

May/June

2024

Clinton Street Gazette

Village of Pleasantville Seniors

1-A Clinton Street, Pleasantville, New York 10570

(914) 769-2021

Happy Spring!

Spring has sprung and I am absolutely loving this warmer weather we have been having lately. Any opportunity I get to be outside, especially with my kids, I take it!

Consider using spring time to try out an exercise class and get moving! Zumba Gold (A fun and energetic dance class with lively fun music) and Zumba Gold Toning (Fun music with a focus on strength training) are two great classes to consider! Our instructor Erin is wonderful and offers a great time while moving to the music. As the weather gets warmer, it's always great to get outside and go for a walk around the village. Walking is one of the best exercises you can do. Staying active is so important. Make sure to check out the page on fitness classes we offer at the center in this newsletter. Try something new or secure your spot in an old favorite.

Coming up we have a few informative presentations to check out! A program presented by M&T Bank on banking scams targeting seniors, a health screening sponsored by A-Home and Northern Westchester Hospital, and a program on estate planning presented by the law firm Gullotta and Shilinkski. More details provided in the newsletter!

As always, any ideas or suggestions for programming are welcome. My door is always open! Hope to see you around the center!

**With Love,
Sarah Jeanne Johnson**

Update to Nutrition Program

We will be going back to dining in house 5 days a week. Starting June 3rd, there will be no more to-go meals available for purchase. If you are a village of Pleasantville resident, and would like to apply for our home delivered meal program, please call us at the center. We hope to see you dining in house with us!

Painting with Sally

Join Sally Maurice on Friday's at 2:00pm for a painting class! She will teach you various painting techniques while you create your own masterpieces.



Cost: \$20 for 8 Week Session
Sign up soon! Limited to 12 spots
Class sessions continuing, check at the front desk for where we are in the session. FILLS UP FAST!



Join us for lively, respectful discussions and sharing of opinions, ideas and thoughts.

Books choices are generally available at the Pleasantville Library.

DATES

May 20th, 1:30 PM
The Thursday Murder Club
By Richard Osman

June 17th, 1:30 PM
Small Things Like These
By Claire Keegan

Monthly Craft Corner

Join Vanessa and Maria for our Monthly Craft Corner

Crafts are \$3 and you MUST register your SELF in person

Monday, May 13th, 2024 at 1:30pm
Patriotic Wreaths (Small or Large- sign up early to secure your preferred size)

Monday, June 10th, 2024 at 1:30pm
Popsicle Stick House Craft

12 Spots available/class

HOME DELIVERED MEALS VOLUNTEERS

✦ N E E D E D ✦

The Clinton Street Senior Center is looking for volunteers to deliver meals to home bound seniors.

Delivery takes place between
11:30-12:30
Monday through Friday



CLINTON STREET CENTER
1A CLINTON STREET
PLEASANTVILLE, NY 10570



PLEASE CALL THE SENIOR CENTER
FOR MORE INFORMATION
914-769-2021

TED Talks with Brian

Are you interested in fascinating and educational activities at Clinton Street Center? **TED** (Technology, Entertainment and Design) is devoted to spreading ideas, usually in the form of short, powerful **TALKS** (18 minutes or less) that cover almost all topics. We select the **TALKS** with seniors in mind. Program is free to attend but please register!

Mondays at 1:00pm. May & June, 2024

Attend as many days as you like. We'll watch four different **TALKS** that should inspire lots of discussion. Some people participate in the discussion and others don't (no pressure). Everyone's opinion is respected.

