Fox Senior Center - November 2018

Liz Dieter, Recreation Supervisor : 914 666- 8766 **Kerri Montano, Nutrition Site Manager:666-8931**

Monday	Tuesday	Wednesday	Thursday	Friday
**** Participants must be pre-registered for this Tai Chi Class & Stories of Our Lives*** **Program**	**Remember to come to our Craft Sale at the Library Saturday, November 10th 10:00am- 3:00pm**		**1** 9:45 Tai Chi* 10:00 Crafts 11:00 Exercise video 12:00 Lunch 12:30 Chess 12:30 Clay Workshop 12:45 Chair Yoga 12:45 Italian Lessons	**2** 9:45 Bingo 10:00 Video 10:00 Canasta Lessons 12:00 Lunch 12:30 Ballroom Dance
5 9:45 Tai Chi* 10:00 Art Class 11:00 Exercise 12:00 Lunch 12:30 Stained Glass 12:30 Bridge 12:45 Wii Bowling	**6** **Center Closed** **Election Day**	**7** 9:30 Mat Yoga 10:00 Needlecrafts **11:00 Veteran's Day Program** **12:00 Lunch**	**8** 9:45 Tai Chi* 10:00 Crafts 11:00 Exercise video 12:00 Lunch 12:30 Chess 12:30 Clay Workshop 12:45 Chair Yoga 12:45 Italian Lessons	**9** 9:45 Bingo 10:00 Video 10:00 Canasta Lessons 12:00 Lunch 12:30 Ballroom Dance
12 ***Center Closed*** **Veteran's Day**	**13** 9:30 Chorus **10:00 Stories of Our Lives*** 10:30 Exercise 12:00 Lunch **12:30 Pace Nurses:Respiratory Issues** 12:30 Adult Coloring 12:45 Line Dance 1:00 Fox Centertainers	**14** 9:30 MatYoga 10:00 Needlecrafts **11:00 Business Meeting & Raffle** 12:00 Lunch **12:45 Tag Sale Wrap up Meeting**	**15** 9:45 Tai Chi* 10:00 Crafts 11:00 Exercise video 12:00 Lunch 12:30 Chess 12:30 Clay Workshop 12:45 Chair Yoga 12:45 Italian Lessons	**16** 9:45 Bingo 10:00 Video 10:00 Canasta Lessons 12:00 Lunch **12:30 Piano Bar**
19 9:45 Tai Chi* 10:00 Art Class 11:00 Exercise 12:00 Lunch 12:30 Stained Glass 12:30 Bridge 12:45 Wii Bowling	**20** 9:30 Chorus **10:00 Stories of Our Lives*** 10:30 Exercise 12:00 Lunch **12:30 Pace Nurses:Bladder Issues** 12:30 Adult Coloring 12:45 Line Dance 1:00 Fox Centertainers	**21** 9:30 Mat Yoga 10:00 Needlecrafts 10:45 Do You See 12:00 Lunch 12:30 Movie: **Mama Mia Here we go again**	**22** **Center Closed** **Thanksgiving**	**23** **Center Closed**
26 9:45 Tai Chi* 10:00 Art Class 11:00 Exercise 12:00 Lunch 12:30 Stained Glass 12:30 Bridge 12:45 Wii Bowling	**27** 9:30 Chorus **10:00 Stories of Our Lives*** 10:30 Exercise 12:00 Lunch 12:30 Adult Coloring 12:45 Line Dance 1:00 Fox Centertainers	**28** **9:30 Mat Yoga** 10:00 Needlecrafts 10:45 Do You See 12:00 Lunch **12:45 Birthday Party** 	**29** 9:45 Tai Chi* 10:00 Crafts 11:00 Exercise video 12:00 Lunch 12:30 Chess 12:30 Clay Workshop 12:45 Chair Yoga 12:45 Italian Lessons	**30** 9:45 Bingo 10:00 Video 10:00 Canasta Lessons 12:00 Lunch

Upcoming Trips

Monday, December 3rd **Enjoy the Holidays at Longwood Gardens**

Depart approx. 10:30am ***Arrive Home around 10:30pm***

Cost $68/pp includes transportation, admission, Taxes and gratuities.

This is a walking trip and will run Rain or shine or snow.

This trip is with the Pleasantville Seniors. If we have enough people, the bus will pick us up at the Fox Center. Come and experience their celebration of the Christmas tree. Outdoors, Illuminated trees lead you through the gardens. Sip cocoa and warm up by their welcoming fire pits, Listen to carolers, and relish the beauty and wonder of a Longwood Christmas

Thursday, February 21st **WBT Ain't Misbehavin'**

Depart Fox Center 10:00am

Cost $80/pp

Tuesday, March 5th **Mohegan Sun**

Depart Fox Center 7:30am

Cost $35/pp

Thursday, March 7th **WBT Menopause the Musical**

Depart Fox Center 10:00am

Cost $80/pp

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

WHEN LISTED: Thanks to an agreement between Pleasantville and Mount Kisco, We have joint trip offerings with their bus. These are unescorted trips for totally independent seniors. The cost is for trip transportation only. Transportation to and from the Fox Center and any meal is on your own.

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.***

Upcoming Events

Please sign up as soon as possible to avoid a program being cancelled!

