

# SENIOR HAPPENINGS



## FEBRUARY 2026

*February may be the shortest month of the year, but it's full of opportunities to connect, stay active, and try something new. From movement and mindfulness to fun social and thoughtful gatherings, you are invited to join us for programs that nourish mind, body and spirit.*

### FEBRUARY PROGRAMS AT THE GIRL SCOUT HOUSE

#### **Mindfulness Meditation** – Monday, February 2nd/11 am-Noon/Upstairs

Meditation in February is about kindness to yourself. Designed with meditators and first-time participants in mind, this practice focuses on relaxation, breathing, and gentle awareness to help you feel more centered and at ease. Led by the very skilled Raditia Lasry, each session explores simple techniques to help you find balance, manage stress, and connect with a supportive community on the same journey. Please RSVP to [msilver@scarsdale.gov](mailto:msilver@scarsdale.gov)



#### **Line Dancing** – TUESDAYS: February 3rd, 10th, 24th/ 1 – 1:45 pm/Upstairs **\*\*February 17th CANCELLED**

When winter keeps us indoors, line dancing offers a great way to keep the body moving and the mind engaged. It supports balance, coordination, and heart health while being fun, social, and easy to follow.

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

#### **Valentine's Party** – Thursday, February 5th/11:30 am-12:30 pm/Upstairs

*(With Scarsdale Edgemont Family Counseling)*

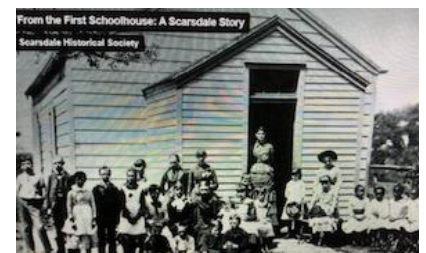
Valentine's Day is a perfect reminder that connection matters. Come together for a casual, cheerful get-together celebrating friendship, warmth, and being part of a caring community. Please RSVP to [msilver@scarsdale.gov](mailto:msilver@scarsdale.gov)



### **Scarsdale Historical Society Film & Talk - From the First Schoolhouse: A Scarsdale Story**

#### **Monday, February 9th/11 am-Noon/Upstairs**

As Scarsdale grew from a small farming community into a modern suburban village, residents made educating their children and building new schools a top priority. The film traces how the Scarsdale schools grew from one room schoolhouses to becoming models of learning and innovation. It features insights from educator Ruth Friendly; Scarsdale Alternative School founder Tony Arenella; SHS alum William Klayer; local historians Jordan Copeland, Leslie Chang, and Daniel Glauber of Scarsdale Public Library; and journalist Lori Rothman. Please RSVP to [msilver@scarsdale.gov](mailto:msilver@scarsdale.gov)



## **Crafts! – Decoupage Picture Frame - Wednesday, February 18th/11 am-Noon/Downstairs**



Decorate picture frames with hearts during the month of Valentine’s Day using origami paper to make decoupage designs. Create a fun and beautiful frame to display a picture of the ones you love.

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

## **News & Views – Monday, February 23rd/9:30-10:10 am/Upstairs**

Stay informed, share your thoughts, and enjoy animated conversation with **News & Views**, a lively **monthly** discussion group led by Ralph Cohen. This program dives into current events, offering insights, analysis, and plenty of opportunities to explore different perspectives. Whether you love debating, asking questions, or just listening and learning, News & Views is designed to be engaging, fun, and highly informative. No expert knowledge or experience is required and no need to speak up if you’re shy—there’s something for everyone, from thoughtful observation to spirited discussion. Join us to stay connected, challenge your thinking, and enjoy an enriching conversation about the world around us. Please RSVP to [msilver@scarsdale.gov](mailto:msilver@scarsdale.gov)



## **ChatGPT Cordially Invites You: AI for Personal Productivity & Development/PART 1**

**Wednesday, February 25th/11am-12:30 pm/Upstairs**

Curious about how artificial intelligence can help in your everyday life? In this hands-on class, you’ll explore practical ways to use ChatGPT for organization, creativity, learning, and productivity. From brainstorming and writing to simplifying your to-do list, you’ll leave with skills (and prompts) to make AI your helpful, approachable digital companion. Bring your own phone or laptop (optional.)

