

# N2N

Town of Pound Ridge Neighbor to Neighbor Newsletter  
Programs for Pound Ridge Seniors



## Visit to Weir Farm

National Historic Site, Wilton/Ridgefield, CT

Weir Farm National Historic Site  
is a 60-acre national park with a focus on the visual arts.

Tour the house and wander the grounds.  
Visit the Weir Studio and Young Studio.

**Thursday, September 15th 9 am—3 pm**

Register by September 6th No Charge

Lunch at Toscana's Italian Restaurant (pay for your own lunch)  
Bus departs from Town Park. Let us know if you need a ride from home.



**Starts Sept. 12th!**

## Café Conant

Join us each Monday at Café Conant!

We provide the coffee and tea.  
You bring your lunch and conversation

No Charge

Each Monday 10:30 am-12:30 pm  
(The Café will be closed on Holidays)

Transportation Available—call 764-8201 by the Friday before



## UPCOMING EVENTS



### Pool Party

Bedford Hills  
Memorial Pool

11:00—2:00

Thursday, September 8th

We have been invited to join other local seniors from Bedford, Mt. Kisco and Lewisboro for an end of summer pool party

**Free lunch**

**\*\* You MUST Register by September 1st \*\*  
NO LATE REGISTRATIONS ACCEPTED!**

Thank you to the Bedford Recreation Department for sponsoring this event!

Drive yourself or take the Bus.

The Bus will leave from the Town House at 10:45 or we can pick you up at home.



### Out of Town Shopping on Thursdays

The N2N Bus will travel to various shopping areas outside of Pound Ridge  
No charge for the bus ride

Please reserve a spot on the bus at least **one week** prior to the trip. The Bus leaves from the Town House.

**October 13  
Norwalk**

Depart: 10:00 am Return 3:30 pm  
Walmart, Homegoods, lunch at Bertuccis



**November 10  
Danbury**

Depart 10:00 am Return 3:30 pm  
Mall, Lunch, Christmas Tree Shop

**December 15  
Norwalk**

Depart: 10:00 am Return 3:30 pm  
Walmart, Homegoods, lunch at Bertuccis

**January 19th  
Danbury**

Depart 10:00 am Return 3:30 pm  
Mall, Lunch, Christmas Tree Shop



Intermediate Bridge  
Thursdays  
1:00 pm

At the Town House

For information, or to join, contact  
Anne-Marie at 764-9390 or email  
amsirois@optonline.net

### Chair Yoga

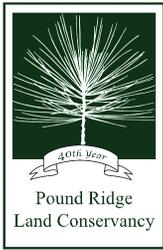
At Conant Hall No Charge  
Mondays 9:15 am



Register by calling Louise at 764-8201

There will be no class on Holidays.  
This program will be presented by Northern Westchester Hospital.  
If you require transportation let us know and we will try to arrange it.

**For programs that require registration please register at least one week prior to event unless noted otherwise. Event will be cancelled if we do not get enough participants.**



## Visit the Armstrong Education Center in Pound Ridge

Join Land Steward/Educator Krista Munger for an overview of the programs the Armstrong Education Center offers. She will talk about the various initiatives they have from hiking trails, habitat protection areas, an off-the-grid, newly renovated 1912 home with cutting edge energy systems, a network of gardens for raising native plants for restoration projects and for food, and 'outdoor classrooms' for experiential, hands-on education.

**Wednesday, September 28th 1 pm No Charge**

Depart from Town Park at 12:45

Register by September 21st

## Estate Planning/Elder Law 101:

### Nuts and Bolts of Estate Planning to preserve your assets

**Location: Pound Ridge Library**

**Friday, November 4 at 10:30 am**



**Register by October 26th**

An overview of basic estate planning documents, types of trusts, assets preservation techniques, long-term care and incapacity planning and methods to avoid or minimize estate and gift taxes. There is no time like the present to make sure that your estate plan is up to date! We will discuss Wills, Advance Directives, as well as asset protection and preservation techniques.

**Presenter:** The seminar will be presented by Moira S. Laidlaw of Shambert Marwell Hollis Andreyck & Laidlaw, PC, Mount Kisco, New York. Moira Laidlaw provides strategic counsel and advocacy in the areas of Estate Planning, Elder Law/Medicaid Planning, Guardianship, Probate, and Estate/Trust Administration. She advises in all aspects of this specialty, including wills, trusts, powers of attorney, health care proxies, living wills, Medicaid applications and probate.



Join us for a visit to

**Grace Farms** New Canaan, CT

**Thursday, September 22**

12:00 noon —1:30 pm

80 acres of meadows, trails and the "River" (a serpentine, open-air structure that is built into the landscape.)

