

# OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Yoga 10:00 TIPS 11-1PM Senior Time 12:30 PM	5	6 Nutrition with Alyssa 11:30	7
8	9 Fitness with Stuart 11:30 <b>VILLAGE HALL CLOSED</b>	10	11 Yoga 10:00 TIPS 11-1PM Senior Time 12:30 PM	12 Dinner and a Movie 4:30 pm	13	14 <b>COMMUNITY TAG SALE</b>
15	16	17 Arts Class 11:00	18 Yoga 10:00 TIPS 11-1 PM Senior Time 12:30 PM <b>October Birthdays</b>	19	20	21
22	23 Fitness with Stuart 11:30	24 Fall Party Dinner w/ Elvis 4:30PM	25 Yoga 10:00 TIPS 11-1 PM Senior Time 12:30 PM	26	27	28
29	30	31 Happy Halloween!	1	2	3	4

**SAVE THE DATES: NOVEMBER**  
 Stuart November 6TH & 20TH @ 11:30 am  
 Yoga Every Wednesday @ 10:00 am  
 Friendsgiving Thursday, November 17th

### Senior Weekly Meetings

**Wednesday's October 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>rd</sup> @ 12:30 P.M. Senior Center 2<sup>nd</sup> 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 October on Wednesday October 18<sup>th</sup> at the Senior Weekly Meeting.

### Gentle Yoga with Lucia

**Wednesday's October 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> @ 10:00 A.M. Senior Center 2<sup>nd</sup> Floor.**

Class with Lucia starts at 10:00 A.M. Please bring a yoga mat, and any supplies you own or need. If you do not have a yoga mat one will be provided for you to use at the class. 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.**

### TIPS Program

**Wednesday's October 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>rd</sup> @ 11:00 AM to 1:00 PM Senior Center 2<sup>nd</sup> Floor**

The Telehealth Intervention Programs for Seniors will be at the Senior Center Upper Level on the above mentioned, Wednesdays to take your vital signs.

This program is a **FREE** Service offered to Elmsford from Westchester County.

You can still sign up for the TIPS Program when you stop in on any Wednesday.

Light refreshments will be served.

### Nutrition Program

**Friday October 6<sup>th</sup> @ 11:30 P.M. Senior Center 2<sup>nd</sup> Floor.**

Feeding Westchester will be back to give us another FREE Demonstration on Nutrition. Come join us for some healthy snacks made by the Nutritionist and learn how to prepare some healthy meals. Light lunch will be served. **SIGN UP Required**

### Fitness with Stuart

**Monday's October 9<sup>th</sup>, & 23<sup>rd</sup> @ 11:30 A.M. Senior Center 2<sup>nd</sup> 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.**

### Dinner & Movie

**Thursday October 12<sup>th</sup> @ 4:30 P.M. Senior Center 2<sup>nd</sup> Floor.**

Join us for a delicious dinner, hilarious movie and popcorn.

Movie showing is "It's Complicated" starring Steve Martin, Alec Baldwin, Meryl Streep.

**Limited Space is available \$5.00 Per Person. SIGN UP Required**

### Village Wide Tag Sale

**Saturday October 14<sup>th</sup> @ 9:00 A.M. to 4:00 P.M. Outside Senior Center**

Come and join your fellow seniors at the Village Wide Tag Sale. Bring some unwanted goods from your house to sell at the Senior Center and join in the Tag Sale.

In the spring our individual seniors profited nicely and had fun too.

We will all be under a tent, and you can reserve a table.

**Limited Space is available, and it is \$5.00 Per Table. SIGN UP Required**

### Arts Class

**Tuesday October 17<sup>th</sup> @ 11:00 A.M. Senior Center 2<sup>nd</sup> Floor.**

Once again, we were able to secure the Arts Westchester, Arts Bus to come teach us an exciting Art Project. Light refreshments will be served.

**Limited Space is Available \$5.00 Per Person. SIGN UP Required**

### Dinner with Elvis

**Tuesday October 24<sup>th</sup> @ 4:30 P.M. Senior Center 2<sup>nd</sup> Floor.**

We will begin the evening with a wonderful dinner. Then yes, you are reading that correct, Elvis will be in the house to perform for us. He will entertain us with his songs and show that made him famous, and we all remember and enjoyed.

**Limited Space is Available \$5.00 Per Person. SIGN UP Required**

**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.**

Any questions, please call Sandy or Diana or e-mail them at: [Seniors@elmsfordny.org](mailto:Seniors@elmsfordny.org)