

This Month in Recreation

May Middle School Dances

The Recreation Department is sponsoring two dances in May. On Friday, May 11 from 7:30 to 10 P.M. the dance is for sixth graders only. The dance on Friday, May 25 is for seventh and eighth graders only.

The dances are open to all Rockville Centre residents and residents of the RVC School District.

Line Dancing Classes

Sonia and Ric Darquea will be conducting classes in line dancing on Thursday evenings beginning May 3 from 7:30 to 9:30 P.M.

Classes are \$6 each. Call 678-9238 for information.

Summer Playground Program

Registration is now being accepted for the 47th consecutive summer playground program, held this year from June 27 through August 9.

The regular weekly program is conducted by trained Rec Center staff at the Rec Center and at Hewitt and Wilson schools. Daily activities include athletics, arts and crafts, and special events, including some field trips.

The program is open to residents of Rockville Centre or of the RVC School District in grades one through six as of September, 2001.

The program meets Monday through Friday from 9 A.M. to 12 Noon (except for Wednesday, July 4). The fee is \$195 per child.

Detailed flyers are available at the Rec Center or by calling 678-9339.

Middle School Summer Program

Registration is now being accepted for the 6th summer playground program for residents of Rockville Centre or of the RVC School District who will be in grades seven or eight as of September, 2001.

The program will be held from June 27 through August 9 at Hewitt or Wilson schools. Daily activities include athletics, recreational games, and special events, including trips to the swimming pool or the bowling alley.

The program meets Monday through Friday from 9 A.M. to 12 Noon (except for Wednesday, July 4). The fee is \$195 per student.



Elementary school students perform at the summer's end party for the Rockville Centre summer playground program.

Summer Baseball Schools

The 26th annual Rockville Centre baseball school is open to boys ages 6 to 13 and will be held from 9:30 A.M. to 1:30 P.M. at Barasch Field for nine sessions: from June 25 to 29 and on July 2, 3, 5, and 6.

Students are grouped by age and skill level. Daily instruction includes the fundamentals of hitting, throwing, fielding, and base stealing.

The fee is \$245 for residents and \$265 for non-residents.

Summer Basketball League

Adult, high school, middle school, and elementary school players down to

10 to 14 are encouraged to form teams and enter the summer basketball leagues. There are divisions for males and females. Games are played at the Mill River / Centennial Park courts.

Call the Rec at 678-9339 for detailed flyers, applications and roster forms.

Summer Softball League

Three softball leagues are offered this summer: for men 19 and up, women 16 and up, and men 39 and older.

Games are played Monday through Saturday evenings at fields in Rockville Centre beginning in late May.

Call the Rec at 678-9339 for detailed flyers, applications and roster forms.



This Month In Rockville Centre

One College Place, P.O. Box 950
Rockville Centre, New York 11571

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Dates & Events

Wednesday, May 9, 8 P.M.
BOARD OF APPEALS

Monday, May 14, 8:15 P.M.
BOARD OF TRUSTEES

Wednesday, May 23, 8 P.M.
BOARD OF APPEALS

Monday, May 28
MEMORIAL DAY
Village Offices Closed

NOTE:

Videotapes of Board of Trustees meetings are broadcast on Cable Channel 70 on Wednesdays (8:15 p.m.) and Saturdays (1:30 p.m.) following each meeting.

Events are at Village Hall unless otherwise noted.

There are no residential garbage collections on designated holidays

For general information, call

678-9300

Emergency Numbers

Fire 766-0400
Police 766-1500
Ambulance 766-0400
Electric 766-5800
Water 678-9252
Nights & Weekends
766-5800

Internet Address

www.ci.rockville-centre.ny.us

This Month In Rockville Centre

MAY, 2001

VOL. 50, NO. 4



Mainstays of Rockville Centre's Sandel Senior Center include, in front: Cyd Beth Charrow, director of the Center; Dorothy Allen, the 1st vice president of the Senior Club; and Nina Bertrand, the recording secretary; and in back: Frank LaForgia, treasurer; former Mayor Lenny Sandel, for whom the Center is named; Dr. Jack Levy, 2nd vice president of the Senior Club; and Irving Cooper, president of the Men's Club.

Sandel Center's 25th Anniversary

May is "Older Americans' Month" in the U.S. and the appropriate time to celebrate 25 years of senior services in the Village of Rockville Centre.

To those who have never visited it, the Sandel Senior Center on the corner of South Park and Lincoln avenues is amazingly alive with activity. The staff is driven by a philosophy of providing enrichment to the mind, body, and spirit. From morning until night most days of the week there are people working and talking and events going on in every corner of the Center

Seniors of all ages, from those just over the official age of 55 to the frail elderly in their 80s and 90s, have found a home, help, and companionship in the Center's membership and services.