Join us for a simple lunch at the Commons (You may NOT bring your own food).  
After lunch you will have time to explore the grounds or just sit and enjoy the view.

Tea service at the Pavilion available every half hour for \$5 (credit or debit cards only—NO CASH)  
Sip and savor seasonal loose leaf teas from around the world.

No Charge

Register by Sept 15th

Pay for your own lunch —The Commons takes NO CASH—Credit/debit cards only!

Bus departs from Town House (If you need to be picked up from your home let us know)

# Westchester Broadway Theatre Show and Lunch

10:30 am—5:00 pm      Depart from Town House

If you need to be picked up from your home let us know

**\$55 per person**

\*\*\*\*\*

Dust off your hip-hugging flares, your platform shoes and warm up your disco dance moves! Saturday Night Fever is one of the most loved dance stories of all time. A stage version of the extraordinarily successful 1977 movie, It is a jam-packed, dance-crazed, fuel-injected show. Tony Manero, is a Brooklyn man whose very ordinary life is transformed when he steps on to the dance floor Packed with over twenty legendary hits from The Bee Gees including the classics; *Stayin' Alive*, *Night Fever*, *Jive Talking*, *You Should Be Dancing* and *How Deep is Your Love*.



**Thursday, November 17**

Register by September 12th



**MAMMA MIA!**

Over 60 million people all around the world have fallen in love with the characters, the story and the music that make **MAMMA MIA!** the ultimate feel-good show! Writer Catherine Johnson's sunny, funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings 3 men from her mother's past back to the island they last visited 20 years ago. The story-telling magic of **ABBA's** timeless songs propels this enchanting tale of love, laughter and friendship, and every night everyone's having the time of their lives!

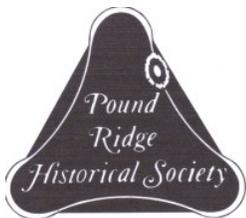
**Thursday, April 6**

Register by January 10th

Limited tickets are available—register early

**YOUR LUNCH AND SHOW PACKAGE** includes entrée of your choice, salad, vegetable, potato or pasta, fresh rolls and corn muffins, Chef's Choice dessert, coffee, decaffeinated coffee or regular tea prior to the performance.

Appetizers, luxury desserts, specialty drinks including souvenir glass, beer, alcoholic and non-alcoholic drinks are available at an additional charge.



## Tour Pound Ridge with the PR Historical Society

Friday, November 4th

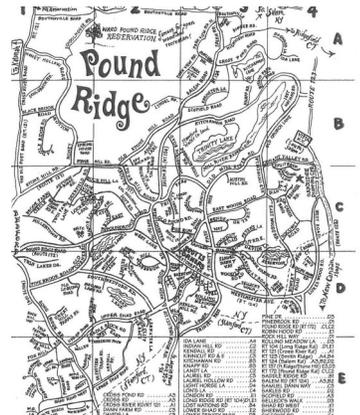
1:15 pm—2:30 pm

Space is limited—register early

Join the Pound Ridge Historical Society for a Bus Tour  
of Pound Ridge

Meet at the Pound Ridge Museum

Learn about the history of the town you live in.



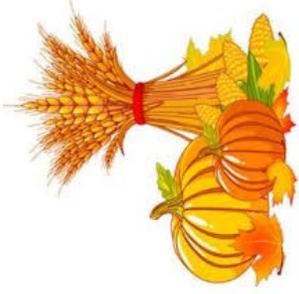


# September 2016 Neighbor to Neighbor Events For Pound Ridge Seniors

And other local events of interest

# N2N

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Town of Pound Ridge Recreation Department, Senior Services: 764-8201 PRSeniors@townofpoundridge.com			1 <i>Bridge Club</i>	2	3
4	5  Labor Day Holiday	6	7 <i>Bus to Market</i>	8 <b>POOL PARTY</b> In Bedford Hills <i>Bridge Club</i>	9	10
11	12 Chair Yoga 9:15 –10:15 Café Conant 10:30-12:30	13	14 Village Fair For Seniors <i>Bus to Market</i>	15 Trip to Weir Farm <i>Bridge Club</i>	16	17 <b>PBA Car Show</b>
18	19 Chair Yoga 9:15 –10:15 Café Conant 10:30-12:30	20	21 NWH Senior Health & Wellness Fair <i>Bus to Market</i>	22 Trip to Grace Farms <i>Bridge Club</i>	23	24
25	26 Chair Yoga Café Conant Fall Prevention Seminar	27	28 Visit to Armstrong Ed. Center <i>Bus to Market</i>	29 Trip to Mohonk Mountain <i>Bridge Club</i>	30	31



