

GEORGE LATIMER, Westchester County Executive

Date: February 14, 2018

FOR IMMEDIATE RELEASE

Contact: Catherine Cioffi, Communications Director

Office: (914) 995-2932 Cell: (914) 954 -5579

CCioffi@westchestergov.com

**COUNTY EXECUTIVE LATIMER ANNOUNCES OPEN ENROLLMENT
FOR NEW AGING MASTERY PROGRAM
Innovative Classes for Older Adults Designed to Help Enhance Longevity**

(Mt. Vernon, NY) - Westchester County Executive George Latimer today announced that registration is now open for the Aging Mastery Program (AMP), a new 10 session course designed to help older adults learn how to enrich their longevity, by mastering aging with other members of the community. The program will start on **Thursday, March 22, 2018, at the Ambassador of Scarsdale, 9 Saxon Wood Road, White Plains.**

“This innovative program is designed for older adults who are interested in participating in a positive learning experience that focuses on engaging with the community,” said Latimer. “I encourage Westchester’s seniors to sign up for this wonderful opportunity.”

AMP consists of a series of 10 classes, 90 minutes each, with a focus across three areas: life enrichment, physical health and financial stability. The program, developed by the National Council on Aging, is offered under the auspices of the County’s Department of Senior Programs and Services’ (DSPS) Livable Communities Program, in partnership with the Ambassador of Scarsdale. This series of classes will be offered free of charge.

“This is an opportunity to meet new friends, provide support and encouragement to your peers, and to become more involved as a leader in your community,” said DSPS Commissioner Mae Carpenter. “Like many of the services we offer, AMP is a valuable program. Please take advantage of these classes and register today.”

The 10-course program will start on Thursday, March 22, from 2:00 p.m. to 3:30 p.m., and will repeat on a weekly basis through Thursday, May 24. All classes will be held at the Ambassador of Scarsdale, 9 Saxon Wood Road, White Plains. Participation is free, but space is limited and an enrollment application is required for registration. Subsequent AMP classes may be subject to a fee.

For more information and/or to receive an application form, please contact Marikay Capasso at (914) 813-6427 or mqcq@westchestergov.com.

Follow Westchester County

Click on Icons



###