



# SENIOR HAPPENINGS



## SEPTEMBER 2025

*With crisp mornings and fall colors around the corner, we're ready to launch an exciting new year with the Scarsdale Senior Club! The 2025–2026 program year is here, bringing fresh opportunities to connect, learn, move and have fun. From our Senior BBQ to heart-warming films, line dancing, weekly exercise classes and creative workshops, this year is packed with ways to stay active, together, and engaged.*

*Grab your calendar, **renew your membership starting September 1st**, and join us in making this year our best yet!*

### SEPTEMBER PROGRAMS AT THE GIRL SCOUT HOUSE

#### Welcome Back Bagel Brunch

**Monday, September 8th/10-11 am/Upstairs**

Bagels, coffee, friends, and socializing; what better way to start the new Scarsdale Senior Club year? Come hungry, leave gratified! And with gratitude in our hearts for good food and good friends, plan to stay for **Mindfulness Meditation** to nourish our mind and spirit.



To ensure we have enough food for everyone, **RSVP is REQUIRED** in advance. Please email [msilver@scarsdale.gov](mailto:msilver@scarsdale.gov)

#### Mindfulness Meditation – Monday, September 8th/11 am-Noon/Upstairs

Discover inner peace with our monthly Mindfulness-Meditation class. September marks a natural turning point – a transition from summer to fall. As the days grow shorter and the air cools, meditation offers a perfect way to slow down, reset, and cultivate calm amid change. Starting or renewing your meditation practice this September helps you build resilience, reduce stress, and increase focus. It's a simple, powerful tool to carry you through the months ahead with clarity and peace.

Please RSVP to [msilver@scarsdale.gov](mailto:msilver@scarsdale.gov)



#### Wellness - Strong Women, Strong Bones: Empowering Your Bone Health Let's Talk about Osteoporosis

**Wednesday, September 10th/11 am-Noon/Upstairs**

Learn how Osteoporosis affects women as they age, what lifestyle and nutritional changes can support bone density, and how to stay active while reducing the risk of fractures. Explore why women are at greater risk. With the right knowledge and habits - like proper nutrition, weight-bearing and balance exercises, as well as fall prevention strategies - bone loss can be slowed and fractures prevented.

Let's discuss what Osteopenia is, the role of calcium and vitamin D, supplements, and review the current

pharmaceuticals in treating bone loss. **Bone health affects overall health.** Strong bones support **mobility, balance, and confidence**, all of which are key to healthy aging and maintaining an active, independent lifestyle. Please RSVP to [msilver@scarsdale.gov](mailto:msilver@scarsdale.gov)

### **ArtsWestchester – Working with Air-Dry Clay**

**Monday, September 15th/9:30-11:30 am/Downstairs**

ArtsMobile will visit the Scarsdale Senior Club again this year and will conduct a special Air-Dry Clay Workshop – don't miss it! The ArtsMobile program, created by ArtsWestchester and sponsored by White Plains Hospital and Westchester County, provides art workshops to organizations and community sites throughout Westchester. **NO FEE, BUT RSVP IS REQUIRED TO ATTEND!** Please email [msilver@scarsdale.gov](mailto:msilver@scarsdale.gov)



### **Crafts! – Puzzle Piece Jewelry – Wednesday, September 17th/ 11 am-Noon/Downstairs**



Get creative. Get crafty and make unique, charming earrings inspired by jigsaw puzzle pieces! Whether you're a seasoned DIYer or just looking for a fun way to try something new, this workshop is perfect for all skill levels. Create and design your unique earrings by using puzzle pieces and colored paint and/or markers. Please RSVP to [msilver@scarsdale.gov](mailto:msilver@scarsdale.gov)

### **SEPTEMBER PROGRAMS "ON THE ROAD"**



**Tuesdays@10 Walking Group** - Tuesdays in September (*No Walk on September 23rd*)/10 am/Meet at the Scarsdale Train Station.

Join together for a walk along the Bronx River every Tuesday (weather permitting.)

- 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!

**Check your email for weather updates or additional information.**

### **Senior Barbeque & Dance to the Beat – Thursday, September 4th/ 12 pm/Pool**

Join us for a day filled with food, fun, and fitness as we celebrate the start of a brand-new year of exciting activities!

- 12-1:30 pm: Enjoy a delicious lunch hosted by O'Neill's for just **\$5 per person.**
- 1:30-2:30 pm: Get moving with group line dancing led by Steven Dillard, creator of Fun Bunch Line Dancing.



- 3-4 pm: Refresh and revitalize with Alexa and Aqua Aerobics.
- **ONLINE REGISTRATION IS REQUESTED! Renew your membership and register for the BBQ online from September 1st on.**

**Please Note: You must have a 2025-2026 Senior Club membership to attend this event.**

All Village of Scarsdale residents, 60 years of age and older, are welcome to become members of the Scarsdale Senior Club. **The fee is \$20 per person 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 \$25 per person.** Proof of former residence or children's current residence must be provided.

