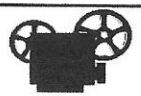
Fox Senior Center- July 2019

Liz Dieter, Recreation Supervisor : 914 666- 8766

Kerri Montano, Nutrition Site Manager:666-8931

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Tai Chi 11:00 Exercise 12:00 Lunch 12:30 Bridge 12:30 Grief Support 12:30:Stained Glass	**2** 9:30 Chorus 10:30 Exercise Video 12:00 Lunch 12:45 Line Dance	**3** 9:30 Mat Yoga 10:00 Needlecrafts 11:00 Improv 12:00 Lunch	**4** **Center Closed** **Independence Day**	**5** 9:45 Bingo 10:00 Canasta 12:00 Lunch
8 10:00 Tai Chi 11:00 Exercise 12:00 Lunch 12:30 Bridge 12:30 Stained Glass	**9** **7:30 Resorts Casino Trip** 9:30 Chorus 10:30 Exercise Video 12:00 Lunch 12:45 Line Dance	**10** **9:30 Mat Yoga** 10:00 Needlecrafts 11:00 No Improv **11:00 Business Meeting** **12:00 Charity BBQ** **Proceeds go to Hope's Door**	**11** 10:00 Crafts 10:45 Exercise 12:00 Lunch 12:30 Chair Yoga	**12** 9:45 Bingo 10:00 Canasta 12:00 Lunch **12:30 Piano Bar**
15 10:00 Tai Chi 11:00 Exercise 12:00 Lunch 12:30 Bridge 12:30 Stained Glass	**16** 9:30 Chorus 10:30 Exercise Video 12:00 Lunch 12:45 Line Dance	**17** **9:30 Mat Yoga** 10:00 Needlecrafts 11:00 Improv 12:00Lunch 12:45 **NWHC Presents:** Durable Medical Equipment **Fitting Canes and walkers to YOU**	**18** 10:00 Crafts 10:45 Exercise 12:00 Lunch 12:30 Chair Yoga	**19** 9:45 Bingo 10:00 Canasta 12:00 Lunch
22 10:00 Tai Chi 11:00 Exercise 12:00 Lunch 12:30 Bridge 12:30 Stained Glass	**23** 9:30 Chorus 10:30 Exercise Video 12:00 Lunch 12:45 Line Dance	**24** 10:00 Needlecrafts 9:30 Mat Yoga 10:00 Needlecrafts 11:00 Improv 12:00 Lunch **12:45 Con Edison Presentation:** **Smart Meters and Energy Saving**	**25** 10:00 Crafts 10:45 Exercise 12:00 Lunch 12:30 Chair Yoga **3:00pm World Cusine: India**	**26**  9:45 Bingo 10:00 Canasta 12:00 Lunch 3:00 Pizza and Movie ***The Favourite***
29 No Tai Chi 11:00 Exercise 12:00 Lunch 12:30 Bridge 12:30 Stained Glass	**30** 9:30 Chorus 10:30 Exercise Video 12:00 Lunch 12:45 Line Dance	**31** 9:30 Mat Yoga 10:00 Needlecrafts 11:00 Improv 12:00 Lunch **12:45 Birthday Party** 		

Upcoming Events

Wednesdays July 3, 17, 24 & 31 — **11:00am IMPROV!**

Thursday, July 4th — **Center Closed, Happy Independence Day!!!**

Wednesday, July 10th — **11:00 am Business Meeting followed by 12:00 noon Charity BBQ, $5.00/pp 60+, $10.00/pp < 60. A portion of proceeds will be donated to Hope's Door, a shelter for Domestic abuse. Must pre-register by June 28th.**

Friday, July 12th — **12:30pm Piano Bar**

Wednesday, July 17th — **12:45 NWHC Presents: Durable Medical Equipment Clinic: Physical and Occupational therapists will be available to make sure that your assistive device (Cane, Walker) fits you.**

Wednesday, July 24th — **12:45 Con Edison Presentation: All about the new Smart Meters and other energy saving tips and programs.**

Thursday, July 25th — **World Cuisine: This Month India! Join us as Munira Lalljee demonstrates and prepares an authentic and delicious Indian meal. $5/pp, MUST pre-register.**

