

POUND RIDGE ADULTS 62+

AUGUST - DECEMBER 2026



We invite Pound Ridge residents aged 62 and older to join our vibrant community. Our mission is to enrich the lives of local older adults by promoting independence and well-being through social engagement, stimulating activities, and a focus on both physical and mental health. We are committed to creating a warm, inclusive, and supportive environment where individuals can flourish, build meaningful connections, and enjoy a fulfilling lifestyle.

Please note, all dates & times are subject to change



DEPARTMENT INFORMATION

Recreation Leader, Melissa Farella

Office: 914-764-0947, Cell: 914-746-0703, mfarella@townofpoundridge.gov

Recreation Assistant, Adults 62+ Senior Coordinator - Camille Prisco

Office: 914-764-8201, Cell: 845-544-9653, PRSeniors@townofpoundridge.gov

Recreation Office:

179 Westchester Avenue, Pound Ridge, NY 10576

Office Hours: Monday-Friday, 9:00 AM-4:30 PM

Conant Hall:

257 Westchester Ave, Pound Ridge, NY 10576

Recreation Commission

Rich Wetchler - Chairman

Van Muller - Vice Chairman

Diane Briggs - Town Board Liaison

Colette Dow

Matt Polinsky

Dawn Davidson

Dan McDonald

Derek McConnell

Recreation Commission meetings are usually held on the second Monday of the month at 7:00 PM at the Town House.

8/10, 9/14, 10/5, 11/9, & 12/14

Town Board

Kevin C. Hansan - Supervisor & Chairperson supervisor@townofpoundridge.gov

Diane Briggs - Town Board/Deputy Supervisor dbriggs@townofpoundridge.gov

Daniel S. Paschkes - Town Board dpaschkes@townofpoundridge.gov

Alison Boak - Town Board aboak@townofpoundridge.gov

Namasha Schelling - Town Board nschelling@townofpoundridge.gov

www.townofpoundridge.gov

WEEKLY EVENTS

All programs require the completion of a one-time waiver form which can be found on Community Pass or the Recreation website under Adults 62+ "Supporting Documents."

Cafe Conant

Wednesdays, 11:00 AM-2:00 PM.

257 Westchester Ave, Pound Ridge, NY.

Join us every Wednesday at Conant Hall! Stop in for a smile and conversation with other local residents. Coffee & tea and light snacks are provided. Bring your own lunch. No registration is required to join this program.

Chair Yoga

Mondays, 10:00-11:00 AM.

257 Westchester Ave, Pound Ridge, NY.

Sponsored by Northern Westchester Hospital. No fee. Chair yoga is a gentle and accessible form of yoga specifically adapted for individuals with limited mobility, balance concerns, or those who find traditional floor-based yoga difficult. By using a sturdy chair as a base, older adults can perform traditional yoga poses with increased safety and stability. *Seated & Supported Poses:* Most exercises are done while sitting. For standing poses, the chair is used as a "prop" for balance to prevent falls. *Low Impact:* It minimizes stress on the joints, making it ideal for those with arthritis or recovering from surgery. *Adaptability:* Almost any yoga pose (like a Warrior pose or a Sun Salutation) can be modified to be done in a chair. . Pre-registration required on Community Pass or by contacting the senior coordinator. Alternatively, new participants can

complete registration with the instructor at their first class. There will be limited classes on federal holidays based on instructor availability. Please visit our website for an up-to-date class schedule.

Chair Zumba

Fridays, 10:30-11:00 AM.

257 Westchester Ave, Pound Ridge, NY.

Wear comfortable clothes. Registration with Patti Larkin is required and can be done in person at your first class. There will be limited classes on federal holidays based on instructor availability. Please visit our website for an up-to-date class schedule. Instructor Patti Larkin; pcoviell@yahoo.com, 914-584-4103. Join Patti for a modified version of the traditional Zumba workout, which incorporates energetic dance movements and Latin-inspired music. The primary goal of Chair Zumba is to provide a safe and enjoyable exercise experience that caters to the unique needs and abilities of older adults. Patti Larkin is an AFAA Certified Zumba and Aerobics instructor with over 16 years experience teaching various types of Fitness classes in addition to Zumba. She currently teaches at Pepsi and has run programs through several local towns including Lewisboro and Ridgefield continuing education. She also competes in Pro/AM American Rhythm and has been dancing for nearly 20 years.