TOPICS

- May 6
- Why are We So Bad at Reporting Good News? (Hervey)
 - Food Expiration Dates Don't Mean What You Think (Beans)
 - Why Autism is Often Missed in Women and Girls (Kahle)
 - What did People do Before Anesthesia? (Frampton)
- May 13
- What Makes Life Worth Living in the Face of Death (Kalanithi)
 - What is a Poop Transplant and How does it Work? (Stephenson)
 - My Stroke of Insight (Taylor)
 - How do You Know You Exist? (Zucker)
- May 20
- The Magic of a Creative Career (Michael Sheen)
 - Can You Change Your Sleep Schedule? (Ted-Ed)
 - When AI Can Fake Reality, Who Can You Trust? (Gregory)
 - What Would Happen if Everyone Stopped Eating Meat Tomorrow? (Beans)
- June 3
- What a Living Whale is Worth -- And Why the Economy Should Protect Nature (Chami)
 - A Brief History of Chess (Gendler)
 - A Burial Practice that Nourishes the Planet (Doughty)
 - The Dark History of Werewolves (Thomson)
- June 10
- Why You Should Embrace Mediocrity (Thurlow)
 - The Sexual Deception of Orchids (Gaskett)
 - My Mission to Change the Narrative of Mental Health (Glenn Close)
 - Surviving the Coldest Place on Earth (Frontier)
- June 17
- How to Build a Democracy -- In an Authoritarian Country (Udvarhelyi)
 - Do Mosquitoes Actually Bite Some People More than Others? (De Obaldi)
 - The Secrets I Find on the Mysterious Ocean Floor (Robinson)
 - Einstein's Miracle Year (Lagerstrom)
- June 24
- What Happens When We Deny People Abortions (Foster)
 - A Coral Reef Love Story (Johnson)
 - A Reframing of Masculinity, Rooted in Empathy (Barker)
 - Trash Cart Superheroes (Mundano)

FITNESS CLASSES

Exercise Classes Registration Policies and Reminders

Registration for classes is on a first come first served basis. Your registration is confirmed in the class upon payment. Classes are \$45/session. Class size is limited, so please SIGN UP EARLY to secure your spots. Spots are not guaranteed session to session.

DANCE THAT WALK – A self-motivating fitness tape, where we walk and dance ourselves into a fit, fabulous and fun frenzy. Bring a friend & walk, talk and melt the stress away! (And melt a few pounds too!)

DATES: **Friday** TIME: 9:00am FEE: No COST

ARTHRITIS BALANCE- This class follows the Arthritis Foundation exercise guidelines. Participation has shown a decrease in joint stiffness, improvement in joint stability and an increase in range of motion .

DATE: **Wednesday**

TIME: 12:00 to 12:45pm FEE: \$45 for 10 week session INSTRUCTOR: Carol

AEROBICS! – Keep moving in this Cardio Fun and energetic class that will focus on aerobic fitness, incorporating strength, balance and flexibility into the routine

DATE: **Wednesday**

TIME: 12:50 to 1:35pm FEE: \$45 for 10 Week Session INSTRUCTOR: Carol

TAI CHI – An amazing class that increases balance, coordination and flexibility while increasing strength. Tai Chi has been proven by NIH studies to reduce falls!

DATE: **Monday** TIME: 9:00 to 10:00am FEE: \$45 for 10 week session INSTRUCTOR: Alex

CHAIR YOGA–You improve strength, stamina balance and flexibility. This class features movements on and off the chair. It includes basic exercises, working all muscle groups and includes stretching, yoga, guided meditation and breath work. The class is for all levels and is set to fun music.

DATE: **Tuesday** TIME: 1:30 to 2:30pm FEE: \$45 for 10 weeks INSTRUCTOR: Ellen

MAT YOGA–. This slow flow class will build strength and stamina while gently increasing your flexibility. The class includes guided breathing and meditation to relax and restore. Yoga is a good way to learn to calm yourself and your stress level.

DATE: **Tuesday** TIME: 2:45 to 3:45pm FEE: \$45 for 10 week INSTRUCTOR: Ellen

LINE DANCING- Line Dancing is known to be one of the best forms of exercise for aging bodies, it helps improve cardiovascular health, helps improve balance, and it is lots of Fun!

DATE: **Tuesdays** TIME: 9:00 to 10:00am FEE: \$45.00 for 10 weeks INSTRUCTOR: Cameron

ZUMBA GOLD– This is a fun modified version of Zumba providing a lower-impact workout, the movements are easy to follow and minimize stressful jerking, and other potentially harmful motions.

