

N2N

Town of Pound Ridge Neighbor to Neighbor Newsletter Programs for Pound Ridge Seniors



Empire City Casino at Yonkers Raceway

Register early—Limited seats on N2N Bus

Thursday, January 14, 2016 9:00-4:00

Depart from Town Park at 9am Depart from Empire City at 3pm
No charge for transportation —Pay for your own lunch



Mohegan Sun Trip

Join us on a trip to Mohegan Sun

Saturday, April 9th 7:30 am —6:00 pm



Transportation for this trip is funded by the
Pound Ridge Police Benevolent Association

RSVP by March 20th No Charge
Space is limited, enroll early Departs from Town Park



Metropolitan Museum of Art

Thursday, March 31st

9:00 am - 5:00 pm (leave the museum at 3:00 pm)

Pre Registration required by March 10th

**\$25 cost includes admission to museum and transportation.
Pay for your own lunch at one of the many museum dining facilities.
Bus departs from the Town Park.**

**Spend the day as you wish, enjoying the exhibits you want to see.
This is a joint trip with Bedford and Lewisboro Seniors**

UPCOMING EVENTS

Films on Fridays

Feature films at the PR Library

Fridays at 10:30 am

Once a month. No Charge.

No reservations needed to attend the movie.

January 22nd — Marley & Me

February 12th — The Help

March 11th — Julie and Julia

April 8 — Driving Miss Daisy



Out of Town Shopping on Thursdays

The N2N Bus will travel to various shopping areas outside of Pound Ridge

No charge for the bus ride

Please reserve a spot on the bus at least **one week** prior to the trip. The Bus leaves from the Town House.

January 21

Norwalk

Depart 10:00 am Return 3:30 pm
Walmart, Homegoods, lunch at Bertuccis

February 25

Mt. Kisco

Depart 10:00 am Return 3:30 pm
Kohls, Lunch at Applebee's, Target

March 10

Danbury

Depart: 10:00 am Return 3:30 pm
Mall, Lunch, Christmas Tree Shop

April 28

Norwalk

Depart 10:00 am Return 3:30 pm
Walmart, Homegoods, lunch at Bertuccis



Intermediate Bridge
Thursdays 1:00 pm
At the Town House

For information, or to join, contact Anne-Marie at
764-9390 or email amsirois@optonline.net



Chair Yoga

At the PR Library
Mondays once a month at 10:30 am
Dates to be announced

No Charge

Call Louise to let us know you are interested and we will notify you of the dates once they are set.

This special program will be presented by Northern Westchester Hospital.

For programs that require registration please register at least one week prior to event unless noted otherwise. Event will be cancelled if we do not get enough participants.

St. Patrick's Day Luncheon



Thursday, March 17th
Conant Hall

12 noon

For Pound Ridge Seniors ages 65+

No charge
RSVP by March 10th



The Educated Palate

Fine dining at
Putnam/Westchester
BOCES

Join us for "Viva Italia!" at
The Educated Palate at the
BOCES Culinary Arts/Hospitality
Academy in Yorktown.

Thursday, April 21st
Depart from the Pound Ridge Town Park
at 11:15 am and return about 3pm

\$25 per person

**PAYMENT MUST BE RECEIVED BY
FEBRUARY 2nd.
SPACE IS VERY LIMITED.**

Injury Prevention and Falls Risk Seminar

Wednesday, February 24 10:30 am Pound Ridge Library

No charge

RSVP by February 12th



- ◆ Falls risk- what is the major causes of falls in the elderly
- ◆ How to prevent falls when we are walking on uneven terrains
- ◆ How to prevent falls in the home
- ◆ Body-mechanic modifications- when reaching overhead into high cabinets, when handling heavy objects, and why to avoid repetitive pivoting and twisting movements
- ◆ Proper ways to shovel outside
- ◆ Walking mechanics and stair negotiations, and how that can affect risk of tripping and falling
- ◆ Remaining active and why it helps to exercise regularly at your own pace.
- ◆ Pursed lip breathing to improve endurance levels. Also why it can help to lean forward when catching your breath.
- ◆ How Physical Therapy can additionally help with your care.

