



MARINE PARK - ACTIVE ADULTS

BE ACTIVE. STAY HEALTHY. START NOW

Membership Cards **must** be shown on entrance

Mondays and Thursdays 10:15am – 1pm

Meeting at the Salt Marsh Nature Center – 3302 Ave U

Please Remember there is absolutely **NO PARKING** on the Nature Center Side of the Street

MONDAY MARCH 1ST	THURSDAY MARCH 4TH	MONDAY MARCH 8TH
10:30 Stretch-Band Exercise Bands Provided 11:00 Crochet Class w Connie 11:30 Healthy Eating & Cooking 11:30 Tai – Chi Kung with Edith 12:30 Line Dancing with Bob	10:15 Walking Club 10:30 Advanced Exercise w/ Denise 11:00 Photography 11:30 Chair Aerobics w/ Denise Bring weights for both classes 12:30 Chair Yoga Meditation w/ Susy	10:30 Stretch-Band Exercise Bands Provided 11:00 Crochet Class w Connie 11:30 Healthy Eating & Cooking 11:30 Tai – Chi Kung with Edith 12:30 Line Dancing with Bob
THURSDAY MARCH 11TH	MONDAY MARCH 15TH	THURSDAY MARCH 18TH
10:15 Walking Club 10:30 Advanced Exercise w/ Denise 11:00 Photography 11:30 Chair Aerobics w/ Denise Bring weights for both classes 12:30 Chair Yoga Meditation w/ Susy	10:30 Stretch-Band Exercise Bands Provided 11:00 Crochet Class w Connie 11:30 Healthy Eating & Cooking 11:30 Tai – Chi Kung with Edith 12:30 Line Dancing with Bob	10:15 Walking Club 10:30 Advanced Exercise w/ Denise 11:00 Photography 11:30 Chair Aerobics w/ Denise Bring weights for both classes 12:30 Chair Yoga Meditation w/ Susy
MONDAY MARCH 22ND	THURSDAY MARCH 25TH	MONDAY MARCH 29TH
10:30 Stretch-Band Exercise Bands Provided 11:00 Crochet Class w Connie 11:30 Healthy Eating & Cooking 11:30 Tai – Chi Kung with Edith 12:30 Line Dancing with Bob	<h1>Closed</h1>	10:30 Stretch-Band Exercise Bands Provided 11:00 Crochet Class w Connie 11:30 Healthy Eating & Cooking 11:30 Tai – Chi Kung with Edith 12:30 Line Dancing with Bob

Trips & Events on Sale Now

Wednesday March 10th 2010 - St. Patrick's Day Party @ Buckley's Restaurant

2926 Avenue S - Brooklyn - **\$30 per person** 12pm - 4pm

Get there on your own

Wednesday March 24th 2010 - ~~Jersey Boys on Broadway~~ **Sold Out** - @ 2pm

\$90 per person - Bus Leaves Marine Park @ **11:30am**

Thursday March 25th 2010 - ~~Nine the Musical @ The Westchester Broadway Dinner Theater~~ **Sold Out**

Enjoy this ~~one of a kind Dinner Theater Performance~~

Wednesday March 31st 2010 - Atlantic City day trip @ To the Trump Plaza Hotel and Casino

\$25 per person - \$20 Slot Play Bonus -

Bus leaves Marine Park Parking Lot @ 8:45am Returning Approx 8pm

Wednesday April 14th 2010 - Jersey Boys on Broadway - @ 2pm

\$90 per person - Bus Leaves Marine Park @ **11:30am**

Tuesday April 20th 2010 - Culinary Institute and Vanderbilt Mansion - Enjoy a tour of the Culinary Institute, lunch at St. Andrew's Café and a tour of The Vanderbilt Mansion.

Attention: High degree of walking - uneven ground - slopes - etc.

\$70 per person - Bus Leaves Marine Park @ **7:30am**

Friday May 28th 2010 - **Cirque Du Soliel's New Show OVO**, under the Big Top in Randall's Island

Enjoy the wonderful, awe inspiring talents of Cirque Du Soliel, in a real Big Top setting.

\$70 per person - Bus Leaves Marine Park @ **2pm** - Show Starts @ **4pm**

Tuesday June 8th 2010 - Millennium Development's 8th Annual "Concert in The Park" In Marine Park -

All Active Adults and Seniors are invited to enjoy a wonderful afternoon of music & fun - Concert Begins 1pm
Please Sign up at the Nature Center or call 444-0101 ext 110 - Leave Message with Name & ID #, mention the concert

Wednesday June 9th to Thursday June 10th - Overnight to Lancaster to see

"Joseph" at the Sight & Sound Theater and "Nashville City Limits" at The American Music Theater.

\$260 each person Double Occupancy or \$280 Single Occupancy

Bus Leaves Marine Park at **9:00am**

Indoor Fitness Walking Program @ Kings Plaza Shopping Center

Join Us @ 8:30 am Each Friday Morning throughout February and March for our indoor Fitness Walking Program at Kings Plaza Shopping Center.

Track your mileage as you walk your way to health with Millennium Development.

Meet at the Flatbush Avenue Main Entrance at 8:30am

Cold Water and a Healthy Snack will be provided.



MPAA Rules - New or modified rules are highlighted in Bold Type

1. **Waiting lists for trips will be taken when trips are sold out.**

In order to be placed on these waiting lists you must pay for the trip in full.

If the waiting list becomes void your check will be returned to you

2. All trips over \$20 must be paid in check form, payable to:

Millennium Development - Please place your ID # on the check.

3. All Trip Prices include transportation unless otherwise noted

4. There will be a \$25 fee for any **Returned Check**

5. All trips are open to registered MPAA program members. Current membership cards must be presented at the time of ticket purchase.

6. Tickets for Trips are sold at scheduled days and times only.

7. Members may purchase tickets only for themselves and their spouses (who are MPAA members)

8. Trip participants must be self-sufficient.

Many trips involve walking and sustained movement.

Please inquire about such matters before signing up for a trip.

9. All Monies are Non-Refundable but are transferable to other MPAA members

10. We encourage trip participants to use the "Buddy System" (stay within our group at all times, unless otherwise noted)

11. We suggest comfortable clothing / foot ware and limited jewelry.

For your protection we suggest you carry an appropriate amount of money.

12. Please be sure to keep emergency contact name and phone numbers current should we need to contact someone.

13. Please arrive at least 15 minutes before departure time.

Busses will depart as scheduled from the Marine Park Avenue U parking lot. (Across the street from the nature center)

14. You must present your trip ticket in order to board the bus.

15. Return times are approximate. Please plan accordingly.

16. In order to be eligible for trips all application information must be completed in full. We reserve the right to cancel your trip reservation if you can not provide us with all of the required information.

17. New Members are not eligible for trips until they are a member for at least one month. You will be placed directly on a trip waiting list and will be called upon should seats become available.

*** The Above Rules Are Subject to Revision***

This program is made possible with funding secured by: State Senator Marty Golden & Councilman Lew Fidler, through The NYS OFTA and The NYC DFTA

Supported by: NYC Parks Dept, The NYC Urban Park Rangers, The Marine Park Civic Association, & The Salt Marsh Alliance

Organized & Sponsored by:

Millennium

Development est. 1993

Join our Mailing List by emailing us - MPAAinfo@yahoo.com

Reach us at @ 718-444-0101 Ext 110

Please submit your Cell Phone # by calling us and leaving a message
WWW.MillDev.org

