

**Town of Bedford Senior Adult
Calendar of Events
For
September & October 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 11:00am–1:00pm @ 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)

September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 CLOSED Summer Break	3
4	5 CLOSED <i>Labor Day</i>	6 LOCAL SHOPPING	7 Visiting Nurse & Wii Bowling w Angie BHCH 10am-2pm	8 <i>POOL PARTY PICNIC</i> <i>Music, Swimming, Games & More</i> <i>Bedford Hills Pool 11am-2pm</i>	9 Trip (Local) J.V. Mall w Angie 10am-2pm	10
11	12 Chair Yoga & Memories w Caren BHCH 10am-2pm	13 LOCAL SHOPPING	14 Trip (Local) Senior Village Fair Mt. Pleasant w Angie 10am-2pm	15 Mah Jongg Club w Caren BHCH 11am-1pm	16 Trip (local) Bedford Village Historical Sites w Angie 10am-2pm	17
18	19 St. Mary's Breakfast & Chair Yoga w Caren BHCH 10am-2pm	20 LOCAL SHOPPING	21 In-House Movie "Bridge of Spies" w Angie BHCH 10am-2pm	22 <i>~TRIP~</i> <i>Butterfly Gardens & Chandler's Restaurant</i>	23 Trip (Local) Mini Golf in Brewster w Angie 10am-2pm	24
25	26 Chair Yoga Pizza Bingo & Word Games w Caren BHCH 10am-2pm	27 LOCAL SHOPPING	28 In-House Project Make a Craft w Angie BHCH 10am-2pm	29 Mah Jongg Club w Caren BHCH 11am-1pm	30 Trip (Local) Gallery TBA w Angie 10am-2pm	31

October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Chair Yoga & Games Puzzles Day w Caren BHCH 10am-2pm	4 LOCAL SHOPPING	5 Visiting Nurse & Wii Bowling w Angie BHCH 10am-2pm	6 Mah Jongg Club w Caren BHCH 11am-1pm	7 <i>Medicare Presentation Q & A 11am-1pm BHCH</i>	8
9	10 CLOSED <i>Columbus Day</i>	11 LOCAL SHOPPING	12 In-House Activities TBA w Angie BHCH 10am-2pm	13 Mah Jongg Club w Caren BHCH 11am-1pm	14 Trip (Local) "Guiding Eyes Center" w Angie 10am – 2pm	15
16	17 Chair Yoga & "Book Talk" w Caren BHCH 10am-2pm	18 <i>AARP – DDC BHCH 9am--3:30pm</i> LOCAL SHOPPING	19 In-House Movie Seniors Choice w Angie BHCH 10am-2pm	20 <i>FLU SHOTS Katonah Memorial House 9:00–11:00am</i>	21 Trip (Local) Hudson Beach Glass w Angie 10am – 2pm	22
23	24 Chair Yoga & Wii Bowling w Caren BHCH 10am-2pm	25 LOCAL SHOPPING	26 "Cooking Demonstration with Angie" BHCH 10am-2pm	27 Mah Jongg Club w Caren BHCH 11am-1pm	28 Trip (Local) Hammond Museum w Angie 10am – 2pm	29
30	31 <i>Halloween Costume Party!</i>  w Caren BHCH 10am-2pm					

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!

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

*Mah Jongg ClubMeets each Thursday @ 11:00am
Bedford Hills Community House*

*Picnic by the Pool
Bedford Hills Memorial Park.....Thursday, September 8th, 2016*

*Magic Wings Butterfly Conservancy
Lunch @ Chandler's Restaurant.....Thursday, September 22nd, 2016*

*Medicare Presentation
Q & A Session.....Friday, October 7, 2016*

AARP Defensive Driving.....Tuesday, October 18th, 2016

Flu Vaccinations.....Thursday, October 20th, 2016

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

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