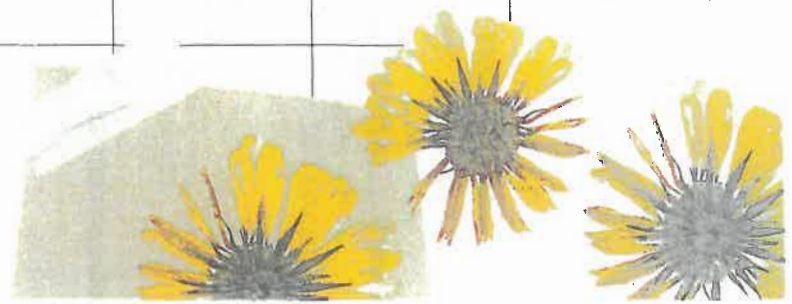


2024 April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	Yoga Tips Bingo 3	4	5 Nutrition	6
7	8 Workout with Stuart	9	Yoga Tips Bingo 10	11	12	13 Casino Trip
14	15	16	Yoga Tips - Bingo Birthdays 17	18	19	20
21	22 Workout with Stuart	23 Arts Westchester Returns!	Yoga Tips Bingo 24	25	26 BEAUTIFUL CAROLE KING SHOW	27
28	29 Workout with Stuart	30				
MAY SAVE THE DATES Safety Driving Class May 23rd						



Senior Weekly Meetings

Wednesday's April 3rd, 10th, 17th, 24th @ 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 April 17th at the Senior Weekly Meeting.

Gentle Yoga With Lucia

Wednesday's April 3rd, 10th, 17th, 24th @ 10:00 P.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 April 8th, 22nd, & 29th @ 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 April 3rd, 10th, 17th, 24th 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 April 3rd and 17th.

Light Lunch will be served on Wednesdays April 10th and April 24th.

Nutrition Program

Friday April 5th, @ 11:30 P.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 April 3rd.**

Mohegan Sun PA Casino Trip

Saturday April 13th, Bus leaves Senior Center at 8:30 A.M.

Please arrive at Senior Center no later than 8:15 A.M. for check in.

Enjoy a coach bus ride to Mohegan Sun Casino in Wilkes-Barre Pennsylvania with breakfast included on the bus ride.

Must bring a Drivers License or Passport to enter the casino.

If it is your first time signing up for the Momentum Program, you will receive \$10.00 upon signing up.

If you leave an e-mail address you will receive an additional \$10.

Bus trip cost is \$45.00. SIGN UP REQUIRED BY APRIL 3RD.

Art Class

Tuesday April 23rd, @ 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 Art Clay Project. Light lunch will be served.

Limited Space is Available \$5.00 Per Person. SIGN UP REQUIRED BY APRIL 17TH.

Carol King the Musical

Friday April 26th, @ 7:30 P.M. White Plains Performing Arts Center White Plains

Limited space available. Cost per ticket is \$55.00. SIGN UP REQUIRED BY APRIL 3ST.

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