

"MAY SENIOR MOMENTS"

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

MONDAYS – Poker, Board Games, CHAIR YOGA – 1:15

TUESDAYS – Bridge, Mahjong, Board Games

WEDNESDAYS - DANCERISE with Kathy - 10:30

STAY STRONG AND FIT Exercise Class – 12:45 & 1:50

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, Mahjongg

EXERCISE CLASS –STAY FIT & STRONG

Due to the confusion as when you can attend the Stay Strong & Fit Exercise Class – Those originally in the 12:50 Class are now “A” group and those originally in the 1:50 Class are now “B” group.

MAY 2 STAY STRONG & FIT Group A at 12:45 and Group B at 1:50

**MAY 4 MSC CRUISE LUNCHEON 12noon
\$4.00 - MUST RSVP BY MAY 2nd**

Special Menu, Special Entertainment (PePe and his son) and a Special Time!

**MAY 8 Blood Pressures-Nurse Kathy 12:30-1:00 in Office.
Bring blood pressure card.**

MAY 9 STAY STRONG & FIT Group A at 12:45 and Group B at 1:50

**MAY 11 ZUMBA GOLD with Laura at 1:30pm
FREE for members Non-members \$5.00**

MAY 14 CHAIR YOGA - 1:15

MAY 15 MEDICARE MINUTE Our Medicare Representative, Carolyn, will be here to bring us the latest in Medicare News 12:30PM Activities suspended during presentation and attendance required of all members

MAY 16 STAY STRONG & FIT Group A at 12:45 and Group B at 1:50

MAY 18 MOVIES AND MUNCHIES 12:45 “CREED”

Adonis Johnson never knew his famous father, world heavy weight champion Apollo Creed, who died before he was born. Still, there's no denying that boxing is in his blood, so Adonis heads to Philadelphia, the site of Apollo Creed's legendary match with a tough upstart named Rocky Balboa. Rocky sees in Adonis the strength and determination he had known in Apollo - the fierce rival who became his closest friend.

Starring Michael B. Jordan, Sylvester Stallone, Tessa Thompson

MAY 21 CHAIR YOGA - 1:15

MAY 23 STAY STRONG & FIT Group A at 12:45 and Group B at 1:50

MAY 25 BIRTHDAY/PIZZA/BINGO

RSVP for PIZZA \$1.25/slice (eat in only)

Bingo Boards - \$1.00 FREE Bingo Board for all MAY Birthdays

MAY 28 MEMORIAL DAY – SENIOR CENTER CLOSED

*****NEW SUMMER HOURS START - 10:00AM – 3:00PM**

MAY 30 STAY STRONG & FIT Group A at 12:45 and Group B at 1:50

**JUNE 1 TRIP TO ARTS WESTCHESTER EXHIBIT
IN WHITE PLAINS**

“WHAT’S NEW IN THE HUDSON VALLEY ART SCENE”

Private tour with Lunch afterwards at *Via Veneto 26*

Bus leaves at 10:15am Tour at 11:00 Lunch at 12:30 total cost \$30.00

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

**THANK YOU TO MAMARONECK HIGH SCHOOL FOR THE MAGICAL SENIOR PROM
NIGHT IN “HOLLYWOOD” - AND CONGRATULATIONS TO OUR KING AND QUEEN
PHIL GAITA AND FRANCSECA ZAGAROLI**

2018 SENIOR PROM

