

PRSeniors@townofpoundridge.com, 914-764-8201

2025  
May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 Chair Zumba 10:30-11:00 AM	3	4
5 Chair Yoga 10:00 AM	6	7 Cafe Conant 11:00 AM-2:00 PM	8 121 Restaurant Japanese Garden, Museum & Tea 12 pm - 4 pm	9 Chair Zumba 10:30-11:00 AM	10	11
12 Chair Yoga 10:00 AM	13 Bereavement Group 10:30-11:30 AM	14 Cafe Conant 11:00 AM-2:00 PM	15	16 Chair Zumba 10:30-11:00 AM	17	18
19 Chair Yoga 10:00 AM	20 Villa Roma Resort Fleetwood Mac Tribute 8:00a.m.-5:30 p.m.	21 Cafe Conant 11:00 AM-2:00 PM	22	23	24	25
26 Memorial Day NO CHAIR YOGA Poolside Concert 2:00-5:00 PM	27 Bereavement Group 10:30-11:30 AM	28 Cafe Conant 11:00 AM-2:00 PM	29	30 Chair Zumba 10:30-11:00 AM	31	

## Senior Events ~ Spring 2025

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2025  
June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 Chair Yoga 10:00 AM	3	4 Cafe Conant 11:00 AM-2:00 PM	5	6 Chair Zumba 10:30-11:00 AM	7	8
9 Chair Yoga 10:00 AM	10 Bereavement Group 10:30-11:30 AM	11 Cafe Conant 11:00 AM-2:00 PM	12 Louis-Dreyfus Fdn Tour 11:00 am - 12:30 pm 12:45 pm Lexington Cafe	13 Chair Zumba 10:30-11:00 AM	14	15
16 Chair Yoga 10:00 AM	17	18 Cafe Conant 11:00 AM-2:00 PM	19	20 Chair Zumba 10:30-11:00 AM	21 Poolside Concert 2:00-5:00 PM	22
23 Chair Yoga 10:00 AM	24 Bereavement Group 10:30-11:30 AM	25 Cafe Conant 11:00 AM-2:00 PM	26 62+ Picnic/BBQ The Market 11:30 am - 2:00 pm	27 Chair Zumba 10:30-11:00 AM	28 Town Fireworks	29
30 Chair Yoga 10:00 AM						

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# 2025 July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2 Cafe Conant 11:00 AM-2:00 PM	3	4 Happy 4th of July!	5	6
7 Chair Yoga 10:00 AM	8 Bereavement Group 10:30-11:30 AM	9 Cafe Conant 11:00 AM-2:00 PM	10	11 Chair Zumba 10:30-11:00 AM	12	13 Poolside Concert 2:00-5:00 PM
14 Chair Yoga 10:00 AM	15	16 Cafe Conant 11:00 AM-2:00 PM	17 Hudson River Cruise & Lunch 8:30 am - 4:00 pm	18 Chair Zumba 10:30-11:00 AM	19	20 Poolside Concert 2:00-5:00 PM
21 Chair Yoga 10:00 AM	22 Bereavement Group 10:30-11:30 AM	23 Cafe Conant 11:00 AM-2:00 PM	24	25 Chair Zumba 10:30-11:00 AM	26	27
28 Chair Yoga 10:00 AM	29	30 Cafe Conant 11:00 AM-2:00 PM	31 Terra Rustica 12:00 pm - 2:00 pm			

## Senior Events ~ Summer 2025

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# 2025 August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Chair Zumba 10:30-11:00 AM	2	3
4 Chair Yoga 10:00 AM	5	6 Cafe Conant 11:00 AM-2:00 PM	7 Farmhouse Tavern 12:00 pm - 2:00 pm	8 Chair Zumba 10:30-11:00 AM	9	10
11 Chair Yoga 10:00 AM	12 Bereavement Group 10:30-11:30 AM	13 Cafe Conant 11:00 AM-2:00 PM	14	15 Chair Zumba 10:30-11:00 AM	16	17
18 Chair Yoga 10:00 AM	19	20 Cafe Conant 11:00 AM-2:00 PM	21 Essex Steam Train Lunch & Riverboat Cruise 9:00 am - 4:00 pm	22	23	24
25 Chair Yoga 10:00 AM	26 Bereavement Group 10:30-11:30 AM	27 Cafe Conant 11:00 AM-2:00 PM	28	29	30	31