<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>11 Current Events- Zoom 10:00 Walk on Hastings Aqueduct</td>
<td>Shopping Trip to: ShopRite</td>
<td>9:30 Walk at Tarrytown Lakes</td>
<td>9:30 Bingo</td>
</tr>
</tbody>
</table>

- **7**
  - 12:30 Bingo
  - 1:00 Lunch at MacEachron-bring lunch and a chair

- **8**
  - 11 Current Events- Zoom 10:00 Walk at Tarrytown Lakes Trip to Cold Spring and lunch at Silver Spoon Café-sign up

- **9**
  - Shopping Trip to: Trader Joe’s/Apple Farm

- **10**
  - 9:30 Walk at Irvington Aqueduct-meet at Main St. School

- **11**
  - 12:30 Bingo

- **14**
  - 12:30 Bingo
  - 1:00 Lunch at MacEachron Park-bring lunch and a chair

- **15**
  - 10:00 am-Walk on Hastings Aqueduct at Aqueduct Lane 11 Current Events- Zoom Trip to Nyack and lunch at Strawberry Place-sign up

- **16**
  - Shopping Trip to: ShopRite-Elmsford

- **17**
  - 10:00 Walk on Hastings Aqueduct at Aqueduct Lane

- **18**
  - 12:30 Bingo

- **21**
  - 12:30 Bingo
  - 1:00 Lunch at MacEachron Park-bring lunch and a chair

- **22**
  - 10:00 am-Walk at Tarrytown Lakes

- **23**
  - Shopping Trip to: Trader Joe’s/Apple Farm

- **24**
  - 9:30 Walk at Tarrytown Lakes

- **25**
  - 12:30 Bingo

- **28**
  - 12:30 Bingo
  - 1:00 Lunch at MacEachron Park-bring lunch and a chair

- **29**
  - 10:00 am-Walk on Aqueduct in Hastings on Aqueduct Lane

- **30**
  - Shopping Trip to: ShopRite

- **31**
  - 10:00 Walk on Aqueduct in Hastings at Aqueduct Lane

- **For information call 478-2380 and press 2 for Anne and for office staff press”0”**

The last day for Aqua Tone will be Aug 2nd. The last day for Senior Swim will be Aug. 18th. Yoga will begin Sept. 12th and Gina’s classes will begin on Sept. 20th. at the JHCC Sept. 19th-Lunch and Learn with an eldercare attorney