdale.com) and scroll down to “Notify Me” on the right. Click on the envelope. Follow the directions. Select sign-in options as to your interest in receiving e-mails from the Village. Scroll up to “Your profile information” and sign out.

\* After you subscribe you will receive confirmation e-mails. Make sure you respond to the e-mails.

\* For senior news and the Happenings: Go to [www.scarsdale.com](http://www.scarsdale.com), click on DEPARTMENTS. Under Parks & Recreation, scroll down to the bottom and on the left, click on Senior Citizens.

If you need help call 722-1160.

### **PROGRAMS AT THE GSH.**

**Yoga:** Mondays at 9:30am, on 2/3, 10, 24

Fridays at 12:30pm, on 2/7, 14, 28.

**Total Body Workout and Tai Chi :** Thursdays at 9:15 am and 10:30 am on 2/6, 13, 27.

**DANCE FIT:** Wednesdays at 9:30 AM on 2/12 and 2/26.

**Vital Aging Program:** Wednesday, 2/12 @ 11:00 at the GSH. “Dealing with Difficult Family Transitions” presented by Barbara Newman Mannix, owner of A Dignified Life, who helps families navigate through difficult transitions. She will focus on 1) how to begin conversations with elderly loved ones about their health care needs, 2) how to figure out the best options and 3) repairing family relationships through transitions.

**PROGRAMS AT THE SCARSDALE WOMAN’S CLUB:** Go to [www.scarsdalewomensclub.org](http://www.scarsdalewomensclub.org) to access the schedule of programs or check the weekly calendar on page 2 of the Arts and Entertainment section of the Scarsdale Inquirer.

**PROGRAMS AT THE SCARSDALE PUBLIC LIBRARY:** Check the library adult schedule to enjoy their programs. Call 722-1302 to receive a monthly online newsletter.

**Tech Time with Dan:** Mondays and Wednesdays by appointment. Bring your specific questions, devices and passwords. There is no help on viruses, hardware or purchasing. Only tech related questions including but not limited to: Library e-books, e-audio books, search and database help. Sessions are 30 minutes. Call to register 914-722-1302.

**HOMEBOUND SERVICE FOR SCARSDALE CARDHOLDERS:** Unable to get to the library? If you or someone you know is permanently or temporarily disabled, volunteers will deliver and pick up materials. Please email [scaref@wlsmail.org](mailto:scaref@wlsmail.org) or call 914-722-1302 and ask for Wendy to arrange for the service or to volunteer. (Thanks to friends of the Scarsdale Library for supporting this service).

### **EXTENDED AND LOCAL TUESDAY TRIPS**

Tuesdays are designated for extended and local trips. Local trips will leave from the Girl Scout House and are by school bus. Wear comfortable shoes and be at the proper destination 15 minutes before the scheduled departure time. Extended trips will use a van.

The trip activity code ranges from 1 – 4 with 1 being little walking, bus drops close to the event; whereas 2 indicates moderate; 3 is substantial walking with no rest places and 4 includes lots of walking and stairs. Please review the criteria and your own skill level before you sign up for a trip. 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. Be sure your medical form is on file with your doctor's signature.

Please make sure to check with Parks & Recreation Department and/or the monthly newsletter for updates. Changes do occasionally happen. Please arrive 15 minutes before trips as all trips leave promptly. You are registered when we receive your payment. Only club members may reserve a space. Non-members can go on a waiting list with an extra charge of \$5. All participants must supply an emergency contact phone number and have submitted an emergency information form signed by your doctor. You can pick up a form at the Recreation Department in the Village Hall – or call and it will be mailed to you.

Refunds for trips will not be granted unless the spot can be filled from the waiting list. If your spot can be filled, \$10 or 10% of the trip fee (whichever is higher) will be charged for processing the refund. Full refunds for a medical reason will be granted before the trip when accompanied by a doctor's note.

For further information, call the Recreation Office at 722-1160 or leave a message for Kathy Hurwitz at 722-1162.

