

Recreation Center May Calendar

Summer Programs

The Rec Center's 50th Summer Playground Program will be held at three sites: The Rec Center, Wilson School, and Hewitt School, for children in grades 1 to 6 as of September, 2004. Daily activities include athletics, arts and crafts, recreational games and special events.

For the 9th year the Recreation Department will host a middle school program for those in the 7th and 8th grade as of September, 2004. Daily activities include athletics, games, special events, and trips. Participants may register to meet at Wilson or Hewitt school.

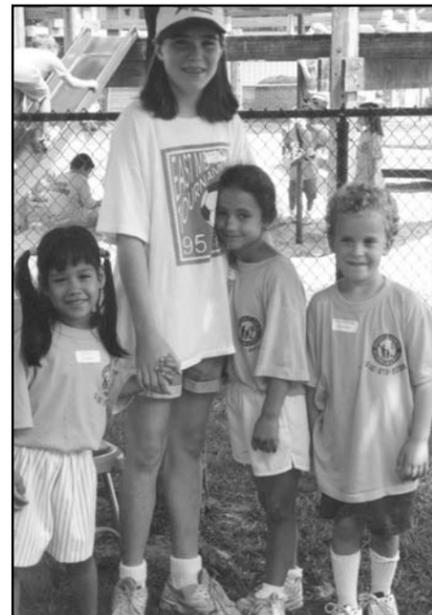
Both programs will be held June 29 through August 5 from 9 A.M. to Noon and cost \$230 per child. There is a \$10 deduction for each additional child.

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

Fall Nursery School

Registrations are being accepted for the RVC Recreation Center's nursery school programs for the 2004 - 2005 school year. Classes begin September 13 and follow the holiday schedule of the public schools.

Five morning and three afternoon classes are offered for children entering kindergarten in September, 2005



It's time to register for the RVC Recreation Center's summer playground program.

and four mornings and two afternoons for those entering kindergarten in September, 2006. A new pre-K combo class will be offered five mornings a week.

To schedule an appointment to visit the school, call the Recreation Office at 678-9338.

Annual Gymnastics Show

The annual gymnastics shows will be held Friday, May 21 at 7:30 P.M. and Saturday, May 22 at 3:30. Participants include program members from the fall and winter sessions. Tickets are available beginning May 17.

Summer Sports Schools

Flyers are available for boys baseball, girls basketball, and boys and girls lacrosse schools during the summer 2004.

The 29th annual baseball school is open from June 28 to July 9 for boys ages 6 to 13 from 9:30 A.M. to 1:30 P.M. at Barasch Field. The school is coordinated by Bob Hirschfield of New York Tech and costs \$275.

A Nike basketball camp for girls ages 8 to 17 is offered August 9 to 13 at the Rec Center from 9 A.M. to 3 P.M. The fee is \$245.

A Nike lacrosse camp for girls ages 8 to 17 is offered July 12 to 16 from 9 A.M. to Noon at the Skelos Sports Complex on Peninsula Boulevard. The fee is \$235.

A RVC Recreation Department's Shooting Star lacrosse camp for boys



The annual gymnastics shows will be held Friday, May 21 at 7:30 P.M. and Saturday, May 22 at 3:30.

ages 7 to 15 is July 19 to 23 from 9 A.M. to 1 P.M. at the Skelos Sports Complex. The fee is \$295.

Defensive Driving Course

A defensive driving course good for a 10 percent discount on your car insurance for three years will be offered Monday and Tuesday, May 17 and 18 from 6:30 to 9:30 P.M. at the Rec Center. Fee is \$40. Applications and information at the Rec Center.

Tennis Courts Open

The Har-Tru courts adjacent to the Rec Center are open and ready for play. Courts are available seven days a week from 8 A.M. until dusk. Admission is by valid recreation card plus court fees.



