

2025 Spring & Summer Events

- **POUND RIDGE ADULTS 62+**
- **CLASSES HELD AT CONANT HALL**
257 Westchester Avenue, Pound Ridge
- **DATES MAY BE SUBJECT TO CHANGE**
Please check Recreation calendar for updates.

POUND RIDGE SENIOR PROGRAMS AND NEIGHBOR TO NEIGHBOR

Spring & Summer Events 2025

Activities for Seniors

CHAIR YOGA

Mondays, 10:00 - 11:00am
Conant Hall
No Charge!
Sponsored by Northern
Westchester Hospital



Wear comfortable clothes and join us for Chair Yoga! Enjoy the benefits for your mind, body, and spirit. Chairs are provided for safety as you learn basic yoga poses.



CHAIR ZUMBA

Fridays, 10:30 - 11:00am
Conant Hall
No Charge!
Instructor: Patti Larkin

Join Patti for a modified version of the traditional Zumba workout, incorporating energetic dance movements and Latin-inspired music. The class offers a safe and enjoyable exercise experience that caters to the unique needs and abilities of adults 62+.

No classes on federal holidays.

CAFE CONANT

Wednesdays
Drop in anytime from 11:00am - 2:00pm
Conant Hall



All are welcome to join for coffee and conversation. Bring your own lunch; we'll provide the coffee and tea.

BEREAVEMENT GROUP

Tuesdays, 10:30am - 11:30am
May 13, 27, June 10, 24, July 8, 22, August 12, 26
Conant Hall
Facilitator: Terri Agliardo

Our bereavement group is a support group for people who have experienced the death of a loved one. While 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, as for many, there may be a few places in which they can get this support.



Neighbor to Neighbor Services

- "Are you OK?" Call Reassurance Program
- Rides to Scotts Corners Businesses
- District Medical Equipment Loans

Volunteer Driven Programs:

- Meals on Wheels
- Medical Appointment Rides
- Grocery Deliveries



Scotts Corners Shopping/Errands • Wednesdays, 9:30 - 10:30am

The N2N bus provides at-home pick up for rides to Scotts Corners including The Market, Key Bank, the post office, and more. Rides to the Pound Ridge Library are also available.



Hammond Museum and Japanese Stroll Garden Tour

This trip begins with lunch at 121 Restaurant in North Salem. Then, only a short distance away, we will tour the Hammond Museum and its magnificent gardens, followed by tea on the patio.

Special Events for Seniors

Completed waiver form required for all trips; available at: PRSeniors@townofpoundridge.com or call 914-764-8201

Thursday, May 8

Bus departs Town House at 11:30am and returns at approximately 4:00pm

Cost: Seniors: Tour \$8
Tea \$3
Adults Under 65: Tour \$12
Tea \$3

Plus cost of lunch

RSVP by May 5:

PRSeniors@townofpoundridge.com or 914-764-8201



Local Lunches

Enjoy lunch at a local restaurant with your friends. Several outstanding restaurants are featured. (Pay for own lunch)

Local Lunch Dates/Locations:

Thursday, May 8

121 Restaurant, North Salem and Hammond Museum Trip

Thursday, June 26

Picnic/BBQ at The Market Square

Thursday, July 31

Terra Rustica, Briarcliff Manor

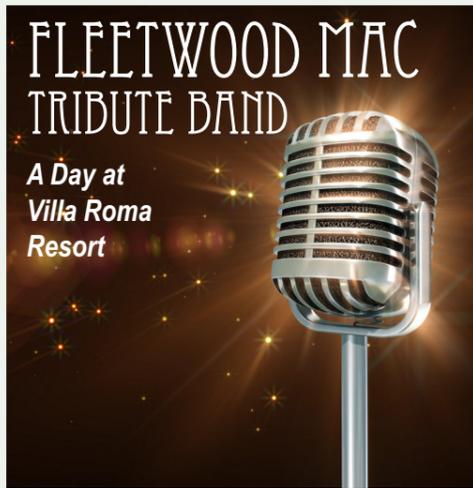
Thursday, August 7

Farmhouse Tavern, Katonah

Bus departs Town House at 11:30am (subject to change)
At home pickups are available.

RSVP one week prior: PRSeniors@townofpoundridge.com or 914-764-8201

Please note some restaurants add a credit card fee.
We cannot guarantee that such fees will be waived at our request.



Tuesday, May 20

Bus departs Town House at 8:00am and returns at approximately 5:30pm

Nestled in the Catskill Mountains, Villa Roma Resort in Callicoon, NY offers a wide range of activities for all ages. This trip includes welcome coffee/cake, three-course lunch, and Fleetwood Mac Tribute Band Show. Attendees will have use of the indoor pool and jacuzzi, fitness center, bocce, shuffleboard and daily activity schedule.

Cost: \$80 Residents/\$90 Non-residents
(includes lunch)

RSVP by April 2:

PRSeniors@townofpoundridge.com or 914-764-8201



Hudson River Cruise

Kingston, NY

Thursday, July 17

Bus departs Town House at 8:30am and returns at approximately 4:00pm

Experience the ultimate sightseeing experience in the Hudson River Valley, followed by lunch at Mariner's Harbor Restaurant immediately after cruise.

Cost: \$50 Residents/\$60 Non-residents
Plus cost of lunch

RSVP by June 17:

PRSeniors@townofpoundridge.com or 914-764-8201



William Louis-Dreyfus Foundation Art Tour

Lunch at Lexington Ave. Cafe, Mount Kisco (Pay for own lunch)

Thursday, June 12

Bus departs Town House at 10:30am and returns at approximately 3:00pm

Over 200 artists are featured in the collection, all acquired by its benefactor, the late Willaim Louis-Dreyfus. The Foundation's mission is to educate the public about the importance of art and to increase awareness of self-taught and emerging artists. The sale of select pieces supports educational initiatives.

RSVP by June 5:

PRSeniors@townofpoundridge.com or 914-764-8201

Thursday, August 21

Bus departs Town House at 9:00am and returns at approximately 4:00pm

All aboard at the historic 1892 Essex Station for a 12-mile narrated trip to the riverboat. Special lunch will be served on board the train. Small/foldable mobility aids are permitted but must not block aisle.

Cost: Residents \$90/Non-Residents \$100
(includes lunch)

RSVP by July 21:

PRSeniors@townofpoundridge.com or 914-764-8201

ESSEX STEAM TRAIN & RIVERBOAT CRUISE

Vintage Train Ride and Riverboat Cruise in the Heart of the Unspoiled Connecticut River Valley