Here there are opportunities for travel, both around town for groceries and around the world for pleasure and new experiences. Here there are classes in

aerobics and bridge, golf and computers, dancing and yoga. Whether your interests are art, music, current events, books or bocce, you could find a place at the Sandel Center. Seniors come for social service information, nutritious meals, the regular programs and the special events.

The Center is supported by modest fees, a budget of about \$460,000 and more than 200 community volunteers who last year contributed more than \$120,000 in services, from medical and social work professionals to driving instructors, artists and entertainers. High school students continue to volunteer to help the frail and homebound elderly and seniors themselves contributed almost 24,000 hours of volunteer time to help cook and clean-up and to plan, perform or participate in the Center's programs.

If you are unfamiliar with the Center, this issue of This Month in Rockville Centre will be a good introduction.



Village Hall Comments

By Trustee Mary Whalen Bossart



The Senior Center Nurtures the Village



The Village of Rockville Centre provides one of the premier senior centers in Nassau County.

I became involved in senior citizen affairs when I was working on my master's degree as a nutritionist at NYU. The movement to establish senior services grew out of the realization that seniors were shortening their lives with poor nutrition and poor eating habits. But, seniors, like all of us, need nutrition for the mind and spirit as well. And Rockville Centre provides that.

The Sandel Senior Center is a large, well-maintained facility. The number and variety of its programs and services and the quality of its staff are a source of pride for all of us. But its benefits extend beyond the Center itself and into the lives of the people who use it and into the life of the community that supports it. When high school students

come to visit, when seniors perform at the middle school, when volunteers donate their time, the entire community is nurtured.

Our society is getting older because we are healthier and are living longer. And the elderly population in Rockville Centre is growing even faster than it is in the rest of the county. More people are staying where they lived their adult years. All of us must realize that our future is as senior citizens.

When I have talked to seniors, they tell me, "I thought I would never go to a senior center because I didn't want to be labeled. But now I'm glad I came; it's the best thing in my life." What seniors find at Sandel is care, companionship, conversation, and growth. Its services are vital to a great many frail elderly, but the Center appeals also to the younger elderly, an age group more and more of us are approaching.

I grew up in Rockville Centre; it nurtured me as a child. I feel lucky knowing that my Village will also be there for me and others as we age.

Community News and Notes

The South Nassau Chapter of Self Help for Hard of Hearing People (SHHH) will be collecting **USED HEARING AIDS** during the month of May. Collection boxes will be placed at Village Hall and at the Rec Center.

SHHH and the Lions Club of Valley Stream repair and refurbish the used devices and donate them to needy hard-of-hearing people throughout the United States and in Third World countries. A new hearing aid can cost from \$500 to \$3,500.

SHHH is also sponsoring a screening day at the Oceanside Library on Sunday, May 6 from Noon to 5 P.M.

SUMMER EMPLOYMENT as members of the Village "blitz crew" is available to students who are Village residents over 18. Applicants must be able to work from May to August. Call 678-9267 for information.

REAL ESTATE TAX BILLS for the fiscal year beginning June 1 will be mailed by May 31. First half payments are due in June; July 2 is the final date for payment without penalty.

In order to avoid penalties, homeowners who have refinanced their mortgages or whose mortgages were sold from one lending institution to another are advised to notify the Village tax office to make sure that their bills are mailed to the correct address.

New owners are advised to check with the tax office to verify ownership information. Please write or visit the tax office on the second floor of Village Hall, 1 College Place, RVC 11570. Hours are 8 A.M. to 3:30 P.M.

This Month In Rockville Centre

Published by the Village of Rockville Centre
Eugene J. Murray, Mayor

Trustees
Francis A. Cosgrove
Mary Whalen Bossart
Wayne Lipton
John A. Matthews, Jr.

For information concerning Village facilities, residents are invited to telephone Anthony Cancellieri, Village Administrator, Clerk-Treasurer, 678-9300

Senior Services in RVC

1961

Senior programs begin two days a week at the new Recreation Center building with volunteers from the National Council of Jewish Women.

1975

An old gas station at South Park and Lincoln avenues is renovated into a small, senior citizen drop-in center supervised by Barbara Karro, a recreation specialist. Transportation is provided with a bus donated by the NCJW.

1982

The Center is enlarged with a \$250,000 Community Development grant and the Friends of Senior Services, Inc. (FOSSI) is established.

1987

RVC establishes a separate Department of Senior Services and appoints Cyd Beth Charrow as its first director. Services expand to five days a week. Within two years an annex is added for the social work staff, the food program is expanded with a grant from State Senator Dean Skelos, and the department wins the first of many awards for its programs.

1990

The building is renamed the Leonard Sandel Senior Center in honor of the former mayor.

