

Village of East Hills
Senior Activities Committee
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March - April 2017 Newsletter

Our thanks 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 EVENT — A UNIQUE WORLD ADVENTURE — AN INSIDERS PRIVATE
TOUR OF THE UN AND LUNCH IN THE DELEGATES DINING ROOM
WEDNESDAY, APRIL 26TH — NOTE TIME CHANGE: Now 9:30 AM
BUS WILL LEAVE VILLAGE HALL AT 9:30 AM***



SAC has arranged with the United Nations to provide a **private guided tour** of the 193 member nation facility for a view of how it works to achieve its stated goal of international peace. Our guide will escort us to visit the principal organs of the UN: the General Assembly (which guides and supervises UN activity), the Security Council, and the Chambers of the Trusteeship for Economic and Social operations. We will learn first-hand how the UN addresses issues brought before it.

Following our one hour private tour, we will have **lunch in the UN's Delegates Dining Room** where we will dine on food classics from across the globe...soups, salads, international cheeses, main entrees (including fresh carved meat, fish and seafood). All will be complimented by a freshly baked assortment of sweets prepared by the UN's own pastry chef.

We will even have time to browse the UN Gift Centre and UNICEF shop.

Cost for Bus, Admission, Guided Tour and Lunch: \$90 Residents/\$95 Non-residents

**** (Photo ID required for admission to building) ****

There will be NO admission to the UN Building without Photo ID

Please dress appropriately for the international diplomatic environment of the United Nations

Note: This trip has limited availability—so sign up early

**SPECIAL EVENT — WELCOME BACK EVERYONE!
SONGSTER LOIS MORTON AND BRUNCH
GET IN THE MOOD FOR SPRING!
SUNDAY, APRIL 2ND - 11 AM
IN THE VILLAGE THEATER**



Join us as we return from our Winter sojourns and/or doldrums and welcome back Spring. We have a very special program in store, with songs written and performed by Long Island's own **Lois Morton**. She is clever and smart and sassy and her songs ring true to us all. Her subjects include all the irritations, situations and observations that surround us, no matter what age we are. She zeros in on those things that surround us and confound us in our daily lives. And she does it with razor sharp, wickedly clever lyrics that would make Gilbert and Sullivan green with envy.

And, to tickle your taste buds, we are having a fabulous brunch catered by Greenvale Bagels. Of course there will be lox, bagels and all sorts of cream cheeses, plus tuna and egg salads and scrambled eggs and bacon too! Fruits and desserts are included also.

Cost \$20 Residents/\$25 Non-residents

**COME ON EVERYONE! GET IN SHAPE FOR SPRING!
CHAIR YOGA FOR US ALL Begins Tuesday, March 7th
NOTE TIME CHANGE: Now 9:30am TO 10:30am
In the Village Theater**



Our Yoga instructor is **Ora Sucov**, a resident of our village and a certified Yoga instructor. Ora began teaching over nine years ago and has had many hours of meditation practice. She teaches meditation workshops, Yoga classes, Yoga for breast cancer survivors and Yoga for children with special needs. She is passionate to share her knowledge of how we can all feed our inner freedom through the postures of Yoga which connect body and mind. Come and join us for this wonderful and relaxing series of easy and thoughtful classes. No special equipment needed—our instructor will provide everything. Come to be inspired.

Cost: \$60 for Ten weekly sessions

CURRENT EVENTS CONTINUES ALL WINTER!

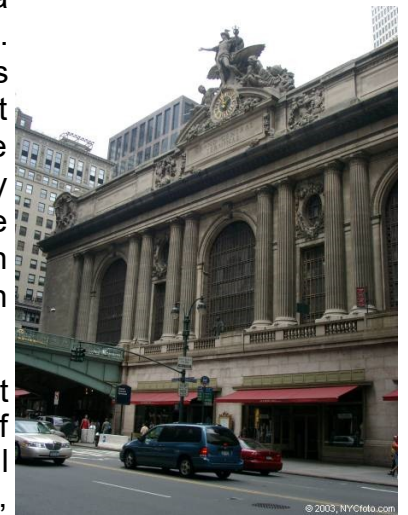
**We meet EVERY TUESDAY, 1-2:30 PM
In the Village Lounge**

Come meet and discuss all the things going on in our world, and find out what your neighbors and friends think. Discuss or argue — it will be stimulating and interesting for all.

