

**Town of New Castle
Senior Citizens Program**

SENER STREET SPOTLIGHT

Published as a public service by the Town of New Castle Recreation & Parks Commission

January

2018

February

Jan. 5 Technically Challenged with Brittany
(Pg. 5)

Feb. 2 Super Bowl Party (Pg. 5)

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Feb. 9 Family & Friends CPR Course (Pg. 5)

Jan. 12 "What's APP" w/ Sylvia Russakoff (Pg. 5)

Feb. 14 Lunch at Asian Wave (Pg. 4)
Happy Valentine's Day!

Jan. 26 Animal Embassy Visit (Pg. 5)

Feb. 23 "Experiences in the Big Band Era"
w/ Joe Lane (Pg. 5)

"LET'S BE NEIGHBORLY"

Do you have a friend or neighbor age 60+ who is not aware of our senior programs & services? Please give them a copy of the SENTER STREET SPOTLIGHT or ask them to call 238-8888 to get it mailed or emailed and to become more involved & informed. Thank you!

We are here to listen!

Do you have an idea for a program, trip, speaker, or club?

We want to hear it!

We are here to make the Senior Program the best that it can be, and that can't be done without you! If you have any suggestions on something you would like to see or do, please let us know! A suggestion box has been placed downstairs at the Community Center so that your voices can be heard!



OUR PIZZA BIRTHDAY CELEBRATIONS ARE OBSERVED QUARTERLY - Join us on March 30th at 12:30pm to celebrate January, February, and March birthdays. NO CHARGE. Call 238-8888 if you plan to attend.

HAPPY BIRTHDAY TO OUR CELEBRANTS:

January: Maureen Attaguile, Rose Castracan, Pearl Cohen, Len Gilman, David Goldfarb, Phyllis Kirshner, Marie Mason, Jeannette Nastro, Alice Ozaroff, Arlene Reifer, Jim Tilzer, & Anne Trusler .

February: Joyce Berry, Steve Biren, Jacqueline Goldstein, Elise Gottesfeld, Betsy Jones, Joan Lang, Muccia Mollo, Sultana Nizam, Gloria Shima, Alice Shofner, Cynthia Strauss, Phyllis Tannin & Hugh O'Donnell

March: Hubert Aronson, Eleanor Breitsch, Judith Duke, Doris Greenberg, Bert Kavy, Lynn Luetzel, Gertrude Murphy, Cathy San Filippo, Joan Ventimiglia & Hilda Nascimento

Recreation Department Brochure and Town Updates are available online at www.mynewcastle.org

CONTACTS

Ike Kuzio 238-3909	Supt., Rec. & Parks akuzio@MyNewcastle.org
Bill Garrison 238-3909	Asst. Supt. bgarrison@MyNewcastle.org
Carolyn Markus 238-2093	Social Services, LCSW cmarkus@MyNewcastle.org
Brittany Neider 238-6391	Recreation Supervisor bneider@MyNewcastle.org

CodeRED– Keeping Citizens Safe

The Town of New Castle has instituted an emergency notification system designed to keep in contact with our residents during significant events. You will be kept abreast of what is going on during such events. **If your contact information is not in the CodeRED database, you will not receive a call** when a message is sent. If you are not registered for CodeRED, you may access the Town website at: www.mynewcastle.org and click on “CodeRED” to sign up, or call Town Hall at **238-4771** for more information.

MEDICARE ASSISTANCE

Help is available at weekly Senior Benefits Information Centers at several local libraries to answer questions you may have about which Medicare coverage is right for your needs.
Mt. Kisco Public Library: Wed. 11-2
Greenburgh Public Library: Mon. 11-1
Pt. Chester/Rye Brook Public Library: Thurs. 11-2
Or call the SBIC Helpline at **231-3260**.

REMINDER: To receive the Newsletter promptly, call 238-8888 or visit the Community Center for a copy to be emailed or sent. Thank you!

