

Village of East Hills
Senior Activities Committee
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May 2015 Newsletter

We wish to thank the Mayor and the Village Trustees for their Sponsorship of our Newsletter and for being so supportive of the Senior Activities Committee (SAC)

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Senior Activities C O M M I T T E E

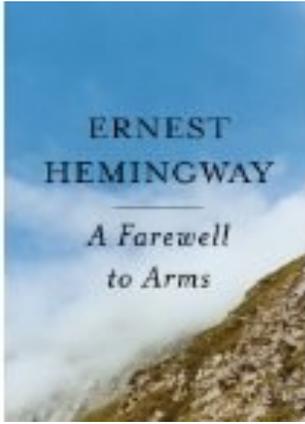
SPECIAL MAY EVENT! DON'T MISS YOUR CHANCE!

**There is still time to join us for the
GREENWOOD CEMETERY TOUR AND LUNCH
Thursday, May 14th
Bus will leave Village Hall at 9:00 AM**

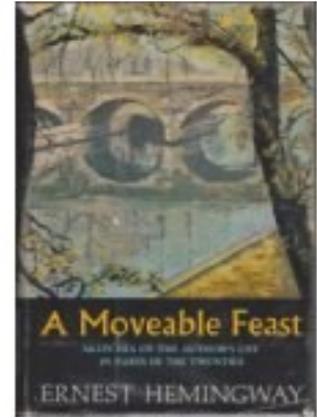


This will be a most interesting trip to the *National Historic Landmark*. We will sit in comfort in a **Trolley Tour Bus** as our **private guide** leads us through the breathtaking scenery and describes for us some of the interesting and important people who are buried here, dating from 1838. There will not be much walking, so you can sit and relax. Then of course there's the fabulous lunch at **Junior's original location in Brooklyn**. You certainly don't want to miss that! Sign up now to join your friends and neighbors for another great adventure!

**Costs: for Bus, Guided Tour, Lunch and all tips:
\$70 for Residents/ \$80 for Non-Residents**



BOOK CLUB
TUESDAY, MAY 26th
7-9 PM in the Village Lounge
A FAREWELL TO ARMS
and
A MOVEABLE FEAST



(Rescheduled from January)

There is no charge for Village Residents
\$5.00 for Non-residents
Refreshments will be served

MOVIE NIGHT—THURSDAY, MAY 21ST
IN THE VILLAGE LOUNGE

LEAVE HER TO HEAVEN

6:45 REFRESHMENTS, 7:15 MOVIE BEGINS



In Shakespeare's *Hamlet* (Act I, Scene V) the Ghost urges Hamlet not to seek vengeance against Queen Gertrude, but rather to "leave her to heaven, and to those thorns that in her bosom lodge to prick and sting her." Come join us as we see to what lengths Gene Tierney will go to have her way; and how this film noir unravels. Also starring Cornel Wilde, Jeanne Crain and Vincent Price. Discussion to follow.

Free for Residents/\$4 for Non-residents

ANNUAL SAC BAR-B-Q
WEDNESDAY, JUNE 24th 6:00 PM — RAIN OR SHINE



The Senior Activities Committee announces the Annual SAC BBQ. This year the Bar-B-Q will be held on **Wednesday June 24 at 6 PM**, at the **Park Grill**. Feast on a BBQ catered by **La Bottega**, with all the trimmings and then enjoy an evening of "Guess Who" - a live action trivia contest, presented by professional stage actor and impressionist, **Richard Solow**. He will do impressions of well known actors, comics and singers performing excerpts from movie scenes and comic routines as clues for a trivia contest. This will be an evening full of laughter and fun. Prizes will be awarded.

The cost of the Barbeque, Show and Dessert
\$25 for Residents/\$30 for Non-residents
This event will be limited to 80 people

The Toning and Stretching Classes Began April 28th There is still time to sign up for the remaining classes



Six (6) sessions on **Tuesdays**, starting **April 28th** through **June 2nd**
Time: 11:30 AM – 12:30 PM

All sessions take place in the **Theater in the Park at East Hills**

Cost: \$35 for Residents/\$45 for Non-residents

Reminder: Bring a 1/2 inch thickness mat to class. (No Yoga Mats)

A standard release form is required at the first session.

