

2019 - Registration Form

Name: _____

Address: _____

Phone: _____

Cell # _____

Email: _____

Emergency Contact
Name: _____

Phone: _____

Checks payable to: **"Village of Croton"**
(Separate check per program)

Mail to: Croton Recreation Department
One Van Wyck Street
Croton-on-Hudson, NY 10520
Att. Valerie Nolan

Program: _____

Act/Sec# _____ Fee: _____

I hereby recognize that there are inherent risks involved with participation in this program & agree to release and hold harmless the Village of Croton-on-Hudson, their employees & volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above named person may sustain as a result of participation. In the event of injury, I hereby give permission to myself, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care.

Signature: _____

Date: _____

Local Shopping Bus

A senior shopping bus is available on Mondays and Wednesdays. The bus takes village residents to Shoprite, the bank or post office. Pre-registration is required.

JV Mall Shopping

A mall shopping trip is open to all Croton Seniors. The bus leaves from the Municipal Building at 9:30am returns by 1:30pm. Pre-registration by Monday prior, Minimum of 5 participants required
Dates: Oct 10, Nov 14 & Dec 12

Croton Senior Club

Enjoy coffee, conversation & fun!
Join us for weekly Friday meetings at 11:00am at the Municipal Building. The Croton Senior Club enjoys social activities, trips, classes & guest speakers. Open to Croton Village & school district residents ages 60+.

For Additional Information:
Contact: **Valerie Nolan: 271-5804**
Director of Senior Recreation

Croton Recreation: 271-3006
www.crotononhudson-ny.gov

Croton-on-Hudson
Senior Recreation Programs



FALL ACTIVITIES

Charter Bus Trips:

Charter Bus departs from ShopRite

Wednesday, October 2

"Oktoberfest"

At Villa Roma

Tuesday, November 12

"Magnanini Winery"

Wine Tasting

Six Course Lunch

Local Explorers:

Mini Bus departs from the
Municipal building

Thursday, Sept 26

"Downton Abbey Premier"

At Jacob Burns

Wednesday, October 9

Arthur Avenue

Tuesday, Nov 5

Ridge Hill / Stew Leonards

Fitness for Balance ACT#2111 Sec 3

Date: 8 Wednesdays, starts Sept 25

Time: 1:00 – 2:00 PM

Location: Community Room

Fee: \$72 Village Residents-8 classes
\$82 Non-res/school dist.

Instructor: Caryl DePalma / Trainer

Improve balance, fitness, strength & flexibility. Help reduce the risk of falls, improve daily functions & activities.

Intermediate Balance Act #2112 Sec 1

Date: 8 Wednesdays, starts Sept 25

Time: 2:15 – 3:15 PM

Location: Community Room

Fee: \$72 Village Resident - 8 classes
\$82 Non-res/school dist.

Instructor: Caryl DePalma / trainer

Build better fitness with advanced balance techniques. *Must be able to get up & down from floor unaided*

Chair Yoga Act #2110 Sec 2

Date: 10 Mondays, starts Sept 23

(No Class Oct 14 & Nov 11)

Time: 11:30 AM – 12:30 PM

Location: Recreation Conference Room

Fee: \$88 Village Res -10 classes
\$98 Non-res/school dist.

Instructor: Sarah Lipton

Enjoy yoga without getting down on the floor. Chair yoga incorporates all aspects of yoga, such as meditation & breathing.

Book Club

Dates: Wednesdays, Sept 4, Oct 2, Nov 6, Dec 4, Jan 8 (Once a month)

Time: 10:00 – 11:30 NO FEE

Location: Croton Free Library

Painting with Acrylics Act #2102 Sec 3

Dates: 8 Wednesdays, starts Sept 25

Time: 1:00 – 3:00 PM

Location: Recreation Conference Room

Fee: \$88 Village Residents – 8 classes
\$98 Non-res/school dist.

Instructor: Hillary Hostetler

Enjoy creating using a combination of decorative paper & acrylic paint. Design a custom canvas to enjoy in your own home. All levels of experience welcome,

Watercolor Painting Act #2100 Sec 1

Dates: 8 Mondays, starts Sept 23

(No Class Oct 14 & Nov 11)

Time: 1:00 – 3:00 PM

Location: Community Room

Fee: \$88 Village Res - 8 classes
\$98 Non-res/school dist.

Instructor: Patricia McDermond

Explore basic watercolor techniques. Practice drawing, observation skills & proper handling of materials. Enjoy working in a creative atmosphere.

Tai Chi for Seniors Act# 2113 Sec 3

Dates: 8 Tuesdays, starts Sept 24

Time: 12:00 – 1:00 PM

Location: Rec Conference Room

Fee: \$80 Resident – 8 classes
\$90 Non-Resident

Instructor: Kim Cercena

Join instructor Kim, for Tai Chi, a form of moving meditation, combining relaxed gentle motion with breath. Increase concentration, relaxation, clear the mind, regulate breath & blood flow. Improve health & prevent falls with better balance, flexibility & Correct body posture.

Croton Friends of History Presents

Turn of the Century Croton #2170 Sec 1

Date: Friday, October 11

Time: 10:00 – 11:30 AM

Location: Community Room

No Fee: Pre-Registration Required

Village Historian: Mark Cheshire

Using rare photos & postcards from the historical society, take a tour of Croton at the dawn of the 20th century. Afterwards join us for coffee & refreshments hosted by The Croton Senior Club.

Current Events Act #2125 Sec 1

Dates: 8 Thursdays, starts Sept 26

(No Class Nov 7)

Time: 10:00 AM – 12:00 PM

Location: Community Room

Fee: \$48.00 Village Res - 8 classes
\$58.00 Non-res/school dist.

Instructor: Ed Pressman

Join a lively discussion of today's news headlines! Explore current events, discuss "hot-button" issues & reach new insights of the news while analyzing the past.

Fall Flowers Act #2107 Sec 1

Date: Tuesday, Oct 15

Time: 1:30 – 3:00PM

Location: Community Room

Material Fee: \$25.00 Village Res
\$28.00 Non-res/school dist.

Instructor: Catherine Kondo Arkin
Upper Village Blooms

Join the talented designers at Upper Village Blooms & learn the basics of flower arranging. Highlight your favorite fall flowers & greenery. Celebrate the season with this fun, hands on workshop!