

Ossining Recreation and Parks Winter Programs 2012



Ossining Recreation and Parks

95 Broadway

Ossining, NY 10562

914-941-3189

Office Hours 9am to 4pm Monday – Friday

Community Center Hours 9am to 9:50pm Monday - Saturday

VILLAGE BOARD

Mayor

William R. Hanauer

Board Members

Marlene Cheatham
Sue Donnelly
Michael R. Curry
John Codman III

Village Manager

Richard Leins

TOWN BOARD

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Catherine Borgia

Council Members

Geoffrey J. Harter
Michael L. Tawil
Northern Wilcher
Peter Tripodi IV

RECREATION AND PARKS

Superintendent of Recreation and Parks

Henry C. Atterbury

Recreation

Debbie Frieder	Senior Rec. Leader
Bob Chesna	Rec. Supervisor
Ardyce Thornton	Recreation Attendant
Brenna Burrows	Recreation Attendant
Marilyn Kadan	Senior Clerk
Luz Breese	Front Desk Clerk
Gabriel Cardona	Front Desk Clerk
Carlos Urgiles	Building Caretaker
Katrina Baker	Aquatics Instructor
Mike Kane	Aquatics Instructor
Brian Cassermere	Pool Caretaker

Parks

Village

Foreman

Larry Abreau

Town

Foreman

Albert Rivera

Parks Crew

Maso Robinson	Steve White
Patrick Bushell	Mario Velardo
Miguel Marra	
Spencer Thomas Jr.	
Brent Wells	

RECREATION ADVISORY BOARD

Jackie Shaw
Michael Byfield
Tony Ciancio
Andrew Jimney

Phyllis Smith
Martin Engelhardt
Connie Serafin
Robert Nichols

Marlene Cheatham -Village Board Liaison
Geoff Harter -Town Board Liaison

Advisory Board meetings are held at the Joseph G. Caputo Community Center on the **second Monday** of every month at 7:30. Meetings are open to the public and all are welcome to join us. We do not meet in July and August.

Westchester County Parks and Recreation offers many fine programs. Call the County Parks system for more information. County brochures are available at the Community Center with a listing of programs, call 864-7000

Phone Numbers of Interest

Police / Fire	911
Police Non Emergency	941-4099
Seniors Nutrition	762-8953
Ossining D.P.W.	941-4660
Ossining Water Dept.	941-6111
Municipal Building	941-3554

GENERAL INFORMATION REGISTRATION

Program registration begins on Tuesday January 3rd for online and in person starting January 10th from 9am to 9pm at the Joseph G. Caputo Community Center unless otherwise noted. Registration is on a first-come, first-served basis. Registration after the above date will be taken Monday through Friday between 9:00AM and 8:00 PM. Registrations will be accepted on Saturdays from 9am to 1pm only. Fees are listed with each program. Checks or money orders should be made payable to the Ossining Recreation Department or as otherwise specified in the program description. **NO CASH ACCEPTED.** Some class sizes are limited, so please register early. Ossining Senior citizens get a 10% discount. Non-residents, including seniors, may have a non-resident fee. You can register online starting January 3rd at 9am. A current Ossining Recreation Department ID card is required to register for programs. This is now an annual fee and cards must be renewed yearly, no exceptions. Village of Ossining residents will be \$3 and Non residents \$27 (outside the Village of Ossining) on Jan. 1st.

REFUNDS

Ossining Recreation does NOT issue refunds unless a program has been canceled due to insufficient registration. If any checks are returned by the bank for any reason whatsoever, there will be a \$35.00 charge in addition to the charge for the program which must be repaid in certified check or money order within 10 days of notification of same.

MEDICAL INSURANCE

As an applicant for participation in recreation programs offered by Ossining Recreation, it is extremely important that you are aware that the Town and Village do not provide a medical insurance policy for such programs. If you do not have a medical insurance policy, we urge that you secure such a policy before you use any Park or enroll in any Recreation Department programs. All Parks and Recreation programs are used at your own risk.

