

ADULT PROGRAMS

SPORTS & FITNESS

Ping Pong – Table Tennis

Open play- Fun for all adults. Paddles and balls provided.

- **Begins Saturday, April 11, 2pm-4pm**
- **Battle Hill Rec Room, 55 Mckinley Ave.**
- **\$35 for 8 sessions (no session & 5/23)**

Beginner-Intermediate Pickleball Lessons

Differentiated instruction for those new to the game or those who want to take the next step in refining their skills and strategies. Will cover ground strokes, net play, serving, returns, gameplay strategies and rules.

Participants must wear suitable court sneakers. Bringing your own paddle is recommended. One will be provided if needed.

- **Monday, April 13**
- **5:30-6:30pm**
- **Battle Hill Park, Pickleball Courts**
- **\$150 WP Pickball Pass holders**
- **\$210 Non-WP Pickleball Pass holders**
- **6 Sessions**
- **www.byardsports.com/pickleball.html**

Cardio Pickleball – Skills & Drills

Weekly evening cardio pickleball classes with fun, fast paced feeding challenges, skills and drills and modified gameplay.

Participants must wear suitable court sneakers. Bringing your own paddle is recommended. One will be provided if needed.

- **Tuesday, April 14**
- **5:30-6:30pm**
- **Battle Hill Park, Pickleball Courts**
- **\$150 for WP Pickleball Pass holders**
- **\$210 Non-WP Pickleball Pass holders**
- **6 Sessions**
- **www.byardsports.com/pickleball.html**



Tennis Instruction

Program designed for all levels of tennis players. Learn the basics or improve your game.

Spring Session

- **Monday, May 11 (No class May 25)**
- **Tuesday, May 12 (No class May 26)**
- **7:45-8:45pm**

Summer Session

- **Monday, July 13**
- **Tuesday, July 14**
- **7:45-8:45pm**

6 sessions \$225

Gillie Tennis Courts



Tennis Doubles Match Play with Linda Rosensweig

This program concentrates on the concepts of match play and doubles strategy. There will be an emphasis on shot placement, player positioning and point play while playing doubles games. Players will rotate courts within the hour and a half clinic. Players need to be 3.0-4.0 level and player evaluation may be required.

Spring Session

- **Fridays, 5/15-6/26 (no session 5/22)**

Summer Session

- **Fridays, 7/10-8/21**

Gillie Tennis Courts

2:00-3:30pm

Pay per session – \$25 member, \$35 non-member

(players will pay cash/check to Linda)

Sign up by calling 914-422-5127 on the Monday of each week.

Registration is first come basis, maximum of 16 players

SPORTS & FITNESS

ADULT PROGRAMS

NEW

SHINE Dance Fitness

Instructor Kim Coley- Thomas
(Instagram@shinewithKimNY)
SHINE Dance Fitness (TM) brings original routines to life using today's hit music and choreography for all abilities. Rooted in Jazz, ballet and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each one hour class combines interval training (low, med and high) cardio routines as well as toning for a well-rounded, whole-body workout. Perfect for beginners and any dance level.

- **Wednesdays, 7:15pm - 8:15pm**
- **Session 1 - April 22 (10 sessions)**
- **Wednesdays, 6:30pm - 7:30pm**
- **Session 2 - July 15 (6 Sessions)**
- **Community Center - 65 Mitchell Place**
- **\$120 for 10 weeks**
- **\$72 for 6 weeks**
- **(Cash App \$Kimcoleythomas)**
- **ShinewithKimNY@gmail.com**



Mindfulness Meditation Class

This six-week mindfulness and meditation series offers a supportive space to slow down, reconnect, and restore a sense of calm. Each Sunday morning session explores a different theme and incorporates guided meditation, breathwork, varied mindfulness practices to support nervous system regulation, and reflective journaling. The series is led by Jess Vecchiarelli, founder of The Aligned Path, a mindfulness guide and community builder trained in Mindfulness-Based Stress Reduction (MBSR). No prior meditation experience required. Participants are encouraged to bring a journal and pen.

- **Sunday, April 12, 9-10am**
- **Gillie Rec Room**
- **\$28 for 6 sessions**
- **(no class 5/10 & 5/24)**



Zumba with Lisa for Teens and Adults

- **Adults & Teens (13+)**
- **Begins Tuesday, May 5, 6:15 - 7:15 pm**
- **Turnure Park**
- **\$75 for 6 sessions**

Register online at

<https://my.cheddarup.com/c/adultandteenzumbafall2026/items>

Spring/Summer Softball Leagues

Established leagues of slow pitch softball for all levels of competition. Please contact League Supervisor, Kyle Raum, kraum@whiteplainsny.gov for more information.