Presented by Steve D'Ambroso of Access Physical Therapy & Wellness



Westchester Broadway Theatre Show and Lunch

10:30 am—5:00 pm Depart from Town House

\$55 per person

Thursday, April 7th

Man Of La Mancha

Register by January 25th

YOUR LUNCH AND SHOW PACKAGE includes entrée of your choice, salad, vegetable, potato or pasta, fresh rolls and corn muffins, Chef's Choice dessert, coffee, decaffeinated coffee or regular tea prior to the performance. Appetizers, luxury desserts, specialty drinks including souvenir glass, beer, alcoholic and non-alcoholic drinks are available at an additional charge.

Breakfast with the PBA

Join the Pound Ridge Police Benevolent Association for Breakfast

Sunday, February 28th
Conant Hall

9:00 am—1:00 pm
Stop by any time.



Pound Ridge Police
Benevolent Association

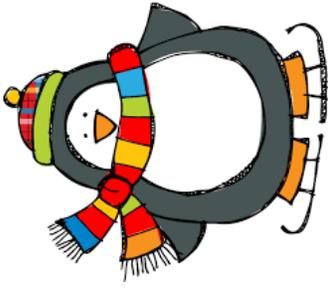
RSVP to Louise by February 12th
For Pound Ridge Residents over 65.

No charge. Let us know if you need transportation.

Happy 105th Birthday to Pound Ridger
Mary Moat

Mary is turning 105 on January 4th
We all wish her the best birthday ever!



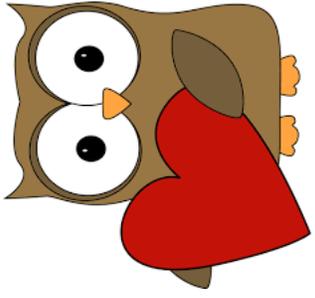


January 2016 Neighbor to Neighbor Events For Pound Ridge Seniors



And other local events of interest

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Town of Pound Ridge Recreation Department, Senior Services: (914) 764-8201 PRSeniors@townofpoundridge.com				1	2
3	4	5	6 <i>Bus to Market</i>	7 <i>Bridge Club</i>	8 Law Seminar	9
10	11	12	13 <i>Bus to Market</i>	14 Empire City Trip <i>Bridge Club</i>	15	16
17	18 Martin Luther King, Jr. Day	19	20 <i>Bus to Market</i>	21 Shopping: Norwalk <i>Bridge Club</i>	22 Movie: Marley & Me	23
24	25	26	27 <i>Bus to Market</i>	28 <i>Bridge Club</i>	29	30
31						



February 2016 Neighbor to Neighbor Events For Pound Ridge Seniors



And other local events of interest

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
7	8	9	10	11	12	13
14 Valentine's Day 	15 President's Day	16	17	18	19	20
21	22	23	24	25	26	27
28 PBA Breakfast	29					
			3 <i>Bus to Market</i>	4  <i>Bridge Club</i>	5 Law Seminar	6
			10 <i>Bus to Market</i>	11  <i>Bridge Club</i>		
			17 <i>Bus to Market</i>	18  <i>Bridge Club</i>		
			24 Injury Prevention Seminar <i>Bus to Market</i>	25 Shopping: Mt.Kisco <i>Bridge Club</i>		
					<p><i>Town of Pound Ridge Recreation Department, Senior Services: (914) 764-8201 PRSeniors@townofpoundridge.com</i></p>	