# October 2016 Neighbor to Neighbor Events For Pound Ridge Seniors

And other local events of interest



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	Town of Pound Ridge Recreation Department, Senior Services: 764-8201 PRSeniors@townofpoundridge.com					1
2	3 Chair Yoga 9:15 –10:15 Café Conant 10:30-12:30	4	5 <i>Bus to Market</i>	6 <i>Bridge Club</i>	7	8
9	10  Holiday	11	12 <i>Bus to Market</i>	13 Shopping: Norwalk <i>Bridge Club</i>	14	15 <b>Harvest Festival</b>
16	17 Chair Yoga 9:15 –10:15 Café Conant 10:30-12:30	18	19 <i>Bus to Market</i>	20 <i>Bridge Club</i>	21	22
23	24 Chair Yoga Café Conant	25	26 <i>Bus to Market</i>	27 <b>Halloween Luncheon</b> <i>Bridge Club</i>	28	29
30	31 Chair Yoga Café Conant					



# November 2016 Neighbor to Neighbor Events For Pound Ridge Seniors



And other local events of interest

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		<b>Town of Pound Ridge Recreation Department, Senior Services: 764-8201 PRSeniors@townofpoundridge.com</b>	<b>1</b>	<b>2</b> <i>Bus to Market</i>	<b>3</b> <b>PRES Luncheon</b> <i>Bridge Club</i>	<b>4</b> <b>Elder Law Seminar</b>  <b>PRHS Tour</b>	<b>5</b>
<b>6</b>		<b>7</b> <b>Chair Yoga</b> 9:15 –10:15 <b>Café Conant</b> 10:30-12:30	<b>8</b>	<b>9</b> <i>Bus to Market</i>	<b>10</b> <b>Shopping: Danbury Mall</b> <i>Bridge Club</i>	<b>11</b>	<b>12</b>
<b>13</b>		<b>14</b> <b>Chair Yoga</b> 9:15 –10:15 <b>Café Conant</b> 10:30-12:30	<b>15</b>	<b>16</b> <i>Bus to Market</i>	<b>17</b> <b>WBT: Saturday Night Fever</b> <i>Bridge Club</i>	<b>18</b>	<b>19</b>
<b>20</b>		<b>21</b> <b>Chair Yoga</b> 9:15 –10:15 <b>Café Conant</b> 10:30-12:30	<b>22</b>	<b>23</b> <i>Bus to Market</i>	<b>24</b> 	<b>25</b>	<b>26</b>
<b>27</b>		<b>28</b> <b>Chair Yoga</b> 9:15 –10:15 <b>Café Conant</b> 10:30-12:30	<b>29</b>	<b>30</b> <i>Bus to Market</i>			



# December 2016 Neighbor to Neighbor Events For Pound Ridge Seniors



And other local events of interest

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<b>Town of Pound Ridge Recreation Department, Senior Services: 764-8201 PRSeniors@townofpoundridge.com</b>			<b>1</b> <b>Trip to Lockwood- Matthews Mansion Bridge Club</b>	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> Chair Yoga 9:15 –10:15 Café Conant 10:30-12:30	<b>6</b>	<b>7</b> <b>Bus to Market</b>	<b>8</b> <b>Holiday Luncheon Bridge Club</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> Chair Yoga 9:15 –10:15 Café Conant 10:30-12:30	<b>13</b>	<b>14</b> <b>Bus to Market</b>	<b>15</b> <b>Shopping: Norwalk Bridge Club</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> Chair Yoga 9:15 –10:15 Café Conant 10:30-12:30	<b>20</b>	<b>21</b> <b>Bus to Market</b>	<b>22</b> <b>Bridge Club</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> <b>Holiday</b>	<b>27</b>	<b>28</b> <b>Bus to Market</b>	<b>29</b> <b>Bridge Club</b>	<b>30</b>	<b>31</b>



Tour of the  
Lockwood-Matthews Mansion  
Norwalk, CT

Thursday, December 1st  
11:30am—5:00pm

Register by November 15th

Depart from Town Park

Cost \$8.00

Lunch in Norwalk (pay for your own lunch)

Learn about the history of the Mansion,  
the families who lived there and the restoration efforts.

The Lockwood-Matthews Mansion Museum is an extraordinary and incomparable treasury of art, architecture and history that blends the grandeur of America's past with a commitment to the future of our communities.