MISSION STATEMENT

The Mission of the Senior Citizen Program is to promote & enhance the quality of life for adults 60+ living in the community. Recreation programs & supportive services are provided to these New Castle residents to enhance their dignity, support their independence & continue their involvement in the community.

Senior Activity Group EXECUTIVE BOARD FOR 2017

Harold Federman	Pres.	620-5449
Pam Rosman	1st VP	238-3153
Arlene Reifer	2nd VP	238-3417
TBA	Treasurer	
Jim Tilzer	Asst. Treas.	241-1767
Arnold Reifer	Record. Sec.	238-3417
Joe Lane	Asst. RS	299-6091
Dubi Brown	Corres. Sec.	238-9291
Erika Miller	Asst. CS	238-3582
Paul Gartner	Member at Large	666-8697
Rita Ross	Member at Large	238-4669
Richard Strauss	Member at Large	238-4912
Sylvia Russakoff	Member at Large	241-0176

Executive Board Meetings at Town Hall
Fri. January 19 at 10AM Conference Room A
Fri. February 16 at 10AM Conference Room A

Senior Watch Program

The Senior Watch Program is a voluntary program that was developed to assist senior residents who have special needs or may not have family or friends checking up on them regularly. This information concerning potential special needs, which will be available to New Castle police, will be invaluable during a severe weather or natural disaster. Officers will be assigned to make home visits to check on the welfare of participants and offer assistance as needed.

The information provided may also be helpful in contacting family members in the event the participant has a medical emergency and is taken to the hospital.

To take part, complete the Senior Watch Program Emergency Contact Form, which can be found at the Community Center and the Recreation Department, and return to the New Castle Police Department.

Transportation Contributions

Door-to-door transportation for **personal appts.** (Dr., shopping, etc.) is **\$5** for a round trip. Door-to-door to the **Community Center** is **\$3** for a round trip & **\$6** (\$7 for non residents) for local mini trips **Please have exact change ready for driver. This is a first come-first serve basis.**

YOUR PLACE TO CONNECT: THE SENTER STREET CLUB

10 Senter Street, Chappaqua - 238-8888

Start your mornings off right with a great cup of *REGULAR* or *DECAF* coffee or tea at the best coffee shop in town. Light breakfast available. Don't forget to sign in when you stop by!
(Monetary donations are suggested to offset the cost of food.)

MONDAYS

Monday Poker - 10:00am

Join a friendly game at the Senter Street Club. Call 238-8888 for details.



"Pizza 'n Cinema with Cynthia Strauss" at 12:30pm

At the Senter Street Club. Enjoy recent releases as well as an occasional old-time favorite. Before the movie enjoy pizza for **\$3 per slice**. Call 238-8888 before 10am each **Monday** to order pizza.

Movies in January:

Jan 1 CENTER CLOSED – HAPPY NEW YEAR!

Jan. 8 "Countess from Hong Kong" w/ Sofia Loren

Jan. 15 CENTER CLOSED - Martin Luther King Jr.
DAY

Jan. 22 "In Her Shoes" w/ Shirley MacLaine

Jan. 29 "From the Terrace" w/ Paul Newman

Movies in February:

Feb. 5 "Sweet Home Alabama"
w/ Reese Witherspoon

Feb. 12 "Indiscreet" w/ Cary Grant

Feb. 19 CENTER CLOSED - PRESIDENT'S DAY

Feb. 26 "Dangerous Crossing" w/ Jeanne Crain

Blood Pressure Screenings

Will be held **January 8th & February 5th**
from **11:30 am to 12:30pm** at the
Community Center.

Current Events Group Discussion Politics, Government & More With Arnie Reifer

Now also meeting on Mondays from 11:00am
to 12:00pm!!!
See page 4 for more info.

TUESDAYS

Ping Pong on Tuesdays

9:00 - 10:45am

Recreational Mah Jongg on Tuesdays!