GRAND CENTRAL STATION—(CROSSROADS OF A MILLION PRIVATE LIVES!)

WEDNESDAY, MAY 24TH BUS LEAVES VILLAGE HALL AT 10 AM

In 1913, Cornelius Vanderbilt created a colossal, 49-acre “city within a city” of concrete, steel, and limestone called **Grand Central Terminal**. With its majestic vaulted Sky Ceiling, a series of Roman-inspired ramps and 60-ft. arched windows, the Beaux Arts terminal is one of the busiest and most beautiful train stations in the world. In 1998, an extensive restoration returned the jewel to its former radiance and polish. Today 750,000 people pass through the Terminal daily, whether to rush to one of the 600 departures of the three commuter lines or to shop or dine in some of the city’s favorite shops and restaurants, or simply to bask in an atmosphere of New York history and old-time glamour.



Join us as we are given a **private guided walking tour** of this magnificent building. It covers 49 acres and has 44 platforms (we won't walk all of them), more than any other railroad station in the world. Its platforms—all below ground—serve 41 tracks on the upper level and 26 on the lower, though the total number of tracks along platforms and in rail yards exceeds 100. The terminal serves commuters traveling on the Metro-North Railroad to Westchester, Putnam, and Dutchess counties in New York, as well as to Fairfield and New Haven counties in Connecticut.

Lunch on our own in the fabulous Food Court, home to delicacies from all over the world.

Cost for Bus and private guided tour: \$55 Residents/ \$60 Non-residents



WEDNESDAY, JUNE 21ST NOGUCHI MUSEUM

BUS WILL LEAVE VILLAGE HALL AT 10:00 AM

Join us for a visit to the **Noguchi Museum** in Long Island City. The museum, established and designed by the artist, marked the culmination of his commitment to public spaces. It has a serene atmosphere that displays his works, both inside and outside, in beautiful gardens. A **private docent** will lead us on an hour long tour of the galleries and gardens. After the tour we will have lunch at **Il Falco** in Long Island City.

Cost for Bus, Guided tour, lunch and tips: \$70 Residents/\$80 Non-residents

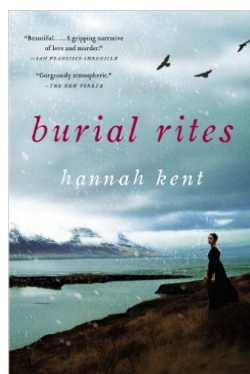
SAC BOOK CLUB — 7-9 PM — IN THE VILLAGE LOUNGE (NO CHARGE)

March 28th

Burial Rites

by

Hannah Kent

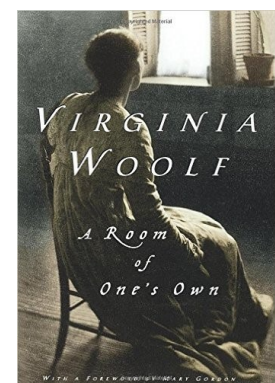


April 25th

A Room of One's Own

by

Virginia Woolf



Watch for coming events, dates to be announced:



Water Exercise Classes



Pool Party



Trip to West Point



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

Chair Yoga, Beginning Tuesdays, March 7th - Village Theater
 (\$60 for ten sessions)

Spring Event — Lois Morton & Brunch — Sunday, April 2nd
 (\$20 Residents/\$25 Non-residents)

UN Trip, Lunch in Delegates Dining Room — Wednesday, April 26th
 (\$90 Residents/ \$95 Non-residents)

Grand Central Station Private Tour — Wednesday, May 24th,
 (\$55 Residents/\$60 Non-residents—Lunch on your own)

Noguchi Museum and Lunch at Il Falco — Wednesday, June 21st,
 (\$70 Residents/\$80 Non-residents)

Contacting the Senior Activities Committee

Contacting the SAC committee has never been easier. We have an e-mail address: sacveh@gmail.com, and we have a telephone number: (516) 621-2796. The SAC will respond to your inquires as soon as possible. This contact information is in addition to our mailing address, seen at the top of this coupon.

Name: _____

Address: _____

Telephone Number: _____ E-mail: _____

Reservations will not be accepted without a telephone number

Include your email address and we will send you confirmation of your reservation

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

NO REFUNDS ON PRE-PAID ITEMS