



NEW ROCHELLE CARES AIP INC.

PO Box 91 Wykagyl Station
New Rochelle, NY 10804
914-563-8368

Join us for Lunch
with NRC-AIP
Date TBD –
Stay Tuned!

May 2018 Activities

MEMBERS

NEED A RIDE

FOR ANY PROGRAM?

Contact: NRC-AIP at 914-563-8368

Give the Gift of Knowledge – When you share this information with those you know, tell them that it came from New Rochelle Cares – Aging in Place.

Tuesday, May 1

10:30 AM – 12 Noon. Mid-Westchester JCC, 999 Wilmot Rd., Scarsdale

Our World Remade: WWI (Part 1 of 4). Marking the centennial of WWI, this series delves into the history, literature, and poetry of the “war to end all wars”. Discussion with Professor Eleanor Ehrenkranz. Senior Passport or \$8.

Tuesdays, May 1, 8, 15, 22, 29

10:30 AM. Hugh Doyle Senior Center, 94 Davis Avenue

Senior Exercise. Park Passport or Omnicard required.

Wednesdays, May 2, 9, 16, 23, 30

10:45 AM. Hugh Doyle Senior Center

Body Movement. Park Passport or Omnicard required.

1:15 PM - 2:00 PM. New Rochelle Public Library

Lunchtime Yoga Express

1:30 PM – 5:30 PM. New Rochelle Public Library

Health Care Navigators

Thursdays May 3, 10, 17, 24, 31

10:30 AM. Hugh Doyle Senior Center

Dancercise. Park Passport or Omnicard required.

1:30 PM. Hugh Doyle Senior Center

Senior Yoga. Park Passport or Omnicard required.

Thursday, May 3

10:30 AM – 1:30 PM. Mid-Westchester JCC

Amelie. A quirky girl seeks to imagine love and intrigue throughout Paris in the French romantic comedy starring Audrey Tatou. In French with English subtitles. (Part 2 of 2 in a romantic movie series). Followed by bagels and discussion with Professor Val Franco. Senior Passport or \$15.

Friday, May 4

10:00 AM – 12 Noon. New Rochelle Public Library

How to Scan Documents and Upload Photos.

Fridays, May 4, 11, 18, 25

10:30 AM. Hugh Doyle Senior Center

Yoga. Park Passport or Omnicard required.

10:00 AM – 1:00 PM. New Rochelle Public Library

Senior Benefits Information Center

Sunday, May 6

3:00 PM – 4:00 PM. New Rochelle Public Library

Concert. Sound Shore Chorale: "Mayfest of Choral Treasures"

Mondays, May 7, 14, 21, 28

10:00 AM – 11:00 AM. Hugh Doyle Senior Center

Arts & Crafts Classes. Park Passport or Omnicard required.

10:30 AM. Hugh Doyle Senior Center

Belly Dancing. Park Passport or Omnicard required.

10:30 AM. Hugh Doyle Senior Center

Choral Club and Sing Along. The Hugh A. Doyle Chorale meets on for group singing.

This group performs at local nursing homes and hospitals. Park Passport or Omnicard required.

Monday, May 7

10:30 AM – 1:00 PM. Temple Israel of New Rochelle, 1000 Pinebrook Blvd.

Yoga

1:00 PM. Hugh Doyle Senior Center

Wonder. A young boy with a facial deformity begins the fifth grade in a mainstream school with the help and support of his mother and father. The challenges he faces helps others learn not to judge a book by its cover. Starring Julia Roberts. Park Passport or Omnicard required. Rated PG.

Tuesday, May 8

9:00 AM – 11:00 AM. New Rochelle Public Library

Legal Assistance by Pace Women's Justice Center

10:30 AM – 1:30 PM. Mid-Westchester JCC

Gentlemen's Agreement. A reporter pretends to be Jewish in order to cover a story on antisemitism, and personally discovers the true depths of bigotry and hatred. Followed by bagels and discussion with history teacher, Jack Rosenthal. Senior Passport or \$15.

3:30 PM – 5:00 PM. Larchmont Avenue Church, Russell Hall, 60 Forest Park Ave., Larchmont

Is Solving Crosswords Good for Your Health? The answer is emphatically YES! This presentation will prove this theory with a talk on crosswords and mental health. Then, we will solve a New York Times crossword together. Look forward to an invigorating afternoon. Our speaker, Ed Stein, has long been a crossword solver and a sometime constructor of Times' crosswords. He teaches puzzle-solving at adult education programs, senior centers, and nursing homes. This program is free and the entire community is welcome. Lecture begins at 4:00 PM; coffee and refreshments are served at 3:30 PM.

Tuesdays, May 8 & 22

5:00 PM – 6:30 PM. New Rochelle Public Library

Introduction to Microsoft Word.