JOSEPH G. CAPUTO COMMUNITY CENTER

The Community Center provides many recreation activities and opportunities for the Greater Ossining community. The building is open from 9:00am to 9:45pm Monday through Saturday. The Community Center which houses the Recreation Office, includes a music room, art room, game room, multi-purpose room and a gymnasium. Also located in the building is the Ossining Heritage Area Visitors center, an excellent educational exhibit.

*Ossining-based, non-profit organizations are permitted to use the Community Center for meetings. A "Facilities Use Application" must be submitted to the Recreation Department at least 10 working days prior to the planned event. Approval will be on a first-come, first-served basis. Priority will be given to Recreation Department programs and events at the center over other organizations. The art, multi-purpose, and music rooms are the spaces available for meetings.

NEW INSTRUCTORS & VOLUNTEERS

The Ossining community has many individuals with a wide variety of talents. If you would be willing to share your talents with your community as an instructor or volunteer, please contact the Recreation Office. We are always interested in presenting new and exciting programs.

TELL US HOW WE'RE DOING!

The Recreation Department is constantly looking for ways to improve existing programs.

We want to hear your ideas for creative new programs and/or events that you would like to see.

Email us at HAtterbury@ossiningrec.com with any concerns or ideas you might have.

JOSEPH G. CAPUTO COMMUNITY CENTER GAME ROOM & GYMNASIUM

Monday through Friday 4:30 - 9:50 pm
Saturday 11:00 - 9:50 pm
6 years olds & up Free with I.D. Card

A variety of activities including table tennis, billiards, video games, board games, a large screen TV, computers to go online and check email, and WiFi throughout the building are available to all residents free of charge.

Ages 6 - 10 can stay at Center until 8:30 pm
Ages 11-12 can stay at Center until 9:00 pm
Ages 13-17 can stay at Center until 9:50 pm
Our gymnasium is open Monday through Saturday.
Participants must have an I.D. card. Schedules of program offerings are available at the Center.

YOUTH PROGRAMS

SEE IT/ DRAW IT!

Starts Jan 25th 8 Sessions
Wed 3:30 – 5:00 Fee: \$100

Ages 8-12
Release the inner artist in your child and build self-confidence. If one can hold a pencil, one can draw. This class will help your child see objects differently, and train the ‘art’ of his/her brain to draw. Through various exercises and techniques, one will learn to recognize simple geometric shapes inherent in all things. This class will also teach your child to see the lights and darks that emphasize form, thus making it easy and fun to draw.

STORYBOOK THEATRE CLASS

Joseph G. Caputo Community Center
Starting January 23rd 8 weeks
Ages 5-8 Mondays 3:30-5:00
Ages 8-12 Wednesdays 3:30-5:00
Fee: \$100

Develop your child’s creativity and self- confidence in an afterschool program that’s guaranteed to be fun. In addition to fostering creativity and public speaking skills, research has shown that drama can improve academic skills and confidence. Our class will focus on theatre games, the creation of characters and stories modeled after folk and fairytales with Laurie Polidoro leading the class.

YOUTH SOCCER LEAGUE

AYSO (American Youth Soccer Organization)
Spring 2012
Ossining AYSO from time to time has openings for the spring season in many age groups on existing teams-U8 to U16. All players in the clinic program for U5 and U6 are accepted. Openings for U8 to U16 are filled on a first come first serve basis. For more information, please call the Ossining AYSO Hotline at 944-0063.

BASKETBALL WINTER LEAGUE

Joseph G. Caputo Community Center
November through March
Ages 6 to 13 as of 9/1/2011
Fee is \$65 per player

Clinics

Ages	Session	Time	Location
6 & 7	class I	12:30 to 1:30	Comm. Cent.
8 & 9	class II	1:45 to 2:45	Comm. Cent.

The clinics are limited to 40 students in each session The emphasis will be on skills development. The 8/9 yr olds will be introduced to competitive play in game situations.

Leagues –

League play is a program with set teams and is for ages 10 to 15. All participants play. Teams will be drawn up the week of 11/28 and league play will begin the week of December 1st. Volunteer coaches are always needed. Call the Recreation Office if you would like to coach. Training clinics for coaches may be offered.