9:30am - 12:00pm at **The Senter Street Club**
Call 238-8888 to register. No Gambling. Program ongoing

Play Bridge

Tues. 1pm-3:15pm

Wed. & Fri. from 1- 4pm

All abilities welcome. Call 238-8888 each bridge
day to sign up.

Hawthorne Cedar Knolls School Grandparenting Program

Join us monthly as we visit **Hawthorne Cedar Knolls**. Each month we meet with the same group of kids. We play games, chat, celebrate their birthdays, have refreshments & more. This program is for both the kids & seniors. Give it a try! Call **Cathy Colavito at 238-8719** to sign up or to learn more about the program. Departs Town Hall at 3:30pm.
Dates: January 9th & February 13th.

Stamps for the Wounded

Drop off your used stamps in our
box at the Community Center!
These go to wounded
veterans in the process
of rehabilitating.



WEDNESDAYS

Call 238-8888 to sign up for the following events:
Bus contributions: \$5 for Dr. appointments & shopping;
\$6 for local mini trips; \$7 for non residents for mini trips
when space is available.

- Jan. 3 Local Shopping & Dr. Appts.**
- Jan. 10 Lunch & Hunchback of Notre Dame at the White Plains PAC (See pg. 6)**
Sign up at Town Hall
- Jan. 17 Local Shopping & Dr. Appts.**
- Jan. 24 Empire City Casino**
Depart Town Hall at 9:30am
Call the Community Center to sign up
- Jan. 31 Hastings Tea Room (White Plains)**
Depart Town Hall at 11:00am
Call the Community Center to sign up

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- Feb. 7 Local Shopping & Dr. Appts.**
- Feb. 14 Lunch at Asian Wave (Thornwood)**
Depart Town Hall at 11:15am
Call the Community Center to sign up
- Feb. 21 Danbury Mall**
Depart Town hall at 9:30am
Call the Community Center to sign up
- Feb. 28 Local Shopping & Dr. Appts**

Recreational Mah Jongg on Wednesdays

9:30am - 12:00pm at **The Senter Street Club**. If you are interested in learning Mah Jongg, please call 238-8888 to register. We are offering an introduction to Mah Jongg for beginners game and advanced players (no gambling).
Program ongoing. Facilitator- Valerie Hale

DRIVER NEEDED

The Town of New Castle is looking for a senior program driver with a CDL license! This driver would need to be available on Thursdays, as well as some Wednesdays.

If you are interested or know anyone who may be, call (914)238-6391 or email bneider@mynewcastle.org.

THURSDAYS

Current Events Group Discussion Politics, Government & More With Arnie Reifer

This weekly meeting will focus on major domestic or foreign issues. We encourage you to take part in these lively discussions. Call 238-8888 to register. The group meets at the Senter St. Club on Thurs. from 1:30-2:30pm. All senior residents are welcome to join.

BOOK LOVERS w/ Barbara Bernstein at the Chappaqua Library @ 1pm. Copies of the books will be available at the Circulation Desk in the Library. Refreshments available.

Thurs. Jan. 11 Katalin Street
By Magda Szabo

Thurs. Feb. 8 Before We Were Yours
By Lisa Wingate

PAINTING & DRAWING 10 - 12 pm - Thursdays

All abilities welcome!
No charge for this class. See the flyer at the Community Center for more details & for the supplies list. Call 238-8888 to sign



CALLING ALL ACTORS!!! **NEW Members Welcome!** **JOIN THE** **NORTH OF BROADWAY PLAYERS**

Thursdays, Noon to 2pm
At the Community Center
Season begins 1/11
Director: Susan Courtney
Call 238-8888 if you would like to join the

