



NEIGHBOR TO NEIGHBOR

Winter



NEWSLETTER



PRSENIORS@TOWNOFPOUNDRIDGE.COM

914-764-8201



Chair Yoga

At Conant Hall
Monday's 10:00 AM
No Charge!



Wear comfortable clothes.

There will be no class on federal holidays.

Program sponsored by Northern Westchester Hospital

Please visit website for updated calendar.

NEW

Chair Zumba

At Conant Hall

Fridays: 1/10, 1/24, 2/7, 2/28, 3/7, 3/21, 4/11, 4/25

10:30 -11:00 AM. No Charge!

Chair Zumba with instructor Patti Larkin

Join Patti for a modified version of the traditional Zumba workout, which incorporates energetic dance movements and Latin-inspired music. The primary goal of Zumba for seniors is to provide a safe and enjoyable exercise experience that caters to the unique needs and abilities of older adults.

Cafe Conant

Join us every Wednesday at Conant Hall!
Coffee & tea provided. Bring your own lunch.

Drop in anytime from 11:00 AM - 2:00 PM.
257 Westchester Ave



NEW

Bereavement Group

Tuesday Jan 14th, Feb 11th, March 11th, April 8th
10:30 AM - 11:30 AM

At Conant Hall with Terri Agliardo

A bereavement group is a support group for people who have experienced the death of a loved one. A support group is not a therapy group, it addresses the educational aspects of the grieving process. Support groups can offer people who are grieving a supportive environment in which to work through some of their grief when, for many of them there may be a few places in their lives in which they can get this support and be themselves as they grieve.

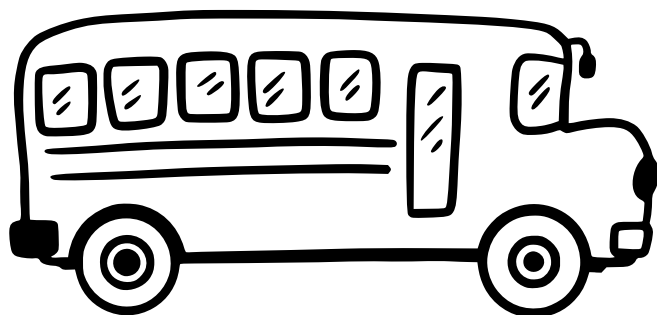
Neighbor to Neighbor Services

1. "Are you OK?" - Call Reassurance Program
2. Rides to Scotts Corners Business District
3. Medical Equipment Loans
4. Meals on Wheels - Volunteer Driven
5. Medical Appointment Rides - Volunteer Driven
6. Grocery Deliveries - Volunteer Driven

Wednesday Shopping

Ride the N2N bus to do your errands in
Scotts Corners!

At home pickup with a ride The Market,
Key Bank, Post Office, Library and more!



Local Lunches

Enjoy lunch out at a local restaurant!
Pay for your own lunch.

Bus will leave from the Town House at 11:30 AM.
(subject to change)

At home pickups are available!

RSVP one week prior to the lunch by phone;
914-764-8201 or PRseniors@townofpoundridge.com

Jan 9th - Muscoot Tavern, in Somers

Feb 6th - David Chen, in Armonk

March 27th - Spiga, in New Canaan

April 3rd - American Steakhouse, in Stamford

Events

Frank Sinatra, Soup + Sandwiches

Thursday, January 23rd, 12:00-2:00 PM

Conant Hall

Entertainment starts at 12:45 PM

Bingo + Lunch

Thursday, February 20th, 12:00-2:00 PM

Conant Hall

St. Patrick's Day Luncheon

Thursday March 13th, 11:30 AM - 2:00 PM

Conant Hall

Lunch will be served at 12:00 PM.

Come join and enjoy festive music and more!

White Plains Performance Art Center

Show: Dream Girls

Thursday, April 17th, 11:00 AM Show

Payment required. \$30 Cash, Check, Credit Card (reach out to

Andrea Russo to make credit card payment, 914-764-3987).

Lunch (TBD) after the show in White Plains

At home pickups are available!

Pound Ridge Recreation & Neighbor to Neighbor

Frank Sinatra, Soups & Sandwiches

JOIN US FOR A FRANK SINATRA & DEAN
MARTIN IMPERSONATOR ENTERTAINER!