March 2016 Neighbor to Neighbor Events For Pound Ridge Seniors

And other local events of interest

N2N

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Town of Pound Ridge Recreation Department, Senior Services: 764-8201 PRSeniors@townofpoundridge.com</i>	2 <i>Bus to Market</i>	3 <i>Bridge Club</i>	4 Law Seminar	5	
6 FLHS Brunch & Musical	7	8	9 <i>Bus to Market</i>	10 Shopping: Danbury <i>Bridge Club</i>	11 Movie: Julie & Julia	12
13	14	15	16 <i>Bus to Market</i>	17 St. Patrick's Day Luncheon <i>Bridge Club</i>	18	19
20	21	22	23 <i>Bus to Market</i>	24 <i>Bridge Club</i>	25	26
27	28	29	30 <i>Bus to Market</i>	31 Trip to MMA <i>Bridge Club</i>		



April 2016 Neighbor to Neighbor Events For Pound Ridge Seniors



And other local events of interest

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Town of Pound Ridge Recreation Department, Senior Services: (914) 764-8201 PRSeniors@townofpoundridge.com</p>					1	2
3	4	5	6 <i>Bus to Market</i>	7 WBT Man of La Mancha <i>Bridge Club</i>	8 Movie: Driving Miss Daisy	9 Mohegan Sun
10	11	12	13 <i>Bus to Market</i>	14 Mad Hatters Spring Tea <i>Bridge Club</i>	15 Senior Citizen Prom at FLHS	16
17	18	19	20 <i>Bus to Market</i>	21 BOCES Luncheon <i>Bridge Club</i>	22	23
24	25	26	27 <i>Bus to Market</i>	28 Shopping: Norwalk <i>Bridge Club</i>	29	30

Mad Hatter's Tea

Thursday, April 14th
3:00 pm
Conant Hall

**Join N2N for a
Mad Hatters
Tea Party**



Finger sandwiches and tea will be served
Wear your favorite hat!

No Charge RSVP by April 6th

For Pound Ridge Residents only.

Join Fox Lane High School
Students for a
"Senior Citizen"
Prom



Friday, April 15th 5-7pm

Fox Lane High School Commons

Food, Fun, Friends and dancing.
Join Seniors from other local communities.

Food from many local restaurants
will be provided.
No Charge

You must provide your own transportation
Please let Louise know by April 8 if you
would like to attend.

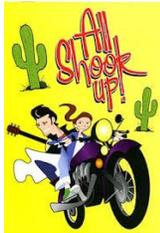


BEDFORD CENTRAL SCHOOL DISTRICT
Every Single Student, Every Single Day



Brunch and Musical

Join the students of Fox Lane for a special Brunch and musical performance.
BCSD invites area senior citizens to the High School Musical "All Shook Up".



Sunday, March 6th
Brunch at 11:45 am and show at 1:00 pm
No charge

RSVP by February 22nd

If you would like to attend, please contact Louise at 764-8201 or email prseniors@townofpoundridge.com.

You must provide your own transportation. No Charge.

MISCELLANEOUS ITEMS:

Call Louise for more information on these items.

Hair Cuts: We have local women who is willing to come to your home to cut your hair. Charge varies.

Scrabble: If you regularly score over 300 on scrabble and are looking to play, a local senior gentleman is looking for a challenge.

eBay: Do you have items that you want to sell. A volunteer is willing to either show you how to post your items for sale on eBay or will post them for you. Make some \$\$\$ and get rid of that clutter. No charge.

Therapy Dogs: There are few therapy dogs in Pound Ridge who would love to come spend some time with you. Call if you would like a visit. No charge.

Neighbor to Neighbor (N2N) Services:

- ◆ “Are you OK?” - Call Reassurance Program
- ◆ Grocery Deliveries—Temporary assistance
- ◆ Rides to Scotts Corner Market each Wednesday
 - ◆ Medical Equipment Loans
- ◆ Meals on Wheels—temporary assistance

For more information about these and other programs call Louise at (914) 764-8201, email PRSeniors@townofpoundridge.com or check us out online at: www.townofpoundridge.com



Suggestions and ideas are welcome!