CLASSICAL BALLET

Joseph G. Caputo Community Center
Starts January 20th
Fridays: 11 Sessions
Ages 3-5 4:00 – 4:45 pm \$143.00
Ages 5 and up 5:00 – 6:00 pm \$165.00
Saturdays
Ages 3-5 9:30 – 10:15am \$143.00
Ages 5 and up 10:30 – 11:30am \$165.00
Throughout time ballet has been based on the historical dances of the Royal palaces. Ballet has always been associated with grace, discipline, music and pleasure. Ms. Ferdinandova is a qualified, professional teacher with 25 years of experience in Europe and America with an extensive educational and stage background. Limit 15 per class.

JESSE COLLYER YOUTH SPORTS

TEE-BALL/ BASEBALL/ SOFTBALL

Season runs April 1 to June 23 2012

Ages 5 to 15 Boys & Girls Fees Ages 5 - 8 \$75

Ages 9-15 \$95 - Except 13- 15 Boys \$115 the fee includes uniforms and end of the year party, \$5 discount applies after the first child registered in the family. Games are weeknights and Saturdays.

Registration will be at Claremont School on;

Wednesday 1 / 18/12 7 PM-9 PM

Thursday 1 /19/12 7 PM – 9 PM

Saturday 1/21/12 11 AM – 2 PM

You can also get a registration form and mail it in at

www.jcysports.org Any questions please email

dm112459@aol.com Please do not miss the above

dates. If you missed the above dates a late fee of \$25

per player will be charged, no exceptions! Also the

second child discount will not be given. Volunteers

are needed in all leagues. Please sign up for this at

the registration desk

USTA —QUICKSTART” TENNIS

Joseph G. Caputo Community Center gym

Starts January 23rd

Mondays 8 weeks

\$85 per student one hour class

This is a new USTA format to help kids 10 and under learn the game. A graduated length system for the court and the equipment as well as a new scoring system are incorporated into the program.

Quick start tennis helps kids learn the basics and actually begin to play the “sport for a lifetime” even if he or she has never picked up a racquet before.

Classes are grouped by age and level. Instructors are USTA clinicians assisted by trained aides.

Ages 6—8 4—5 PM

Ages 9—10 5—6 PM

Note: 5 year olds are sometimes considered for the younger class depending on physical readiness.

Racquets provided. Children must wear sneakers.

FISHING DERBY - Free

Cedar Lane Park 1 - 3pm

Saturday , May 12th Ages 16 & under

The derby will be at Cedar Lane pond which has been stocked with fish for this event. Come enjoy a few hours of fishing and bring home a "fish story" of your own. Free program. Rain or shine the fish don't mind so be there with rod and reel ready to pull in that whopper. Catch and release is the rule.

OSSINING LITTLE LEAGUE FOOTBALL

Our 2011 Season was a very successful one. The goal of Ossining Little League Football is to have fun first and then teach fundamentals and life lessons through the game of football. Our approach is simply one where we expect success and a great level of commitment from our players because we want THEM to LEARN to be successful. Look for our registration dates in June. Practice starts Mid August 2012 for 2 weeks straight, Monday to Friday, 5pm to 7pm. Please check out our website for updates..... WWW.OLLF.ORG

AFTER SCHOOL RECREATION

Joseph G. Caputo Community Center

Continuous Year round

\$155 per month 3:30 - 6:00pm

Mon. - Fri Grades 1 - 6

Participants will receive assistance with homework first and then participate in arts & crafts projects, games & field trips. Staff will meet the school bus in front of the Center, Friday trips will be to various parks & playgrounds in the spring. Contact the school district to arrange bussing. We pick up students from Claremont. Snacks are provided.

YOUTH CO-ED ROLLER HOCKEY

2012 SPRING SEASONS

Dates: Spring Season runs mid-March through early June 2012.

Days/Times: Sunday – Thursday evenings between 5:00 – 9:00 pm. Schedule will vary depending upon age group. Practice schedules are at coaches' discretion.