Men's Division

- **Men 18 & older**
- **Weekday Nights, April-August**
- **Delfino Park/Gillie 2/Gardella**
- **\$1,500 All fees must be paid before season begins**
- **12 game season**

Co-Ed Division

- **18 & older**
- **Weekday Nights, April-August**
- **Delfino Park/Gillie 1 & 2/Gardella**
- **\$1,500 All fees must be paid before season begins**
- **12 game season**

Payment deadline April 2nd



ADULT PROGRAMS

HEALTH & FITNESS



Cardio Fitness Drumming – YouTube Video

With use of drumsticks, a large fitness ball, a large bucket, high energy music and a choreographed routine and you have Cardio Fitness Drumming. It's a fun way to get your blood flowing, get an aerobic workout and increase your energy and mental clarity. Movements can be done standing or in a chair.

- **Fridays 10:30 – 11:30am**
- **Session I: Begins April 17 (8 sessions)**
- **Session II: Begins July 17 (6 sessions)**
- **Free with registration**
- **Community Center, 65 Mitchell Pl.**

Zumba Gold

In this class you will move to international music, world rhythms and get an exciting, effective workout. Routines feature cardio training with a combination of weights for toning and sculpting.

- **Session I: Begins Thursday, April 23**
- **8 sessions– Residents \$35, Non-resident \$64**
- **Session II: Begins Thursday, July 16**
- **6 sessions – Residents \$28, Non-resident \$52**
- **10:30am – 11:30am**
- **Community Center, 65 Mitchell Pl**

NEW

Tai Chi – YouTube Video

Standing, slow moving and slight bent knee position with easy flowing arm motions. Learn movements that will uplift the body, mind and spirit.

- **Fridays 10:15 – 11:15am**
- **Session I: Begins April 17 (8 sessions)**
- **Session II: Begins July 17 (6 sessions)**
- **Free with registration**
- **Community Center, 65 Mitchell Pl.**

MAT Yoga

This class incorporates both standing and reclining postures with sequences to increase flexibility, balance and strength. The softer pace allows students to be more present with each posture, promoting relaxation. Modification are provided to help all fitness levels enjoy the benefits. Bring your own mat.

- **Session I: Begins Tuesday, April 21**
- **8 sessions– Residents \$35, Non-resident \$64**
- **Session II: Begins Tuesday, June 9**
- **6 sessions – Residents \$28, Non-resident \$52**
- **9:15am–10:15am**
- **Community Center, 65 Mitchell Pl.**

Gentle Chair Yoga

This is an accessible form of yoga where participants perform movements while seated or standing with or without the aide of a chair. The class incorporates a series of yoga postures which help to increase mobility, balance and strength. Stretches are designed to improve flexibility and mindful breathing and relaxation.

- **Session I: Begins Tuesday, April 21**
- **8 sessions– Residents \$35, Non-resident \$64**
- **Session II: Begins Tuesday, June 9**
- **6 sessions – Residents \$28, Non-resident \$52**
- **10:30 – 11:30am**
- **Community Center, 65 Mitchell Pl.**

Vibration & Meditation

Revitalize yourself! Energy vibration, mindful movements and gentle self-body tapping all help reduce stress and allow you to focus on improving your mood and well-being. Meditation will help set your intentions so you can move toward living a happier and healthier life. Movements are done in a chair/wear comfortable clothing.

- **Mondays 12:30 – 1:15pm**
- **July 6 (8 sessions)**
- **Free with registration**
- **Community Center, 65 Mitchell Pl.**

ARTS ADULT PROGRAMS

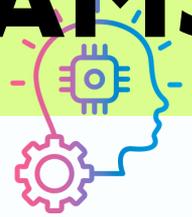


Community Drumming for Wellness

Did you know that participating in a brief group drumming session can double alpha brain waves, reduce stress, give feelings of euphoria and well-being while connecting musically with others? In this instructor-led program participants will explore a variety of rhythms, sounds and drumming techniques. There are some drums and rhythm instruments available for use. If you have our own drum or rhythm instrument please bring it along!

- **Session I: Begins Tuesday, April 21**
- **8 sessions- Residents \$35, Non-resident \$64**
- **Session II: Begins Tuesday, July 7**
- **6 sessions- Residents \$28, Non-resident \$52**
- **6:30 - 8:00pm**
- **Community Center, 65 Mitchell Place**

NEW



The Songwriter's AI Toolkit: A Talk on the New Tools for Music Makers

This one-night demonstration session is designed for musicians who want to gain knowledge about AI tools for songwriting. This isn't a "push-button" method but a high-level collaboration for the modern songwriter. Through a variety of AI applications (Claude AI, Suno AI, Moises, and Gemini AI's Nano), you will learn about lyric collaboration, song analysis, documenting your song, and album art. Smartphone knowledge is required. An iPhone will be used for demos—this is not a workshop.

