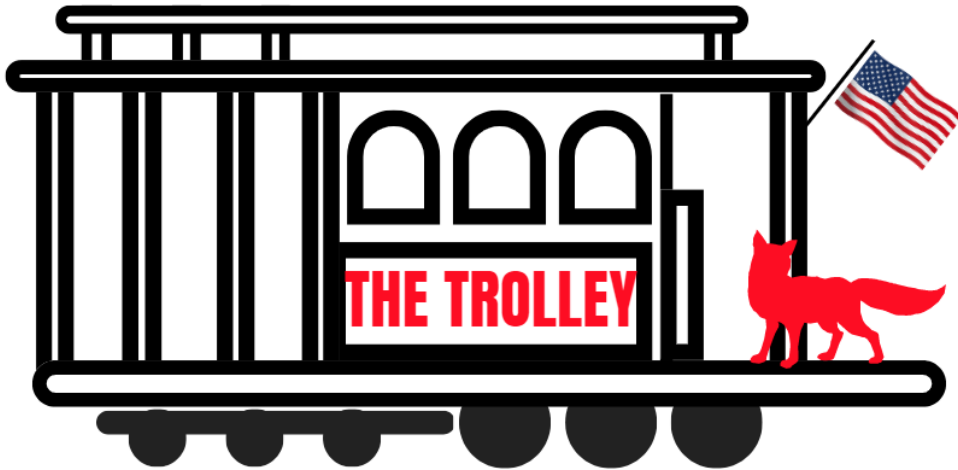


**Mount Kisco Recreation  
Commission  
Activities for Adults 55 & Older  
104 Main Street  
Mount Kisco NY, 10549**

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



**OCTOBER 2023**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00 Art Class 10:30 Tai Chi 12:30 Stained Glass 12:30 Bridge	<b>3</b> 10:30 Laugh Yoga 12:30 Clay Class 12:45 Line Dance	<b>4</b> 10:00 Exercise Video 10:00 Needlecrafts 10:45 Do You See 12:45 Jewelry Making 12:45 Mahjong	<b>5</b> 10:00-12:00 TIPS 10:45 Exercise w/ John 12:45 20/20 Workout 1:00 Easy Listening with John Fritz	<b>6</b> 9:45 Bingo 10:00 Canasta
<b>9</b> <b>CENTER CLOSED</b> <b>COLUMBUS DAY</b>	<b>10</b> 10:30 Cardio Drumming Session 1 & 11:15 Session 2 12:30 Clay Class 12:45 Line Dance	<b>11</b> 10:00 Exercise Video 10:00 Needlecrafts 11:00 Business Mtg. 11:30 Speaker: Bank Fraud 12:45 Jewelry Making 12:45 Mahjong	<b>12</b> 10:00-12:00 TIPS 10:45 Exercise w/ John 12:45 20/20 Workout 1:00 Easy Listening with John Fritz	<b>13</b> 9:45 Bingo 10:00 Canasta
<b>16</b> 10:00 Art Class 10:30 Tai Chi 12:30 Stained Glass 12:30 Bridge	<b>17</b> 10:30 Cardio Drumming Session 1 & 11:15 Session 2 12:30 Clay Class 12:45 Line Dance	<b>18</b> 10:00 Exercise Video 10:00 Needlecrafts 10:45 Do You See 12:45 Jewelry Making 12:45 Mahjong	<b>19</b> Trip: Oktoberfest 10:00-12:00 TIPS 10:45 Exercise w/ John 12:45 20/20 Workout 1:00 Easy Listening with John Fritz	<b>20</b> 9:45 Bingo 10:00 Canasta 3:00 Pizza & Movie 
<b>23</b> 10:00 Art Class 10:30 Tai Chi 12:30 Stained Glass 12:30 Bridge	<b>24</b> 10:30 Cardio Drumming Session 1 & 11:15 Session 2 12:30 Clay Class 12:45 Line Dance	<b>25</b> 10:00 Exercise Video 10:00 Needlecrafts 12:00 Halloween Luncheon, Costume & Birthday Party with Georganne	<b>26</b> 10:00-12:00 TIPS 10:45 Exercise w/ John 12:45 20/20 Workout 1:00 Easy Listening with John Fritz	<b>27</b> 9:45 Bingo 10:00 Canasta
<b>30</b> 10:00 Art Class 10:30 Tai Chi 12:30 Stained Glass 12:30 Bridge	<b>31</b> 10:30 Cardio Drumming Session 1 & 11:15 Session 2 12:30 Clay Class 12:45 Line Dance			

