

## May 2024 Senior Calendar

### MONDAY

**Happy  
Mother's  
Day**

**6** 11 Senior Sneakers  
12:15 Lunch at  
MacEachron Park-  
bring a lunch and a  
chair  
12:30 Bingo

**13** 11 Senior Sneakers  
12:15 Lunch at  
MacEachron Park-  
bring lunch and a  
chair  
12:30 Bingo

**20** 11 Senior Sneakers  
12:15 Lunch at  
MacEachron Park-  
bring lunch and a  
chair  
12:30 Bingo

**27** **MEMORIAL DAY**  
Village Offices  
Closed

### TUESDAY

**1** Anne 478-2380 Ext. 2  
Staff Ext. 0

**7** 11 Chair Yoga  
11 Current Events  
Group-in person and  
Zoom  
Trip to Arthur Ave.-  
must sign up

**14** 11 Chair Yoga  
11 Current Events  
Group-in person and  
Zoom

**21** 11 Chair Yoga  
11 Current Events  
Group-in person and  
Zoom

**28** 11 Chair Yoga  
11 Current Events  
Group-in person and  
Zoom

### WEDNESDAY

**1** 11 Aerobics  
Shopping Trip to:  
Home Goods/ShopRite

**8** 11 Aerobics  
Shopping Trip to:  
Dollar Store/  
ShopRite

**15** 11 Aerobics  
Shopping Trip to:  
ShopRite

**22** 11 Aerobics  
Shopping Trip to:  
Apple Farm and  
Trader Joe's

**29** 11 Aerobics  
Shopping Trip to:  
Kohl's/ShopRite

### THURSDAY

**2** 10:00 am-Free Move-  
ment Class for Park-  
inson's and Movement  
Challenges  
11:30 Chair Yoga note  
time change  
12:30 Bingo

**9** No Chair Yoga  
No Bingo  
12:00 Mother's  
Day Luncheon-

**16** Blood Drive  
No Senior Exercise  
or Bingo  
Trip to Bear  
Mountain Inn- for a  
"Tea" must sign up

**23** 11 Chair Yoga  
12:30 Bingo

**30** 11 Chair Yoga  
12:30 Bingo

### FRIDAY

**3** 11 Tai Chi

**10** 11 Tai Chi

**17** 11 Tai Chi  
Trip to Hammond  
Museum and  
Japanese Stroll  
Garden-must sign  
up

**24** 11 Tai Chi  
1:30 Book Club at  
Barnes Room at  
Library

**31** 11 Tai Chi