

Town of Bedford Recreation and Parks Department

**Town of Bedford Senior Adult
Calendar of Events
For
November & December 2016**

Information: Town of Bedford Recreation and Parks Office
425 Cherry Street, Bedford Hills, NY 10507
Senior Hot Line **666-7203**

Program Directors:

Angie Brown

Caren Wagner-Roth

Bus Driver: Marty Bailey

Local Shopping Trips:

Every Tuesday (Shop Rite)

Between the hours of approximately 9:30am and 11:30am

Convenient Pick-Up and Drop - Off

Open to all Town of Bedford Seniors

If you need a ride to the Meetings, Shopping or Trips, Call the **Senior Hot Line** between **8:30** and **9:00am** in the morning. To make reservations for the Trips please call in advance. (limited seating on some trips)

REGULAR – ONGOING PROGRAMS

- Mondays:** Meetings with Caren, Chair Yoga, Games, Crafts, Guest Speakers, Refreshments and More at the Bedford Hills Community House 10am – 2pm (Transportation available)
- Tuesdays:** Local Shopping – Includes, ShopRite, CVS, Kohl's
- Wednesdays:** "Socialize & Energize" with Angie, Crafts, TV, Movies, Games, Refreshments & more at Bedford Hills Community House 10am – 2pm (Transportation available)
Visiting Nurse – Blood pressure & health check - 1st Wednesday of each month
- Thursdays:** Mah Jongg Club (ongoing) Open to all 12:00–2:00pm @ Bedford Hills Community House
- Fridays:** Drop-in Fridays with Angie, Movies, Games, Local Trips Refreshments, and Crafts at Bedford Hills Community House 10:00am – 2:00pm (Transportation available)

November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 LOCAL SHOPPING	2 Games & Bingo with Prizes w Angie BHCH 10am-2pm	3 TRIP <i>Mohegan Sun</i> Mah Jongg Club 12-2pm	4 Trip (local) K-Mart & Turco's in Yorktown w Caren 10am-2pm	5
6	7 Meeting w Caren BHCH 10am-2pm	8 CLOSED <i>Election Day</i>	9 Visiting Nurse & Wii Bowling w Angie BHCH 10am-2pm	10 LOCAL SHOPPING Mah Jongg Club 12-2pm	11 CLOSED <i>Veteran's Day</i>	12
13	14 In-House Nature Film w Caren BHCH 10am-2pm	15 LOCAL SHOPPING	16 In-House Activities w Angie BHCH 10am-2pm	17 Mah Jongg Club w Caren BHCH 12-2pm	18 Trip (local) Orchards w Angie 10am-2pm	19
20	21 Bingo Mania w Caren BHCH 10am-2pm	22 LOCAL SHOPPING	23 CLOSED	24 <i>Thanksgiving Day</i> 	25 CLOSED	26
27	28 Wii Bowling w Caren BHCH 10am-2pm	29 LOCAL SHOPPING	30 In-House Movie TBA w Angie 10am-2pm			

BEDFORD SENIOR ADULTS TELEPHONE LINE - 666-7203

December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Mah Jongg Club w Caren BHCH 12-2pm	2 Trip (Local) Home Goods w Angie 10am-2pm	3
4	5 Puzzles & Word Games w Caren BHCH 10am-2pm	6 LOCAL SHOPPING	7  SENIOR HOLIDAY LUNCHEON BHCH 11AM-2PM	8 Mah Jongg Club w Caren BHCH 12-2pm	9 Trip (Local) Dollar Store w Angie 10am-2pm	10
11	12 Wrapping Holiday Packages w Caren BHCH 10am-2pm	13 LOCAL SHOPPING	14 Visiting Nurse & Wii Bowling w Angie BHCH 10am-2pm	15 Mah Jongg Club w Caren BHCH 12-2pm	16 Making Holiday Decorations w Angie 10am-2pm	17
18	19 Sharing Holiday Memories w Caren BHCH 10am-2pm	20 LOCAL SHOPPING	21 Trip (Local) Pleasantville Senior Center w Angie 10am-2pm	22 Mah Jongg Club w Caren BHCH 12-2pm	23 In-House Holiday Movie w Angie BHCH 10am-2pm	24
25 <i>Christmas Day</i> 	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED	31

Town of Bedford Recreation and Parks Department

New! - **CHAIR YOGA** - New!

*Mondays @ 11:00am
Bedford Hills Community House*

Experience the benefits of gentle yoga from the comfort of a chair. Chair Yoga for Seniors is an easy, low risk activity designed to give you energy, flexibility & balance. It can help alleviate back pain, arthritic stiffness & improve heart functioning. In conjunction with our visiting nurse program, an instructor from Northern Westchester Hospital provides this popular and effective activity on a weekly basis to Bedford's senior adults "free of charge".

Please join us!

MARK YOUR CALENDAR.....Up and Coming Events

*Mah Jongg ClubMeets each Thursday @ 12:00pm
Bedford Hills Community House*

Mohegan Sun Casino.....Thursday, November 3rd, 2016

Senior Holiday Luncheon.....Wednesday, December 7th, 2016

Get Involved.....Share your talents and company - visit us Mondays, Wednesdays or Fridays