Location: Veteran's Park Roller Hockey Rink, Narragansett Avenue, Ossining

Registration For more information, email Jean Leddy at jmleddy3660@hotmail.com or go online at

www.ovhainfo.org

JUKIDO & JIJITSU SELF DEFENSE

Joseph G. Caputo Community Center

Starts Jan. 14th 10 weeks

Saturdays/ Wed Beginners 9:30

Fee \$130 Intermediates 10:30

Ages up to 16 Advanced 12:00

Learn the art of self defense with emphasis on self discipline and conditioning with instructor Pat Premdas. Wed. workouts are at 6:30pm.

JUNIOR TEAM *TENNIS* WINTER SESSION— A USTA PROGRAM

AGES 12--18--advanced beginner through intermediate
Interested players will be grouped by age and ability
and matches will take place at local indoor clubs.
Match times are TBD but it is anticipated that most
will be scheduled for late afternoon or early evening
on weekends. Ossining players will have a coached
session at a local club prior to match day.
Cost includes USTA membership (required)
Local registration (includes free t-shirt)
Minimum of two coached sessions and two matches
USTA members--\$80.00 Non-members--\$100.00
Match play is scheduled to start in late January
through April There may be an additional nominal
fee payable to the host club on match days.
Contact Ms. Ross at sssross@aol.com for details.

ADULT PROGRAMS

JUKIDO JUJITSU - SELF DEFENSE

Joseph G. Caputo Community Center
Starts Jan. 14th 10 weeks
Saturdays 12 to 2:30pm
Fee is \$130 18 and up
A class on self-defense with emphasis on self-
discipline and conditioning. Pat Premdas will
instruct. Wed. workout sessions are from 7:30 to
8:30. Pat will give details on exact time for each
skill level for Sat. classes.

STAINED GLASS WORKSHOP

Joseph G. Caputo Community Center
Starts January 23rd 8 sessions
Mondays Beginners 6:30 - 8
Fee: \$80.00 Advanced 8 - 9:30
Joan Peske of Frog Hollow Glassworks. A
beginners class and a continuing class for students
already working in stained glass. Beginners can
purchase a \$140 starter kit or just materials or both
which will be available the first night. They will be
instructed in the copper foil (Tiffany) method of
stained glass and will complete at least one panel.
Safety glasses must be worn to each class.

CLASSICAL HATHA YOGA

Joseph G. Caputo Community Center
Tuesdays 8 sessions
Starts Jan. 24th 6:30 – 8pm
Fee: \$75
Beginners/Intermediate class will include asanas
(postures), pranayamas (breathing techniques).
Chakra Intro, and 15 min meditation/relaxation.
Asanas synchronized w/breath can energize and
balance the body/mind connection. Regular practice
will promote good health; increasing oxygen/blood
circulation to vital organs & muscles, as well as
balancing the nervous system. Defenses against
“disease” are strengthened and are easily
maintained. Flexibility, strength and feelings of
tranquility can be increased w/practice. Bring a
yoga mat, thick pillow or blanket and water. Last
heavy meal 2 hrs prior to class. Instructor: Aida I
Rivie-Angley: Exp: Practice 1975; Teaching 1982;
NYS Board Certified – LMT 1991; Yoga for Bone
Health Certificate 2009.

ADULT TEAM TENNIS

Ossining fields teams for both the Westchester
County league and for the USTA adult league.
Westchester county league teams include:
Mens A and B teams
Womens A , B1 and B2 teams
USTA Adult and Senior league:
Womens 2.5, 3.0 and 3.5 teams
Womens Senior 3.0 team
Mens Senior--level tbd team
If you are an Ossining player looking for team
competition, please contact Shannon Ross at
sssross@aol.com.
Match play begins in the spring but team formation
starts in late winter. Contact us and we will help
you find a team.

KICKBOXING / ZUMBA

Joseph G. Caputo Community Center

Starts January 23rd 8 weeks

\$170 for all four days

Mondays and Wednesday 7:30-8:30 pm

Functional Training and Kick Boxing

It's the New Year and time to focus on creating a healthier heart and body. Come with friends to kick the weight off and punch yourself into shape. Bring water and a mat for stretching. The class will provide cardio and strength drills using steppers, physioballs, hand weights bands and more.