## **Injury Prevention and Falls Risk Seminar**

**Monday, September 26th 10:30 am Conant Hall**

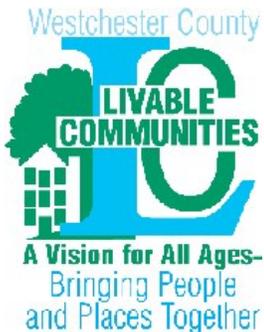
No charge

RSVP by September 19th



- ◆ Falls risk- what is the major causes of falls in the elderly
- ◆ How to prevent falls when we are walking on uneven terrains
- ◆ How to prevent falls in the home
- ◆ Body-mechanic modifications- when reaching overhead into high cabinets, when handling heavy objects, and why to avoid repetitive pivoting and twisting movements
- ◆ Proper ways to shovel outside
- ◆ Walking mechanics and stair negotiations, and how that can affect risk of tripping and falling
- ◆ Remaining active and why it helps to exercise regularly at your own pace.
- ◆ Pursed lip breathing to improve endurance levels. Also why it can help to lean forward when catching your breath.
- ◆ How Physical Therapy can additionally help with your care.

**Presented by Sean Altman and Jason Sartorius  
of Access Physical Therapy & Wellness**



# Celebrate Aging: Livable Communities Village Fair

Wednesday, September 14 10 am—2 pm

Mount Pleasant Community Center, 125 Lozza Drive, Valhalla

Music, movement, discussion, interactive learning and fun.

Free admission. Complimentary light lunch. No registration required.

We are NOT able to provide transportation to this event.  
On site parking is available

Sponsors: Westchester County Dept. of Senior Programs and Services, the Age-Friendly Community Sustainability Collaborative of the Westchester Public/Private Partnership for Aging services & the Mount Pleasant community Center



# Senior Health and Wellness Fair

Wednesday, September 21, 2016  
10:00 AM to 1:00 PM

No charge Register by September 7th

You may go on your own anytime between 10 and 1pm  
Or join us on the N2N Bus—Bus will leave Town House at 11:30

Location: Chappaqua Crossing, 480 Bedford Road, Chappaqua, New York

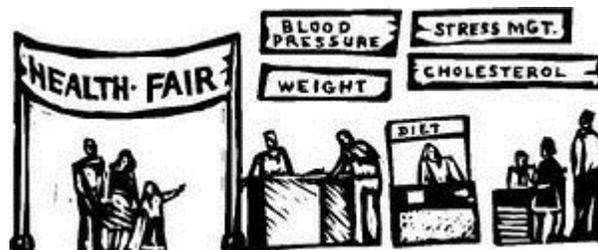
### Health Screenings will include:

Blood Pressure, Vascular, Osteoporosis, Cholesterol, Glucose

### Activities and demonstrations will include:

Emergency Preparedness, Chair Yoga,  
Nutrition Counseling

And much, much more!



**Pound Ridge  
Elementary School  
Annual Senior Luncheon**



Come to the much enjoyed luncheon for an afternoon of fine food, great entertainment and fun with friends.

**12 noon Thursday, November 3rd**  
RSVP by October 22nd No cost

Held at Pound Ridge Elementary School.  
If you need transportation, let us know.



**Halloween  
Luncheon**

**Thursday  
October 27th**

**Conant Hall  
12:00 lunch**

**For Pound Ridge Seniors  
No Charge**

**RSVP by October 18th**

**Let us know if you need  
transportation**



**Empire City Casino at  
Yonkers Raceway**

Register early—Limited seats on N2N Bus

January 12, 2016 10:00-4:00

Depart from Town Park at 10am  
Depart from Empire City at 3pm



No charge for transportation  
Pay for your own lunch

(Watch for details on trip to  
Mohegan Sun in the Spring)

**Neighbor to Neighbor (N2N)**

**Holiday Luncheon**

For Pound Ridge Seniors

Join us at Conant Hall on  
Thursday, December 8th

**12:00 noon  
for a Holiday Luncheon**

**Food, Friends and Holiday Cheer!**  
No Charge RSVP by Dec. 1st  
Let us know if you need transportation



**MISCELLANEOUS ITEMS:**

Call Louise for more information on these items.

**Golden Years Healing Foundation:** A nonprofit corporation with the mission of providing alternative healing sessions such as massage and energetic healing at no cost. Call (914) 482-2860

**Hair Cuts:** We have a local women who is willing to come to your home to cut your hair. Charge varies.

**Scrabble:** If you regularly score over 300 on scrabble and are looking to play, a local senior gentleman is looking for a challenge.

**eBay:** Do you have items that you want to sell. A volunteer is willing to either show you how to post your items for sale on eBay or will post them for you. Make some \$\$\$ and get rid of that clutter. No charge.

**Therapy Dogs:** There are few therapy dogs in Pound Ridge who would love to come spend some time with you. Call if you would like a visit. No charge.

