

"JANUARY SENIOR MOMENTS"

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

MONDAYS – Poker, Board Games

TUESDAYS – Bridge, Mahjong, Board Games

WEDNESDAYS - DANCERISE with Kathy - 10:30

STAY STRONG AND FIT Exercise Class – 1:15pm

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, Mahjong

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****PLEASE READ**** For the months of January, February, and until the County Funding restarts, our Stay Strong Exercise Class will be held only at 1:15pm on Wednesdays. Each “member” will be able to attend two a month, every other week, according to the session they were originally signed up for (12:45 or 1:50) – please check calendar for your date.

DUE TO SAFETY ISSUES - STARTING IN 2018 –
ONLY MEMBERS WILL BE ALLOWED AT OUR
EXERCISES CLASSES

JANUARY 1 SENIOR CENTER CLOSED – HAPPY NEW YEAR!!!

**JANUARY 3 STAY STRONG AND FIT – 1:15PM (FOR 12:45 CLASS)
Members Only**

JANUARY 5 MOVIES AND MUNCHIES 12:45 – “LOVING”
The story of Richard and Mildred Loving, a couple whose arrest for interracial marriage in 1960s Virginia began a legal battle that would end with the Supreme Court's historic 1967 decision. Starring Joel Edgerton and Ruth Negga

**JANUARY 10 STAY STRONG AND FIT – 1:15PM (FOR 1:50 CLASS)
Members Only**

**JANUARY 12 MOVIES AND MUNCHIES 12:45 – “MOVE OVER,
DARLING”** After five years lost at sea, a missing wife thought long dead returns just after her husband remarries. Doris Day, James Garner, Polly Bergen |

JANUARY 15 SENIOR CENTER CLOSED – Martin Luther King Jr. Day

JANUARY 16 MEDICARE MINUTE 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

**JANUARY 17 STAY STRONG AND FIT – 1:15PM (FOR 12:45 CLASS)
Members Only**

JANUARY 19 HOT CHOCOLATE, COOKIES AND FUN!! – Join us for some winter wonderland fun.....activities to be announced 1:00 in Lunch Room

**JANUARY 23 Blood Pressures-Nurse Kathy 12:30-1:00 in Office.
Bring blood pressure card.**

**JANUARY 24 STAY STRONG AND FIT – 1:15PM (FOR 1:50 CLASS)
Members Only**

**JANUARY 25 ZUMBA GOLD with Laura at 1:30pm
FREE for members Non-members \$5.00**

**JANUARY 26 BIRTHDAY/PIZZA/BINGO (call to see if still scheduled)
RSVP for PIZZA \$1.25/slice (eat in only)
Bingo Boards - \$1.00 FREE Bingo Board for all JANUARY Birthdays**

**JANUARY 24 STAY STRONG AND FIT – 1:15PM (FOR 12:45 CLASS)
Members Only**

**FEBRUARY 2 MOVIES AND MUNCHIES 12:45 – “MIRACLE”
Miracle tells the true story of Herb Brooks (Kurt Russell), the player-turned-coach who led the 1980 U.S. Olympic hockey team to victory over the seemingly invincible Russian squad**

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

**THANK YOU TO ** Pauline Barry for keeping our tea bag supply plentiful!!
** Don Levin for a new and much needed chess set!!
** Bill Boyd for keeping all our water cups filled!!!
** Martha Medina for Always Helping Everyone!!**

**WE HAVE THE BEST SENIORS
ALWAYS HELPING AND THINKING OF EACH OTHER!!**

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

THIS YEAR'S CHRISTMAS