Tuesdays and Thursdays 7:30 -8:30 pm

Zumba/ Sculpt/ Core

This class has it ALL! Warm up with dance/aerobic moves to lift your spirits and heart rate. Sculpt/tone using hand weights, exercise bands and weighted medicine balls. Pilates will be applied to strengthen your core and stretch your body. Sara will lead both sessions.

The fee covers all four days if you choose to go four times a week. Contact Sara at 646-431-0774 or sarasmile329@gmail.com for more information.

AQUATICS PROGRAMS

At the Ossining Community Center Pool

SENIOR EXERCISE

Monday - Friday 10-11am

It is designed to give seniors more experience in the water and share with them different exercises at several levels that they can perform. The Water Workout will consist of exercises using the barbells and water belts at various levels to which class members can perform. Daily Fee is \$1.00.

AQUATIC BOOT CAMP

GET IN SHAPE After THE HOLIDAYS

Starts January 21st

Saturdays 4-5pm

Mondays 7- 8pm

10 Weeks \$175

Both days (Sat. and Mon.) \$275

Enjoy Low impact with High Impact results, Burn Calories, Tone your Body, Flatten your Abs, and Strengthen your Core

FOR A SLIMMER HOLIDAY YOU!

Your instructor, Lizz is a NY State Certified Personal Trainer with over 10 years experience and is a Reiki master and massage therapist. Saturday and Monday are separate programs.

SPARTANS 2012

Club Swim Team

Spartans Swimming is a year round youth swimming program which will compete in the Westchester/ Fairfield Fall Swim League and USA Swim Meets. Spartan swimming welcomes all levels of competitive swimmer from beginner to advanced high school swimmers. Emphasis will be on the long term interest of each athlete. We want each swimmer to develop a love for the sport, proper technique and to have fun. Coach Mike Kane has a great level of experience and will work with each swimmer to develop them into a competitive swimmer. Four levels of the team exist.

1. Pre- Competitive (no meets)
Practice time – M, W, F- 40 min.
3:20- 3:50
2. Junior I M- F 4:30-5:30
3. Junior II M- F 5:30-6:30
4. Senior M- F 5 to 7pm

Contact the office for a detailed list of the requirements for each level. Levels 2, 3 and 4 will also have an initial one-time fee of \$55 to pay to

USA Swimming and will require an additional \$100 that goes into an escrow account to pay for events at meets. You will receive a refund for any portion of that which goes un-used and you may have to contribute more to that account based on the number of meets and events your child participates in.

We have two fee schedules.

1. \$110 per month and child is picked up by parents at close of practice each day
2. \$155 per month and your child stays with our existing After School program until 6pm, prior to and after swim team practice.

LEARN TO SWIM CLASSES

General Information

On the first day of any session participants in any level above beginner will be tested to ensure that they meet the requirements of the class level they are registered for and that they are in the correct level based on their ability. Class size is generally 6 students per class and detailed descriptions of each level are outlined on the previous page.

The start date for all weekday classes is on Monday January 23rd and the first Saturday is January 21st^h.

Fees vary depending on residency for those living outside the Village of Ossining.

CLASS DESCRIPTIONS

PARENT / TOT CLASS

8 weeks ½ hours sessions Fee \$100

Class size is 6 max.

Choose a letter as your desired class time

- A. Monday 9:30am
- B. Tuesday 9:30am
- C. Wednesday 9:30am
- D. Thursday 9:30am
- E. Friday 9:30am
- F. Saturday 9:00am**
- G. Saturday 10:30am**

This program is designed to give young children experience in the water in the comfort of their own parent/caregiver. The ages for this program will be 6 months – 3years old. Within your 8 week session, the parent/caregiver and child work together to learn basic skills such as bubble blowing, kicking, big arms, and safety jumps. Through games, water play and the use of flotation devices/toys, your child will become comfortable in the pool.

LEARN TO SWIM - LEVEL 1

8 weeks ½ hours sessions Fee \$100

Class size is 6 max.

Choose a letter as your desired class time.

