

# 60+ ADULT PROGRAMS

To attend all classes and programs you must have a **Recreation & Parks Membership ID.**

All programs are located at the **White Plains Recreation & Parks Community Center, 65 Mitchell Place.** Metered parking is available on Mitchell Place or in the **City Center Parking Garage** located on Martine Avenue and Main Street. Hours of operation are **Monday-Friday, 8:30am-4:30pm** For more information call **422-1423.**

**The Center Café, Transportation, Support and Wellness Programs** are partially funded through the US Department of Health and Human Services, the New York State Office for the Aging and the Westchester County Department of Senior Programs and Services.

**The Center Café** - The Center serves a nutritious hot or cold lunch from Monday to Friday, from 11:30am-12pm for a \$3.00 suggested contribution. Meal reservations must be made in advance before 4:00pm the previous business day by calling 422-1423. You may also make a reservation for one week at a time.

**Center Transportation Services** - Bus service is available, door to door, to and from your home for White Plains residents only. Reservations must be made in advance before 4:00pm the previous business day by calling 422-1423. Reservations can also be made for a week at a time. Bus pickup begins @ 9:15am. Bus departure @ 1pm (except Thursdays @ 1:45pm). Schedule may be adjusted depending on number of riders. Fee is a \$1.00 suggested contribution per one-way service.

**Grocery Shopping** - Fridays (Shop for one hour). Bus pick up starts at 9am. Bus will pick you up at home, drop you off at Shop Rite and return you to your home

**Cafeteria, Transportación y Otros Servicios** - El Centro sirve un nutritivo almuerzo frío o caliente de lunes a viernes de 11:30am a 12pm. Contribución sugerida: \$3.00. Se ofrece transportación de ida y vuelta a su casa para residentes de White Plains solamente. Contribución sugerida: \$1 cada via. Horario de bus: Recoge empezando a las 9:15am; de vuelta a casa a la 1pm (excepto los jueves a la 1:45pm) El horario del bus puede ser ajustado dependiendo del número de pasajeros. Para almuerzo y transportación debe reservar antes de las 4:00pm el día laboral previo. Llamar al 422-1423. Puede hacer reservaciones para toda la semana.

**Transportación para ir al Supermercado - Shop Rite** - Viernes (1 hora para hacer compras). El bus le recoge entre 9 y 9:15am en su casa y le deja en Shop Rite. El bus le recoge en Shop Rite de vuelta a casa.

**Senior Citizens Advisory Committee** (a non-partisan and non-sectarian organization, not affiliated with the City of White Plains) The purpose of the SCAC is to enrich the lives of senior members of the community through supporting programs and activities for older citizens and creating a positive impact in their quality of life. Feel free to share your suggestions with any committee member: Mrunal Deo, Barbara Motts, Jane Prout, Doris Sergi, Bari Schulman, Rannie Tatum, Debby Rech.



## SCAC Thrifty Boutique

Located at the Community Center, here you will find great gift ideas and knick-knack items. Proceeds are used by the SCAC to help support senior programs. Purchase items or donate your unused items (no clothing please).  
**Boutique hours: Monday, Wednesday & Friday, 11am to 2pm.**

# ADULT PROGRAMS 60+

## **Bingo!**

- **Thursdays, 12:15-1:45pm**
- **Community Center, 65 Mitchell Pl.**
- **Register at the front desk**
- **50 cents a card    Membership ID required**

## **Center Café Celebrations**

Join us for a theme luncheon with live music!

- **11:30am - 1:30pm**
- **Community Center, 65 Mitchell Place**
- **\$3 contribution -60+; \$6.50 under 60**
- **Advanced registration required. Pay at registration. Call 914-422-1423.**
- **Transportation available -residents only**



**Friday, May 8  
Mother's Day**



**Thursday, June 4  
Delfino Park Barbecue**



**Tuesday, June 16  
Father's Day**



**Friday, July 17  
Spring/Summer Birthdays  
(April - August)**

**NEW**

## **Intergenerational Family Feud Night**

**Thursday, April 9, 5:30 - 8:00pm**



Join in the fun with this popular American game show. Teams compete to guess the most popular answers to questions. Teams accumulate points by guessing the answers. Pizza dinner will be served. Program co-sponsored with the White Plains Youth Bureau. **Call 914-422-1423 to register before March 31<sup>st</sup>**

**FREE EVENT!**

## **60+ Live 2B Fit**

Strengthen your balance, muscle support and build cardiovascular endurance to stay fit and active. Class sponsored by Westchester County Department of Senior Programs and Services and YWCA White Plains and Central Westchester.

- **Session I: (8 sessions) Begins Monday, April 20**
- **Session II: (8 Sessions) Begins Monday, July 6**
- **9:15 - 10:15 am OR 10:30am - 11:30am**
- **Community Center, 65 Mitchell Pl.**
- **FREE - White Plains Resident only, membership ID required**

*\*Transportation. No senior bus transportation for the 9:15am class. Please note: Non-attendance by registrants may result in losing your spot.*

## **60+ Stay Strong & Fit**

Maintain your balance, cardiovascular endurance and strength to support a healthy lifestyle. Class sponsored by Westchester County Department of Senior Programs and Services and Westchester Community College Mainstream.

- **Session I: Tuesday, May 5, 12:30 - 1:30pm OR Wednesday, May 6, 10:30-11:30am**
- **Session II: Tuesday, July 14, 12:30 - 1:30pm OR Wednesday, July 15, 10:30-11:30am**
- **Community Center, 65 Mitchell Pl.**
- **7 Sessions**
- **FREE - White Plains Resident only**

*\* Please note: Non-attendance by registrants may result in losing your spot.*

## **Ice Cream Social**

Cool off from the hot summer days with some ice cream and friends. Subsidized by the Senior Citizen Advisory Committee.

- **Wednesday, August 5**
- **12:15-1:30pm**
- **Community Center, 65 Mitchell Pl.**
- **FREE, Must register before 7/31.**
- **Call 422-1423.**
- **Transportation available- 60+ White Plains residents only.**

