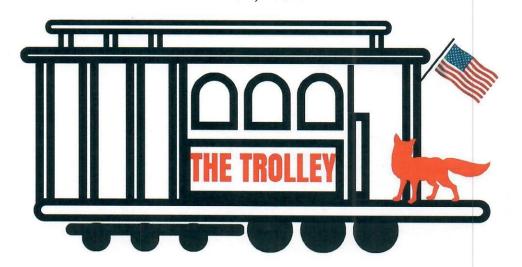
Mount Kisco Recreation
Commission
Activities for Adults 55 & Older
104 Main Street
Mount Kisco NY, 10549

US POSTAGE PAID PRST STD PERMIT NO. 4987 WHITE PLAINS, NY 10610



APRIL 2024



WELCOME TO THE FOX SENIOR CENTER

198 Carpenter Avenue, Mount Kisco NY 10549

Susan Mouris, Recreation Supervisor Senior Citizens: smouris@mountkiscony.gov

Corinne Meli, Recreation Assistant: cmeli@mountkiscony.gov

MISSION STATEMENT

The Mount Kisco Senior Group provides programs for independent seniors, 55 years and older which aim to enhance their quality of life by meeting their recreational needs.

PROGRAM POLICIES

- A. In accordance with our by-laws, participants must refrain from inappropriate speech and behavior. Anyone who fails to comply will be asked to leave the program.
- **B.** Non-residents are welcome to attend our programs and trips, but may be subject to additional fees to participate. Mount Kisco residents are given preference for program registration.
- **C.** Refunds will be issued for programs with a minimum of one week's notice when possible.
- **D.** Cancellations or postponements will be announced by the instructors when possible via phone and or email. Cancellations will also be posted on the bulletin board at the Fox Center.

INCLEMENT WEATHER



For information on <u>recreation</u> programming, call the center (914) 666-8766 in the event of inclement weather.

HELPFUL CONTACTS FOR SENIOR CITIZENS IN WESTCHESTER

Westchester County Dept. of Senior Programs: (914) 813-6300

Elder Abuse County Program Coordinator: (914) 668-9124 (ext. 28)

George Latimer constituent Liaison: (914) 995-2127

Medicare Information Line: (914) 813-6100

Ride Connect Westchester County: (914) 242-7433

Health Insurance Counseling (HIICAP): (914) 813-6100

FOX CENTER TRIP POLICIES

A. GENERAL:

- 1. An emergency contact form must be on file with the office to attend all trips.
- 2. Participants are expected to inform the Recreation Senior coordinator in advance of any medical condition which may require special trip arrangements. A note from your doctor may be required.
- 3. If you will need assistance on a trip, we require that you bring a friend or relative (NOT another senior on the trip) to assist you at your own expense.
- 4. Please wear appropriate footwear on a trip especially where we will be walking outside.

B. <u>RESERVATIONS:</u>

- 1. Reservations need to be made either in person or over the phone. If you reserve over the phone, payment must be received within 24 hours or at the discretion of the Program Coordinator.
- 2. You can only sign yourself or your significant other/spouse up for trips.
- 3. All trip fees must be paid in full at the time of registration.
- 4. Cash is preferred.
- 5. Reservations are on a first come first served basis. Once all spots have been filled, the office will keep a waiting list in case of cancelations.
- 6. No substitutions. Only office staff may make substitutions from the waiting list.

C. CANCELLATIONS:

- 1. If you must cancel, please notify us as soon as possible so office staff can try to fill your spot.
- 2. Unless otherwise stated, cancellations should be made by phone or in person forty-eight (48) hours before the trip. All efforts to give a refund will be made, however if we cannot find someone to fill your spot you will not receive a refund.
- 3. No refunds will be given for "no shows."