# Upcoming Events

## ANNOUNCEMENTS

### MONTH OF OCTOBER

**Monday, 2<sup>nd</sup>** Art Class (returned as of Sep 25<sup>th</sup>)

**Tuesday, 3<sup>rd</sup>** Clay Class resumes & Laugh Yoga

**Wednesday** (every other) “*Do You See*” returns

**Wednesday’s** Jewelry Class returns

**Thursday’s** starting 5<sup>th</sup> TIPS health program begins

**MONDAY, 9<sup>th</sup>** CENTER CLOSED CLOUMBUS DAY

**Tuesday, 10<sup>th</sup>** Cardio Drumming resumes

**Wednesday, 11<sup>th</sup>** Business Mtg. & Speaker on Banking Scams

**Wednesday, 19<sup>th</sup>** Trip: Brownstone for Oktoberfest

**Wednesday, 25<sup>th</sup>** Halloween Luncheon, Costume & Birthday Party w/ Georgeanne. \$5pp. Sign up by Oct 18.

**Friday, 20<sup>th</sup>** Pizza & Movie: “The Intern” (Cost \$5 pp. Sign up by Wednesday October 18<sup>th</sup>). Subject to change with availability of network.

### MONTH OF NOVEMBER

**Wednesday, 1<sup>st</sup>** Trip to Windcreek Casino

**Friday, 3<sup>rd</sup>** Pizza & a Movie

**Monday, 6<sup>th</sup>** Veterans Day Program

**Tuesday 7<sup>th</sup>** CENTER CLOSED ELECTION DAY

**Wednesday 8<sup>th</sup>** Business Meeting & Speaker on Scams

**Friday 10<sup>th</sup>** CENTER CLOSED VETERANS DAY

**Friday 17<sup>th</sup> & Saturday 18<sup>th</sup>** Craft Sale

**Tuesday 21<sup>st</sup>** Laugh Yoga

**Friday 23<sup>rd</sup> & Saturday 24<sup>th</sup>** CENTER CLOSED  
**THANKSGIVING & BLACK FRIDAY**

**Wednesday 29<sup>th</sup>** Birthday Party w/ Lou

## TRIP TO WINDCREEK CASINO

BETHLEHEM, PA



### NOVEMBER 1<sup>ST</sup>

ARRIVE AT FOX CENTER AT 7:30 AM  
BUS LEAVES PROMPTLY AT 7:45 AM  
RETURN FOX CENTER AROUND 5:00 PM

COST: \$45 PER PERSON  
(LUNCH ON YOUR OWN)

RSVP BY OCTOBER 20TH



#### **CASINO PROMOTION!**

A \$30 promotional casino card will be given to everyone in our party.

NOTE: If you came with us to Windcreek in April,  
**\*REMEMBER TO BRING THE \$30 VOUCHER CARD YOU WERE ISSUED!\*** The cards are still valid and can be used with the current promotion.

## **CLASS ANNOUNCEMENT!**

**Art Class with Gayle Dunkeberger is back!**

Use watercolors, pastels, acrylics, charcoal and pencils. *Come explore your artistic side.*

**New and old students welcome.**

**Mondays at 10 AM starting September 25th**

**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: Opal  
Birth Flower: Marigold  
Star Signs: Libra & Scorpio



Join us for a trip to the Brownstone  
Mansion in Patterson NJ for

# Oktoberfest!

**Thursday October 19th**



Arrive at Fox Center by 8:30 AM.  
Bus leaves at 8:45 AM.  
Depart Oktoberfest: 3:00 PM  
Return to Fox Center: approx. 5 PM

Sign up by October 4th.

Family Style Menu: complimentary  
drink, garden salad, knockwurst,  
roast chicken, roasted potatoes,  
cabbage, dessert, coffee, tea.

**MUSIC**  
**DOOR PRIZES**  
**50/50 DRAWING**  
**BOTIQUE SHOPPING**



Cost: Mount Kisco Residents: \$85. Non-residents: \$90.  
Cash preferred. Checks payable to Mount Kisco Seniors.



