



SENIOR HAPPENINGS



NOVEMBER 2024

In the spirit of Thanksgiving, November represents a month of gratitude and giving back. With the intention of spreading warmth and kindness, you are invited to participate in several special experiences designed to support those in need and to foster a sense of togetherness during this reflective time. Small acts of thoughtfulness can make a difference in the lives of those around us and will also cultivate a deeper sense of gratitude within each of us. ****Please join me for several community service projects** along with an array of ongoing and new programs for November.

NOVEMBER PROGRAMS AT THE GIRL SCOUT HOUSE

Fall Gelli Printing Class - Monday, November 4th/9:30-11 am/Downstairs



Return (or come for the first time) for Gelli Printing! Mixed media artist and Printmaker Ellen Lazarus (www.EllenLazarus.com) will teach you how to make unique, one-of-a-kind prints, printed gift bags and gift tags using a “gelatin” flexible plate. NO EXPERIENCE NECESSARY, just a willing attitude to have fun, experiment with all kinds of supplies, and enjoy a relaxing art-making technique. Most supplies provided; a suggested list of mark-making tools to bring from home will be provided to those who register.

Limited to 10 individuals per class. Advance registration and \$5 materials fee per class is required. Please register online at www.scarsdale.gov (or email msilver@scarsdale.gov for assistance.)

Mindfulness Meditation – Monday, November 11th/11 am-Noon/Upstairs

Raditia Lasry, experienced Mindfulness Meditation instructor, will be returning to follow-up on experiencing mindfulness meditation. Together we'll explore practical tools to transition into a state of ease for both mind and body. Life's external influences can be overwhelming, making it challenging to find comfort in our daily rhythm. Whether you've joined us for Mindfulness Meditation before, or want to start now, join us for this session and realize that achieving simplicity and joy is not only possible but also a delightful journey. Please RSVP to msilver@scarsdale.gov



Community Service/WJCS Early Childhood Book Project

Tuesday, November 12th/9:30-11 am/Downstairs



****Volunteer for this impactful project!** WJCS ParentChild+ is an early learning program that has been running for over 50 years in Mount Vernon, New Rochelle, Port Chester, Sleepy Hollow, Tarrytown, White Plains and Yonkers. It's a strength-based, at-home program that supports parents as their children's first and most important teachers. Trained Early Learning Specialists visit with each family twice a week. They bring books and toys and show the families how to use them to

promote early learning and school readiness. Most of the families are Spanish speakers interested in learning English. Some of the books can only be purchased in English, so volunteers place stickers with the Spanish words next to the English words in the books. It takes just a few minutes to label each book. Follow this link to learn more about ParentChild+, <https://parentchildplus.org/>

Please join me in making a difference in the lives of young children. RSVP to msilver@scarsdale.gov

Scarsdale Historical Society – Wednesday, November 13th/11 am-Noon/Upstairs

For those of you who missed the exceptional guided Walking Tour of Downtown Scarsdale led by historian Jordan Copeland earlier in the month, please follow this link to see the *Scarsdale 10583* article for highlights:

<https://scarsdale10583.com/the-goods/11162-village-historian-conducts-a-walking-tour-spanning-centuries-in-scarsdale>



Join us in November for a new video entitled, “**The Village: A History of Downtown Scarsdale**”. This film will complement the walking tour for those of you who attended and want to learn more. It features rare archival images and interviews with local historians including Jordan Copeland, Leslie Chang and Peter Blier.



In addition, Jordan will screen “**A Tour of the Cudner-Hyatt House Museum**”

which tells the story of one of Scarsdale's earliest farmhouses. The Cudner-Hyatt House was saved from destruction by the Scarsdale Historical Society and turned it into a popular museum from the 1980s till its doors were closed in 2016.

Please RSVP to msilver@scarsdale.gov and discover captivating stories about the place you call home.

Political Drama Film Series - Monday, November 18th/11 am-2 pm/Upstairs



The last film in a series that has kept us captivated during the months leading up to the 2024 Presidential Election. We don't know how the race will end quite yet but prepare yourself for a recount! So let's join together for this compelling film and an engaging discussion led by Cheryl Passavanti, film lecturer at Iona College...