This Month In Rockville Centre

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

PRSR STD
U.S. POSTAGE
PAID
Rockville Centre, NY
Permit No. 271
CR-RT-SORT



Dates & Events

Monday, May 10, 8:15 P.M.
BOARD OF TRUSTEES

Tuesday, May 11, 7:30 P.M.
PLANNING BOARD
Recreation Center

Wednesday, May 12, 8 P.M.
BOARD OF APPEALS

Tuesday, May 18, 7:30 P.M.
PLANNING BOARD

Wednesday, May 26, 8 P.M.
BOARD OF APPEALS

Monday, May 31
MEMORIAL DAY
Village Offices Closed

Events are at Village Hall unless otherwise indicated.

NOTE:

A more complete calendar of events is available on the Village website:
www.ci.rockville-centre.ny.us

Videotapes of Board of Trustees meetings are broadcast on Cable Channel 18 on Wednesdays (8:15 p.m.) and Saturdays (1:30 p.m.) following each meeting.

For general information
Call 678-9300

Emergency Numbers

Fire **911**

Police **911**

Ambulance **911**

Electric 766-5800

Water 678-9252

Nights & Weekends 766-5800

www.ci.rockville-centre.ny.us

This Month In Rockville Centre

MAY, 2004

VOL. 53, NO. 4



Memorial Day Parade & Service May 31

The annual Memorial Day Parade begins at 10 A.M. on Monday, May 31 and marches along Maple Avenue to Veterans Memorial Park in front of the Rec Center where a service will be conducted at 11 A.M. Last year's observances were held indoors because of bad weather.

Sandel Center Shines in San Francisco

The Sandel Senior Center's highly-successful SPA program to support healthy aging was showcased at a panel discussion last month at the annual joint convention of the American Society on Aging and the National Council on the Aging held in San Francisco.

Director of Senior Services Cyd Charrow and Deputy Director Chris O'Leary made the presentation during the weeklong convention that drew 4,000 participants.

The Sandel Center's Successful Proactive Aging (SPA) program is based on research findings that link healthy aging to factors under individual control. SPA combines a variety of physical fitness activities with a system of educational,

emotional, and social supports and incentives that help seniors to avoid age-related illnesses and impairments.

"We are in the forefront of the movement to change attitudes about older adults," Charrow said.

"Older Americans are politically, financially, creatively, and physically capable of more than the old stereotypes ever dreamed of. Certainly, this can only be a good thing for all of us," Charrow said.

Last year, the Sandel Center became the first senior facility on Long Island to be accredited by the National Institute of Senior Centers.

The SPA program is in the National League of Cities database of "effective and innovative" program models.



Village Hall Comments

By Trustee Gregory F. Rinn



Older Americans Month, Memorial Day



As trustee-liaison to the Rockville Centre Sandel Senior Center, the first senior facility on Long Island to be accredited by the National Institute of Senior Centers, I must admit that my experience with the energetic and creative segment of our community has been full of pleasant surprises.

Whether it be attending one of its festive luncheons, participating in a senior leadership seminar, assisting in the revision of its clubs' constitution and by-laws, attending the annual Oscar Party, or observing one of the many volunteer activities, such as the refurbishing of the planters at the railroad station, I have had a learning experience which I never anticipated when I assumed the responsibility of liaison in the Fall of 2003.

The Sandel Senior Center, with a membership of approximately 600, under the leadership of Cyd Charrow and a professional staff of 14, is dedicated to the promotion of vital aging for the older adults of today and tomorrow.

According to Ms. Charrow, the most

fundamentally important thing we can do is shift our perceptions and focus on wellness rather than on pathology, on potential rather than on decline.

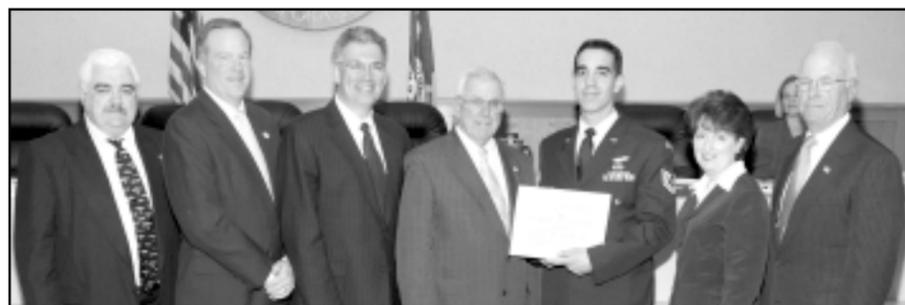
This strategy is borne out by the Center's award-winning Senior People in Action (SPA) program which supports healthy aging, as well as a host of other activities such as mind aerobics, intergenerational sharing with the students at South Side High School, bird watching and nature walking, the monthly personal sharing of life experiences by members of the Men's Club, and the theatre group's in-house "road show" performances, to name just a few.