We always welcome any ideas or suggestions on services, trips or events you would like to have.

Call or email Louise with your ideas.

Ride the N2N Bus to town

Ride the N2N Bus to do your chores in Scotts Corners. Each Wednesday we pick Seniors up at their homes and bring them to places in Scotts Corners to do their shopping.



Call on Tuesdays to sign up for the Wednesday service.
764-0947



To Register for a program or for Questions

Contact Louise Paolicelli (914) 764-8201

email: PRSeniors@townofpoundridge.com

Program Guidelines:

- ◆ Trips will be cancelled if there is not enough participation
- ◆ Trips are open to Pound Ridge Senior Residents and one guest
- ◆ Additional guests will be placed on a waitlist and are welcome if there is space available.
 - ◆ Some trips may charge additional fees for Non-residents.
- ◆ Non-Senior Pound Ridge adults will be placed on a waitlist and are welcome to join if there is space available.

Town of Pound Ridge Recreation Department Senior Programs Program Registration Form

This form must be completed to register for any program that requires payment.
To register for programs that do not have a fee you may complete the form or call 764-8201 or email prseniors@townofpoundridge.com.

Name: _____ Phone: _____

Email: _____

Mailing address: _____

Make checks payable to “Town of Pound Ridge”

Separate checks are required for each program

Mail to: Senior Programs, PR Recreation Department, 179 Westchester Avenue, Pound Ridge, NY 10576
For any programs that you are bringing a guest(s), please attach a list of your guest(s) names and phone numbers.

Event Date	Event/Trip	# of People	Cost per Person	Total Cost
January 8	Law Seminar		no cost	
January 14	Trip to Empire City		no cost	
January 21	Shopping: Norwalk		no cost	
February 5	Law Seminar		no cost	
February 25	Shopping: Mt. Kisco		no cost	
February 28	Breakfast ith the PBA		no coast	
March 4	Law Seminar		no cost	
March 6	FHS Brunch & Play		no cost	
March 10	Shopping: Danbury		no cost	
March 17	St. Patrick’s Day Luncheon		no cost	
March 31	Metropolitan Museum of Art		\$25	
April 7	WBT: Man of La Mancha		\$55	
April 9	Mohegan Sun		no cost	
April 14	Mad Hatters Spring Tea		no cost	
April 15	‘Senior’ Prom		no cost	
April 21	BOCES Luncheon		\$25	
April 28	Shopping: Norwalk		no cost	

Chair Yoga— once a month on Fridays:

Call Louise if you are interested so we can let you know the dates once they are set.

Town of Pound Ridge Recreation Department
Senior Programs
179 Westchester Avenue
Pound Ridge, NY 10576

PRSRT STD
U.S. Postage
PAID
White Plains, NY
Permit NO. 7624

**See inside for
more details on:**

Mohegan Sun Trip

Metropolitan Museum
of Art Trip

Man of La Mancha

Law Seminars

Luncheons



Senior Law Seminars

**The Pound Ridge Library and Neighbor to Neighbor
Invite you to a series of Seminars for Seniors (or Caregivers)**

Location: Pound Ridge Library

Fridays at 10:30 am

January 8: Top Ten Estate Planning Mistakes

February 5: Elder Law Asset Protection: How to Protect What You Own
(Especially Your House) from Rising Health Care Costs

March 4: Who's Afraid of Probate? Should I Use a Will or a Trust?

Presenter: The seminars will be presented by Moira S. Laidlaw of Shamberg Marwell Hollis Andreyck & Laidlaw, PC, Mount Kisco, New York. Moira Laidlaw provides strategic counsel and advocacy in the areas of Estate Planning, Elder Law/Medicaid Planning, Guardianship, Probate, and Estate/Trust Administration. She advises in all aspects of this specialty, including wills, trusts, powers of attorney, health care proxies, living wills, Medicaid applications and probate.

Registration required. Register at least one week before program.