DATE: **Thursdays** TIME: 10:00 to 11:00am FEE: \$45 for 10 weeks INSTRUCTOR: Erin

ZUMBA GOLD/TONING- Low-intensity dance fitness workout that incorporates Latin and world rhythms with easy to follow choreography. In addition, this one hour class will include low-impact strengthening segments using your own body weight (and toning bands) for resistance to help maintain and prevent that reduction in bone and muscle mass.

DATE: **Fridays** TIME: 10:00 to 11:00 am FEE: \$45 for 10 weeks INSTRUCTOR: Erin

Clinton Street Center SUPPORT SERVICES

The Clinton Street Center is a site of many diversified activities, events, programs and services for older adults, 60 years and above, and their friends and family members who may need advice or guidance. The Center caters to the philosophy of wellness of “Mind- Body-Spirit” in providing cultural, recreational, educational, health and social activities for adults age 60 and over in Pleasantville and the surrounding area.

Ultimately, we strive to respond to the growing and changing needs of our aging population.

SUPPORT SERVICES

INFORMATION, REFERRAL & SUPPORT

The Village of Pleasantville provides senior citizen programs and services through the Clinton Street Center. Sarah Johnson, Coordinator of Senior Services can be contacted Monday through Friday from 8:00 a.m. to 4:00 p.m. at 769-2021. The following programs and services are available to all eligible Pleasantville residents.

FILE OF LIFE

The File of Life Card enables medics to obtain a quick medical history when you are unable to offer one. The packet includes a mini medical history, which is placed in a holder and posted on the outside of the refrigerator. There is also a wallet-sized card to be carried with you. No Fee

LIBRARY ON WHEELS

Volunteers bring books and/or tapes to your home. We work with the Library to get your favorite books in your hands to enjoy!



NUTRITION

LUNCH AT THE *Clinton Street Cafe*

Starting June 3rd, 2024, Full meals will be served IN HOUSE 5 days a week Monday-Friday excluding holidays. If you would like to take leftovers home, please bring your own container. Transportation \$1 **Meals are \$7.00.**

HOME DELIVERED MEALS

Hot meals are available for **homebound** seniors 5 days a week. Up to 2 meals may be ordered/day. Must be pre-approved for this service. **\$5.00 per meal.**

TRANSPORTATION

WEEKLY FOOD SHOPPING VAN

An escorted weekly shopping van offers door-to-door shopping. Assistance with packages provided.

DATE: Thursdays TIME: 9:00 a.m.

FEE: \$2.00

LOCAL VAN

Van Service is available within the Village and to the Thornwood Shopping Center. Use this service to go to the Hair Salon, Bank, local medical, etc. Times available are limited and appointments are required

FEE: \$2.00

MEDICAL ESCORT SERVICE (*Note Changes*)

For seniors needing transportation to medical appointments within the Village please call us at least one week in advance and we will try our best to accommodate. When we are unable to provide transportation or you need to go outside of the Village we recommend you call Ride Connect 914.242.7433, TRA at 914.764.3533 and if applicable register for Westchester County Para Transit.914.995.2959

GROUP ACTIVITIES

most of these activities are FREE to join.

Have an idea for something new?
Let us know, we are ALWAYS looking
for new things ☺

AMERICAN LEGION POST 77

Join this group of local veterans for discussion, service to others, activities and refreshments. 1st Tuesday of the month at 6:30 PM

KNITTING & CROCHETING

Join this knitting and crocheting circle that concentrates on knitting for others.

DATES: Mondays TIME: 10:15 a.m.

INSTRUCTOR: Ruth Murden

TED TALKS WITH BRIAN

Join Brian for an afternoon of learning and sharing. Topics are varied; complete calendar is in the newsletter

DATE: Mondays TIME: 1 to 2:30pm

INSTRUCTOR: Brian Scholl

BINGO!

Get your Dimes and Nickels together and join us for BINGO!

DATES: Tuesday & Thursday TIME: 1pm

Choral Group

Join us as we sing songs together with piano accompaniment. No singing experience required!