D. <u>SEATING:</u>

1. Seating requests related to medical conditions will be granted if made in advance. The first two rows of seats on the bus are reserved for this purpose.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Tai Chi 10:00 Art Class 12:30 Stained Glass 12:30 Bridge	WCC Culinary Trip 12:30 Clay Class 12:45 Line Dance	10:00 Exercise Video 10:00 Needlecrafts 10:45 Do You See 12:30 Jewelry Class 12:45 Zumba	10:00-12:00 TIPS 12:45 20/20 Workout 1:00 Easy Listening with John Fritz	9:45 Bingo 10:00 Canasta 3:00 Pizza & Movie
10:00 Tai Chi 10:00 Art Class 12:30 Stained Glass 12:30 Bridge	10:00 – 11:00 Spring Breakfast 12:30 Clay Class 12:45 Line Dance	10:00 Exercise Video 10:00 Needlecrafts 10:45 Do You See 11:00 Business Mtg. 12:30 Jewelry Class 12:45 Zumba	10:00-12:00 TIPS 1:00 Easy Listening with John Fritz	9:45 Bingo 10:00 Canasta
15 10:00 Tai Chi 10:00 Art Class 12:30 Stained Glass 12:30 Bridge	Cardio Drumming 10:30 Session 1 & 11:15 Session 2	17 10:00 Exercise Video 10:00 Needlecrafts 12:30 Jewelry Class 12:45 Zumba	18 10:00-12:00 TIPS 12:45 20/20 Workout 1:00 Easy Listening with John Fritz	9:45 Bingo 10:00 Canasta
10:00 Tai Chi 10:00 Art Class 12:30 Stained Glass 12:30 Bridge		10:00 Exercise Video 10:00 Needlecrafts 10:45 Do You See	10:00-12:00 TIPS 1:00 Easy Listening with John Fritz 11:00 Seder Service &	9:45 Bingo 10:00 Canasta
	Cardio Drumming 10:30 Session 1 & 11:15 Session 2 12:30 Clay Class 12:45 Line Dance	FOX CE	pril 202 NTER CAL	4 ENDAR

Upcoming Events

APRIL ANNOUNCEMENTS:

Mondays: 1st, 8th, 15th, 22nd, 29th	10:00 AM Art Painting Class		
Wednesdays: 3rd, 10th, 17th	12:45 PM Zumba Class		
Friday: 5th	3:00 PM Pizza and Movie Movie: POMS (subject to availability) \$5 per person. Sign up by March 7th		
Tuesday: 9th	10:00 AM- 11:00 AM Spring Breakfast \$5 per person. Sign up by April 2nd		
Wednesday: 10th	11:00 AM Business Meeting		
Tuesdays: 16th and 30th	10:30 AM and 11:15 AM Cardio Drumming		
Tuesday: 23rd	10:30 AM Laugh Yoga with Dr. Shah		
Wednesday: 24th	12:45 PM Monthly Birthday Party with Georganne		
Thursday: 25th	11:00 AM Seder Service and Luncheon		

MAY EVENT PREVIEW:

- Writing Class Starts: Dates: 7th, 14th, 21st, 28th
- Cinco de Mayo Fiesta Luncheon: 3rd
- Installation of Officers Luncheon: 8th
- Mother's Day Ice Cream Social: 9th
- Trivia Night: 14th (see flier)
- Trip: City Island Lobster House: 23rd (see flier)
- Monthly Birthday Party: 29th

MOBILE SHREDDER

Coming to the Fox Center April 25th and May 20th 10 AM - 1 PM 198 Carpenter Avenue

AARP TAX SESSIONS

Fridays through April 12th
For appointment email:

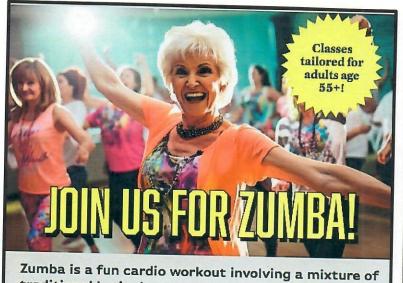
MKFCTAXAIDE@gmail.com
or Call (914) 488-4614

PROGRAM NOTE:

There will be no 20/20 exercise on April 11th, April 25th and May 9th

Happy Birthday
to all who
are celebrating
this month!
Thinking of you
and wishing you the
best in the year
to come.