RECOUNT: Kevin Spacey, Bob Balaban, Ed Begley Jr, Laura Dern, Denis Leary
Award-winning film exploring the human drama surrounding the controversial 2000 presidential election between Texas Governor George W. Bush and US Vice President Al Gore - chronicling the infamous Bush v. Gore case which was contested all the way to the Supreme Court. 1 hour 56 minutes

Come for MOVIE MONDAYS! Enjoy an award-winning film and a light lunch too! RSVP to msilver@scarsdale.gov

Crafts! – Make One/Donate One

Wednesday, November 20th/11 am-Noon/Downstairs

Have fun combining thread, rings and leather to construct a funky colorful necklace.

*****Make one for yourself and another to be donated to girls attending the Weiner Academy for Young Women, a program of WJCS in Yonkers.*** This crafts class is part of our gift of giving activities this month. Please RSVP to msilver@scarsdale.gov



Thanksgiving Party – Thursday, November 21st/11 am-12:30 pm/Upstairs
You are invited to a festive Thanksgiving party sponsored by Scarsdale Senior Club, Scarsdale Library and Scarsdale/Edgemont Family Counseling. **RSVP to msilver@scarsdale.gov** to ensure that we have enough food.



****Please bring a NEW toy or book to be donated to a Heads Start Center in Westchester.**

NOVEMBER PROGRAMS “ON THE ROAD”

Tuesdays@10 Walking Group - WEATHER PERMITTING

Tuesdays in November/10 am/Meet at the Scarsdale Train Station **NO WALK ON NOVEMBER 26th****

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

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

Pottery Painting at Honest Art

Wednesday, November 6th/10:30 am-Noon/Honest Art Studio/708 Saw Mill River Rd/Ardsley

Boasting the largest pottery collection in Westchester, Honest Art is the space to unleash your inner artist! Find a pre-made ceramic piece you like, paint it, leave it to be fired and pick it up at the Rec office in a week or less. Honest Art has offered the Scarsdale Senior Club a discounted price of 20% off any of the pieces or a flat fee of \$25 for selected pieces.



Let's paint beautiful pottery together and have fun making something very special! **RSVP a must by Monday, November 4th. Space is limited! Email msilver@scarsdale.gov**

Lunch on the Town – Liebman's Deli

**Wednesday, November 6th/Noon – 1:30 pm/Liebman's Deli/
472 Ashford Ave/Ardsley**

Liebman's Deli, the iconic and popular restaurant in Riverdale since 1953 has recently opened in Westchester! Since its opening in Ardsley, Liebman's has been a go-to restaurant experience.



This monthly program aims to create a welcoming space for all of us to meet, chat, make friends and foster a strong sense of belonging within our community.

RSVP ASAP! Please email msilver@scarsdale.gov to be included in the reservation

****Community Service Project - United Interfaith Food Bank Packing**

Scarsdale Synagogue - Temples Tremont & Emanu-El – Friday, November 8th and November 22nd/

9:30 - 10:30 am/2 Ogden Road/Scarsdale (parking on site)



The United Interfaith Food Bank (the "UIFB") is a cooperative of houses of worship in southern Westchester helping to feed the hungry since 2004. Each month, volunteers unpack deliveries from Feeding Westchester, collect supplemental food items, sort and re-pack the food into individual family bags and deliver approximately 250 bags of food to the five Family Services of Westchester Head Start sites. Each bag contains a variety of fish, soup, black beans, rice, pasta, pasta sauce and cereal.

We will meet at Scarsdale Synagogue at 9:30 am and join others for this meaningful experience. Kathy Hurwitz and I have volunteered in the past and we hope you will become a valued member of our volunteer team. **Please RSVP to msilver@scarsdale.gov if you can attend.**

****Volunteer Story Reader for Little Ferns Preschool**

Friday, November 15th/10 am-10:30 am/Weinberg Nature Center

Delight in the company of the Little Ferns preschoolers! Be a volunteer reader of a children's nature/animal story and let your inner child shine! Books available for you to choose from. **Limit to 3 volunteers!**

Please RSVP to msilver@scarsdale.gov



ONGOING PROGRAMS AT THE GIRL SCOUT HOUSE (GSH)

Chair Yoga with Judy Schwartzman

Via Zoom and IN-PERSON (Upstairs): Mondays 10:00 – 10:45 am **NO PROGRAM ON NOVEMBER 18th****

De-stress in this 45-minute seated and standing class as we move through poses that tone and stretch our bodies from head to toe to ease aches and pains. Work on balance and use breath-work to relax our minds.

Join Zoom Meeting: <https://zoom.us/j/95676580818?pwd=cDltZWlQYkZ6QzF6ZURsVDZka3BRUT09#success>

Meeting ID: 956 7658 0818 Passcode: 7221191

Chinese Association Weekly Gathering

Tuesdays 9:00 am – Noon (Upstairs)

Join the vibrant Chinese Seniors for a morning of community, friendship and cultural activities.