**Tuesday, March , 9:00 AM (Local Trip):** Bronx Botanical Gardens, "The Orchid Show: Jeff Leatham's Kaleidoscope"

Depart: 9:00 AM (Girl Scout House)

Return: 1:45 PM (Girl Scout House)

The 18<sup>th</sup> annual Orchid Show will feature the dazzling floral creations of Jeff Leatham, the famed artistic director of the Four Seasons Hotel George V, Paris and floral designer to the stars. Leatham's bold and colorful vision will unfold through captivating installations and designs transforming each gallery of the exhibition in the historic Enid A. Haupt Conservatory into a different color experience, like a turn of a kaleidoscope. See dramatically arranged orchids in arches of deliberate hues delivering a kaleidoscopic tunnel effect, along with other design surprises featuring thousands of orchids – both rare and iconic- from the Garden's renowned collections and the finest growers in the world.

If you are a member, remember to bring your pass. Admission on your own - \$20.00. BYO lunch or buy at the café. Members \$13, Non-members \$18. Code 3.

**TRANSPORTATION:** Taxi service (one-way) is available for local medical/dental visits, with one week advance notice for **Scarsdale Senior resident members only**. Call the Parks and Recreation Office, 722-1160. Don't forget the Para-transit Bus, 995-7272, for Westchester seniors not able to use the regular bus, \$5.00 door to door, any day, anywhere in Westchester.

**RideConnect**, a program of Family Services of Westchester, provides information, referral and volunteer transportation services to older adults (60+), in Westchester County. Rides can be scheduled for medical, shopping, or other errands. Services are free, and rides can be provided on weekends and evenings. Ride Connect also offers a weekly shopping bus. Call 914-242-7433 or visit. [www.RideConnectWestchester.org](http://www.RideConnectWestchester.org).

**WestFair Rides (WFR)** is a not for profit volunteer ride and information and referral service that manages ride choices for Westchester residents who are aged 60+ or 21+ with vision impairments. WFR works with other service organizations, hospitals, medical groups, town recreation departments and older adult programs to ensure that residents keep medical and healthcare appointments. WFR does not charge for its ride services, but does accept donations which it uses to recognize and reward its volunteer drivers who pay for their own gas and insurance. Call 914-764-3533 or visit [www.westfairrides.org](http://www.westfairrides.org). Must call a week in advance for these two services.

**INFORMATION & REFERRAL** service is available to older persons and/ or their families. The Senior Co-coordinator will be at her desk for this service on Monday, Wednesday, Thursday and Friday from 1 to 2 PM. All inquiries are confidential. Call Kathy Hurwitz at 722-1162, or leave a message for her to contact you. For program questions call the office at 722-1160. To get more information on County Senior interests and events, access [www.westchestergov.com/seniors](http://www.westchestergov.com/seniors). To access Scarsdale Senior information go to [www.scarsdale.com](http://www.scarsdale.com) and click on Departments. Scroll down to Senior Citizens (click). Scroll down to "Senior Happenings and date in small print. Click, open and allow. Be sure to register your e-mail so information about program changes can easily reach you.

**SPECIAL SERVICES:** Scarsdale & Edgemont Family Counseling Services offer Older Adult Services, including in home supportive counseling, friendly visits from volunteers and case management to assist older persons to remain at home and in the community. To find out more or to volunteer contact Maryellen Saenger, director of Aging in Place, call 723-3281 or visit the website: [www.sfcsinc.org](http://www.sfcsinc.org).

*Kathy Hurwitz*



# SCARSDALE SENIORS ACTIVITES REGISTRATION, Winter 2020

\_\_\_\_\_The Orchid Show-Botanical Gardens 9:00 AM                      3/31/2020                      Members \$ 13    Non-Members \$18

**When Registering by Mail – Make check payable to: Village of Scarsdale**

**Send to: Senior Club, 1001 Post Road, Scarsdale, NY 10583**

**Use Credit Card when registering online – Registration available on line as of September 1, 2019**

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## **If you have not yet joined – Membership Registration 2019-2020**

**MEMBERSHIP: Scarsdale Residents \$15 \_\_\_\_\_ Eligible Non-Residents \$20 \_\_\_\_\_ Till 8/31/20**

**Name:** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **E-Mail** \_\_\_\_\_

**Emergency Contact Name & Number:** \_\_\_\_\_