Even small increases in regular physical activity have demonstrated remarkable health benefits in terms of improving muscle strength and balance and reducing the symptoms of coronary heart disease, hypertension, depression and anxiety.

In the past, later life was looked upon as a time for withdrawal from society and the whiling away of time in a rocking chair! Today that tired, worn out perception has changed. Older Americans have proved themselves to be capable of much more than they ever dreamed.

That is why this outstanding Center,

Kakis Commended for Gift



Arthur Kakis, son of Matt and Betsy Kakis of Mormile Florist, received a Community Service Award from the Rockville Centre Board of Trustees on March 1. Sergeant Kakis, an Air Force reservist and pararescueman, had presented the Rockville Centre Police Department with a flag flown during a helicopter parachute mission over Iraq on November 22, 2003. The flag and its explanatory certificate will be permanently displayed at police headquarters on Maple Avenue. At the presentation were RVC Police Commissioner Jack McKeon, Trustee James Sutton, Deputy Mayor Wayne Lipton, Mayor Eugene Murray, Sergeant Kakis, Trustee Mary Bossart, and Trustee Greg Rinn.



This Month In Rockville Centre

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

Trustees
Mary Whalen Bossart
Wayne H. Lipton
Gregory F. Rinn
James C. Sutton

For information concerning Village facilities, residents are invited to telephone Ronald J. Wasson, Village Administrator, Clerk-Treasurer, 678-9300

with its many and varied programs, is another of the jewels in our Village.

If you are at least 60 years of age and a resident of Rockville Centre, I suggest that you visit the Sandel Senior Center during the May 7 open house and see what it has to offer. I will!

* * *

In memory of those who have gone before us, some of whom made the supreme sacrifice for this country, I wish to remind our residents of Rockville Centre's annual Memorial Day Parade on Monday, May 31.

The parade will start at 10 A.M. and proceed to the Rec Center via Quealy Place and North Village Avenue, Maple Avenue, Long Beach Road and Oceanside Road.

One added bonus for the Memorial Day weekend will be the appearance of the U.S. Navy's Blue Angels flight demonstration team on Saturday and Sunday, May 29 and 30 at Jones Beach.

Community News

Real Estate Tax Notice

Tax bills due June 1 will be mailed the week of May 24. Taxes can be paid without penalty until July 1 at the Cashier's Office at Village Hall, One College Place.

The Tax Office is open from 9 A.M. to 3 P.M. on the second floor of Village Hall or may be reached by calling 678-9242.

Homeowners are reminded to notify the Village Tax Office of any change in the status of their mortgage.

Village Hall Accessible

Village Hall is accessible to all individuals. Please call Monica Derr at 678-9212 in advance to insure that the elevator is available when you arrive.

Community News

Antique Radios at Phillips House

The Phillips House Museum of the Rockville Centre Historical Society will display antique radios and memorabilia from the 1939 World's Fair Saturdays and Sundays until May 30 from 1 to 4 P.M. at the museum, 28 Hempstead Avenue.

Concert May 23

The South Shore Symphony under the direction of Scott Jackson Wiley will join the St. Agnes Cathedral Chorale to present Mahler's Symphony No. 2 ("Resurrection") at the Cathedral, 29 Quealy Place on Sunday, May 23 at 7:30 P.M. The program will open with the fourth movement of Brahms' "German Requiem" conducted by Michael Bower.

Suggested donations are \$15 for adults and \$10 for children.