Join the Fox Senior Center for our

## HALLOWEEN LUNCHEON & BIRTHDAY PARTY

COSTUME CONTEST- WIN PRIZES!  
LIVE MUSIC WITH GEORGEANNE

\$5 per person

**WEDNESDAY OCT. 25**  
**12 NOON**

Sign up by October 18th



**SAVE THE DATE!!**

**FOX CENTER HOLIDAY PARTY ~ WEDNESDAY DECEMBER 13<sup>th</sup> ~ MT. KISCO COUNTRY CLUB**

### THE WESTCHESTER COUNTY DEPARTMENT OF HEALTH'S TIPS PROGRAM

Better Health At Your FingerTIPS



IS COMING TO THE FOX  
CENTER!

**KICK OFF CELEBRATION: October 5<sup>th</sup>!**

#### How Does TIPS work?

TIPS participants have their vital signs – blood pressure, pulse, blood oxygen levels and weight – checked twice a week by a trained technician.

The data is transmitted to a nurse who reviews it remotely and sends messages back to be reviewed at the next session. If there is cause for immediate concern, the nurse may contact the patient, caregiver, primary care physician or on-site administrator directly.

Participants leave each session with a "TIPS Sheet" that includes their vital signs, an explanation of what the results mean, and any relevant recommendations or referrals. This information can help seniors self-manage their own health and be proactive if they see any negative changes.

## LAUGH YOGA



With Dr. Shah  
**Tuesday, October 3rd**  
at  
**10:30am**

**VILLAGE/TOWN OF MOUNT KISCO**  
**SENIOR NUTRITION PROGRAM**  
*FOR INDEPENDENT ADULTS 60+ 914-666-8931*

**October 2023**

❖ **CENTER CLOSED MONDAY, OCTOBER 9<sup>TH</sup> IN OBSERVANCE OF COLUMBUS DAY**

❖ **SHOPPING TRIP TO TJMAXX ON WEDNESDAY, OCTOBER 11<sup>TH</sup>,  
SIGN-UP SHEET AT DESK ON DAY OF TRIP**

❖ **SEE SUSAN OR CORINNE TO SIGN-UP FOR THE HALLOWEEN PARTY,  
RESERVATION IS REQUIRED. SIGN UP BY 10/18**

**DID YOU KNOW?** *October is Breast Cancer Awareness Month*

- Besides skin cancer, breast cancer is the most commonly diagnosed cancer among American women.
- About 85% of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.
- The most significant risk factors for breast cancer are gender (being a woman) and age (growing older).
- By choosing the healthiest lifestyle options possible, you can empower yourself and make sure your breast cancer risk is as low as possible.

## 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		Friday	
2	CRISPY BAKED FISH	3	MANICOTTI STOP & SHOP 1PM	4	BEEF SAUERBRATEN TARGET 1PM	5	POTATO, ZUCCHINI & CHEESE FRITATA SHOPRITE 1PM	6	HERB ROASTED LAMB
9	<b><u>COLUMBUS / INDIGENIOUS PEOPLES DAY</u></b>  <b><u>CENTER CLOSED</u></b>	10	CRISPY BAKED CHICKEN STOP & SHOP 1PM	11	ITALIAN MEATBALLS TJ MAXX 1PM	12	ROAST TURKEY <u>SHOPRITE 1PM</u>	13	TILAPIA VERACRUZ
16	KNOCKWURST	17	BAKED ZITI W/ GROUND BEEF STOP & SHOP 1PM	18	SWEET & SOUR PORK TARGET 1PM	19	SOLE FLORENTINE SHOPRITE 1PM	20	HONEY MUSTARD CHICKEN
23	SWEET CHILI SALMON	24	SALISBURY STEAK STOP & SHOP 1PM	25	ORANGE GINGER CHICKEN BIRTHDAY PARTY	26	PORK PICCATA SHOPRITE 1PM	27	CHICKEN PARMIGIANA
30	BROCCOLI & CHEESE QUICHE	31	HUNGARIAN VEAL 'GHOUL'ASH  <b>HAPPY HALLOWEEN</b> STOP & SHOP 1PM		HOME GOODS 1PM		<b><u>PRINCESS GUERRA</u></b> SITE MANAGER  <b>DONNA HARRISON</b> PROGRAM ASSISTANT SHOPRITE 1PM		<b><u>TO CANCEL LUNCH</u></b> <b><u>PLEASE CALL</u></b> <b>914-666-8931</b>  <b>\$3.00 SUGGESTED CONTRIBUTION</b>