

"JUNE SENIOR MOMENTS"

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

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.

JUNE 4 CHAIR YOGA - 1:15

JUNE 6 STAY STRONG & FIT Group A at 12:45 and Group B at 1:50

JUNE 8 MOVIES AND MUNCHIES 12:45

“THE GREATEST SHOWMAN” Inspired by the imagination of P.T. Barnum, The Greatest Showman is an original musical that celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. Starring Hugh Jackman, Zac Efron, Michelle Williams, Rebecca Ferguson, and Zendaya. The film is inspired by the story of P. T. Barnum's creation of the Barnum & Bailey Circus and the lives of its star attractions.

JUNE 11 CHAIR YOGA - 1:15

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

JUNE 13 STAY STRONG & FIT Group A at 12:45 and Group B at 1:50

JUNE 15 MOVIES AND MUNCHIES 12:45

“THE LADY IN THE VAN” The Lady in the Van is a 2015 British comedy-drama film directed by Nicholas Hytner, and starring Maggie Smith and Alex Jennings. It was written by Alan Bennett, and it tells the true story of his interactions with Mary Shepherd, an elderly woman who lived in a dilapidated van on his driveway in London for 15 years.

JUNE 18 CHAIR YOGA - 1:15

**JUNE 19 SAXON WOODS POOL PARTY 10:00 - 2:30
(MUST RSVP BY JUNE 11TH)**

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

JUNE 20 DINNER THEATRE TRIP - "SISTER ACT"

Bus Leaves 10:45am

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

JUNE 21

ZUMBA GOLD with Laura at 1:30pm

FREE for members Non-members \$5.00

JUNE 22

BIRTHDAY/PIZZA/BINGO

RSVP for PIZZA

\$1.25/slice (eat in only)

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

JUNE 25

CHAIR YOGA - 1:15

JUNE 27

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

JUNE 29

BEACH BLANKET BLAST with KARAOKE

Join us for a real blast with Donnie & Marie and an afternoon of Karaoke Fun!!! Special Luncheon and 50/50 Raffle \$4.00

JULY 4

JULY 4TH HOLIDAY – SENIOR CENTER CLOSED

JULY 6

ZUMBA GOLD with Laura at 1:30pm

FREE for members Non-members \$5.00

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

MSC CRUISE LUNCHEON