- A. Tuesday- 6:30pm
- B. Wednesday- 6:30pm
- C. Wednesday- 7:00pm
- D. Thursday- 6:30pm
- E. **Saturday- 8:30am**
- F. **Saturday- 8:30am**
- G. **Saturday- 9:00am**
- H. **Saturday- 9:30am**
- I. **Saturday- 11:15am**
- J. **Saturday- 12:00pm**

Level 1 participants learn to: Enter & exit water safely, Submerge mouth, nose & eyes, Float on front & back, Explore arm & hand movements, Open eyes underwater, Exhale underwater, Explore swimming on front & Back , Use a life jacket, Follow basic water safety rules, Submerge to pick up object

LEARN TO SWIM - LEVEL 2

8 weeks ½ hours sessions Fee \$110

Class size is 6 max.

Choose a letter as your desired class time.

- A. Tuesday- 7:00pm
- B. Wednesday- 6:30pm
- C. Thursday - 6:30pm
- D. **Saturday – 8:30am**
- E. **Saturday - 9:00am**
- F. **Saturday - 11:15am**
- G. **Saturday - 12:00pm**

Gives students success with fundamental skills.

Level 2 participants learn to: Exit water using ladder or side, Tread water, Glide on front & back, Float on front & back, Explore swimming on side, Roll over from front to back, back to front, Enter water by stepping/jumping from the side, Open eyes underwater, submerge head to retrieve object, Swim on front & back using combined strokes, Move in water while wearing life jacket, Perform rhythmic breathing

LEARN TO SWIM - LEVEL 3

8 weeks ½ hours sessions Fee \$110

Class size is 6 max.

Chose a letter as your desired class time.

- A. Tuesday- 6:30pm
- B. **Saturday- 9:30am**
- C. **Saturday- 12:00pm**
- D. **Saturday- 12:30pm**

Builds on the skills of Level 2 through additional guided practice.

Level 3 participants learn to: Jump into deep water from the side, Perform rotary breathing, Perform butterfly kick and body motion, Survival float, Dive from sitting or kneeling position, Swim front crawl, Perform HELP & huddle positions, Submerge fully & retrieve object, Change from vertical to horizontal position on front & back, Perform reaching assists, Swim back crawl , Bob with head fully submerged, Use check-call-care in an emergency

LEARN TO SWIM - LEVEL 4

8 weeks ½ hours sessions Fee \$110

Class size is 6 max.

Choose a letter as your desired class time.

- A. Tuesday – 6:30 pm
- B. **Saturday – 10:00am**
- C. **Saturday- 11:15am**

****More classes will be offered based on demand****

Develops confidence in the skills learned and improves other aquatic skills.

Level 4 participants will learn to:

Dive from compact or stride position, Swim underwater, Swim breaststroke, Use safe diving rules, Tread water using sculling arm motions & kicking, Perform throwing assists, Swim elementary backstroke, Perform feet-first surface dive, Swim on side using scissors kick, Care for choking victim, Perform open turns on front & back, Coordinate butterfly, Perform compact jump into water from a height while wearing a life jacket

LEARN TO SWIM - LEVELS 5 & 6

8 weeks ½ hours sessions Fee \$110

Class size is 4 max.

Choose a letter as your desired class time.

A. Tuesday - 7:00pm

B. Thursday- 7:00pm

C. Tuesday and Thursday 7 - 7:45 (Fee \$175)

D. Saturday - 10:00am

Level 5

Provides further coordination and refinement of the following strokes: Front crawl, Back crawl, Breaststroke, Butterfly, Elementary Backstroke , Side stroke.

Level 6

Refines all 6 strokes so students swim them with ease, efficiency, power and smoothness. *The two levels will be in combined classes with much smaller class size for more personal attention.*

LEARN TO SWIM- FOR ADULTS

Class size 6 max. Fee \$75 8 weeks

A. Wednesday 6:30pm (all levels)

B. **Saturday - 10:00pm (beginner)**

C. **Saturday - 10:30pm (intermed.)**

This program is designed to help adults learn how to swim, improve their swimming ability, refine their strokes and learn independent swimming skills.

OPEN SWIM TIMES

Offered various times Monday thru Friday - Generally 6:30pm to 9:00pm but subject to change.

Saturday: 1:30-6:00pm Sunday: 1:00-4pm

Recreation ID card is required, no exceptions.

Non Village of Ossining residents are subject to non resident fees. Call 941-3189 for details.