Date: Wednesday Time: 10:30

Instructor: Frank Aiello

OPEN BRIDGE and other CARD GAMES

We provide the space; you bring the people!
Come and play Bridge or any other game like Canasta or Rummikub.

DATE: Wednesday TIME: 1:30 to 3:30pm

HARMONICA

Join the wonderful group of budding musicians as they huff, puff, and create music while increasing their lung capacity.

**New Members are welcome, please meet with instructor before joining the class.*

DATES: Fridays TIME: 12:45 to 1:45 pm

INSTRUCTOR: Janet Kiel and Others

GUITAR -Intermediate

Learn and play new songs with a group of fellow guitarists!

DATE: Tuesdays TIME: 10:00am

INSTRUCTOR: Harriet Weistrop

OPEN MAH JONG and other GAMES

Pick up Mah Jong, bring a table of 4, a partner or just come yourself or come play another game like Scrabble or Rummikub.

DATES: Fridays TIME: 10:15 to 11:30am

(No Mah Jong May 21st or June 21st)

Beginner Italian Class

Join our beginner Italian class! We will learn new vocabulary and grammar through short stories, music, dialogues, and transcripts read by native speakers.

Dates: Fridays- May 31st and June 28th

****NEW TIME** Time: 2:15-3:15**

Instructor: Vanessa

PAINTING WITH SALLY

Sally will be hosting an 8 week session of painting classes. Create paintings together while learning new techniques. Sessions continuing, check with front desk to sign up for next session

Date: Fridays Time: 2:00

Cost: \$20/Session Instructor: Sally

Loneliness Presentation:
Presented by the Family Services
of Westchester

This presentation addresses the rising concern of loneliness and social isolation among older individuals. It explores actionable tips and strategies to combat loneliness, encouraging seniors to build a sense of community, engage socially, and cultivate meaningful relationships.

Wednesday, June 12th, 2024
10:00-11:00



Program is free to attend
Please Sign up at the front desk

Free to attend, please sign up at the front desk

Movie and Snacks

Now an earlier start time! Enjoy a matinee show while munching on snacks

*****Movie starts at 1:00pm SHARP****

Friday, May 10th, 2024

“The Guernsey Literary and Potato Peel Pie Society”

Starring: Jessica Brown Findlay, Tom Courtenay,
Michiel Huisman, Lily James
Run Time: 2hrs 5 mins

Friday, June 14th, 2024

“Falling for Figaro”

Starring: Danielle Macdonald, Hugh Skinner, Joanna Lumley, Shazad
Latif, Christina Bennington, Rebecca Benson
Run Time: 1 hr 45mins

Program is FREE to enjoy, but please sign up at the front desk! Put in suggestions for your favorite movie and it might be chosen for next time!

Jewelry Making

Special Projects with Sarah
Monday, May 6th, 2024



Glass Pendant and Bead Necklaces

Monday, June 24, 2024



Pearl and Gold Colored Beaded Bracelets

*****\$3.00 to register due to increased cost of materials and no-show participants*****

Limited to 12 participants

Trips for May and June Sign up at the front desk!



Wednesday, May 8th

Target and Bedford Diner Lunch

10:30- 12:00- Target

12:00- Diner

Wednesday, June 19th

White Plains City Center

(Nordstrom Rack, Burlington Coat Factory,
Target, restaurants)

Pick ups for trips start at 9:30

Trips cost \$5.00 per/person

***Must have 5 signed up to run the trip**

Informative Presentations

M&T Bank Presentation

Wednesday May 29th
10:00AM

Presentation on common bank scams targeting seniors. Learn how to protect your assets and to avoid scams!

Estate Planning Presentation

Michael Shilinski (Lawyer)
Wednesday, June 26th
10:00 AM

Presentation will include information on estate planning practices and strategies, updates on current laws, and a time for questions/answers with the attorney present.



Please Join us if you are interested in learning more about a FREE Wellness Program sponsored by Northern Westchester Hospital on Wednesday **May 1st at 10:00am** at the **Pleasantville Senior Center**



Bagels and Musicals

Now serving FRESH Bagels with Cream Cheese or Butter
while you enjoy the show!