COME WITH US TO THE 9/11 MEMORIAL THURSDAY, AUGUST 20th 10:AM



“Never forget” was the heartfelt refrain after the World Trade Center attack on September 11, 2001. Join us as we pay tribute to those who lost their lives, and to insure once again the world will never forget. Our **private guide** will take us on escalators 70 feet underground where we will see what became of the WTC as displayed through haunting artifacts. We will also visit the sun-washed memorial pool, engraved with the 2,983 victims’ names. This museum is as much about the WTC demise as it is about New York City’s resilience. This is a trip that is not to be missed. We will have lunch together afterwards at 88 Palace in Chinatown.



**Cost for this trip includes Bus, Guided Tours,
all Admissions, Lunch and Tips:**

\$75 for Residents/\$85 for Non-residents

Bus will leave East Hills Village Hall at 10:AM

Water Exercise Classes at the East Hills Pool

Back by popular demand

The Senior Activities Committee is again sponsoring a series of **Water Exercise Classes**. Our instructor is a Certified Lifeguard. The series of exercises will focus on all muscle groups against the resistance of water for improved cardiovascular and toning benefits. Just bring a bathing suit and a towel.



The series will consist of two classes per week for 8 weeks. Water Exercise classes are for adults only and will be held on Mondays and Wednesdays from 10AM – 11AM starting on June 22nd through August 12th. The cost of the entire series will be \$75. Limited to East Hills residents only. A standard release is required.

***It's not too early to get ready for OUR FABULOUS POOL PARTY!
Thursday, July 23rd (Rain date July 24th)***

You've been with us before, so you know what fun it is to sit by the pool, enjoy a great lunch and play your favorite games with friends and neighbors. **Save the date** and start planning the games you and your friends will want to play! Shopping galore! Luncheon by La Bottega.

\$20 for Residents/\$25 for Non-residents plus pool admission

Watch for these upcoming events...

Thursday, September 10th
Sands Point Preserve
Falaise Museum
Lunch at Stresa

THURSDAY, OCTOBER 1st
VAL KILL, Eleanor Roosevelt's cottage;
HYDE PARK, FDR's Family Mansion
and Lunch at Coppola's in Hyde Park

Sunday, October 18th
Brunch at Theater in the Park
With Mark Courtade



Enclose check made payable to: SAC, Village of East Hills.
 Send Check to: Senior Activities Committee / Box 18
 209 Harbor Hill Road / East Hills, NY 11576

of people amount enclosed

| | | |
|---|--------------------------|--------------------------|
| Toning and Stretching Classes — began Tuesday, April 28th (\$35 for Residents/\$45 for Non-residents) (Must supply own workout mat) | <input type="checkbox"/> | <input type="checkbox"/> |
| Greenwood Cemetery Tour and Lunch at Junior's — Thursday, May 14th (\$70 for Residents/\$80 for Non-residents) | <input type="checkbox"/> | <input type="checkbox"/> |
| Movie in the Park — Leave Her to Heaven —Thursday, May 21st (Free for Residents/\$4.00 for Non-residents) | <input type="checkbox"/> | <input type="checkbox"/> |
| Water Exercise Classes — June 22nd — August 12th (16 classes) (\$75 per person — East Hills Residents only) | <input type="checkbox"/> | <input type="checkbox"/> |
| SAC BBQ & Entertainment — Wednesday, June 24th (\$25 for Residents/\$30 for Non-residents) | <input type="checkbox"/> | <input type="checkbox"/> |
| Annual Pool Party — Thursday, July 23rd (Rain date: Friday, July 24th) (\$20 for Residents/\$25 for Non-residents plus pool admission) | <input type="checkbox"/> | <input type="checkbox"/> |
| I would like to reserve a table for _____ people to play _____ <i>Please attach a separate list of the people at your table.</i> I need an arranged game to play _____ | | |
| 9/11 Memorial and Lunch —Thursday, August 20th (\$75 for Residents/\$85 for Non-residents) | <input type="checkbox"/> | <input type="checkbox"/> |

Name: _____

Address: _____

Telephone Number: _____ E-mail: _____

Reservations will not be accepted without a telephone number

Note: *If you are bringing guests to any event, please attach a separate sheet with their names and contact numbers.*

PS: If you DON'T hear from us, it's GOOD NEWS! It means YOU ARE REGISTERED FOR THE EVENT!
We will only contact you if the event is cancelled, or there is a change in schedule, OR if you are placed on the waiting list. So — NO NEWS IS GOOD NEWS! NO REFUNDS ON PRE-PAID ITEMS