1992

The Silver Foxes Senior Club from the Martin Luther King Jr. Community Center is established.

1996

FOSSI spearheads an all-volunteer renovation project that increases the size and efficiency of the building.

2001

The Senior Center celebrates its 25th anniversary at its current location. Membership expands to more than 600 as services grow to provide extended hours at night and on weekends.

May is 'Older Americans' Month'

The Sandel Senior Center commemorates 25 years in Rockville Centre this May, which is also the nationally observed "Older Americans' Month." The public is invited to the dedication of the 25th Anniversary plaque on Thursday, May 17 at 11 A.M. at the Center, corner of Lincoln and South Park avenues.

Special Events

Seniors on the Move, a three-part series on the decision to relocate, begins on Wednesday, May 2, 5:30 to 8:30 P.M. with "How to get your home and your self prepared for the move" with guest speakers Wendy Weinstock, M.S.W., and Pommy Levy of Rockville Realty.

The series continues on May 9 with "You've made the decision, now where do you start?" which discusses practical matters of moving and selling your home.

The series concludes on Wednesday, May 23 with "You've done your homework and sold your home, now where do you go?" which discusses options for senior housing on Long Island.

Sandel Sunday on May 6 features country and western music and dancing with Jan Slow beginning at 2 P.M.

The Sandel Senior Club says thanks to its senior volunteers with a luncheon at the Swan Club on Friday, May 18.

A community wellness fair is Thursday, May 24 from 10 A.M. to 3 P.M., co-sponsored by the Senior Center and the Martin Luther King, Jr. Community Center, at 150 North Centre Avenue, featuring guest speakers, professionals, and lunch.

Arts and Leisure Activities

The Couples Club wine and cheese mixer is Friday, May 11 at 7 P.M. The



Frank Scafuri leads the Center Stage Players in a rousing chorus.

new club will meet the second Friday of the month.

May's monthly art reception is scheduled for Tuesday, May 15 at 11 A.M. when Senior Center artists discuss their work.

The film *The Perfect Storm* with George Clooney is featured on Sunday, May 20 at 12:30 P.M. on the Center's 60-inch TV screen. Light lunch included.

The Book Club meets on Wednesday, May 30 at 2 P.M. Ellen Berman of the RVC Public Library will lead a discussion of *Death on the Nile* by Agatha Christie. Reserve a copy by calling 678-9350.

Computer classes meet Mondays and Thursdays, 9:30 to 10:30 A.M. Call 678-9245 for an appointment.

The New Beginnings Club meets the first Wednesday of the month from 6 to 8 P.M. to listen to speakers and on the third Wednesday at a local restaurant to socialize and enjoy good food.

Instructor Brenda Dye mixes singing-alongs and music appreciation every Thursday at 1:30 P.M.

May Speakers

Robert Emmons of Nassau County's criminal frauds division will discuss frauds against seniors on Tuesday, May 1 at 11 A.M. after the Men's Club 10 A.M. breakfast.

Dr. Robert Lanter will discuss osteoporosis and fall prevention on Tuesday, May 1 at 11 A.M.

Laura Eisner of Sportset will discuss senior wellness on Tuesday, May 8 at 11 A.M.

Dr. Luangkhot will discuss the use of viagra and urinary problems in senior males on Tuesday, May 15 at 11 A.M. after the Men's Club 10 A.M. breakfast.

Health and Wellness Activities

The Sandel Center offers grief counseling. Call Helene Locke, M.S.W. at 678-9255.

Register now for the Nassau Health Care



Mary Brennan and Henry Levy enjoy the Center's shuffleboard court.

Corp. mammography van visit on Monday, May 7 and Tuesday, May 8.

A healthwalk at the beach is Wednesday, May 9 at 11 A.M. Transportation is provided.

A blood pressure screening program will be conducted Thursday, May 10 at 12:30 P.M. and Monday, May 21 at 11 A.M.

The Sandel Center offers grief counseling for those who have suffered a recent loss. Call Helene Locke, M.S.W. at 678-9255 for information.

Ballroom dancing classes taught by Morris Bezviner meet Mondays at 12:30 P.M.

Work out with Robin, an aerobics and weight training class, meets Tuesdays at 9 A.M. and Thursdays at 1 P.M.

Golf lessons are Thursdays at 9 A.M.

The Sandel Walkers meet Thursdays at 9:30 A.M., rain or shine.

The Care Club for the frail elderly meets twice weekly for music, crafts, exercise, a hot lunch, and social opportunities. Call Wendy Weinstock, M.S.W. at 678-9245 for information.

Travel and Dining

Dinner and a show features the musical review "Side by Side by Sondheim" and dinner at MacArthur Park, beginning at 5 P.M. on Saturday, May 5. \$23 per person. Call 678-9245 for reservations.