



SENIOR HAPPENINGS



AUGUST 2024

AUGUST PROGRAMS ON THE "ROAD"

Tuesdays@10 Walking Group - Tuesdays in August (*No Walk on August 13th and August 27th*)/10 am/Meet at the Scarsdale Train Station



Join together for a walk along the Bronx River Every Tuesday!

- Location – Meet in front of Starbucks at the Scarsdale Train Station. 90-minute meter parking nearby (*6 quarters*).
- Route – 2-mile **round trip** walk to Harney Road and back along a flat, paved path with benches along the way.
- Duration – Plan for 45 minutes to an hour depending on our pace.
- This is a fantastic opportunity to enjoy the serene beauty of the Bronx River, stay active and connect with fellow walkers. Whether you're a regular walker or just starting, all are welcome to join. Make our Tuesday walks a highlight of the week!

Please RSVP to msilver@scarsdale.com to confirm your attendance and receive any weather updates or additional information. (*If I don't know you are planning to walk, I can't notify you if there is a weather-related cancellation!*)

Art Therapy for Seniors - Tuesday, August 16th/Scarsdale Library/10-11:30 am

Join the Scarsdale Chinese Seniors for an Art Therapy program designed to enhance emotional well-being and promote social engagement through art experimentation and self-expression. Participants will explore various art mediums in a supportive and inclusive environment, guided by an art therapist. No prior experience is required, just a willingness to explore and enjoy. Limited space, for Scarsdale residents only. **Registration is required on the library website** (*coming soon.*) This event is organized by the local student group Intergenerational Impacts (IGI).

AUGUST PROGRAMS AT THE SCARSDALE POOL

****ONLY SCARSDALE SENIOR CLUB MEMBERS WHO HAVE PRE-REGISTERED WILL BE ALLOWED TO JOIN IN.** The art supplies, food that O'Neill's will order for our picnic and shaded table seating will only be enough for the group that is pre-registered. Email msilver@scarsdale.com to register!

Crafts – Thursday, August 8th/1:30-2:30 pm

Create a cute **Macrame Bracelet** with beads and nylon cord. It's easy to make once you learn and practice making the knot and you will be guided step-by-step through this process. Pick up a new skill! Create something beautiful! Enjoy the company of your fellow crafters! **Registration closes end of day, Monday, August 5th.**



energy,) and Tai Chi Choreography to create the slow, smooth and soft movements of classical Tai Chi with which people are familiar. You will finish this fun class feeling refreshed and rejuvenated.

Join Zoom Meeting:

<https://zoom.us/j/96027633204?pwd=eDUyQWZXRm1pZHFoSG8yZTFRaGRJUT09#success>

Meeting ID: 960 2763 3204 Passcode: 7221191

*****Please copy the above Zoom links for easy access or Log onto www.scarsdale.com and CLICK on the following:**

- Sports & Recreation
- Recreation (Basketball Picture)
- Seniors
- Zoom link for your preferred class

August Aging in Place with Stacey Cook, LMSW, C-ASWCM, Aging in Place Coordinator, Scarsdale Edgemont Family Counseling – Thursdays at the Girl Scout House (Upstairs)
August 1st, 8th and 15th /11 am-12:30 pm – Topics TBD

HIGHLIGHTS OF JULY IN PICTURES!

Crafts! ***Decorative Planters***



Tuesdays@ 10 Walk Along the Bronx River



Picnic Lunch & Learn



Attended and enjoyed by over 30 people- join us on August 22nd for an encore!

IN THE COMMUNITY

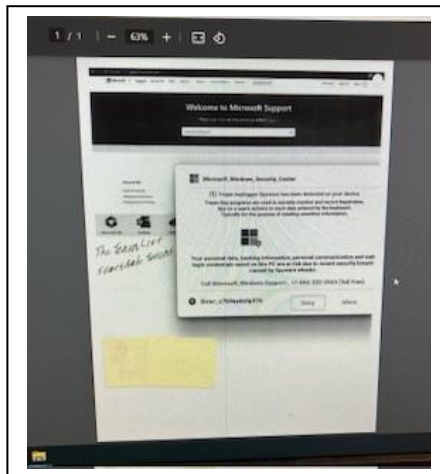


- **MidSummer Soirée**
Thursday, August 15th/Barnes & Noble Terrace Café, 680 White Plains Road, Scarsdale/5:30 – 7:30 pm
The Rotary Club of Scarsdale invites ages 60's+ to step out for a festive midsummer night's eve, to mix, meet and enjoy good food and drinks. Tickets: \$35 per person includes wine, beer, and light dinner. For more information and to purchase tickets, follow this link <https://scarsdalerotary.org/single-seniors>
- **Scarsdale Party in the Park**
Friday, August 16/Hyatt Park, 143-167 Grand Blvd/6 – 8 pm
Come out to beautiful Hyatt Park for an evening of music, ice cream and fun for you and the whole family! Bring a towel or a blanket and a picnic dinner. Remember - pets are prohibited.
- **Senior Dance Party**
Wednesday, August 21st/10 am – 1:30 pm/Glen Island Park, Weyman Ave, New Rochelle
Enjoy a day of dancing and dance lessons led by a visiting DJ, sponsored by Westchester County Parks. Free admission and free parking. Lunch served at 11:30 am (one lunch provided per registrant.) To make a reservation, call (914) 218-3968. Reservation deadline: Tuesday, August 14th



One of our Scarsdale Senior Club members notified me of an internet scam he encountered and encouraged me to share. His comments are as follows: *I received an email addressed to "Scarsdale Seniors". When I opened the email, however, my laptop froze with a message that my computer had been infected. A picture of what I saw is attached. When you first encounter this, it appears that you cannot get rid of it and are tempted to call the "Microsoft number" they suggest. **Don't** because that will invite them into your computer. Once you take a deep breath, you can either minimize the page by pressing the ESC button, or simply X out the page at the top if it has not consumed the entire page.*

Given the gravity and the many numbers of different scams directed at Seniors we learned about at the Senior Safety Expo last month, please Be Alert! Thank you, Robert, for sharing this example.



Join us for our August programs and bring a Scarsdale Senior Club friend!

If you have friends who live in the Village who aren't members yet, please see the Membership Registration form immediately below...

Scarsdale Senior Club – Membership Registration 2023-2024

MEMBERSHIP: Scarsdale Residents \$15 _____ Eligible Non-Residents \$20 _____ (EXPIRES 8/31/24)

Name: _____ **Phone #** _____

Address: _____

Date of Birth: _____ **E-Mail** _____

Emergency Contact Name & Number: _____

SENIOR CLUB MEMBERSHIP

All Scarsdale residents, 60 years of age and older are welcome to become a member of the Scarsdale Senior Club. The fee is \$15 for residents. Former residents of 20+ years, or parents of children who live in Scarsdale, even if they live outside of Scarsdale, are welcome to join the group for \$20.

SENIOR CLUB MEMBERSHIP BENEFITS

1. One-way Taxi Service Transportation for Village of Scarsdale Residents ONLY
2. Exercise classes via Zoom and in-person on Mondays, Wednesdays and Thursdays
3. Special membership rates for luncheons, trips and programs
4. Pool admittance on Thursday afternoons during summer pool season
5. Aqua Aerobics and special Senior programs at the pool complex

Village Of Scarsdale
Parks, Recreation and Conservation
244 Heathcote Road
Scarsdale, NY 10583