- **Monday, May 4, 6:30 - 8:30pm**
- **Community Center, 65 Mitchell Pl.**
- **FREE**



NEW

WCC Mainstream - Museum Sampler

Through Westchester Community College Mainstream enjoy 4 weeks of art talk and art making. Participants will visit various museum and learn about arts works from around the world. Participants will then be led in hands-on session to create their own version of that artwork. Supplies included.

- **Mondays**
- **Begins April 27**
- **10:15am - 12:15pm**
- **Community Center
65 Mitchell Pl.**
- **Residents \$20
Non-resident \$25**



NEW

Clay Hand Building Part 3 One Day "Summer Fun" Workshop

Explore the art of hand-building with clay. In this workshop, led by artist Vicky Youngman, you will be explore the foundations of this art form. In-house studio supplies are included and participants will go home with a fun, summer end project.

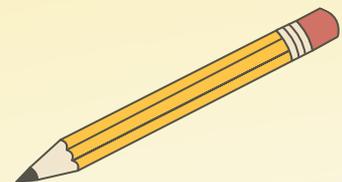
- **Monday, June 8, 10:30am-12:30pm**
- **Community Center, 65 Mitchell Pl.**
- **Residents \$15, Non-resident \$20**



Memoir Writing

Explore how to communicate your experiences in writing. Bring your first memoir essay with you to read, long or short, finished or not. The class offers you an opportunity to share and learn from others.

- **Tuesday, April 21**
- **10:30 - 11:45am**
- **Community Center 65 Mitchell Pl.**
- **\$5 for 8 sessions**



ADULT PROGRAMS

ARTS & EDUCATION

White Plains Chorale Singers

Do you love to sing?...Come sing with us! Everyone is welcome to join in as we sing, laugh, and create music in a supportive and joyful environment. Whether you're a seasoned vocalist or just discovering your voice, there's a place for you. All experience levels are welcome.

- **Thursday, April 23**
- **8 sessions- Residents \$35, Non-resident \$64**
- **10:30 - 11:45am**
- **Community Center, 65 Mitchell Place**

Musicians Gathering & Song Share

Twice a month musicians (instrumentalist & vocalists) gather to network, play and share their love of music. Bring your own instrument and songs to share. Acoustic guitars and keyboards welcomed. Bring a music stand - no amplifiers available. For song share bring 2 - 3 songs to share with the group.

- **Mondays, 1:00 - 3:00pm**
- **Session I: April 20, May 4, May 18, June 1 & 15**
- **Session II: July 13, July 27, Aug. 10 & 24**
- **Community Center, 65 Mitchell Pl.**
- **\$5 per session**

NEW FREE EVENTS!

Savory Sessions: Healthy & Fun Cooking with Feeding Westchester

Once a month join Nutritionist, Alyssa Advincula, for cooking demonstrations. Learn about food preparation, nutrition tips, and culinary techniques. Sample delicious recipes and enjoy fun giveaways.

Wednesdays, 12:15 - 1:15pm, Community Center, 65 Mitchell Pl.

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|-----------------|-------------------------------------|
| April 22 | For the Love of Food |
| May 27 | Cut the Salt, Not the Flavor |
| June 24 | Read It On the Internet |

NEW FREE EVENTS!

Monthly Educational Speaker Series

Learn from different professionals and explore interesting topics. Presentations are done virtually or in-person. Lunch is available @ 11:30am with a 24 hour reservation. (\$3 for age 60+ / \$6 under 60). Call 914-422-1423 to reserve lunch.

Wednesdays, 12:15 - 1:15pm / Community Center, 65 Mitchell Pl.

- April 8** **Designing Your Daily Health & Safety Routine: The 60+ Mindset**
- April 15** **TED Talk: What About the Birds and BEES?: Their Environmental Impact (You Tube)**
- April 29** **The Latest Alzheimer's Research: New Developments!**
- May 6** **AARP's Nobody Wants Your Stuff: Downsizing and Decluttering**
- May 20** **White Plains Police K9 & Service Dog Units: How They Help Us and The Community**
- June 3** **White Plains Hospital: Art and You - The Art Therapy Experience**
- June 10** **Our Lady of the World's Fair: Bringing Michelangelo's Pieta to Queens in 1964**
- July 8** **Acupuncture: What's it all About?**
- July 15** **10 Health Habits for Your Brain and Body**
- Aug 19** **White Plains Hospital's Holistic Healing: Creating a Space for Calm**

CALL for VOLUNTEERS

MENTOR PROGRAM IS SEEKING VOLUNTEERS

The City of White Plains Mentor Program connects youth with caring adult mentors who provide guidance, support, and positive role modeling. The program is currently seeking adult volunteers.