FRIDAYS

- Jan. 5** 12:30 pm **Social**
1:30 pm **Technically Challenged with Brittany**
Bring your iPhones, iPads, & other devices. Call 238-8888 to sign up.
- Jan. 12** 12:30 pm **Social**
1:30 pm **“What’s APP?” with Sylvia Russakoff** as she introduces use to a few Senior-friendly apps such as step tracking, using the mirror on your phone, and other fun things! Call (914)238-8888 to sign up. (See Social Service News).
- Jan. 19** 12:30 pm **Social**
1:30 pm **S.O.S Medicare Update**
- Jan. 26** 12:30 pm **Social**
1:30 pm **Animal Embassy** will be presenting “Nature’s Architects” at the Center! In nature, many creatures contribute to the success of others by building homes and creating places to rear their young. We’ll study the architectural feats of nest building, burrow making and web spinning as well as how structures created by some animals help others to survive. Meet Animal Ambassadors such as the Red-Foot Tortoise, Monk Parakeet, Mandarin Duck, and many more! **Sign up by 1/24, call (914)238-8888.**

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- Feb. 2** 12:30 pm **Super Bowl Party**– Join us for a “Tailgate Party”- Wedges, soup, salad, and snacks! Cost is \$8 per person, payable at the party. NO WALK-INS. Call 238-8888 to sign up by Jan. 31st.
- Feb. 9** 12:30 pm **Family & Friends CPR Course:** This 90 minute course is intended for those who want to learn CPR and AED but do not need official certification. We are offering this to all of our seniors free of charge so that you can be prepared for any situation, whether in a public setting or while watching your grandchildren! **Sign up by 2/2, call (914)238-8888**
- Feb. 16** 12:30 pm **Social** with Valentine’s Day Treats! Call (914)238-8888 to sign up!
1:30 pm **S.O.S Medicare Update**
- Feb. 23** 12:30 pm **Social**
1:30 pm **“Experiences in the Big Band Era” with Joe Lane** as he talks about his experiences with music, musicians, singers, and places of the Big Band Era. Joe has been in two military bands, played on cruise ships, and performed with big names such as Frank Sinatra, Jr., Don Ellis, the Temptations, and many

“Basic Conversation in Spanish”

Fridays 10:45-11:45am

Enhance your Spanish-speaking skills in this informal group. Ines Weiss, Facilitator.

Class is ongoing. Call 238-8888 to sign up

Play Bridge

**Tues. 1pm-3:15pm,
Wed. & Fri. from 1- 4pm**

All abilities welcome.

Call **238-8888** each bridge day to sign up.

TRIP NEWS

Activities Level: Reflects the level of physical activity required.

1 Minimal walking
2 Moderate walking

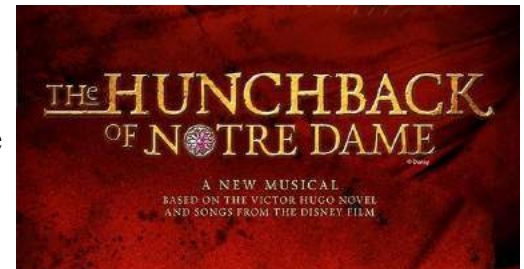
3 Substantial amount of walking
4 Lots of walking / Long day

REMINDERS:

- Arrive on time.
- Pick up a Parking Pass at the Recreation Dept. in Town Hall to display on your car's dashboard for day of trip.
- Lengthy walking, climbing stairs and standing may be required, thereby making some trips unsuitable for those with ambulatory limitations.
- If ongoing assistance is required, please arrange for a companion to assist you on the trip.
- Dress appropriately for your destination. Bring bottled water.
- **Non-residents may only sign up two weeks prior to the date of most trips**
- **There is an additional 20% fee for non-residents on most trips** Questions regarding trips, please contact Recreation Dept. at 238-3909 or Community Center at 238-8888.
- If you have any food allergies or dietary concerns, please inform the staff at the time of registration.