Wednesday, May 9

10:00 AM – 11:30 PM. Gramatan Village, 85 Pondfield Rd., Bronxville

Gramatan Village Book Club. Please join us at the GV office for a lively discussion of *Heartburn* by Nora Ephron, novelist and screenwriter of *When Harry Met Sally* and *Julie & Julia*. *Heartburn* is an autobiographical novel based on Nora Ephron's life story about her marriage to and divorce from Carl Bernstein, her second husband.

Refreshments will be served. All are welcome – Reservations Requested – info@gramatanvillage.org or 914-337-1338.

12 Noon – 1:30 PM. New Rochelle Public Library

Brown Bag Book Discussion: "The Last Gunfight" by Jeff Guian

Thursday, May 10

10:30 AM – 1:00 PM. Mid-Westchester JCC

Almost Friends. When two pen pals meet, an instant bond is struck. Nevertheless, reality overpowers friendship, and Freedom Runners. An Israeli high school teacher started a running club for African migrants and that alone got a lot of attention, but then they won every race! Followed by Q&A. Senior Passport or \$15.

Monday, May 14

10:30 AM – 1:00 PM. Temple Israel of New Rochelle

Zumba

1:00 PM. Hugh Doyle Senior Center

Same Kind Of Different As Me. Renee Zellweger stars in this inspirational, fact-based drama, a philandering husband volunteers at a homeless shelter in order to prove to his wife that he deserves a second chance. Later, she asks him to befriend a vagrant man whom she believes has a special destiny to fulfill. Park Passport or Omnicard required. Rated PG-13.

Tuesday, May 15

10:30 AM – 12 Noon. Mid-Westchester JCC

Our World Remade: WWI (Part 2 of 4). Marking the centennial of WWI, this series delves into the history, literature, and poetry of the “war to end all wars”. Discussion with Professor Eleanor Ehrenkranz. Senior Passport or \$8.

Tuesdays, May 15 & 29

5:00 PM – 6:30 PM. New Rochelle Public Library

Introduccion al Uso de Microsoft Word.

Wednesdays, May 16 & 23

10:00 AM – 12 Noon. New Rochelle Public Library

Microsoft Excel.

Thursday, May 17

10:30 AM – 12 Noon. Mid-Westchester JCC

Musical Salute to WWI. Performance by Linda Russell, Balladeer & musical historian. Senior Passport or \$8.

12:30 PM – 1:30 PM. Mid-Westchester JCC

“For the Love of Reading”. Group discussion on short stories lead by Ms. Carol Flicker and Ms. Terri Rosenbaum. Senior Passport or \$8.

6:00 PM – 8:00 PM. New Rochelle Public Library

Mobile Device Apps: How Do They Work?

Friday, May 18

9:30 AM – 11:00 AM. New Rochelle Public Library

League of Women Voters Coffee & Conversation

Monday, May 21

10:30 AM – 1:00 PM. Temple Israel of New Rochelle

Yoga

1:00 PM. Hugh Doyle Senior Center

The Shape of Water. This is the Academy Award Winner for Best Picture. A mute cleaning lady working in a secret U.S. Government lab in 1962 befriends an unworldly creature who's being held there against its will. In time, she and her friends decide to help it escape from captivity in this stirring fantasy romance. Park Passport or Omnicard required. Rated R.

Tuesday, May 22

10:30 AM – 12 Noon. Mid-Westchester JCC

The Great American Songbook (Part 2 of 2). Also known as “American Standards”, they include popular and enduring melodies from the 1910s-1950s. Richard Knox. Senior Passport or \$8.

3:30 PM – 5:00 PM. Larchmont Avenue Church, Russell Hall, 60 Forest Park Ave., Larchmont

The Underground Railroad in Westchester. Little-known heroes of Westchester, NY, Moses Pierce (1816 -1886) and Esther Carpenter Pierce (1815 to 1900) left no papers or letters that would document their courage in fighting slavery before, during, and even after the Civil War, risking everything they had by participating in Westchester’s Underground Railroad. Dr. Dorothee von Huene Greenberg will place their lives within the context of world, national, and local events and bring to life the inspiring story of these two extraordinary people of the abolitionist movement in America. This program is free and the entire community is welcome. Lecture begins at 4:00 PM; coffee and refreshments are served at 3:30 PM.

Thursday, May 24

10:30 AM – 1:00 PM. Mid-Westchester JCC

Bagels over Berlin. A documentary about Jewish veterans of the Army Air Corp in WWII. Followed by Q&A. Senior Passport or \$15.

