

# May Senior Program Calendar Village of Elmsford 2023

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

	1	2	3 Guest Speaker 11am Senior Meet 12:30	4  ZUMBA 10 am	5	6
7	8	9  Mother's Day Brunch 10 am	10 Yoga 10am Senior Meet 12:30	11	12	13
14 Happy Mother's Day	15	16  ZUMBA 10 am	17 Guest Speaker 11am Senior Meet 12:30	18 HeLp Program 10-12:30	19	20
21	22  Bingo	23	24 Yoga 10am Senior Meet 12:30	25 HeLp Program 10-12:30	26	27
28	29  Village Parade	30  Movie/Lunch Trip	31 Line Dancing 10am Senior Meet 12:30			

Please see back of calendar for explanation of events

- Senior Weekly Meetings** Wednesdays May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> @ 12:30 P.M. Senior Center Lower Level  
All Seniors 55 and older are welcome for senior social time. Play cards, bingo or just sit and visit with friends and neighbors. Light refreshments will be served.
- Down Size & Organize** Wednesday, May 3<sup>rd</sup> @ 11:00 A.M. to 12:30 P.M. Senior Center 2<sup>nd</sup> Floor.  
Julia Wright Rogers from Elmsford the owner of Never Enough Time will be sharing her expertise on downsizing and organizing your life. First 25 people that sign up will receive a free book, titled, 5 at 55. Lunch to follow. **SIGN UP REQUIRED**
- Zumba with Elle** Thursday, May 4<sup>th</sup> & Tuesday May 16<sup>th</sup> @ 10:00 A.M. Senior Center 2<sup>nd</sup> Floor.  
Class with Elle starts at 10:00 A.M. Please arrive at 9:45 A.M. Go at your own pace dance class with loads of fun! Please bring water and comfortable shoes.  
Residents \$3.00/class Non Residents \$5.00/class.
- Mother's Day Brunch** Tuesday May 9<sup>th</sup> @ 10:00 A.M. Senior Center 2<sup>nd</sup> Floor.  
Come and enjoy a nice Mother's Day Brunch, men are welcome.  
**SIGN UP REQUIRED**
- Gentle Yoga with Lucia** Wednesdays, May 10<sup>th</sup> & May 24<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 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.
- AARP Presents Brain Health Talk** Wednesday, May 17<sup>th</sup> @ 11:00 A.M. Elmsford Senior Center 2<sup>nd</sup> Floor  
Representatives from AARP will be hosting an informative discussion on Brain Health. Lunch to follow. **SIGN UP REQUIRED**
- County HeLP Program** Thursday, May 18<sup>th</sup> & May 25<sup>th</sup> @ 10:00 A.M. Senior Center 2<sup>nd</sup> Floor.  
Mary K. Capasso from Westchester County will be discussing the "Health For Life Program" free, six week program. Limited space available. Light Refreshments.  
**SIGN UP REQUIRED**
- Name That Tune Bingo** Monday, May 22<sup>nd</sup> @ 11:30 A.M. Elmsford Senior Center 2<sup>nd</sup> Floor. Only \$ 5.00  
This is Bingo with a twist. Listen to a music clip and check your cards to see if you have the name of that song on your card. Winners will receive prizes.  
Lunch will be served. **SIGN UP REQUIRED**
- Lunch & a Movie** Tuesday May 30<sup>th</sup> Leave the Senior Center at 11:30 A.M. Only \$ 30.00  
Please arrive at the Senior Center lower level. Check in will begin promptly at 11:15 A.M. Lunch at Miyabi in Pleasantville followed by a movie at the Jacob Burns Center in Pleasantville. Movie is "Only Angels Have Wings" starring Cary Grant, Jean Arthur, Rita Hayworth **SIGN UP and PRE-PAYMENT REQUIRED**
- Line Dancing** Wednesday May 31<sup>st</sup> @ 10:00 A.M. Senior Center 2<sup>nd</sup> Floor.  
Line dancing with instructor Cameron Kelly begins at 11:00 A.M., please arrive at 10:45 A.M., lots of fun. Residents \$3.00/class Non Residents \$5.00/class.

All events are at the Elmsford Senior Community Center at 10 North Stone Ave. Elmsford N.Y. unless otherwise noted.  
**SIGN UP** With Sandy at 914-909-1241 or Diana at 914-909-1245 for Events Noted.  
Any questions e-mail Seniors@elmsfordny.org