

## **"APRIL SENIOR MOMENTS"**

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

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

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

**WEDNESDAYS - DANCERISE with Kathy - 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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**SAVE THE DATE!!! YANKEE DAY at the SENIOR CENTER**

**Thursday, May 23<sup>rd</sup> 12:30-2:30**

**Ball Park Lunch, Game on wide screen TV**

**Snacks and Prizes, Lunch \$3.00 Game \$1.00 TOTAL \$4.00**

**APRIL 3 STAY STRONG & FIT Group A at 1:00 ONLY  
Members Only**

**APRIL 5 BROADWAY MUSICAL PRESENTATION 1:00-2:30PM  
PRESENTED BY "MAINSTREAM"  
EXPLORE "OKLAHOMA & THE SOUND OF MUSIC"**

**APRIL 8 EMPIRE CITY CASINO TRIP –Bus leaves 9:30 am - \$6.00  
Daily promotions for Tuesdays available! Bring Empire Card & picture ID**

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

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

**APRIL 9 Blood Pressure - Nurse Kathy 12:30-1:00 in Office.  
Bring blood pressure card.**

**APRIL 10 STAY STRONG & FIT Group B at 1:00 ONLY**

**APRIL 12 ZUMBA GOLD with Laura at 1:30pm  
FREE for members Non-members \$5.00**

**APRIL 16 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**

**AT 1:00PM \*\*\*\*Join our Easter Bunny Kathy for some egg dying fun!**

**Please let us know if you plan on attending.**

**APRIL 17 STAY STRONG & FIT Group A – 1:00 Group B at 2:00  
MEMBERS ONLY**

**APRIL 18**                    **ZUMBA GOLD with Laura at 1:30pm**  
**FREE for members        Non-members \$5.00**

**APRIL 19**                    **SENIOR CENTER CLOSED**  
**GOOD FRIDAY AND PASSOVER BEGINS**

**APRIL 24**                    **STAY STRONG & FIT    Group A – 1:00        Group B at 2:00**  
**MEMBERS ONLY**

**APRIL 26**                    **SPRING/PIZZA/BINGO**  
**With CENTRAL SCHOOL 2<sup>ND</sup> GRADERS**  
**RSVP for PIZZA                    \$1.25/slice (eat in only)**  
**Bingo Boards – FREE for everyone!**

**APRIL 29**                    **\*\*\*\*\*SENIOR PROM – at Senior Center\*\*\*\*\***  
**RSVP \$6.00    5:30-8:00pm        Transportation is FREE for residents**  
**Delicious Dinner from Carlyn’s Cove, Dancing, DJ Bob, Gifts for Everyone**

**MAY 1**                    **STAY STRONG & FIT    Group A – 1:00        Group B at 2:00**  
**MEMBERS ONLY**

**MAY 2**                    **ZUMBA GOLD with Laura at 1:30pm**  
**FREE for members        Non-members \$5.00**

**MAY 3**                    **Westchester Dinner Theatre Trip – Friday, May 3<sup>rd</sup>        \$57.00**  
**“NEWSIES”**

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**CARLYN’S COVE PROVIDED DELICIOUS FOOD FOR OUR  
ST. PATRICK’S LUNCHEON AND OUR  
MUSICAL TRIO WERE ROCKIN!!!!**

**SPECIAL MARCH BIRTHDAYS!!!!**

