

2024 May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 YOGA TIPS BINGO	2	3	4
5	6 FITNESS WITH STUART	7	8 YOGA TIPS BINGO	9	10 NUTRITION	11
12	13	14 ARTS WESTCHESTER VISIT	15 YOGA TIPS BIRTHDAYS BINGO	16	17	18
19 MOTHERS DAY BRUNCH	20 FITNESS WITH STUART	21	22 YOGA TIPS BINGO	23 SAFE DRIVING CLASS	24	25
26	27 MEMORIAL DAY VILLAGE PARADE	28	29 YOGA TIPS BINGO	30 SOLUTE TO SENIORS	31	

- Senior Weekly Meetings** **Wednesday's May 1st, 8th, 15th, 22nd, 29th @ 12:30 P.M. Senior Center 2nd Floor.**
All Seniors 55 and older are welcome for senior social time. Play cards, bingo, games Or just sit and visit with friends and neighbors. Light refreshments will be served. We will be celebrating Seniors Birthdays that are in March on Wednesday May 15th at the Senior Weekly Meeting.
- Gentle Yoga With Lucia** **Wednesday's May 1st, 8th, 15th, 22nd, 29th @ 10:00 A.M. Senior Center 2nd Floor.**
Class with Lucia starts at 10:00 A.M. Please bring a yoga mat, and any supplies you own or need. Please arrive at 9:45 A.M., Move, Breathe, Stretch and Feel Good. Class is at your own pace. Please bring water and comfortable shoes.
Residents \$3.00/class Non-Residents \$5.00/class.
- Fitness with Stuart** **Monday's May 6th, 20th @ 11:30 A.M. Senior Center 2nd Floor.**
Fitness with instructor Stuart begins at 11:30 A.M., please arrive at 11:15 A.M. Lots of fun & great exercise. **Residents \$3.00/class Non-Residents \$5.00/class.**
- TIPS Program** **Wednesday's May 1st, 8th, 15th, 22nd, 29th @ Senior Center 1st Floor. 11:00 A.M. to 1:00 P.M.**
The Telehealth Intervention Programs for Seniors (TIPS) will be at the Senior Center Wednesdays to take your vital signs.
This program is a **FREE SERVICE** offered to Elmsford from Westchester County. Chance to win gift cards on Wednesday's May 1st, 15th, and 29th. Light Lunch will be served on Wednesdays May 8th, and 22nd.
- Nutrition Program** **Friday May 10th, @ 11:30 A.M. Senior Center 2nd Floor.**
Feeding Westchester Nutritionist Alyssa will be back to prepare some healthy snacks. Light lunch to follow. **SIGN UP REQUIRED BY MAY 7th.**
- Art Class** **Tuesday May 14th, @ 10:30 A.M. Senior Center 2nd Floor.**
Once again, we were able to secure the Arts Westchester, Arts Bus to come teach us an exciting Painting Project. Light lunch will be served. **Limited Space is Available \$5.00 Per Person. SIGN UP REQUIRED BY MAY 8th.**
- Safety 1st Defensive Driving Class** **Thursday May 23rd, 9:00 A.M. to 3:30 P.M. Second Floor Senior Center.**
After finishing class you will get a certificate for: Lowering Insurance Premiums, Reduces Violations Points, Sharpens Driving Skills. Please see flyer for more information. Lunch will be served around 12:00 P.M. **Cost is \$25.00.**
SIGN UP REQUIRED BY MAY 21st.
- Mother's Day Brunch** **Sunday May 19th, @ 11:30 A.M. Senior Center 2nd Floor**
Come celebrate with us all the Special Women in our Lives. Delicious Brunch, Prizes, Gifts and Much More. Sign up early, space is limited.
SIGN UP REQUIRED BY MAY 13th.
- Salute to Seniors** **Thursday May 30th, 9:15 A.M. Senior Center 2nd Floor.**
Please arrive by 9:00 A.M. at Senior Center and Bus will leave at 9:15 A.M.
We will be going to the Westchester County Center from 9:30 A.M. to 1:30 P.M. For Salute to Seniors Day for; Showcase of Senior Services, Educational Workshops & Health and Wellness Fair. Lunch will be served there. **Free Bus Ride and Free Lunch.**
SIGN UP REQUIRED BY MAY 13th.

All events are at the Elmsford Senior Community Center at 10 North Stone Avenue, Elmsford N.Y. unless otherwise noted.
SIGN UP With Sandy at 914-909-1241 for Events Noted