Wednesday, January 10th– **Hunchback of Notre Dame & Lunch at Via Venuto 26-**

First we will visit Via Venuto 26 for a fabulous 3 course family style Italian lunch. Then join us as we head over to the White Plains Performing Arts Center where we will watch the critically acclaimed actors perform the classic “Hunchback of Notre Dame” the musical! This is a show not to be missed!



Total cost: \$70 (includes lunch, ticket and transportation!).

Depart Town Hall at 11:00am, return approx. 5:00pm.

Sign up begins December 18th!

Looking Ahead...

Opera talk with Susan Grunthal!

Join us on March 23rd as Susan Grunthal, originally from Manchester England who has studied opera for the last 12 years, tells us the story and background of the opera interspersed with music and arias related to the story. Susan will also be talking about the upcoming performance at the Yorktown Stage with the Taconic Opera, “Ballo in Maschera” (in English, The Masked Ball), by Verdi.



With enough interest, we hope to provide tickets and transportation for the April 7th or April 8th weekend show at the Yorktown Stage

LET'S GET FIT

YOUR PASSPORT TO ACTIVE LIVING FOR SENIORS 60+

Registration is required at Town Hall Recreation Department. Before beginning any fitness class, we strongly recommend that you have a physical examination or consent from your doctor. All classes are at the **Community Center** located at 10 Senter St. in Chappaqua. Phone: **238-8888**.

Winter Registration begins: Monday, December 4th

Winter Classes begin: Monday, January 8th

The cost for **residents is \$20 for entire session**. Make check payable to **Town of New Castle**. Adult fitness rates apply for non-residents.

WINTER PROGRAMS

MON: 10:45-11:30AM Flexible Fitness w/ Carol Migliorelli. Low impact chair aerobics w/ emphasis on range of motion & joint movement. Standing exercises for balance can be done w/ aid of a chair. Work at your own pace & abilities. Some strength training incorporated if time allows. **Dates: 1/8 - 3/19 (No class 1/15 & 2/19) (9 Sessions).**

TUES: 11:15AM-12:15PM New Ageless Yoga w/ Rosemary Martin. Explore yoga with using a chair as a prop OR students may choose to do their practice on the floor with a mat. Class will increase flexibility, range of motion, balance and receive the therapeutic benefits of yoga. All classes will include, gentle yoga postures. Class concludes with deep relaxation and Reiki which can reduce stress, relieve pain and develop patterns to create wellness within each student. Please bring your own mat. **Dates: 1/9 - 3/20 (No class 2/20) (10 Sessions).**

WED: 10:00-10:45AM Strength & Balance w/ Joanne Ricciardi. Increase your muscle strength with weights and improve your posture, balance & coordination. **Dates: 1/10 - 3/21 (No class 2/21) (10 Sessions).**

THUR: 2:45-3:30PM Move, Stretch & Tone w/ Nancy Kellogg. Have fun while improving your fitness with a combination of simple cardio exercises, muscle toning, balance training & gentle stretching. **Dates: 1/11 - 3/29 (No class 2/1, 2/8, 2/22) (9 Sessions).**

FRI: 12:30-1:15PM Senior Toning w/ Carol Migliorelli. Low impact aerobic routine, light weight training using hand weights, resistance bands, plus floor work (ab crunches/core) ending with light stretching. **Dates: 1/12 - 3/23 (No class 2/23 & 3/9) (9 Sessions).**



Events Around Town...

January-

Sunday, January 14th - The Resolutions: A Cappella Concert

3:00pm at the Chappaqua Library. Come see this Colgate University co-ed group as they sing pop, indie, and classic rock tunes!

January TBD - Tin-Pinch Decorating Workshop

3:00pm at New Castle Historical Society

Wednesday, January 17th - Senior Movie Matinee

1:00pm at the Jacob Burns Film Center. Choose between "Paris Can Wait" or "Searching for Sugar Man" when you arrive! \$8 ticket includes refreshments after screening. Call (914)773-7663 ext. 424 to make a reservation.