Check the white board at the center or call 666-8766 for any last minute program changes

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 unless otherwise indicated *

Friday, November 2nd	10:00am Canasta Lessons –New!! Call 666-8766 to register
Tuesday, November, 6th	Center Closed, Election Day. VOTE!!!!
Wednesday, November 7th	11:00am Veteran's Day program- All Veterans Welcome!
Saturday, November 10th	10:00am Craft Sale at the Mount Kisco Library
Monday November 12th	Center Closed, Veteran's Day
Tuesday, November 13th	12:30pm Pace Nurses Present: Respiratory Issues
Wednesday, Nov 14th	11:00am Business Meeting with Raffle Drawing 12:45pm Tag sale wrap up meeting. Anyone who worked on the tag sale in any capacity (Pricing , selling, bake sale)is asked to attend.
Friday, November 16th	12:30pm Piano Bar
Tuesday, November 20th	12:30 Pace Nurses Present: Bladder Issues
Thursday, November 22nd	Center Closed- Happy Thanksgiving
Friday, Nov 23rd	Center Closed
Wednesday, November 28th	12:45pm Birthday Party
Friday, November 30th	6:00pm Holiday Tree Lighting – Village Hall

November Birthdays

Matilde Adam
Joan Arnold
Louise Baptiste
Thomas Begley
Gail Bernstein
Angela Bianco
Marie Bosch
Jan Braun
Maria Casioli
Josephine Cherubini
Michael Cindrich
Joan Cioffredi
Rebecca Cohen
Adrene Cohen
Paul Cohen
Katherine Collins
Maria DePoto
Catherine Devlin
Francesco Deleo
Lorenzo Esposito
Mary Farrell
Myrna Genauer
Sara Har
Mary Jane Hayes
Machiko Hollaman
Luz Hoyes
Helen Illig
Aaron Kaplan
Judy Lauder
Qin Lin
Joan Locurto
Ciro Mazuera
Christine Mazzullo
Peggy McPhillips
Lubowa Ntate
Arlene Odum
Nancy Palmiotto
Paula Piccione
Mary Pinnetta
Chatro Ramkellawan
Harry Rosenhouse
Phyllis Ruppert
Karen Sebring
Anne Steinmetz
Winifred Storms
Mildred Vasta
Merle Winokur
Jane Woodward

Happy Birthday to All!

Friday, December 7th	12:00pm Holiday Party Mount Kisco Country Club. Cost $35/pp Dinner Choice Arctic Char, Grilled top Sirloin or Roasted French breast of Chicken. Proper attire required. No Jeans. Reservations must be made by November 17th.
Wednesday, December 12th	12:00pm Fox Center Holiday Party Featuring the Fox Center-Tainers Cost 60+ $4.00/pp. <60 $8.00/pp. Reservations must be made by November 30th.

VILLAGE/TOWN OF MOUNT KISCO
SENIOR NUTRITION PROGRAM

FOR INDEPENDENT ADULTS 60+ 914-666-8931

November 2018

- ***MEDICARE FALL OPEN ENROLLMENT UNTIL DECEMBER 7TH. COUNSELORS WILL BE AT THE MOUNT KISCO LIBRARY EVERY WEDNESDAY 10:30 AM-1:30 PM TO PROVIDE EXPERT ASSISTANCE IN REVIEWING YOUR MEDICARE HEALTH INSURANCE AND PRESCRIPTION DRUG COVERAGE.***

- **CENTER CLOSED ON NOVEMBER 6th, NOVEMBER 12th, NOVEMBER 22ND AND 23RD.**

- **TRIP TO TJ MAXX/MRS. GREEN'S ON WEDNESDAY, NOVEMBER 7TH SIGN-UP SHEET AT DESK ON DAY OF TRIP.**

BLOOD PRESSURE WILL BE TAKEN BY GAIL STELL, RN ON WEDNESDAY, NOVEMBER 28TH FROM 9:30 AM-11:45AM.

- **DAYLIGHT SAVING TIME ENDS ON NOVEMBER 4TH REMEMBER TO TURN BACK YOUR CLOCK ONE HOUR.**

HAPPY THANKSGIVING!

NOVEMBER 2018

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
LUNCH SERVED AT 12 NOON RESERVE 24HRS IN ADVANCE	SUGGESTED LUNCH CONTRIBUTION - $3.00	KERRI MONTANO, SITE MANAGER JEANNIE RALPH PROGRAM ASSISTANT	1 BBQ CHICKEN SHOP AT SHOPRITE	2 EGGPLANT PARMIGIANA SHOP AT TARGET/ STOP & SHOP
5 SOLE FLORENTINE SHOP AT SHOPRITE	6 **CENTER CLOSED** ***ELECTION DAY*** 	7 MANICOTTI ***VETERAN'S PRGM*** ***SHOP AT TJ MAXX / MRS. GREEN'S***	8 TURKEY A LA KING SHOP AT SHOPRITE	9 MEATLOAF SHOP AT TARGET/ STOP & SHOP
12 **CENTER CLOSED** 	13 MACARONI & CHEESE NO SHOPPING	14 POT ROAST NO SHOPPING	15 SALMON SHOP AT SHOPRITE	16 PESTO CHICKEN SHOP AT TARGET/ STOP & SHOP
19 KNOCKWURST SHOP AT SHOPRITE	20 TURKEY SHOP AT TARGET / STOP & SHOP	21 FRITTATA NO SHOPPING	22 ***HAPPY THANKSGIVING*** 	23 **CENTER CLOSED**
26 CRAB CAKES SHOP AT SHOPRITE	27 PORK NO SHOPPING	28 CHEESE LASAGNA ***BLOOD PRESSURE*** NO SHOPPING	29 SALISBURY STEAK SHOP AT SHOPRITE	30 CHICKEN CACCIATORE SHOP AT TARGET/ STOP & SHOP