ADULTS 62+ PROGRAMS

Neighbor to Neighbor

Neighbor to Neighbor is a community based volunteer initiative that helps Pound Ridge Adults 62+ who are in need of assistance. It works in conjunction with the Town Recreation and Police Departments. In addition to the services outlined below, Adults 62+ who are medically homebound or temporarily unable to cook or have no one in their home who can cook for them, can sign up for food deliveries. The program relies on neighbors who volunteer to pick up, and deliver to homebound individuals, meals which the homebound pre-order from The Market. Meals are delivered on a temporary basis to help participants navigate through a crisis. The intent of this initiative is to work jointly with the family. Lunch meals are delivered Monday through Friday and on an emergency basis on weekends, excluding legal holidays. The Market bills participants monthly for the meals.

Grocery Shopping

Every Wednesday is Senior Day at The Market at Pound Ridge Square. Individuals who can no longer drive, are picked up by the Community Bus at their home around 9:00-9:30 am and taken to The Market to buy their weekly groceries. While in town, they could also do banking and dry cleaning chores. There is no fee for this service.

To arrange for Community Bus pickup please call the Pound Ridge Recreation Department at 914-764-0947. Participants must pre-register for this service by 12:00 pm on the Tuesday preceding the service.

Medical Equipment Loans

Wheel Chairs, walkers, commodes, canes, and more. The town has gently used medical equipment that can be borrowed at no cost. To borrow or donate, please visit the Town Recycling Center at 290 Stone Hill Road during normal business hours: Wednesday, 8:00 am - 12:00 pm and Saturdays, 8:00 am - 3:00 pm. Please note the Recycling Center is closed on holiday weekends. Please email PRSeniors@townofpoundridge.gov or call 914-764-0947 for more information.

File for Life

The File of Life can be obtained FREE at the Town House! This program is sponsored by the Pound Ridge Police Benevolent Association in an effort to provide a potentially lifesaving service to community residents. Regardless of whether at home or away, the File of Life can assist emergency responders in an emergency by informing them of any critical medical information relevant to the individual's care. The pouch contains a two-sided form which individuals can complete with their medical information

ADULTS 62+ PROGRAMS

and a magnet allows them to attach it to the outside of their refrigerator (if magnetized) so that it is in a visible location. The File of Life Kit also comes with a red wallet-size pouch that can be carried in a purse or wallet, so the same emergency information can be carried with the individual whenever they are away from home. This pouch is the size of a business card, and includes a smaller version of the information form described above. For more information please contact Pound Ridge Senior Programs at 914-764-8201 or email PRSeniors@townofpoundridge.gov.

Call Reassurance System

Are You OK? Telephone Calling System... The "Are You OK?" program is a computerized telephone calling system, which is a service designed for older adults, disabled persons, shut-ins who live alone or anyone else in Town who needs to be checked on a daily basis. It is funded by the Town of Pound Ridge and offered, free of charge. The system calls each enrolled subscriber at the same time each day. When the subscriber picks up the phone, she/he will hear a voice saying "Good morning, are you OK?" If the phone is not answered or the line is busy after several tries, the computer immediately notifies the police who will send a patrol car to check on the person. If you plan to be away, a call to the police (914-764-4206) will stop the calls. The calls will be made at the same time each day and you will decide the best time for you. Individuals interested in enrolling in the pro-

gram will have to complete a short medical form with information that may be needed in an emergency. The information provided will remain confidential and kept at the Police Department. This is a life-saving service, tried and proven to work well in many towns and cities throughout the United States. For further information or to sign up for this service, please call the Recreation Department, 914-764-8201 It's truly a life saver!

**FOR THOSE WHO
NEED ASSISTANCE
REGISTERING, CONTACT
SENIOR COORDINATOR
CAMILLE PRISCO;**

**CALL 914-764-8201
OR EMAIL
[PRSENIORS@
TOWNOFPOUNDRIDGE.GOV](mailto:PRSENIORS@TOWNOFPOUNDRIDGE.GOV)**

**USE THE QR CODE BELOW
TO EMAIL THE SENIOR
COORDINATOR DIRECTLY WITH
ANY QUESTIONS**





ADULTS 62+ POOL PASS

Enjoy time at our town pool this summer!