Fun Birthday Facts:
Birthstone: Diamond
Birth Flower: Sweet Pea
Star Signs: Aries and Taurus



Zumba is a fun cardio workout involving a mixture of traditional Latin dance, such as salsa, samba, merengue and mambo. Lead by local Zumba instructor Mabel Moreno.

Class dates (Wednesdays):

April 3rd, 10th, 17th May 1st, 15th, 22nd

Time: 12:45 PM (45 minute class)

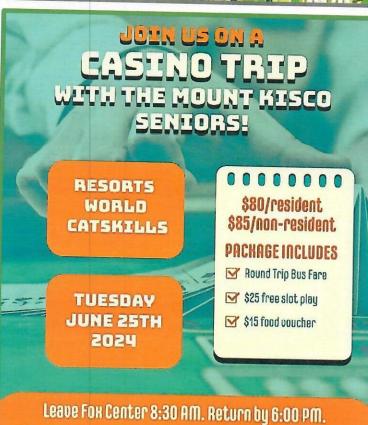
Location: Fox Senior Center, 198 Carpenter Ave.,

Mt. Kisco

No registration required. Free to Mt. Kisco residents; non-residents \$3 per class. For more information call: (914) 666-8766







Sign up deadline June 1 st. Sign up and pay in the office.

Cash preferred. Call (914) 666-8766 for more infomration.

NOTE: We need at least 35 people to run this trip.

LAUGH YOGA

With Dr. Vinodray Shah



Tuesday, April 23rd 10:30 am

NNNN

Laugh yoga is a movement and breathing exercise that aims to cultivate joy, bring out your inner child, and help you let go of daily life stressors.

Free for Mount Kisco Residents. Non-residents \$3. Registration required. To register, call (914) 666-8766 or sign up at the Center.

Address: Fox Senior Center, 198 Carpenter Avenue



You're invited to a

Cinco de Mayo Fiesta!

Friday May 3rd Fox Senior Center \$5 per person RSVP by April 26th 12:45 PM

Paint Night With Linda



FRIDAYS at 7pm April 5th, 12th, 19th, 26th May 3rd, 10th, 17th, 24th, 31st

> Cable: Channel 20 Verizon: Channel 40

New students: \$10/pp (includes paint, brushes, canvas, easel). Returning students: \$5/pp (paint and canvas).

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NIGHT



Tuesday, May 14th 4:00 PM - 5:30 PM

HOSTED BY JOE TRIBUZIO



QUIZES • MUSIC • PRIZES

\$15/ PERSON RESIDENT

> \$20/ PERSON NON-RESIDENT

SIGN UP EITHER AS A TEAM OF 2-4 PLAYERS OR AS A SINGLE PLAYER. SINGLES WILL BE PAIRED TO FORM TEAMS.

Sign up in the office or call (914) 666-8766 . Last day to register: May 7

"Life Stories" Writing Workshop

Taught by Professor Cindy Beer-Fouhy



The Fox Senior Center is pleased to offer an 8-week writing workshop, "Life Stories." The course is for adults age 55+. Classes held at the Fox Center, 198 Carpenter Avenue, Mount Kisco.

> Dates: May 7th, 14th 21st, 28th; June 4th, 11th, 18th, 25th

Time: 12:45 Pm - 2:15 PM

Course Materials Fee: Mt. Kisco residents: \$10: non-reisdents \$15

Cash preferred. Fees due on or before first class. Limited to 10 students. Sign up at the Center on the bulletin board, or call (914) 666-8766 to reserve your spot.

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Celebrate the beginning of the passover with those around you.

> April 25th 11:00 AM

\$5 per person (resident) \$6 per person (non-resident)

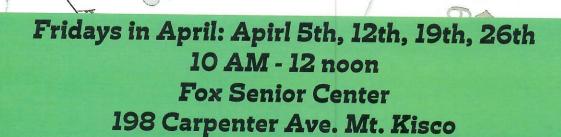
Lead by Rabbi Lisa Sacks of Bet Torah, Mount Kisco.