Strength and Grace with Judy Schwartzman

Via Zoom and IN-PERSON (Upstairs): Wednesdays 10:00 – 10:45 am

In this 45-minute-class, tone your body through a series of Barre and Yoga inspired exercises using only your own body weight and a chair for balance or to sit on. No equipment necessary as we strengthen and lengthen muscles, improve core strength for a healthy back and let out our inner ballerinas.

Join Zoom Meeting: <https://zoom.us/j/98990415841?pwd=S2JoUmNPRGJvdVUrSmthR3ROeVNSZz09#success>

Meeting ID: 989 9041 5841 Passcode: 7221191

Tai Chi with Master Domingo Colon

Via Zoom and IN-PERSON (Upstairs): Thursdays 10:00 – 10:45 am

This is an easy to follow, seated, 45-minute Tai Chi class. Nothing to learn...nothing to memorize. We'll work on relaxation, balance, breathing, strength and flexibility all performed in a comfortable and safe seated position. The class will include Meditation/relaxation technique, Tai Chi, Chi Gung (exercises for increasing flexibility and 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.gov and CLICK on the following:

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

November Aging in Place with Stacey Cook, LMSW, C-ASWCM, Aging in Place Coordinator, Scarsdale Edgemont Family Counseling (SEFC) – **Thursdays (Upstairs)**
November 7th/11 am-12:30 pm: Alzheimer’s series- healthy living
November 14th/11 am – 12:30 pm: Presentation on osteoporosis for treatment and prevention

NOVEMBER HIGHLIGHTS AT THE SCARSDALE LIBRARY
Register on the Scarsdale Library website www.scarsdalelibrary.org/events

HIGHLIGHTS OF OCTOBER IN PICTURES!

WJCS Book Project



Hike with Little Ferns



Tuesdays@ 10 Walk Along the Bronx River



Political Film Series Wag the Dog



Lunch on the Town Seven Woks



White Plains Performing Arts – “Jekyll & Hyde”



Tour of Lyndhurst Mansion



Scarsdale Historical Society Walking Tour of Downtown Scarsdale



Vital Aging Fair



Crafts! Wooden Pumpkin



Halloween Party





IN THE COMMUNITY

Each year, Scarsdale Rotary Club provides Thanksgiving Dinner "Baskets" to isolated people in the area. The criteria is simply anyone who will be alone at Thanksgiving for any reason. It's not a financial concern, but that could be involved. This is part of the Rotary's Emotional Wellness program, to aim to decrease isolation.

The Scarsdale Rotary Club provides a full menu from soup to dessert, enough to feed 2. They provide a full Rotisserie chicken instead of Turkey as it's easier for all and they deliver the meal to you.

If you are interested, please let me know as soon as possible. Email msilver@scarsdale.gov

See next page for Scarsdale Senior Club – Membership Registration Form 2024-2025

Scarsdale Senior Club – Membership Registration 2024-2025

MEMBERSHIP: Scarsdale Residents \$15 _____ Eligible Non-Residents \$20 _____
(EXPIRES 8/31/25)

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 members of the Scarsdale Senior Club. The fee is \$15 for residents. Former homeowners of 20+ years, or non-residents of Scarsdale whose children currently live in Scarsdale, are welcome to join the group for \$20.

SENIOR CLUB MEMBERSHIP BENEFITS

1. One-way taxi service transportation, up to \$25 to local medical and dental appointments for current Village of Scarsdale residents ONLY.
2. Exercise classes via Zoom and in-person on Mondays, Wednesdays and Thursdays.
3. Ongoing programs at the Girl Scout House including crafts, educational talks, film screenings, holiday celebrations, meditation and wellness, social action projects and more. Monthly “Lunch on the Town” and potential trips.
4. Free admission to the Scarsdale Pool Complex on Thursdays after 1:00pm during the summer pool season.
5. Free aqua aerobics classes at the Scarsdale Pool Complex during the summer pool season.

HOW TO REGISTER

- Join online at www.scarsdale.gov
- Come to the Scarsdale Parks, Recreation & Conservation office at 244 Heathcote Rd to register in person or complete this form and mail. Checks are to be made payable to the *Village of Scarsdale*.
- Call Maida Silver, Senior Coordinator, at (914) 722-1162 for assistance.

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