Join us once a month, on a FRIDAY, for a movie based on a Broadway play!

May 24, 2024

“Funny Girl”

Show starts at 10:00 am (Running time 2hrs 28 mins)

June 21st, 2024

“Guys and Dolls”

Show starts at 10:00 am (Running time 2hrs 29 mins)

Please register prior to attending.

We will have Water, Coffee, Tea and BAGELS! Feel free to bring your own snacks as well!

Clinton Street Café

May and June 2024

*May will be the last month “to-go” meals will be available for purchase.

*Starting on June 3rd, in house dining will be available 5 days a week, Monday-Friday. Please call before 9am on the day you wish to dine with us to make a reservation.

*Meal service begins promptly at Noon each day, please arrive on time.

***The cost is \$7.00 (Payable by cash or check only)**

***If you would like to bring any leftover portion of your meal home with you, PLEASE remember to bring your own container!**

*Frozen meals are available for purchase

Options: 1 Hot Meal as written on Calendar

Option 2: Cold Deli Sandwich w/ Soup & Chips

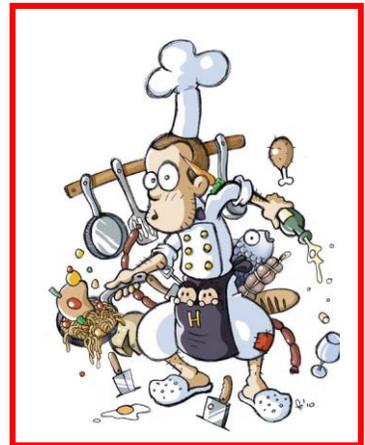
4 Sandwich options are available every day.

- 1. Roast Beef*
- 2. Turkey*
- 3. Tuna Salad*
- 4. Chicken Salad*

PLEASE specify which sandwich you would like upon ordering or signing up for a meal in house.

*Hamburger/cheeseburger- \$7.00

*Cup of Soup- \$1.00



Space to dine must be reserved before 9AM

Please order meals as soon as you know you'd like one. You can leave a voicemail if we are closed. The sooner the better! -Thank you!

Clinton Street Café

Grab and Go Available 5 Days a Week

Order Meals the day before, Call us at 914-769-2021

Lunch pick up is from 11:30am to 12:30pm. Meals are \$7.00,

PLEASE Bring Correct Change Or

A Check Made Payable to **Village of Pleasantville.**

Hot Meals are served with Bread & Butter & Chef's Choice of Dessert

Cold Meals are served with Lettuce, Tomato, Pickle Spear, Chips, Soup & Dessert

Sandwiches Available: Roast Beef, Turkey, Tuna Salad, Chicken Salad

Hamburger/Cheeseburger and Fries option (EAT IN ONLY)

Cup of Soup \$1.00 (EAT IN ONLY)

May Menu (the menu is subject to change if items are not available or not delivered)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Cordon Bleu, Cheesy potatoes, green beans, roll/butter	2 Roast turkey/gravy sweet potatoes, peas, roll/butter	3 Baked Fish Piccata, Rice pilaf, broccoli, roll/butter
6 Apple Braised Pork Chop, Noodles, Red Cabbage, Bread/butter	7 Chicken Francese, home fried potatoes, zucchini, roll/butter	8 Baked Salmon, Rice Pilaf, green beans, roll/butter	9 Meatloaf w/ gravy, mashed potatoes, carrots, biscuit/butter	10 Italian Sausage and peppers, pasta, vegetable medley, garlic bread
13 Chicken pot pie, flakey crust w/ potato and vegetables	14 Baked Fish Florentine, Rice Pilaf, Carrots, Roll/butter	15 Swiss Steak, Onion Gravy, Mashed Potatoes, Peas, Bread/butter	16 Sliced Roast Pork w/Gravy, Potato Pancakes, Beets, Bread/Butter	17 Chicken Cordon Bleu, Macaroni and Cheese, Green Beans, Roll/Butter
20 Spaghetti and Meatballs, Zucchini, Garlic Bread	21 Breaded Pork Chop, Applesauce, Mashed Potatoes, Carrots, Roll/Butter	22 Shrimp Chow Mein, Rice, Vegetable Egg Roll	23 Oven Fried Chicken, Potato Salad, Green Beans, Cornbread/butter	24 Pulled Chicken w/bbq sauce, baked beans, cole slaw
27 Memorial Day: Center Closed	28 Salmon Scarpariello (sweet peppers and lemon), Pasta, Broccoli, Italian Bread/butter	29 Chicken Stew w/Apricots and Chickpeas, Cous Cous, Peas, Roll/Butter	30 Italian Sliced Beef, Garlic Mashed Potatoes, Carrots, Bread/Butter	31 Sweet and Sour Pork Chop, Rice, Vegetable Medley, Crunchy Noodles