Register for a Adults 62+ Pool Pass today. \$50 per person. Register on Community Pass.

Public Swim Pool Hours
11:00 AM - 7:00 PM

Pre-Season: May 22nd-25th, May 30th-31st, June 6th-7th, June 13th-14th

Pool Opens Full Time: June 19th-August 7th

End of Season: Starting August 17th, Public Swim Hours are 12:00-6:00 PM

Pool closing date TBD

ADULTS 62+ E-BLAST

Visit our website, townofpoundridge.gov/seniorprograms/senior-e-blast to register for our weekly Adults 62+ E-Blasts to stay in the know!

You can also use this QR code to register.



SPECIAL EVENTS

Registration for all events and programs for Adults 62+ can be done on the Community Pass registration platform found on the Town of Pound Ridge Recreation website. All programs require the completion of a one-time waiver form which can be found on Community Pass or the Recreation website under Adults 62+ “Supporting Documents”. If you are in need of a ride to an event or activity, please email or call the senior coordinator at least 48 hours in advance.

AUGUST

Building Good Habits: Daily & Weekly Practices for Well-Being **A Presentation by Family Services of Westchester: Conant Hall**

Wednesday, 8/5, 1:00 PM

Small, consistent actions can make a profound difference in how we feel and function each day. This presentation explores the science and practice of building healthy habits — covering physical activity, mental engagement, nutrition, sleep, and social connection — with a focus on what’s realistic and sustainable for older adults. We’ll look at how to introduce new routines gradually, how to stay motivated when life gets in the way, and how to design a weekly rhythm that supports your overall well-being. Participants will come away with practical strategies they can start applying right away, tailored to their own lifestyle and goals. Whether you’re looking to make a big change or just fine-tune what’s already working, this session offers something for everyone.

Duration: 1 hour

Cost: Free, RSVP by 7/29.

Farmhouse Tavern Katonah for Lunch

***Thur., 8/6, 12:30 PM, Bus Departs
Town House 12:00 PM***

Continuing our lunch series whereby old friends catch up and new friends form long-lasting friendships. Cost: Attendees pay the restaurant directly. RSVP: 7/30.

Marc Wollin Travel Series **Presents Amsterdam, Netherlands: Conant Hall**

Wed., 8/12, 12:30 PM - 1:30 PM,

Bedford resident, Marc Wollin, will continue his “Take a Trip Without Leaving Pound Ridge” series with a presentation on his travels to Amsterdam. This is a free event. RSVP by 8/04.

Stay Steady: A Matter of Balance & Fall Prevention **A Presentation by Family Services of Westchester: Conant Hall**

Wednesday, 8/26, 1:00 PM - 2:00 PM,

Falls are a serious risk, but many are preventable. This interactive and practical session gives you the tools to protect yourself, improve your balance, and move with confidence. Stay safe, stay strong, and keep doing what you love. Cost: Free, RSVP by 8/19.

Rita's African Show: Conant Hall

Wednesday, 9/2, 12:30 PM - 1:30 PM,

Rita K.Wagener, a native of Uganda in East Africa, shares her heritage through the vibrant fabrics and designs of Africa. Before settling in Connecticut with her family, Rita moved to Fairbanks, Alaska which she describes "as going from an oven to a freezer". During her show, she will share the cultural experiences of both places. The program concludes with African dancing, and audience participation is highly encouraged - whether seated or standing. Cost: Residents: Free, Non-residents: \$10, RSVP by 8/26.



Untermeyer Gardens Private Tour (945 North Broadway, Yonkers) &

Lunch at Gianna's Yonkers

***Thursday, 9/17, 11:00 am: Bus -
Departs Town House 10:00 am Estimated
Return 3:30 pm***

A knowledgeable docent from the conservancy will provide a guided walk through one of the most unusual historic gardens in the Northeast - combining Persian, Indo-Islamic, Mediterranean, and classical European design elements on a dramatic Hudson River hillside. Some sections may include uneven stone paths and stairs.

Cost: Residents: Free, Non-residents: \$10. Additionally, cost of lunch is to be paid directly to the restaurant. RSVP by 9/10.