Friday, July 26th — **Pizza and a Movie*: The Favourite. Cost: $5/pp .Must sign up by July 25th***

Wednesday, July 31st — **12:45pm Birthday Party**

July Birthdays

Sharon Alpert
Josephine Barnhart
Roswitha Bergs
Frank Browne
Lina Bueti
Patricia Caputo
Carman Cervallos
Leila Dabby
Ines DelPozo
Lynne diRago
Elva Dolgert
Anna Esposito
Tina Ford
Hisako Foster
Vasant Gohil
Leo Gormley
Susan Grunthal'Rita Heideband
Dana John Hickey
William Houghtaling
Peter Hughes
Paul Hughes
James Hughes
Elizabeth Hunt
Thomas Kraus
Carmine LoBosco
Mattie Langstrom
Sheila Lopoz
Manuela Mahler
Eva Marshall
Mary Ellen Matts
Cheri Nowell
John Odum
Dorothy Partello
Dorothy Patterson
Charlie Pieragostini
Edith Rizzo
Joanne Rosamond
Rocco Sacchetti
Sylvia Sandler
Karen Schleimer
Fran Schultzberg
Pat Servello
Gigi Simpson
May Soohoo
Charles Speare
Irene Squirrell
Daniel Stressow
Frank Tolksdorf
Lorraine Vartulli
Maria Viaggio
Irma Volrath
Monica Weingart
Antoinette Whalen
Marie Yozzo
Linda Zdrillic

Happy Birthday to All!

LOOKING AHEAD

Wednesday, August 7th — **12:45pm Summer Card Party. Cost: $2/pp. Sign up before August 1st.**

Wednesday, August 14th — **11:00am Business Meeting**

Thursday, August 15th — **3:00pm World Cuisine: The Philippines. Cost $5/pp Sign up by August 8th**

Wednesday, Sept 4th — **11:00am-2:00pm Pool Party at Bedford Hills Memorial Pool**

Thursday, September 5th — **8:30am – 3:30pm AARP-Safe Driving Course. AARP Members $20 Non-Members $25. *Checks Only*- Payment due at registration.**

Upcoming Trips

Tuesday, July 9th — **Resorts World Casino Catskills**
Cost $35/pp — **Depart Fox Center 7:30am**

Thursday, August 8th — **WBT Mambo Italiano Pre- Broadway Show!!!**
Cost: $80 **Sign up by June 28th** **Depart Fox Center 10:15**

Sunday, August 18th — **Tanglewood trip with Pleasantville Seniors**
Cost $99/pp Includes Bus and ticket **Depart Fox Center Approx. 9am**
Join us for a 2:30pm performance of the Boston Symphony Orchestra. Seating is under cover. Lunch on your own. Food available for purchase

Tuesday, September 10th Mohegan Sun
Cost $35/pp — **Depart Fox Center 7:30am**

Tuesday, October 15th — **Polka Polka Polka At Aquaturf Club, Ct.**
Cost $85/pp includes Bus, Lunch and show. More details to Follow

Tuesday, October 22nd — **West Point Tour with Lunch at the Thayer Hotel**
Details to Follow

Tuesday, November 12th — **Magnanini Farm Winery**
Cost $65/pp includes Bus, wine tasting and six course lunch. Only 18 spots available

Our Trip Policy

To register for a trip or program where there is a fee involved; a deposit of one half the trip price must be made to secure your seat.

1. ***Reservations are to be made in person and only for you (your friends must make their own).***
2. ***If you need assistance on a trip, we require that you bring a friend or relative (NOT a senior) to assist you.***
3. ***When you arrive on the day of the trip, we ask that you park at the far end of the building by the flagpole unless other arrangements are made***
4. ***If you must cancel, please notify us as soon as possible so that we can try to fill your spot.***
5. ***Only the office staff may make substitutions from the waiting list. Trip participants may not make substitutions.***
6. ***An emergency form is required to attend all trips and classes.***
7. ***Bus seating is done by health requirement first, then by registration.***
8. ***There is no "same day" trip seating***
9. ***Unless otherwise stated, final payment is due two weeks before the trip is scheduled unless other arrangements have been made.***
10. ***Please wear appropriate footwear on a trip especially where we will be walking outside***

