

"SEPTEMBER SENIOR MOMENTS"

*****SENIOR CENTER HOURS 10:00AM-3:30PM*****

MONDAYS – Poker, Board Games

TUESDAYS – Bridge, Mah Jongg, Board Games

WEDNESDAYS - DANCERISE with Kathy - 10:30

STAY STRONG AND FIT Exercise Class - 1:15

AM and PM shopping to Stop and Shop & CVS

If interested call 834-8840 the day before or by 9:00am on Wed.

If you come for the Nutrition Program you may go shopping after your meal.

ADVANCED ART CLASS – Senior members work in different mediums of art.

THURSDAY- TAI CHI Exercise Class, Poker, Bridge, Board Games

FRIDAY - Special Events and Movies, Board Games

SEPTEMBER 4 HOLIDAY – SENIOR CENTER CLOSED

SEPTEMBER 5 MEDICARE MINUTE - Double Session - Our own Mary Ann Larkin is back to bring us the latest in Medicare News 12:30PM Activities suspended during presentation and attendance required of all members

**SEPTEMBER 8 SHOPPING TRIP TO KOHLS – MUST RSVP - \$1.00
Shop till you Drop for all your favorite things with Kathy**

**SEPTEMBER 11 “RUSSIAN FOLKLORE” 12:30-2:30pm
A FREE 4 week magical journey into the Russian imagination where you will see the Russian’s worldview & cultural values. Attend all or as many presentations as you wish. Instructor, Zhenya Amditis, Ph.D., is on the staff of WWC. This program is funded by Mainstream and The Westchester County Dept. of Senior Programs & Services**

**SEPTEMBER 12 FLU SHOTS (AND SHINGLES AND PNEUMONIA)
CVS Pharmacy will be here to administer flu shots 11:30-1:00 – must have Medicare Part B card and/or secondary insurance card. Please sign up in office.**

**SEPTEMBER 13 TRIP TO JACOB BURNS FILM CENTER – 12:00 \$9.00
“Miss Pettigrew Lives for a Day” or “Ella Brennan: Commanding the Table”
See Flier for Details**

**SEPTEMBER 15 ZUMBA GOLD with Laura at 1:30pm
FREE for members Non-members \$5.00**

SEPTEMBER 18 SPECIAL PRESENTATION **FREE 1:00 – 2:30pm
How Do “They” Know So Much About Me instructor – John McMullen
This program is funded by Mainstream and The Westchester County Dept. Of Senior Programs & Services - See flier for more information.**

**SEPTEMBER 19 11th ANNUAL
SENIOR RECOGNITION DAY
10:00AM- 2:00PM Hosted By: COXE & GRAZIANO
Vendors, Discussions, Presentations, Food
All Activities Suspended Today MUST RSVP**

SEPTEMBER 22
FREE for members

ZUMBA GOLD with Laura at 1:30pm
Non-members \$5.00

SEPTEMBER 25 **Blood Pressures-Nurse Kathy** **12:30-1:00 in Office.**
Bring blood pressure card.

SEPTEMBER 26 **FALLS PREVENTION PRESENTATION** **presented by**
Antonella Caggiano Dept. of Senior Programs & Services **12:30pm**

SEPTEMBER 29 **BIRTHDAY/PIZZA/BINGO**
RSVP for PIZZA **\$1.25/slice (eat in only)**
Bingo Boards - \$1.00 **FREE Bingo Board for all SEPTEMBER Birthdays**

OCTOBER 2 **“CHAIR YOGA”** **exercise class with Reyna- 1:15**

OCTOBER 4 **Golden Harvest Dance and Talent Show - County Center**
\$5.00-box lunch and transportation

OCTOBER 6 **MOVIES AND MUNCHIES** **12:45**

“MANCHESTER BY THE SEA” Lee Chandler is a brooding, irritable loner who works as a handyman for a Boston apartment block. One damp winter day he gets a call summoning him to his hometown, north of the city. His brother's heart has given out suddenly, and he's been named guardian to his 16-year-old nephew. As if losing his only sibling and doubts about raising a teenager weren't enough, his return to the past re-opens an unspeakable tragedy. Casey Affleck, Michelle Williams, Kyle Chandler, Lucas Hedges, Gretchen Mol, Matthew Broderick, Tate Donovan, Josh Hamilton, Anna Baryshnikov, C.J. Wilson, Heather Burns

PLEASE - When paying for lunch please try to bring smaller bills, we cannot constantly make change in the office for large bills - Thank You!

SUNDAY, SEPTEMBER 10TH - ST. John's Church BBQ - 12:00noon (Corner of Fenimore & Cortland Ave) Free for all Seniors - must RSVP so we can give count to St. John's Church.

IF YOU ARE JOINING US FOR ANY OF OUR EXERCISE CLASSES PLEASE BE SURE TO FILL OUT A REGISTRATION FORM SO WE HAVE CONTACT AND MEDICAL INFORMATION – THANK YOU

Our Transportation Services are also funded by U.S. Department of Health & Human Services, New York State Office of the Aging, & the Westchester County Department of Senior Programs & Services

LOBSETR HOUSE – CITY ISLAND

