

Here's the latest news on transportation developments



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ALOFT has been hard at work to help solve a critical problem for older adults who want to stay put in their homes, but are concerned about the transportation they need to live a happy, secure and healthy life.

In 2009 ALOFT is working with public and private transportation companies, as well as volunteer groups and non-profit organizations to be able to publish by early 2010 online information on available trans-

portation options in Northern Westchester. In collaboration with these groups, and with support from the county, ALOFT is also working to create a **Mobility Management System**.

These efforts will take time and the good will of all participants, but by the end of 2010, ALOFT is striving to have in place the initial coalitions and technology necessary to enable a small, dedicated staff to handle transportation requests and

reservations for residents and workers, as well as transportation vouchers for income qualified riders.

With federal and county support, the long term goal is to create one-phone call access to information and reservations for rides and vouchers.

ALOFT is here to serve you in many ways that provide valuable support. We will keep you up to date on our progress.

Opera buffs. Get ready, get set ...

Now is the time to start planning for the **Opera at Your Local Theater** for the upcoming 2009-2010 season. Many were disappointed last season when they found that tickets were sold out. Here's how it works: On the Saturday afternoons listed below per-

formances are given, live from the Met, and encore presentations are given 10 days later, on Wednesday evenings. Cost is \$22; \$20 for 65+. Here is the lineup:
October 10 Tosca, Puccini
October 24 Aida, Verdi
November 7 Turnandot, Puccini
December 19 Tales of Hoff-

man, Offenbach
January 9 Der Rosenkavalier, Strauss
January 16 Carmen, Bizet
February 6 Simon Boccanegra, Verdi
March 27 Hamlet, Thomas
May 1 Armida, Gluck
 For venues, times and schedule confirmation, go directly to metopera.org.

It's time for you to take action!

Just call 914 764 3014 and tell us you want to become an ALOFT member. For about 25 cents a day you will be able to tap into the very generous discounts and deals offered by supportive **ALOFT Affiliates** located throughout

ALOFT's Northeast Westchester region. And you will be keep up to date on special events, trips, programs, seminars and more designed especially for ALOFT members.

See goALOFT.org for a

look at the official **ALOFT Calendar** and see what you might be missing (but don't have to). In fact, the first **ALOFT members-only Cocktail Party** is on September 20, so it's wise to get on board today.

Coming Up

Livable Communities at ALOFT

2 events co-hosted with Lewisboro Seniors at South Salem Fire House (1190 Route 35 @ Spring Street South)

Senior Law Day on September 16, 1 PM and

Senior Crimebusters on October 7, 1 PM.

Guests are welcome, but space is limited. Call 764-3356 to reserve a spot.

October 2 **Livable Communities:** **A Vision for All**

Ages
First Regional Conference
Westchester Marriott-670 White Plains Road,
Tarrytown, NY
Tarrytown
914-813-6406

Update on ALOFT'S Founding Affiliates

This month we take a tour of ALOFT Affiliates in bustling **Bedford Village** where you can stroll from Affiliate to Affiliate and it all makes sense. First stop is **Margaret Wilson & Company, Inc.**, located right next to the Bedford Theater building. Here you can get great advice and planning for your present home design and decoration, as well as good counsel on how to downsize and look great doing it. A great example of design excellence is the shop itself, so spend a few minutes and soak up the environment. **Complimentary home visit for ALOFT members.**

Now that you have some great ideas, stroll a few feet and stop in at **Mrs. Monogram** where you'll find not just a source for monogramming, but gifts

and wonderful things which call out for the special touch that only Mrs. Monogram can supply. **15% off all purchases for ALOFT members, M-F only.**

But, you need more, you say. Things for the kitchen and tabletop and even a table and decorative accessories. Wonderful items you just haven't been able to find anywhere else. We know the place: **Consider the Cook**, in the Empire Building, next to the Court House. **10% discount to ALOFT members.**

Now that you have table settings and glassware from Consider the Cook, it's time to visit a neighbor: **Bedford Wine Merchants** where you will find the relaxed and informative hosts ready to assist you in selecting the

right wine at the right price for yourself and those nice people you have invited for dinner. It is a great wine experience in a very friendly and helpful environment.

10% off any wine not on sale, Monday through Thursday only.

