

# "AUGUST SENIOR MOMENTS"

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

**MONDAYS – Poker, Board Games, TRIM & TONE – 1:15**

**TUESDAYS – Bridge, Mah Jongg, Board Games**

**WEDNESDAYS - DANCERISE with Kathy - 10:30**

**CHESS PLAYING – 10:30**

**STAY STRONG AND FIT Exercise Class – 1:00 & 2:00**

**AM and PM shopping to Stop and Shop & CVS**

**If interested call 834-8840 the day before or by 9:00 am 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, Mah Jongg**

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**\*\*NEW\*\* CHESS PLAYING – Every Wednesday at 10:30am**

**IF ANYONE INTERESTED IN PLAYING CANASTA**

**STOP BY THE OFFICE AND LET US KNOW!!!**

**AUGUST 5 TRIM & TONE WITH STEPHANIE (members only) 1:15**

**A gentle strength training exercise program using weights and bands**

**AUGUST 7 STAY STRONG & FIT Group A – 1:00 Group B at 2:00**

**MEMBERS ONLY**

**AUGUST 8 ZUMBA GOLD with Laura at 1:30pm**

**FREE for members Non-members \$5.00**

**AUGUST 9 Lunch Trip to Echo Bay Island \$15.00**

**A fun afternoon on Echo Bay Island in New Rochelle – take a short boat ride and enjoy a bag lunch with your friends. Bring extra cash for 50/50 raffles and prizes.**

**AUGUST 12 TRIM & TONE WITH STEPHANIE (members only) 1:15**

**A gentle strength training exercise program using weights and bands**

**AUGUST 13 Blood Pressure - Nurse Kathy 12:30-1:00 in Office.**

**Bring blood pressure card.**

**AUGUST 14 STAY STRONG & FIT Group A – 1:00 Group B at 2:00**

**MEMBERS ONLY**

**AUGUST 16 BRING YOUR GRANDCHILD DAY**

**BIRTHDAY/PIZZA/BINGO**

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

**Bingo Boards - \$1.00 FREE Bingo Board for all AUGUST Birthdays AND Kids**

**AUGUST 19 TRIM & TONE WITH STEPHANIE (members only) 1:15**

**A gentle strength training exercise program using weights and bands**

**AUGUST 20    MEDICARE MINUTE**

Our own Carolyn Gallaher is back to bring us the latest in Medicare News 12:30PM  
Activities suspended during presentation and attendance required of all members

**AUGUST 21            ZUMBA GOLD with Laura at 1:30pm**  
**FREE for members        Non-members \$5.00**

**AUGUST 23            Lunch Trip to Echo Bay Island    \$15.00**  
A fun afternoon on Echo Bay Island in New Rochelle – take a short boat ride and enjoy a bag lunch with your friends. Bring extra cash for 50/50 raffles and prizes.

**AUGUST 26            TRIM & TONE WITH STEPHANIE (members only) 1:15**  
A gentle strength training exercise program using weights and bands

**AUGUST 29                            ZUMBA GOLD with Laura at 1:30pm**  
**FREE for members        Non-members \$5.00**

**AUGUST 30                            \*\*\*SOCK HOP LUNCHEON\*\*\***  
**MUST RSVP by August 28<sup>th</sup> \$5.00**  
**Entertainment by PePe and Tim –**  
**Get ready to Dance and Swing with great music.**  
**Special Lunch and Root Beer Floats**  
**ALL Activities Suspended Today**

**SEPTEMBER 2            LABOR DAY – SENIOR CENTER CLOSED**

**SEPTEMBER 6            LUNCH TRIP TO CITY ISLAND at the LOBSTER HOUSE**  
\$40.00 includes special lunch, tip & bus                            Bus leaves 11:15am

**\*\*SAVE THE DATES\*\***

Arthur Avenue - TBA  
September 10<sup>th</sup> – FLU SHOTS at Senior Center  
September 17<sup>th</sup> - Senior Recognition Day  
September 25<sup>th</sup> - Dinner Theatre Trip “MAMBO ITALIANO” (Great Seats!)

*Thank you to our Town Administrator Steve Altieri, Anna Danoy, Jill Fisher (grillers) and all our Town and Village representatives who help make this year's Annual B-B-Que the best ever.*  
*And a special Thank you to our Senior Center Staff and DJ Joe*  
*AND Thank you to Everyone who made our NEW DECK a Reality!!!!*  
*Furniture coming soon!*