BIRTHDAY PARTIES (at the Pool) Fee \$145

Children must be between the ages of 6 & 12 years old with a limit of 20 children maximum.

Saturday afternoons from 2:00-5:30pm.

**The \$145 fee includes one hour in the Multipurpose room for food and one hour in the pool, an adult must be present. Air Castle is available if requested.

****FOOD AND DRINKS ARE NOT PROVIDED****

Ossining residents only.

LAP SWIMMING

Monday thru Friday

6-9am / 7-8pm

Year Round

\$260 for residents

Three lanes are available for your convenience.

Other "various times" might be available but are subject to change based on programming needs.

Saturdays (when available) from 6:30pm - 7:30pm,

Non-resident fees apply to all those outside the

Village of Ossining. Different rates for non

residents apply based on location and rates will

increase starting Jan. 1, 2012.

SENIORS CITIZENS PROGRAMS

NUTRITION PROGRAM

Delicious hot meals are served at the Joseph G. Caputo Community Center on Broadway, five days a week, Monday through Friday. Any person 60 years of age or over is invited to participate. However, advance reservations are required. Call the Nutrition Center at 762-8953 for more information

HOME DELIVERED MEALS PROGRAM

This program is available for people 60 or older who meet Westchester County Department of Senior Programs and Services eligibility requirements. For more information, call the Nutrition Center at 762-8953 for more information

ART CLASS

Joseph G. Caputo Community Center
Thursdays Ongoing
1 - 4:00 PM
Instructor: Paul Jeffries

BLOOD PRESSURE SCREENING

Joseph G. Caputo Community Center
Second Tuesday of every month 11:30 am
Sponsored by: Dominican Sisters Family Health Services

DANCE AND EXERCISE

Joseph G. Caputo Community Center
Thursday Mornings Year Round
Ongoing 10:30 to 11:30
Instructor Cameron Kelly

BOCCE FOR SENIORS

Joseph G. Caputo Community Center
Wednesdays & Fridays Year round
Ongoing 1 - 4

EXERCISE - Aerobics

Joseph G. Caputo Community Center
Wednesday mornings Year Round
Ongoing 11 - `12
Instructor: Carl Tucker

EXERCISE FOR SENIORS

Joseph G Caputo Community Center Year round
Mondays Ongoing 10:15
Inst. Dr. Richard Finewood

BINGO

Joseph G. Caputo Community Center
Wednesdays Year round
Ongoing 12:45-2

COMPUTER LEARNING FOR ADULTS

Joseph G. Caputo Community Center
Computer courses are offered at the Center, call 762-1350 for information and to register

TAXI COUPONS

Joseph G. Caputo Community Center
Tickets sold daily Monday - Friday 9 - 2
Ages: Must be 68 years old or older
Fee: \$3 per coupon

WALKING PROGRAM

Joseph G. Caputo Community Center
Monday, Wednesday, Thursday, Friday
Ongoing 9:30 - 10
A regular program of walking can provide many health benefits. It can increase energy levels, reduce body fat and reduce the risks of heart disease, high blood pressure, obesity, arthritis and osteoporosis. Walking is relaxing and relieves tension.

RUOK – no fee

Phone calls are made from the Senior Center every morning to make sure residents 60 and older are okay, Calls are made at 8 or 9am, your choice.

OSSINING GOLDEN AGE CLUB #1

Business meetings are held at the Joseph G. Caputo Community Center on Tuesdays at 1pm to 4pm. Club activities include bowling, bocce, bingo, crafts, trips, dinners, dances and holiday parties. All residents age 60 and up are invited. Join this group every Tuesday for Bingo and to learn about upcoming trips and programs.

**NORWEST –
REGIONAL SPECIAL SERVICES**

Providing Community Therapeutic Recreation For Special Populations

Is your child (age 5 to 21) and in a special education program?

NorWest may have a recreation program for you. NorWest complies with the regulations of the state and county Health Dept. and is funded by a NYS OMRDD Family Support Service Grant.

Give the director, Chris Morabito, a call and he will be glad to discuss programs that NorWest provides and any other service related issues.

Fax (914) 737-4838. Office (914) 737-479