Now retrace your steps to the Theater Building and stop in at **Bedford Village Florist Ltd.** Here's where you'll find the perfect arrangement for the dinner table and all the other things you've acquired with your huge ALOFT discounts. You can take the flowers or the plants home with you or the Bedford Village Florist will be pleased to deliver. Either way, you will be the happy recipient of a **10% discount to ALOFT members.**

Russell B. Bleakley Plumbing & Heating Has some great deals for ALOFT members

Russell Bleakley has at least three reasons you might call him next time you want to talk to a solid citizen about saving money by doing good things for yourself. First, he can handle about anything, from home renovation plumbing to boilers to

hot water heaters, radiant heat, pumps and more. So, making your home more energy efficient just might lead to an energy deduction. And he does it with up front pricing that helps to make Mr. Surprise Invoice go away. There's more for ALOFT mem-

bers: a **10% discount**. And, if you happen to be a **war veteran, he will toss on another 5% discount**. You can reach Bleakley at 914 276 3756 or at his office at 441 Route 202, Somers.

ALOFT has a job opening for a Volunteer Coordinator!

ALOFT is growing. More members. More affiliates. More projects. Plus more folks who have stepped up and graciously volunteered their time and talent to serve on multiple committees, plan and implement events, counsel others, act as solid agents for referrals. Now, we need someone with the skills to pull all

of this together -- to be **ALOFT's Volunteer Coordinator**. But not a volunteer since we need you as an official staff member.

The key task will be to plan, develop and implement ALOFT's volunteer program, helping to recruit and manage the activities of our loyal volunteers whom we

know and refer to as our ALOFT Ambassadors.

Is this you? Or maybe you know a friend?

To find out more and get answers to your questions send an email to info@goALOFT.org or call 914 764 3014. We'll get back to you right away. **Promise!**

Help bring history to life: Gravestone restoration workshop

Bedford's historic burying grounds need some TLC and you can provide it by gathering to learn and practice careful cleaning of historic gravestones. No

experience necessary. Bring yourself, family, friends and gloves for all. Plus a little bit of your time and a desire to bring history back to the beauty it deserves.

And bring your new knowledge to a cemetery near you. The Old Burying Ground, Village Green, Bedford September 26, 2009 10 am to 12:30 pm.

Free health screenings at Northern Westchester Hospital

Don't you like things that are free? Well, here's something that not only is **FREE**, but really good for you, too. It's free health screenings at **Northern Westchester Hospital**. If you are willing to spend a few minutes of your time, Northern Westchester Hospital is willing to provide its professional screening tests. Plus, you don't have to make an appointment or even register in advance. Here is the schedule:

September 9 - Osteoporosis screening
October 14 - Vascular screening
November 11 - Cholesterol screening

As you may have noted, all dates are the second Wednesday of the month. All screening is done at the Hospital. First Floor, Room 181. The Hospital has made it easy to find the right place by posting **Free Health Screening Today** signs.

Time: 11:30 am to 1:30 pm only.

If you have any questions, call 914 666 1273 or email: sgamache@nwhc.net.

We very much appreciate this extra effort program at NWH and trust that you will take advantage of their generous offer. Put those dates in your calendar now.

Programs for ALOFT Members

Call 764-3014 for details

9/12 @ 10 AM
Walking Tour of Katonah with historian and ALOFT member, Donald Coe

—
9/20 @ 4 PM
Wine and Hors D'Oeuvres in Katonah

—
9/29 with At Home in Greenwich —
Tour of Brant Collection of Modern Art in Greenwich.

Meet 10:15 AM to carpool.
Call 764-3014 by September 20 to reserve a spot and request a ride.

—
Beginning Sept 8th

Chair Yoga at Pound Ridge Community Church Tues and Fri 12:45 to 1:45

Very Gentle Yoga at O2 Living, Cross River, NY Thurs 3-4:15

Oct 19th, 6 Chair Yoga classes. Mondays 1-2pm at the Bedford Library

Contact Marlene Gallagher
Marlene29@optonline.net
 914 232 3062

Ask for ALOFT member pricing.



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ALOFT (Active Living Over Fifty, Inc.) is a mutually supportive 501 (c)(3) organization developing intergenerational strategies and programs to enable older residents to remain safely and confidently in their homes and communities in northeast Westchester — Bedford, Lewisboro, Mount Kisco, North Castle, North Salem, Pound Ridge and Somers.

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