

"JANUARY SENIOR MOMENTS"

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

MONDAYS – Poker, Board Games, TRIM & TONE with Stephanie - 11:15am

TUESDAYS – Bridge, Mahjong, Board Games

WEDNESDAYS - DANCERISE with Kathy - 10:30

STAY STRONG AND FIT Exercise Class – 1:00 (starts 1/8)

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, Bridge, Board Games

FRIDAY - Special Events and Movies, Board Games, Poker, Mahjongg

REGISTRATION FOR 2020 MEMBERSHIP

WILL START IN JANUARY

Residents - \$35.00/Non Residents - \$50.00

(Home on Sound membership no longer qualifies for Senior Center registration payment)

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

JANUARY 2 MOVIE & HOT CHOCOLATE 12:15pm “BOHEMIAN RHAPSODY” 2h 14min | Biography, Drama, Music
The story of the legendary British rock band Queen and lead singer Freddie Mercury, leading up to their famous performance at Live Aid (1985).

JANUARY 3 ZUMBA GOLD 1:30PM

JANUARY 6 TRIM & TONE WITH STEPHANIE (members only) 11:15am
A strength and balance training exercise program using weights and bands

JANUARY 7 COMMUNITY SERVICES PRESENTATION 12:30PM
The Director of Community Services, Anna Danoy, will be here to discuss the variety of programs and services that her department offers. *Activities suspended during presentation and attendance required of all members*

JANUARY 8 STAY STRONG & FIT ****ONE CLASS A&B AT 1:15PM****

JANUARY 9 TRIP TO WESTCHESTER BROADWAY DINNER THEATRE
“LEND ME A TENOR” **LOW PRICE OF \$33 PER TICKET!!!**
RSVP REQUIRED, THOSE ATTENDING MUST BE HERE BY 11:00AM

JANUARY 10 MOVIES & MUNCHIES 12:30PM “A STAR IS BORN”
2h 16min | Drama, Music, Romance
A musician helps a young singer find fame as age and alcoholism sends his own career into a downward spiral.

JANUARY 13 TRIM & TONE WITH STEPHANIE (members only) 11:15am
A strength and balance training exercise program using weights and bands

JANUARY 14 TRIP TO EMPIRE CASINO \$6.00, Bus leaves 9:00 am, BRING PHOTO ID, EVERYONE MUST CHANGE TO THEIR NEW MLIFE REWARDS CARD

JANUARY 15 STAY STRONG & FIT **ONE CLASS A&B AT 1:15PM**

**JANUARY 17 BIRTHDAY/PIZZA/BINGO
RSVP for PIZZA \$1.25/slice (eat in only) Bingo Boards - \$1.00
FREE Bingo Board for all JANUARY Birthdays**

JANUARY 20 SENIOR CENTER CLOSED – Martin Luther King Jr. Day

JANUARY 22 STAY STRONG & FIT **ONE CLASS A&B AT 1:15PM**

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

JANUARY 24 SING-A-LONG WITH DAVE – HE IS BACK BY POPULAR DEMAND - HOT CHOCOLATE, COOKIES AND FUN!! – Join us for some winter wonderland fun with DAVE at the Piano 1:00 in Lunch Room

**JANUARY 27 TRIM & TONE WITH STEPHANIE (members only) 11:15am
A strength and balance training exercise program using weights and bands**

JANUARY 28 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*

JANUARY 29 STAY STRONG & FIT **ONE CLASS A&B AT 1:15PM**

JANUARY 31 ZUMBA GOLD 1:30PM

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

HOLIDAY FUN!!!! BAKING COOKIES WITH KATHY & BENGI