Tuesday, May 29

10:30 AM – 12 Noon. Mid-Westchester JCC

Our World Remade: WWI (Part 3 of 4). Marking the centennial of WWI, this series delves into the history, literature, and poetry of the “war to end all wars”. Discussion with Professor Eleanor Ehrenkrantz. Senior Passport or \$8.

Wednesday, May 30

Hugh Doyle Senior Center

National Senior Health & Fitness Day. Active Today...Healthier Tomorrow – No better day than to begin an exercise program. Why not start with our very own Offutt Porter stretching you through our Body Movement class. Sign up for a delicious lunch (suggested donation \$2.00). Park Passport or Omnicard required. Afterwards we have

representatives from the YMCA conduction a presentations titles Breast Health Awareness Program.

12 Noon – 1:30 PM. New Rochelle Public Library

Brown Bag Book Discussion: "One Goal: A Coach, A Team and the Game That Brought A Divided Town Together," by Amy Bass

Thursday, May 31

10:30 AM – 12 Noon. Mid-Westchester JCC

Indian Classical Dance. Bharatanatyam is a 3000 years old dance form and the most popular of all classical styles of India. It is a very structured and precise dance where huge repertoires of hand movements are used to convey meaning and expression. Natyamudra School of Dance run by Liza Joseph will perform a few items from the Bharatanatyam repertoire. Senior Passport or \$8.

12:30 PM – 1:30 PM. Mid-Westchester JCC

Where Do You Come From? Let's Explore Our Roots. Senior Passport or \$8.

For Your Information

Tuesdays and Fridays

8:00AM – 10:00AM

Mall Walking at the Westchester in White Plains

The Westchester Mall in White Plains is open for indoor walking every Tuesday and Friday. Admission is free and parking is validated. **To join**, sign up at the Horse Fountain Plaza, near Crate & Barrel, on Retail Level Two.

For more information, call the Westchester County Parks Department at 914-231-4645

New Rochelle Park Passport (Formerly Omnicard)

Overview. The **Park Passport** is New Rochelle Parks and Recreation's photo identification card. It is required for individuals who wish to use **Hudson Park and Beach, Five Islands Park, Davenport Park, Cameron Dock, Sharkey Park, Neptune Park, Lincoln Park**, and for those seniors who wish to participate in the activities at the **Hugh A. Doyle Senior Center**. The **Park Passport** is valid from January through December.

Requirements. The **Park Passport** requires photo identification and proof of residency. Proof of residency is 2 permanent items that show applicants name and address, i.e. driver's license, vehicle registration, utility bill, tax statement lease, and or rent receipt.

Fees. The fee for a **Senior Resident** aged 62 plus is **\$40.00** for a **5-year** card.

Contact. For more information and application: **The New Rochelle Parks and Recreation Department.** City Hall 515 North Avenue, **914-654-2087.**

Hugh A. Doyle Senior Center

Hugh Doyle Center 94 Davis Avenue New Rochelle, 914-235-2363

The multi-services Center is open Monday through Friday from 8:30 am to 4:30 p.m. Programs include a full range of social, educational, and recreational activities. Classes are offered in the following areas: Arts and crafts, choral singing, dancing, exercise, gardening, painting, clay arts, card playing. The Senior Center also offers games such as mah-jongg, bingo, and pool. Professional speakers lecture on various topics in the areas of health, consumerism, and nutrition.

Senior Passports

JCC of Mid-Westchester for all events. Senior Passports are available for seniors 65 and older attending our daytime programs.

Senior Passports are available for purchase as follows:

- \$180 for a gold 10-month Passport (September-June)
- \$150 for a silver 7-month passport (September-November & March-June)

To purchase a Senior Passport please call the front desk of the Wilmot JCC at 914-472-3300. Passports are non-transferable. **For the WJC the fee is \$15 per day time program for non-passport holders.** All ticket sales are final and payable in one or two installments. **For more information, please contact Phyllis Kelly at 914.472.3300 ext. 423 or kellyp@jccmw.org**

Westchester County Office for Women

Robin Schlaff, Director. 112 East Post Road, Room 110B, White Plains

Providing Services: Domestic Violence Council, Hispanic Outreach, Women's Advisory Board

Hotline/Helpline	914-995-5972
Spanish Speaking, White Plains	914-995-6581
After Hours and Weekends	914-995-2099

For more information about programs and services visit <http://westchestergov.com/women>

Westchester County Family Justice Center

Room 1-150 Courthouse Annex. 111 Dr. Martin Luther King, Jr. Blvd., White Plains

Open Monday – Friday, 9 AM to 4:30 PM 914-995-3100

Free, confidential services for victims of Domestic, Partner and Dating Violence, Sexual Assault, Stalking and Elder Abuse. Spanish and multi-language interpretation available.

Walk-ins welcome.