Sign up on the bulletin board by April 11th or call to reserve your spot: (914) 666-8766

APRIL IS VOLUNTEER APPRECIATION MONTH

We our volunteers at the Fox Center!! THANK YOU to everyone who: helps us with the Trolley, lends a hand at parties and events, donates food and supplies when needed and steps up to pitch in.

Learn (and Play!) CANASTA with Helen Carroll



Please note we start promptly at 10 AM.

Beginners to advanced players welcome. Play will be "hand and foot."

Come meet some new friends, join the fun and learn to play this addictive card game! FREE TO ALL.

For more information, call (914) 666-8766

VILLAGE/TOWN OF MOUNT KISCO SENIOR NUTRITION PROGRAM

FOR INDEPENDENT ADULTS 60+

914-666-8931

APRIL 2024

THE MONTH APRIL GETS ITS NAME FROM THE LATIN WORD "APERIO"
WHICH MEANS "TO OPEN (BUD)," BECAUSE PLANTS BEGIN TO GROW NOW.

> SHOPPING TRIPS

STOP N SHOP: TUESDAYS AT 1 PM

SHOPRITE: THURSDAYS AT 1PM

SIGN-UP SHEET AT DESK ON DAY OF TRIP

TAI CHI: MONDAYS AT 10 AM WTH JOHN O'CONNOR

NATIONAL VOLUNTEER WEEK: APRIL 21-27

WE ARE TRULY THANKFUL FOR OUR VOLUNTEERS!

JOAN LOCURTO- ASSISTS IN KITCHEN AND SERVING LUNCH

MARIA GAGLIARDI- ASSISTS IN THE KITCHEN, HELPS PREP FRESH FOOD AND FILLS IN WHEREVER NEEDED.

ZOHER SAOUR-ASSISTS WITH LUNCH SETUP, HELPS IN KITCHEN AND CLEANING AFTER LUNCH.
HOME DELIVERED MEALS VOLUNTEERS:

KITTY DOLAN, SUE HOROWITZ, JOANNA VISAGGIO, DANA HICKEY, BETSY DUNE AND VIVIAN

APRIL 2024

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MOUNT KISCO SENIOR NUTRITION HOME DELIVERED MEALS PROGRAM Funded by Village of Mount Kisco, Westchester Co Dept. of Senior Programs & Services, NYS Office for the Aging, US Dept. of Health & Human Services								
Monday	Tuesday	Wednesday	Thursday					
1	2	3	4	Friday 5				
CHEESE MANICOTTI	BAKED HAM STOP & SHOP 1PM	ORANGE GINGER CHICKEN TJ MAXX 1PM	MEATLOAF	SALMON PATTY				
8	9	10	SHOP RITE 1PM	12				
VEGETABLE & CHEESE FRITTATA	ZITI WITH BEEF	LEMON SPICED CHICKEN THIGH	BAKED SOLE	BREADED PORKCHOP				
	STOP & SHOP 1PM	HOMEGOODS 1PM	SHOP RITE 1PM					
15	16	17	18	19				
SALISBURY STEAK	ROAST TURKEY STOP & SHOP 1PM	ITALIAN MEATBALLS KOHLS 1PM	CHICKEN CHOW MEIN SHOP RITE 1PM	SPINACH QUICHE				
22	23	24	25	26				
STUFFED PEPPERS	ITALIAN CHICKEN SAUSAGE STOP & SHOP 1PM 30	CHEESE LASAGNA TJ MAXX 1PM	BEEF BRISKET SHOP RITE 1PM	MOLASSES BAKED CHICKEN				
	30							
CRISPY BAKED FISH	PASTA w/ BROCCOLI & WHITE BEAN STOP & SHOP 1PM		TO CANCEL LUNCH CALL 914-666-8931 \$3.00 SUGGESTED CONTRIBUTION	DONNA HARRISON PROGRAM ASSISTANT				