THURSDAY JANUARY 23RD

CONANT HALL

12:00 PM LUNCH

12:45 PM ENTERTAINMENT

RSVP BY JANUARY 16TH

CALL 914-764-8201

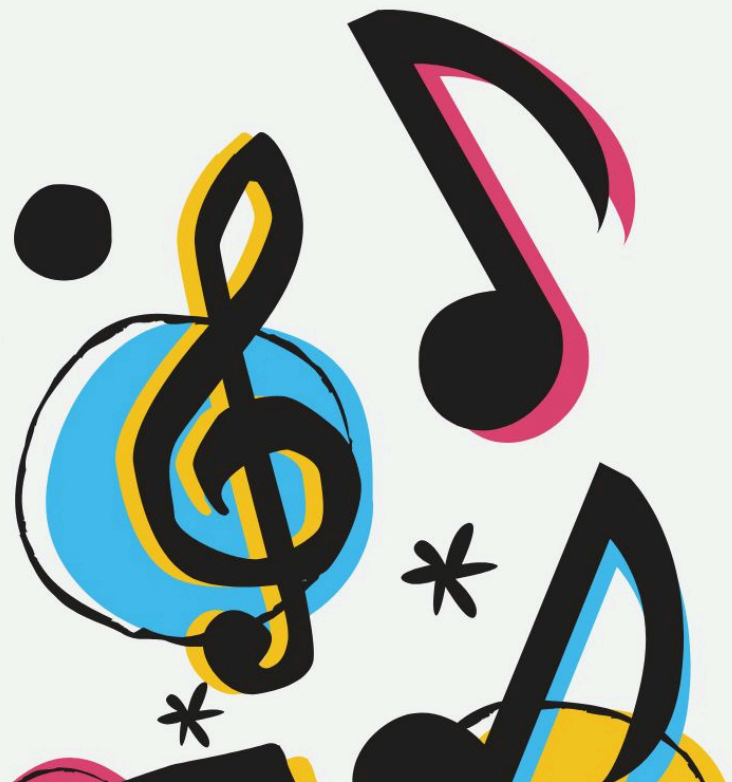
OR EMAIL

PRSENIORS@TOWNOFPOUNDR

IDGE.COM

AT HOME PICKUPS ARE

AVAILABLE!



BINGO &

LUNCH

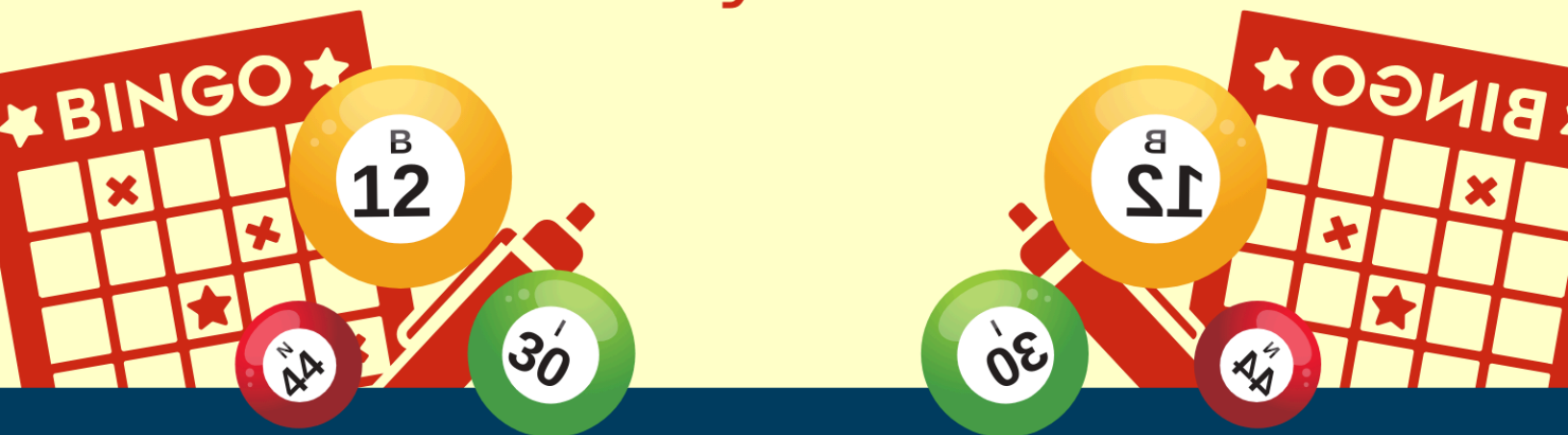
Join us!