Our teacher, Catherine Wecksell, has for more than 25 years helped people learn, collaborate, and perform at their best. She holds a master’s degree in Workplace Learning and Organizational Development along with ATD certification in facilitation and talent development. Catherine uses AI, including ChatGPT, in her professional and personal projects and enjoys helping others explore its practical, ethical, and creative potential. Please RSVP to [msilver@scarsdale.gov](mailto:msilver@scarsdale.gov)

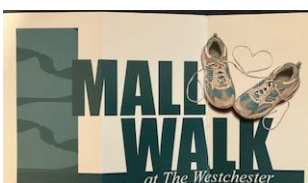
## **Chinese Association Weekly Gathering – Tuesdays/9 am – Noon/Upstairs**

**\*\*February 17<sup>th</sup> CANCELLED**

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

## **JANUARY PROGRAMS “ON THE ROAD”**

**Winter Mall Walk at The Westchester** – Tuesdays: February 3rd, 10th, 17th, 24th/Meet at 9 am in the Food Court



Join together in a warm and safe space to stay active during the colder months  
**Tips:**

- Park in the **Hale Ave garage entrance** to the mall (Hale Ave is your first left off Maple before Paulding St and Mamaroneck Ave.)
- Leave your coat in the car if you don’t want to wear or carry it during the walk.

- Take the elevator to “Savor” (which is the Food Court.)
- First time mall walking there are a few forms to fill out. You will receive a membership card and a sticker for **FREE PARKING** (which will be good for the full day!) Every Tuesday thereafter, the group will meet in the Food Court and you must sign in to get your Free Parking sticker.
- 2-mile walk which is 4 loops (or 4,000 steps.) Or... join us for the beginning and stop when you want. Bathrooms and places to sit along the way.
- Duration – Plan for 45 minutes to an hour depending on our pace.
- Most of the stores open at 10 am, so the Mall is not crowded with shoppers yet.

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

### **Lunch on the Town – North Street Tavern**

**Wednesday, February 11th/Noon – 1:30 pm/Maple Moor Golf Course/1128 North St/White Plains**

Fusing Italian and American Cuisine since 2010, North Street Tavern offers a delicious lunch and a beautiful and peaceful view of the snow-covered golf course. Order from the menu. Individual checks will be given.

RSVP required by Monday, February 9th to confirm our reservation. Please email [msilver@scarsdale.gov](mailto:msilver@scarsdale.gov)



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

**Strength & Stretch** with Jodi Berkowitz

**IN-PERSON ONLY (Upstairs): Wednesdays 10 – 10:45 am **\*\*February 18<sup>th</sup> DOWNSTAIRS****

*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 **\*\*February 19<sup>th</sup> ZOOM ONLY****

*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 **\*\*February 20<sup>th</sup> CANCELLED****

*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!

**FEBRUARY AGING IN PLACE** with Suzanne Selzer, MSW, Aging in Place Coordinator, Scarsdale Edgemont Family Counseling/**Thursdays from 11:30 am-12:30 pm at the Girl Scout House**

**Thursday, February 5th** – Valentine’s Party with the Scarsdale Senior Club (see above)

**Thursday, February 26th** – Meet and Greet

**FEBRUARY HIGHLIGHTS AT THE SCARSDALE LIBRARY**

Tuesday, February 10th/6:30-8 pm - Trivia Night: At the Movies

Wednesday, February 11th/2-3 pm - Hand Health with an Occupational Therapist

Wednesday, February 18th/7-8:30 pm - Virtual: Scarsdale Reads - A Black History Celebration

Saturday, February 21st/2-4 pm - A Musical Celebration of African American History with Rhonda Denet

Sunday, February 22nd/2-3 pm - Parks for the American People: The Legacy of Frederick Law Olmsted

Wednesday, February 25th/12:30-1 pm - Health for Life - Information Session (a series on the management of chronic conditions and better aging to be held in April and May.)

Register on the Scarsdale Library website [www.scarsdalelibrary.org/events](http://www.scarsdalelibrary.org/events)

**A FEW HIGHLIGHTS OF JANUARY IN PICTURES**

***Mindfulness Meditation***



***Lunch on the Town  
Vega Mexican***



***Line Dancing***



***Popcorn Party***



***Crafts – Hand Painted Stones***



## Gelli Printing



**SCROLL DOWN** for the Scarsdale Senior Club Membership Registration Form for 2025-2026.

Joining the Scarsdale Senior Club offers an incredible opportunity to stay active, engaged, and connected with others in the community. Members enjoy access to a wide variety of programs, including educational talks, cultural outings, fitness activities, and social events tailored to diverse interests. It's a great way to make new friends, explore new hobbies, and celebrate the joys of an active lifestyle. Don't miss out—become a part of this vibrant community today!

## Scarsdale Senior Club – Membership Registration 2025-2026

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

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 \$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. Ongoing programs at the Girl Scout House including exercise, crafts, educational talks, film screenings, holiday celebrations, meditation and wellness, social action projects and more. Monthly “Lunch on the Town” and potential trips.
3. Free admission to the Scarsdale Pool Complex on Thursdays after 1:00pm during the summer pool season.
4. 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 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  
(914) 722-1162