Sunday, January 28th - Lecture: Noah's Beasts: Sculpted Animals from Ancient Mesopotamia

3:00pm at the Chappaqua Library. Sidney Babcock, of the Morgan Library & Museum, discusses beautiful and durable artworks that provide insights into Sumerian society, considered the cradle of Western civilization.

February-

Tuesday, February 6th - Author Talk: *The Woman in the Window*

7:00pm at the Chappaqua Library. Debut author A.J. Finn discusses his highly anticipated psychological thriller, described by Louise Penny as "a twisting, twisted odyssey inside one woman's mind."

Saturday, February 10th - Victorian Tea

11:00am & 2:00pm at The New Castle Historical Society. This is a perfect activity for grandparents/parents with their children!

Friday, February 23rd - Film Series: Academy Award Non-Winners

3:00pm at the Chappaqua Library. "The Florida Project", led by film buff Carol Durst. Discussion to follow.

Seniors 60+



Lunch & Learn Lecture Series

Presented by Town of New Castle & Westchester Community College

Topic - American Icons



Buffalo Bill's Wild West Show

January 29th, 2018



Baseball: The American Pastime

February 5th, 2018



The Roaring 20's

February 12th, 2018



The Affluent Society of the 1950's

February 26th, 2018

Program Information

- Presented by David Fruci
- Dates: Mondays: 1/29, 2/5, 2/12, 2/26
- Time: 11:00am to 1:30pm each day
- Location: Chappaqua Performing Arts Center (480 N. Bedford Road, Chappaqua)
- To Register, come to the Recreation office in Town Hall. For info call (914)238-3909
- Price includes all 4 lectures
- Light lunch provided!

Sign up begins Monday, October 16th!

To sign up, come to the Recreation Department in Town Hall (200 S. Greeley Ave, Chappaqua). Checks made payable to the Town of New Castle.

Lecture Registration

Lecture Series	Prices
New Castle Resident	\$5
Non-Resident	\$10

Lecture Accreditation

Funding for the above lecture series provided through the U.S. Department of Health and Human Services, Administration on Aging, NYS Office for Aging; and Westchester County Department of Senior Program and Services

For more information & registration please contact:
New Castle Recreation: (914) 238 - 3909
e-mail: bneider@mynewcastle.org

Supportive Service News



Town of New Castle Senior Citizens – Jan/Feb 2018

Hours for Social Worker,
Carolyn Markus, LCSW: 238-2093
Tues. Wed. & Friday 10am-3pm

Blood Pressure Screening

Will be held on **Monday, Jan 8 and Feb 5**
11:30-12:30 pm, in the Senter St. Club.
Provided by the Chappaqua Volunteer
Ambulance Corps.

Demystifying Medicare

On Friday, Jan 19 and Feb 16 at 1:30 pm,
Ginny Bender from SOS Medicare will bring us
the latest Medicare news update.
NEW MEDICARE CARDS: Social Security #'s
will be removed from all Medicare cards and
replaced with a random 11 digit identifier that is
a mix of numbers and letters. Transition period
will run from April 1, 2018-April 2019.

What's APP?

Do you have a smartphone? Would you like to
know what an app is or how to use the app
store? Join us on **Fri. Jan 12, 2018 at 1:30 pm**
when our very own Sylvia Russakoff will teach
us these skills and introduce us to a few user-
friendly Senior apps such as using the mirror
on your phone and tracking your steps etc.
This is a beginner's workshop designed to
show you some fun things your phone can do
for you! Please call 238-8888 to sign-up.

Experiences in the Big Band Era

Please join us on **Fri. Feb 23, 2018 at 1:30 pm**
when our very own talented Joe Lane talks
about his experiences with music,

musicians, singers, and places of the Big Band
Era. Joe has been in two military bands,
played on cruise ships, and performed with big
names such as Frank Sinatra, Jr., Don Ellis,
the Temptations, and many more! Please call
(914)238-888 to sign-up!