Thursday, February 20th

12:00-2:00 PM

Conant Hall

RSVP by Feb 13th



Pound Ridge Recreation & Neighbor to Neighbor



POUND RIDGE RECREATION & N2N

St Patrick's Day LUNCHEON

MARCH 13TH, 11:30 AM
CONANT HALL

RSVP BY MARCH 6TH, 914-764-8201
OR EMAIL
PRSENIORS@TOWNOFPOUNDRIDGE.COM



MAY THE LUCK OF THE IRISH BE WITH YOU

DREAM GIRLS

White Plains Performance Arts Center
Fee \$30

APRIL 17TH 11 AM

Bus leaves Town House at 10:30 AM,
at home pickups available!
We will go out to Lunch after the show.
RSVP by April 9th.

2025 . JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
		1 HAPPY NEW YEAR	2	3	4	5
6 CHAIR YOGA 1000 AM	7	8 CAFE CONANT 1100 AM-200 PM	9 MUSCOTT TAVERN 1200 PM	10 CHAIR ZUMBA 1030-1100 AM	11	12
13 CHAIR YOGA 1000 AM	14 BEREAVEMENT GROUP 1030-1130 AM	15 CAFE CONANT 1100 AM-200 PM	16	17	18	19
20 CHAIR YOGA 1000 AM	21	22 CAFE CONANT 1100 AM-200 PM	23 SINATRA, SOUPS & SANDWICHS 1200 PM	24 CHAIR ZUMBA 1030-1100 AM	25	26
27 CHAIR YOGA 1000 AM	28	29 CAFE CONANT 1100 AM-200 PM	30	31		

2025 . FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
					1 BLACK HISTORY MONTH	2 GROUNDHOG DAY
3 CHAIR YOGA 1000 AM	4	5 CAFE CONANT 1100 AM-200 PM	6 DAVID CHEN'S 1200 PM	7 CHAIR ZUMBA 1030-1100 AM	8 PROJECT CUPID 1200-300 PM	9 PROJECT CUPID 1200-300 PM
10 CHAIR YOGA 1000 AM	11 BEREAVEMENT GROUP 1030-1130 AM	12 CAFE CONANT 1100 AM-200 PM	13	14 VALENTINE'S DAY	15	16
17 CHAIR YOGA 1000 AM	18	19 CAFE CONANT 1100 AM-200 PM	20 BINGO & LUNCH 1200 PM	21	22	23
24 CHAIR YOGA 1000 AM	25	26 CAFE CONANT 1100 AM-200 PM	27	28 CHAIR ZUMBA 1030-1100 AM		

2025 . MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3 CHAIR YOGA 1000 AM	4	5 CAFE CONANT 1100 AM-200 PM	6	7 CHAIR ZUMBA 1030-1100 AM	8	9
10 CHAIR YOGA 1000 AM	11 BEREAVEMENT GROUP 1030-1130 AM	12 CAFE CONANT 1100 AM-200 PM	13 ST PATRICK'S DAY LUNCHEON 1130-200 PM	14	15	16
17 CHAIR YOGA 1000 AM ST. PATRICKS DAY	18	19 CAFE CONANT 1100 AM-200 PM	20	21 CHAIR ZUMBA 1030-1100 AM	22	23
24 CHAIR YOGA 1000 AM	25	26 CAFE CONANT 1100 AM-200 PM	27 SPIGA 1200 PM	28	29	30

2025 . APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
31 CHAIR YOGA 1000 AM	1 APRIL FOOLS DAY	2 CAFE CONANT 1100 AM-200 PM	3 AMERICAN STEAKHOUSE	4	5	6
7 CHAIR YOGA 1000 AM	8 BEREAVEMENT GROUP 1030-1130 AM	9 CAFE CONANT 1100 AM-200 PM	10	11 CHAIR ZUMBA 1030-1100 AM	12	13
14 CHAIR YOGA 1000 AM	15	16 CAFE CONANT 1100 AM-200 PM	17 DREAM GIRLS AT WHITE PLAINS PERFORMANCE ART CENTER	18	19	20 EASTER SUNDAY
21 CHAIR YOGA 1000 AM	22	23 CAFE CONANT 1100 AM-200 PM	24	25 CHAIR ZUMBA 1030-1100 AM	26	27
28 CHAIR YOGA 1000 AM	29	30 CAFE CONANT 1100 AM-200 PM				