








 <p>CENTER HONORS 90+ SENIORS MAY 21ST</p> <p>RESERVATIONS REQUIRED</p>	<p>TUESDAY, 5/1 8:30 Low Impact Exercise with Grace 10:30 Blood Pressure Screening with Barbara O'Hagen, RN 10:30 ZUMBA GOLD with Angela  10:30 Drawing, Games and Cards 12:30 Crafts with Julie 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY, 5/2 Happy Retirement to Edith!!!!  10:15 Tap Dancing with Paula 10:30 Council Meeting 10:30 Birthday Celebration Music with Ralph Caruso  10:30 Drawing, Games and Cards 12:00 Open Council Meeting 12:30 Energizing Exercise with Evey 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY, 5/3</p> <p>SENIOR CENTER CLOSED</p>	<p>FRIDAY, 5/4</p> <p>SENIOR CENTER CLOSED</p>
<p>MONDAY, 5/7 – Fairway Room 9:30 Line Dancing with Theresa 10:30 Strength & Balance Video 12:15 “Reducing Your Risk of Arthritis” with Columbia Presbyterian/Lawrence Hospital 1:00 Tai Chi with Angela 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY, 5/8 – Fairway Room 8:30 Low Impact Exercise with Grace 10:30 ZUMBA GOLD with Angela  10:30 Drawing, Games and Cards 12:15 BINGO & TREATS! Bring a Friend! 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY, 5/9 10:15 Tap Dancing with Paula 10:30 Drawing, Games and Cards 12:30 Energizing Exercise with Evey 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY, 5/10 9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 12:15 “First Light Home Care” with Erica 1:00 Chair Yoga with Peggy 1:00 Mahjong/Pokeno/Cards/Games</p>	<p>FRIDAY, 5/11</p> <p>SENIOR CENTER CLOSED</p>
<p>MONDAY, 5/14 - Fairway Room 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength & Balance with Sonya 12:30 Tai Chi with Angela 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY, 5/15 – Fairway Room 8:30 Low Impact Exercise with Grace 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 12:15 “Senior Health & Fitness” with Kathy Santoro, Westchester Senior Programs 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY, 5/16 10:15 Tap Dancing with Paula 10:30 Drawing, Games and Cards 12:30 Energizing Exercise with Evey 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY, 5/17 9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 12:15 “HEARUSA” with Alison Straus 1:00 Mahjong/Pokeno/Cards/Games</p>	<p>FRIDAY, 5/18  8:30 Exercise Video 9:30 Muscle Toning Video 10:30 Book Club with Tracy 12:15 BINGO & TREATS! Bring a Friend! 1:00 Chair Yoga with Peggy 1:00 Mahjong/Pokeno/Cards/Games</p>
<p>MONDAY, 5/21 – Fairway Room  9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength & Balance with Sonya 11:00 Center Honors 90+ Seniors 1:00 Entertainment with Ron Fowler</p>	<p>TUESDAY, 5/22 – Fairway Room 8:30 Low Impact Exercise with Grace 10:30 ZUMBA GOLD with Angela 12:15 “Marble School House” with Sheila Marcotte 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY, 5/23 – Fairway Room 10:15 Tap Dancing with Paula 10:30 Drawing, Games and Cards 12:15 Medicare Update with Micaela 12:30 Energizing Exercise with Evey 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY, 5/24  9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 12:15 BINGO & TREATS! Bring a Friend! 1:00 Mahjong/Pokeno/Cards/Games</p>	<p>FRIDAY, 5/25 8:30 Exercise Video 9:30 Muscle Toning Video 10:30 Drawing, Games and Cards 12:30 Chair Yoga with Peggy 1:00 Mahjong/Pokeno/Cards/Games</p>
<p>MONDAY, 5/28</p> <p>CENTER CLOSED HAPPY MEMORIAL DAY</p>	<p>TUESDAY, 5/29 8:30 Low Impact Exercise with Grace 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards  12:15 BINGO & TREATS! Bring a Friend! 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY, 5/30</p> <p>SENIOR CENTER CLOSED</p>	<p>THURSDAY, 5/31 9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 1:00 Mahjong/Pokeno/Cards/Games</p>	<p> BINGO & TREATS! May 8, 18, 24 and 29</p>