Looking Back, Looking Forward: What's Important to You? A Presentation by Family

Services of Westchester: Conant Hall

Wednesday, 9/30, 1:00 PM - 2:00 PM

Life brings us many changes, some joyful, some challenging. This monthly discussion group offers a safe, welcoming space to reflect on where you've been, what you've learned, and what's important to you moving forward. Whether you've experienced loss, loneliness, or just want a place to connect and talk openly, this group invites honest conversation, meaningful stories, and shared support. Join us for thoughtful discussion, personal reflection, and connection with others walking a similar path. Cost: Free, RSVP by 9/23.

West Point Museum & Hotel Thayer's Macarthur's Riverview

Thursday, 10/15, 11:00 AM: Bus - De-
parts Town House 10:00 am

Estimated Return 3:30 pm

Step into American history with a visit to West Point Museum - the nation's oldest federal museum and home to extraordinary military artifacts, historic weapons, uniforms, and exhibits tracing the story of the United States Military Academy and the U.S. Army. All while enjoying the breathtaking Hudson Highlands setting. Afterward, continue the experience with lunch at MacArthur's Riverview Restaurant inside the historic Thayer Hotel. Overlooking the Hudson River MacArthur's offers classic American cuisine in an elegant and welcoming setting. Cost: Residents: Free, Non-residents: \$10, and all attendees pay the restaurant for the cost of lunch. RSVP by 10/01.



Marc Wollin Travel Series Presents Vienna, Austria: Conant Hall

Wednesday, 10/21, 12:30 PM - 1:30 PM

Bedford resident, Marc Wollin, will continue his "Take a Trip Without Leaving Pound Ridge" series with a presentation on his travels to Vienna, Austria. This is a free event. RSVP by 10/20.



Halloween Party: Conant Hall

Thursday, 10/29, 11:30 AM - 2:00 PM

Come dressed in your favorite Halloween costume for a chance to win a special prize. But if costumes are not your thing, we encourage you to wear orange to help celebrate the season. Most of all, come enjoy a delicious lunch with friends and neighbors. Cost: Residents, Free, Non-residents, \$10. RSVP by 10/22.



NOVEMBER

Jasper Cropsey Gallery of Art, Hastings-on-Hudson & Lunch at Boro 6

***Thursday, 11/12, 12:00 PM, Bus Departs Town House at 11:00 AM,
Estimated Return 3:30 PM***

Discover the remarkable legacy of Jasper Francis Cropsey, one of the leading artists of the Hudson River School, America's first major artistic movement. During this guided tour, you'll explore how Cropsey's luminous landscapes captured the beauty, grandeur, and spirit of the American wilderness during the 19th century. His paintings helped define a uniquely American vision of nature and inspired generations of artists who followed.

Cost: Residents: Free, Non-residents: \$10, RSVP by 11/5. Additionally, cost of lunch is to be paid directly to the restaurant.



The Village Social, Mount Kisco for Lunch

***Thursday, 11/19, 12:30 PM,
Bus Departs Town House 12:00 PM***

Continuing our lunch series in which old friends catch up and new friends form long-lasting friendships. Attendees pay the restaurant directly, RSVP by 11/12.



DECEMBER

Holiday Luncheon: Conant Hall

Thursday, 12/10, 11:30 AM - 2:00 PM,

Share the joy of the holiday season with us at our annual lunch gathering. We encourage everyone to dress in festive holiday attire. Thanks to the incredible generosity of our local business community, the party will feature a variety of wonderful raffle prizes. Come celebrate the spirit of the season as we wrap up the year together!

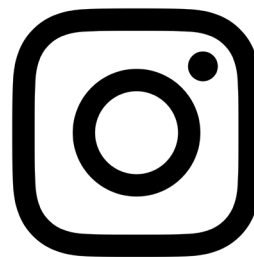
Cost: Residents, Free, Non-residents, \$10. RSVP by 12/03.



Winter Wonderland Show at Kensico Dam in Valhalla (with light meal served at Conant Hall before the show)

Thursday, 12/17, 4:30 PM

Light Meal Immediately Followed by Trip to Kensico Dam, Estimated Return 7:00 PM. Cost: Residents: Free, Non-residents: \$10, RSVP by 12/10.



**SCAN THE QR CODE TO FOLLOW US ON INSTAGRAM
@POUNDRIDGERECREATION**