Sheila Foley, 914-433-1378, ext. 6709
sfoley@whiteplainsny.gov





TRIPS & EXCURSIONS

ADULT PROGRAMS

TRIP ACTIVITY LEVELS

REMINDER: Trips require boarding buses, sometimes lengthy walking, climbing steps and standing. Some trips are not suitable for those with ambulatory limitations. 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.

Please note the activity level descriptions below to determine what trips are suitable for you:

Level 1: Little or no walking; few or no stairs (i.e. Bus drops you off close to the event).

Level 2: Moderate walking, with places to rest.

Level 3: Substantial amount of walking with or without places to rest.

Level 4: Lots of walking, with standing for long periods of time.

**THERE ARE
NO REFUNDS FOR TRIPS**

White Plains Performing Arts Center:

CATCH ME IF YOU CAN - Level 1 - Special Group rate tickets!

Based on the hit film and the incredible true story, Catch Me If You Can is the musical comedy about chasing your dreams and not getting caught. Nominated for four Tony awards, including Best Musical. Seeking fame and fortune, Frank Abagnale, Jr., runs away from home to begin an unforgettable adventure. Frank successfully poses as a pilot, a doctor and a lawyer, living the high life and winning the girl of his dreams, until Frank's lies catch the attention of FBI agent who chases him across the country to make him pay for his crimes.

Thursday, April 23, 2pm show: \$57 Register now!

Bus transportation is available from Center to your home.



NY Botanical Gardens: Flower Power Exhibit - Level 3

Experience the vibrant spirit of the 1960s at Flower Power, a colorful and immersive exhibition celebrating flowers as symbols of peace, love, and creativity. Enjoy bold floral installations, artistic displays, and time to explore the beautiful gardens at your own pace. Includes access to the narrated public tram, weather permitting. Lunch on your own at the Garden café or grill.

Thursday, May 28, 8am-5pm: \$46 Register before May 7

Bus: 8am Delfino Park /8:15am Community Center

Broadway Theater Lovers Meeting - Level 2

Wednesday, June 17 @ 1 - 2:30pm at the Community Center, 65 Mitchell Place

At this meeting participants will decide which Broadway show they would like to attend in September 2026. **Tickets are reserved at the meeting, so please come prepared to make a payment to guarantee your spot.** Cost varies depending on chosen show. Cost includes show ticket, coach bus transportation and dinner at a NYC restaurant after the show. Coach bus pick up is at Delfino Park and at the Community Center.

TRIPS & EXCURSIONS ADULT PROGRAMS



Most transportation costs are partially subsidized by the Senior Citizens Advisory Committee and the City of White Plains. Note: Driver gratuity not included in fee (\$5 per person will be collected on the day of the trip).

***SEE PAGE 36 FOR ACTIVITY LEVEL DESCRIPTIONS**

Warwick Valley Winery & Orchard- Level 3

Enjoy a relaxing day in the Hudson Valley at Warwick Valley Winery & Orchard, home to award-winning wines, Doc's Hard Cider, and handcrafted spirits, set on over 120 acres of scenic orchards and gardens.

Trip includes: Trio tasting experience (wine, cider, and spirits) Souvenir tasting glass,

Time to explore the grounds and tasting areas

Lunch on your own (on-site café available)

Thursday, June 25, 8am-5pm: \$20 transportation fee (paid at registration) and \$25 wine tasting fee (paid directly at the winery on day of trip)

Register before May 30

Bus: 8am Delfino Park /8:15am Community Center

Resorts World Casino, Catskills - Level 3

Get \$25 free slot play plus \$15 food comp credit. Must present a valid non-expired ID at the Casino to receive a player card and credits. Lunch is on your own. Cost includes coach bus transportation.

For dining options see rwcatskills.com/dining. Note: Driver gratuity not included (\$5 per person will be collected on the day of the trip).

Thursday, July 23, 8am-5pm: \$37 Register before July 12

Bus: 8am Delfino Park /8:15am Community Center

City Island Lobster House/Bronx, NY - Level 1

Dine at City Island's famous restaurant. Enjoy a delicious meal served family style. Meal includes appetizers, pasta course, choice of 1 entrée, and soft drinks. Cost includes meal, gratuities and coach bus.

Thursday, August 6, 11am-4pm: \$85 Register before July 31

Bus pick up: 11am - Delfino Park 110 Lake Street / 11:15am - Community Center

Covid -19 and Flu Vaccine Clinic

Sunshine Pharmacy will be holding clinics to administer both Covid-19 and Seasonal Flu vaccines.

Clinics will be held at the White Plains Recreation & Parks Community Center, 65 Mitchell Place.

Thursday, August 27:

10:30am - 2:30pm

Tuesday, September 22:

10:30am - 1pm

Wednesday, October 7:

10am- 2pm



To register visit <https://tinyurl.com/Wpvax2026> or call Sunshine Pharmacy at 915-607-3939