If you will be late for a trip, please call us at 666-8766. We will let you know if we can wait for you

Mt. Kisco Senior Group's Mission Statement

The Mt. Kisco Senior Group Provides programs for independent seniors, 55 years and older which enhance their quality of life by meeting their Recreational needs. ***Mt. Kisco Residents have first preference in registration. According to our by-laws, participants must refrain from inappropriate speech and behavior. Anyone who fails to comply will be asked to leave the program.***

**** Because we are charged more for meals of those under sixty years of age, we will now be charging $8.00 for those under 60 to attend parties *****

NAME _____
ADDRESS _____
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TEL. #: _____

MOUNT KISCO SENIOR GROUP - FOX CENTER
38th ANNUAL RAFFLE

GREAT PRIZES!
$1.00 each or 6 for $5.00
DRAWING DATE; NOVEMBER 13, 2019

NAME _____
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TEL. #: _____

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VILLAGE/TOWN OF MOUNT KISCO
SENIOR NUTRITION PROGRAM

FOR INDEPENDENT ADULTS 60+ 914-666-8931

July 2019

CENTER WILL BE CLOSED, JULY 4th IN OBSERVANCE OF INDEPENDENCE DAY

** CHARITY BBQ, JULY 10TH – RESERVATION REQUIRED, SIGN UP WITH LIZ OR JOANNE.

SHOPPING TRIP TO TJ MAXX/MRS GREEN'S ON WEDNESDAY, JULY 3RD
SIGN-UP SHEET AT DESK ON DAY OF TRIP

TAI CHI ON MONDAYS WITH JOHN AT 10:00 AM

EXERCISE ON THURSDAYS AT 10:45 WITH JOHN O'CONNOR

BLOOD PRESSURE WILL BE TAKEN BY GAIL STELL, RN ON WEDNESDAY, JULY 31st FROM 9:30 AM-11:45AM.

PLEASE CALL 24 HRS IN ADVANCE FOR LUNCH & BUS RESERVATIONS.

JULY 2019

MOUNT KISCO SENIOR NUTRITION PROGRAM FOR ADULTS 60+

914-666-8931

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
1 SOLE FLORENTINE SHOP AT SHOPRITE	2 MEATLOAF NO SHOPPING	3 BBQ CHICKEN **SHOPPING AT TJ MAXX / MRS. GREEN'S**	4 **CENTER CLOSED** ***INDEPENDENCE DAY*** 	5 STUFFED SHELLS SHOP AT TARGET/ STOP & SHOP
8 KNOCKWURST SHOP AT SHOPRITE	9 CHICKEN RATATOUILLE NO SHOPPING	10 HAMBURGER HOTDOG ***CHARITY BBQ*** ***RESERVATION REQUIRED*** NO SHOPPING	11 SWEET & SOUR PORK SHOP AT SHOPRITE	12 EGG SALAD SANDWICH SHOP AT TARGET/ STOP & SHOP
15 STUFFED PEPPER SHOP AT SHOPRITE	16 PORK CHOP NO SHOPPING	17 EGGPLANT PARMIGIANA NO SHOPPING	18 CHICKEN WALDORF SALAD SHOP AT SHOPRITE	19 SALMON SHOP AT TARGET/ STOP & SHOP
22 SALISBURY STEAK SHOP AT SHOPRITE	23 TURKEY & CHEESE SANDWICH NO SHOPPING	24 UNSTUFFED CABBAGE NO SHOPPING	25 TILAPIA SHOP AT SHOPRITE	26 SPINACH QUICHE SHOP AT TARGET/ STOP & SHOP
29 BAKED FISH SHOP AT SHOPRITE	30 HAWAIIAN CHICKEN NO SHOPPING	31 CHEF'S SALAD ***BLOOD PRESSURE*** NO SHOPPING	**KERRI MONTANO, SITE MANAGER** **JEANNIE RALPH, PROGRAM ASSISTANT**	**SUGGESTED CONTRIBUTION - $3.00**