Clinton Street Café

Dine in 5 days a week, Monday-Friday

PLEASE Bring Correct Change Or

A Check Made Payable to **Village of Pleasantville.**

Hot Meals are served with Bread & Butter & Chef's Choice of Dessert

Cold Meals are served with Lettuce, Tomato, Pickle Spear, Chips, Soup & Dessert

Sandwiches Available: Roast Beef, Turkey, Tuna Salad, Chicken Salad

Hamburger/Cheeseburger and Fries option

Cup of Soup \$1.00

June Menu (the menu is subject to change if items are not available or not delivered)

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Pork Chop, Potato Salad, Carrots, Bread	4 Country Fried Steak w/creamy gravy, Mashed Potatoes, Succotash, Biscuit	5 Chicken Piccata, Pasta, Zucchini, Italian Bread	6 Roast Turkey w/Gravy, Sweet Potatoes, Peas, Roll	7 Battered Cod, Mac & Cheese, Broccoli, Cornbread
10 Chicken Tenders, w/BBQ sauce, Broccoli & Rice Casserole, Biscuit	11 Baked Salmon, Home Fried Potatoes, Vegetable Medley, Bread	12 Eggplant Parmigiana, Pasta w/Sauce, Italian Bread	13 Sliced Roast Pork w/Gravy, Hash Brown Potatoes, Green Beans, Bread	14 Knockwurst & Sauerkraut, Hash Brown Potatoes, Carrots, Roll
17 Baked Fish Florentine, Rice Pilaf, Yellow Squash, Roll	18 Tortellini Alfredo w/sausage and broccoli, garlic bread	19 Chicken Milanese (Arugala, lemon, balsamic vinegar), home fried potatoes, Italian Bread	20 Meatloaf w/Gravy, Mashed Potatoes, Peas, Biscuit	21 Breaded Pork Chop, Applesauce, Cheesy Potatoes, Creamed Spinach, Bread
24 Swedish Meatballs, Rice, Carrots, Roll	25 Battered Cod, Mac & Cheese, Broccoli, Cornbread	26 Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Roll	27 Tropical Pork and Peppers, Brown Rice, Oriental Vegetable Mix, Multigrain Bread	28 Manicotti, Tossed Salad w/Chick peas, Broccoli and Garlic, Italian Bread

Monthly Reminders

May

Wednesday	May 1	Health/Wellness Program
Monday	May 6 th	Special Jewelry
Wednesday	May 8 th	Target/Diner Trip
Friday	May 10 th	Movie and Snacks
Monday	May 13 th	Crafts-Wreaths
Monday	May 20 th	Book Club
Friday	May 24 th	Bagels/Broadway
Monday	May 27th	Memorial Day - Center Closed
Wednesday	May 29 th	Bank Scams Presentation
Friday	May 31 st	Italian Lessons

June

Monday	June 10 th	Craft- Popstick Houses
Wednesday	June 12 th	Combating Loneliness Presentation
Friday	June 14 th	Movie and Snacks
Monday	June 17 th	Book Club
Wednesday	June 19 th	White Plains City Center Trip
Friday	June 21 st	Bagels/Broadway
Monday	June 24 th	Special Jewelry
Wednesday	June 26 th	Estate Planning Presentation
Friday	June 28 th	Italian Lessons