

FEBRUARY 2018 HASTINGS SENIOR CALENDAR

MONDAY



5 11 a.m. - Chair Yoga
12:00 p.m. - Bridge
1:00 p.m. -
Busy Bees Senior
Club (Bingo)

12 **NO YOGA or
BINGO-
Valentine Party from
12:30-3:00 p.m.**

12:00 p.m.-Bridge

19 **Presidents' Day
Village Offices
Closed
No Senior Activities**

26 11 a.m. - Chair Yoga
12:00 p.m. - Bridge
1:00 p.m. -
Busy Bees Senior
Club (Bingo)

TUESDAY

**For information call
478-2380
Anne-Ext. 644. Press
"0" for other staff**

6 Shopping Trip to:
**Stop
and Shop**
11:00-12:00-Senior
Sneakers
12:00 Current Events

13 Shopping Trip to:
Stop and Shop
11:00-12:00 Senior
Sneakers
12 p.m.- Current
Events Group

20 Shopping Trip to:
Stop and Shop
11:00-12:00 Senior
Sneakers
12:30-Fall Prevention
12 p.m.- Current

27 Shopping Trip to:
Stop and Shop
11:00-12:00 Senior
Sneakers
12 p.m.- Current

WEDNESDAY

**The senior bus is
available to take people
to the Nutrition site in
Dobbs Ferry from
Monday-Friday**

7 Shopping Trip to:
ShopRite
10 a.m. - Mat Yoga
11 a.m. - Chair Yoga

14 Shopping Trip to:
ShopRite
10 a.m. - Mat Yoga
11 a.m. - Chair Yoga

21 Shopping Trip to-
ShopRite

10 a.m. - Mat Yoga
11 a.m. - Chair Yoga

28 No Shopping-Trip to
Empire Casino
10:00 a.m.-Mat Yoga
11 a.m.-Chair Yoga

THURSDAY

1 11:00 Aerobics

1:00 p.m. Senior
Canteen (Bingo)

8 11:00-12:00-
Aerobics
1:00 p.m. - Senior
Canteen

15 11 a.m. -
Aerobics
1:00 p.m. - Senior
Canteen (Bingo)

22 11 a.m.-Aerobics

1:00-Senior Canteen
(Bingo)

FRIDAY

2 11 a.m. - Tai Chi
Shopping Trip to:
**Trader Joe's/
Marshalls-please
call by 9:15 for all
Friday trips**

9 11 a.m.-Tai Chi

Shopping Trip to:
Stew Leonard's

16 11 a.m. - Tai Chi

Shopping Trip to:
**Barnes and Noble/
Dollar Store**

23 11 a.m. -Tai Chi

Shopping Trip to:
**Kmart/Home
Goods, etc.**



February 12th-12:30-3:00 Valentine Party Community Center. February 20th-Talk on Fall Prevention and Balance