How to Register: **Secure your spot** by registering for the Senior Club and the BBQ

- Online at [www.scarsdale.gov](http://www.scarsdale.gov)
- In person at the Village of Scarsdale Parks, Recreation and Conservation office located at 244 Heathcote Road (*see registration form at the end of this newsletter*)
- In person at the BBQ (please have exact bills or make your check payable to The Village of Scarsdale)
- Call me at (914) 722-1162 for assistance.

## **EXERCISE AT THE GIRL SCOUT HOUSE**

**Strength & Stretch** with Jodi Berkowitz

**IN-PERSON ONLY (Upstairs): Wednesdays 10 – 10:45 am**

*This upbeat class incorporates balance, mobility, strength, and flexibility exercises - all important components of maintaining an active and healthy lifestyle. Set to music, this 45-minute class includes both exercises that are seated, and those that will get you up on your feet and moving. Body weight exercises and those that use light weights (optional) will be incorporated into this full-body workout.*

**Tai Chi** with Master Domingo Colon

**Via Zoom and IN-PERSON (Upstairs): Thursdays 10 – 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 link for easy access or Log onto [www.scarsdale.gov](http://www.scarsdale.gov) and CLICK on the following:**

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

**Fitness Flair in the Chair** with Ellen Cohen

**IN PERSON ONLY (Upstairs): Fridays 9-9:45 am**

*Fitness Flair in the Chair is a combination of chair yoga and gentle fitness. Students will practice movements to improve strength, stamina and flexibility and to reduce stress. The classes include basic exercises, working all muscle groups and include stretching, yoga, guided meditation and breath work. The classes are appropriate for all levels and are set to fun music. They will leave you feeling relaxed yet invigorated!*

**Coming in October – Weekly Line Dancing with Brandon Whyte/Tuesdays at the Girl Scout House/1pm – Watch for more information in the October Happenings Newsletter**

**SEPTEMBER AGING IN PLACE** with Stacey Cook, LMSW, C-ASWCM, Aging in Place Coordinator, Scarsdale Edgemont Family Counseling (SEFC)

Money Smart for Older Adults presented by Patriot Bank - Thursday, September 11th/11 am-12:30 pm/Girl Scout House (Upstairs) RSVP to Stacey by September 9th

Understanding Alzheimer's and Dementia presented by the Alzheimer's Association –

Thursday, September 25th/11 am-12:30 pm/Girl Scout Huse (Upstairs) RSVP to Stacey by September 23rd

### **SEPTEMBER HIGHLIGHTS AT THE SCARSDALE LIBRARY**

Author Talk: Hyeseung Song - *Docile* – Saturday September 13th/2:30-3:30 pm

Book Launch: Barbara Josselsohn – *The Secret Orphanage* – Monday, September 15th/7-8:30 pm

Talk: A Concise History of Western Music with Harold Rosenbaum– Thursday, September 18th/2-3 pm

NY Opera Forum Concert – Mozart's *The Magic Flute* – Saturday, September 27th/1:30-4:30 pm

Talk: The Immigration Debate: Historical Perspective & Current Enforcement Efforts with Robert Groban – Tuesday, September 30th/7-8 pm

### **A FEW HIGHLIGHTS OF JULY/AUGUST IN PICTURES**

#### ***Crafts! At the Pool – Yarn Mandalas***



#### ***Monthly Chill – 16 Handles***



### **IN THE COMMUNITY**

**A Social for Ages 60+** - A program of The Rotary of Scarsdale, White Plains and Bronxville/Thursday, September 4th/5:30-7:30 pm/Barnes and Noble Terrace Café (*Outdoor Event*)/680 White Plains Rd/Eastchester

**Meet, Mix & Mingle:** Food, Drinks and Live Music. \$35/person online (\$40 at the door.) Wine, beer and light dinner included. RSVP - [www.scarsdalerotary.org](http://www.scarsdalerotary.org)



## Scarsdale Senior Club – Membership Registration 2025-2026

**MEMBERSHIP: Scarsdale Residents \$20 \_\_\_\_\_ Eligible Non-Residents \$25 \_\_\_\_\_**  
**(EXPIRES 8/31/26)**

**Name:** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**Address:**

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**Date of Birth:** \_\_\_\_\_ **E-Mail** \_\_\_\_\_

**Emergency Contact Name & Number:**

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### 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 \$20 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 \$25.**

### 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.
3. Ongoing programs at the Girl Scout House include 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 1:00 pm 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](http://www.scarsdale.gov)
- Come to 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  
(914) 722-1160