

Tuckahoe Senior Citizens

Community is Ageless

November 2020

Tuesdays		Thursdays
<p>10:00-11:00 am Trivia Games (Zoom) Tues. Nov 10, 17, 24 *****</p> <p>11:00-11:35 am Share Our Gratitude (Zoom) Tues. Nov 24 *****</p> <p>11:45 – 12:30 pm Chair Exercise with Evey (Zoom) Tues. Nov 10, 17, 24 *****</p> <p>1:15– 2:15 pm Motion to Music with Diane (Zoom) Tues. Nov 10, 17, 24 *****</p> <p>3:00 – 4:00 pm Chair Tai Chi with Domingo (Zoom) Tues. Nov 10, 17, 24</p>	<p>ALL PROGRAMS WILL BE REMOTE AND TAKE PLACE ONLINE ON ZOOM.</p> <p>Join in and connect with friends. Announcements will be made about upcoming programs.</p> <p>If you do not have email access, but would like to access a session using a telephone, please call 914-337-8487 and we can assist you.</p> <p>Hope to see you on Zoom! *****</p> <p>JOIN US ON ZOOM MONDAY NOVEMBER 9TH AT 11:00 AM WHEN WE CELEBRATE FAY BLASI'S 100TH BIRTHDAY!</p> <p>There will be no programs scheduled on Tuesday, Nov 3 Election Day or Thursday, Nov 26 Thanksgiving Day. *****</p> <p>Jennifer Vetromile, Director 914 337 8487 director@tuckahoeseniors.org www.tuckahoeseniors.org</p>	<p>10:00 – 11:00 am Tai Chi Meditation with Norma (Zoom) Thurs. Nov 5, 12, 19 *****</p> <p>11:45 – 12:30 pm Chair Exercise with Evey (Zoom) Thurs. Nov 5, 12, 19 *****</p> <p>1:00 – 2:30 pm Bingo (Zoom) Thurs. Nov 5, 12, 19 *****</p> <p>2:45 – 3:45 pm Chair Yoga with Sue Wellott (Zoom) Thurs. Nov 5, 19 *****</p> <p>2:45 – 3:30 pm Members Connect (Zoom) Thurs. Nov 12</p>