Transportation Requests

Please **call 238-8888 between 9AM and 1PM,**
Monday thru Friday, to request transportation.

Door-to-Door Transportation

Transportation is available on Tuesdays &
Thursdays for doctor appointments, shopping,
personal errands, etc. Please **call 238-8888**
two or three days in advance to request
service. When possible, please schedule
doctor appointments in the **AM**. Grocery
shopping will be done after **11 AM**. (For trips
to shopping malls & programs at the Center,
please be ready **one hour** before the
scheduled time of event or departure. Exact
pick-up time cannot be given. Please wait in
your home for the driver to arrive.) A
contribution of **\$5.00** is requested for all
destinations, except to the Community Center,
which is **\$3.00**. **(Reminder:** grocery shopping
to one local supermarket has been added on
Monday morning. Please **limit shopping to 4**
bags in consideration of the drivers and your
fellow passengers. Use canvas bags (**and**
don't forget to wash those bags) to eliminate
excessive use of plastic bags. This will not only
help the environment, but it will also help the
drivers.

Volunteer Opportunities

If you have some free time, there are meaningful ways to volunteer in the senior program and share your time and talents. You could assist with Home Delivered Meals as a driver, spend time with children in the Hawthorne Cedar Knolls Program, or share a talent or skill in a program. Call **238-2093**.

“Are You OK?”

This is not just a question; it is the name of our computerized telephone reassurance program, “RUOK.” The Town of New Castle offers this daily service to you at no cost. If you live alone, this is an important service that you should consider. Each morning you will receive a phone call. If you are unable to answer the phone, an alert is issued. Then the necessary steps will be taken to check on your safety and provide the required assistance. If you are interested in receiving this service, please call Carolyn at **238-2093**.

Home Delivered Meals Program

Provides up to 2 meals a day for any person age 60 and older who is unable to meet his/her nutritional needs. This program is available on a temporary or ongoing basis. Please call Carolyn at **238-2093** for more information.

File of Life

This valuable resource could help save your life at the time of an emergency, but **IT MUST BE FILLED OUT**. If you need help filling it out, please call **238-2093**. Medical and next of kin information is recorded on the document and it is then available for emergency personnel.

Smoke Detector Battery Replacement Program

If you are unable to change the battery in your smoke detector or have a smoke detector that is more than 10 years old, please call Carolyn at **238-2093**. The Millwood, Chappaqua and Mt. Kisco Volunteer Fire Depts. have kindly offered to help seniors with this problem.

In Case of a Storm

Keep flashlights & a battery-powered radio or TV handy, plus fresh batteries. Keep refrigerator & freezer doors closed. Food will stay frozen up to 36 hrs. in a full freezer. Have containers of water on hand. Report power outages or fallen power lines to Con Ed at **1-800-752-6633**.

Project Lifesaver-Do You Know a Senior w/ Alzheimer’s?

For information about an electronic monitoring device **call Elder Serve Safe Center at 365-1983**.

Alzheimer’s Assoc. Caregivers’ Support Group

Call 253-6860 for schedules and information. **Ken Hamilton Caregiver Center at Northern Westchester Hospital Call 242-8128.**
Caregivers’ Support Group (held at Northern Westchester Hospital) Call 761-0600 x 143 or x 144.

Project Time-Out: In Home Respite Care. Call 761-0600 x 310

Veterans Admin Toll Free Support Line Call 1-855-260-3274

EPIC-Elderly Pharmaceutical Insurance Coverage 1-800-332-3742

It’s cold and flu season! Please be mindful of keeping our community well. Stay home if you are not well, wash hands frequently and cover your mouth with tissues to prevent the spread of germs. Thank you!

For more information: Call **Carolyn Markus, LCSW at 238-2093** or stop in at the office located in the lower level of the New Castle Community Center.



Dept. of Rec. & Parks
Town of New Castle
200 S. Greeley Ave.
Chappaqua, NY 10514

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