For information about the Rockville Centre Guild for the Arts, call (516) 764-1558 or visit the website RockvilleCentreGuildForTheArts.org.

Volunteer Drivers Needed

The Disabled American Veterans need drivers for their vans which transport area veterans from their homes to the Northport Veterans Hospital and back. The organization provides an initial training run and needs people who can fill-in from time to time or who can take on a regular, weekly assignment.

Drivers pick up the veterans at their homes beginning in the early morning, drive them to the hospital, wait while they are attended to, and then drive them back home early in the afternoon.

Those wishing to volunteer should call Jim Whitehead at 678-4992.

Transfer Station Open

The Village Transfer Station on Sunrise Highway adjacent to the Public Works building, is open to the public the first and third Saturdays of the month through November 20 to receive large items of trash. Proof of residency is required.

May is Older Americans Month

Special Events

Nassau County Legislator Joseph Scannell hosts a special community meeting at the Center on Wednesday, May 5 from 1:30 to 2:45 P.M. with representatives from the following county agencies: Consumer Affairs, Health Department, Parks and Recreation, Senior Citizen Affairs, and Veterans Services.

A program sponsored by the New York State Bar Association Elder Law Section is Thursday, May 6 at 7 P.M. Guest speaker Gregg D. Weinstock, Esq. will present information about health care decision-making, financial decision-making, guardianship issues, and wills and probate.

The Sandel Center's annual open house Friday, May 7 from 10 A.M. to noon offers community members a chance to sample the Center's classes, programs, activities and services. For transportation, call 678-9245.

The Annual Beach Walk on the Long Beach Boardwalk followed by a healthy salad bar at the Sandel Center is Wednesday, May 12. Walkers leave the Center at 9 A.M. Registration is required.

The final performance of the Showtime Troupe is Friday, May 21 at 1 P.M., featuring the entire cast back from their road performances throughout Nassau County. Tickets are \$3 and advanced reservations are required.

Sandel Sunday is May 23 from 2 to 4 P.M. with singer Linda Ciafalo, featuring a mix of jazz, pop, reggae, blues and original arrangements in a supper club presentation with a full band.

Arts and Leisure Activities

Monthly duplicate bridge games with Marie Fiorillo continue on two Sundays, May 2 and 16 beginning at 1 P.M. \$5 or \$7 per session. Register by calling 678-9245. A partner is not required.

The Sunday Book Club led by Barbara Petrilli meets Sunday, June 6 at 3 P.M. at the RVC Public Library to discuss *Sea Glass* by Anita Shreve.



The Annual Beach Walk on the Long Beach Boardwalk is Wednesday, May 12, followed by a healthy salad bar at the Sandel Center. Registration is required.

The Sandel Senior Center will present the work of member artists at the May art reception on Tuesday, May 18 at 11 A.M.

The New Beginnings Club for singles 55+ meets Wednesday, May 19 at 6 P.M. for a dine-around at Greek Island Grill for \$20 per person.

The Book Club, led by Ellen Berman of the RVC Library meets Wednesday, May 26 at 2 P.M. Books may be borrowed from the Sandel Center by calling 678-9350. This month's book is *The Miracles of Santo Fico* by D.L. Smith.

Mah Jongg is Thursdays at 2 P.M. for experts, beginners and returnees followed by a light dinner from 5:30 to 6:30 P.M.

May Speakers

Dr. Barry D. Heffron discusses "HMO's: What They Haven't Told You About Your Coverage & Why Medicare Can Be a Better Choice" on Tuesday, May 4 at 11 A.M.

Attorney Thomas Hynes presents "The Top 10 most common mistakes in estate planning (and how to avoid them)" on Tuesday, May 11 at 11 A.M.

Diana J. Korman, C.S.A. will discuss asset protection for those 60 and over on Thursday, May 13 at 7 P.M.

The Sandel Senior Men's Club meets twice monthly for a 10 A.M. breakfast followed by a guest speaker at 11. On Tuesday, May 4 Joseph Fusco, D.D.S. will discuss dentistry for seniors and on May 18 a guest speaker will discuss funeral arrangements.