## Neighbor to Neighbor (N2N) Services:

- ◆ “Are you OK?” - Call Reassurance Program
- ◆ Grocery Deliveries—Temporary assistance
- ◆ Rides to Scotts Corner Market each Wednesday
  - ◆ Medical Equipment Loans
- ◆ Meals on Wheels—temporary assistance

For more information about these and other programs call Louise at (914) 764-8201, email [PRSeniors@townofpoundridge.com](mailto:PRSeniors@townofpoundridge.com) or check us out online at: [www.townofpoundridge.com](http://www.townofpoundridge.com)



### Suggestions and ideas are welcome!

We always welcome any ideas or suggestions on services, trips or events you would like to have.

Call or email Louise with your ideas.



### Ride the N2N Bus to town

Ride the N2N Bus to do your chores in Scotts Corners. Each Wednesday we pick Seniors up at their homes and bring them to places in Scotts Corners to do their shopping.

Call on Tuesdays to sign up for the Wednesday service.  
764-0947



### To Register for a program or for Questions

Contact Louise Paolicelli (914) 764-8201

email: [PRSeniors@townofpoundridge.com](mailto:PRSeniors@townofpoundridge.com)

### Program Guidelines:

- ◆ Trips will be cancelled if there is not enough participation
- ◆ Trips are open to Pound Ridge Senior Residents and one guest
- ◆ Additional guests will be placed on a waitlist and are welcome if there is space available.
  - ◆ Some trips may charge additional fees for Non-residents.
- ◆ Non-Senior Pound Ridge adults will be placed on a waitlist and are welcome to join if there is space available.

**Town of Pound Ridge Recreation Department Senior Programs  
Program Registration Form**

This form must be completed to register for any program that requires payment.  
To register for programs that do not have a fee you may complete the form or call 764-8201 or email prseniors@townofpoundridge.com.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Mailing address: \_\_\_\_\_

**Make checks payable to “Town of Pound Ridge”**

Separate checks are required for each program

Mail to: Senior Programs, PR Recreation Department, 179 Westchester Avenue, Pound Ridge, NY 10576  
For any programs that you are bringing a guest(s), please attach a list of your guest(s) names and phone numbers.

Event Date	Event/Trip	# of People	Cost per Person	Total Cost
September 8	Pool Party in Bedford Hills		No cost	
September 15	Weir Farms		No cost	
September 21	NWH Senior Fair		No cost	
September 22	Grace Farms		No cost	
September 26	Fall Prevention Seminar		No Cost	
September 28	Armstrong Education Center		No Cost	
September 29	Mohonk Mountain House		\$75	
October 13	Shopping—Norwalk		No Cost	
October 27	Halloween Luncheon		No Cost	
November 3	PRES Luncheon		No cost	
November 4	Law Seminar: Estate Planning		No Cost	
November 4	PRHS Bus Tour		No Cost	
November 10	Shopping—Danbury		No cost	
November 17	WBT –Saturday Night Fever		\$55	
December 1	Lockwood/Matthews Tour		\$8	
December 8	N2N Holiday Luncheon		No cost	
December 15	Shopping—Norwalk		No cost	
January 12	Empire City		No Cost	
April 6	WBT –Mamma Mia!		\$55	

Town of Pound Ridge Recreation Department  
Senior Programs  
179 Westchester Avenue  
Pound Ridge, NY 10576

PRSRT STD  
U.S. Postage  
**PAID**  
White Plains, NY  
Permit NO. 7624

**See inside for more  
details on:**

Trips to:

- ◆ Mohonk Mtn. House
- ◆ Lockwood-Matthews Mansion
  - ◆ Weir Farms
  - ◆ Grace Farms
- ◆ Armstrong Ed. Center

Seminars  
Theatre Trips  
Shopping Trips  
and more...



## Mohonk Mountain House



**Thursday, September 29**

9:00 am—5:00 pm

\$75.00

Register by September 8th  
Depart from Town Park

A National Historic Landmark Resort, Mohonk Mountain House offers thousands of acres of unspoiled scenery. Tucked away at the top of the Shawangunk Ridge is Lake Mohonk, a half-mile-long, sixty-foot-deep sky water lake. Rock formations rise majestically above the water and the natural surroundings remain virtually untouched except for the northwest corner of the lake where a sprawling Victorian Castle stands guard—Mohonk Mountain House.

Our Day visit will include an extensive buffet lunch and time to enjoy self guided tours of the Barn Museum, Greenhouse, and Shaw Gardens. Shop at the gift shop and Greenhouse Garden Shop. Sit and relax, or hike the beautiful trails.