

Town of Pound Ridge

Adults 62+

Sept-Jan Calendar



Town of Pound Ridge Adults 62+

2025
September



PRSeniors@townofpoundridge.com, 914-764-8201

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Chair Yoga 10-11 AM	2	3 Cafe Conant 11 AM - 2 PM	4	5 Chair Zumba 10:30-11:00 AM	6
7	8 Chair Yoga 10-11 AM	9	10 Cafe Conant 11 AM - 2 PM	11	12 Chair Zumba 10:30-11:00 AM	13
14	15 Chair Yoga 10-11 AM	16	17 Cafe Conant 11 AM - 2 PM	18 Bedford Books & Bedford Post Barn 8:45 am - 12 pm	19 Chair Zumba 10:30-11:00 AM	20
21	22 Chair Yoga 10-11 AM	23	24 Cafe Conant 11 AM - 2 PM	25 Katonah Museum Bacio, Cross River 10:40 am - 2:30 pm	26 Chair Zumba 10:30-11:00 AM	27
28	29 Chair Yoga 10-11 AM	30				

Events & Programs are subject to change.



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2025
October



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Cafe Conant 11 am - 2 pm Medicare Education Seminar 11 AM	2	3 Chair Zumba 10:30-11:00 AM	4
5	6 Chair Yoga 10-11 AM	7	8 Cafe Conant 11 AM - 2 PM	9 Aftn Tea @ Bear Mtn 11:40 am - 3:30 pm	10 Chair Zumba 10:30-11:00 AM	11
12	13 Chair Yoga 10-11 AM	14	15 Cafe Conant 11 AM - 2 PM	16	17 Chair Zumba 10:30-11:00 AM	18
19	20 Chair Yoga 10-11 AM	21	22 Cafe Conant 11 AM - 2 PM	23 Halloween Party Conant Hall 11:30 am - 2 pm	24 Chair Zumba 10:30-11:00 AM	25
26	27 Chair Yoga 10-11 AM	28	29 Cafe Conant 11 AM - 2 PM	30	31 Chair Zumba 10:30-11:00 AM	

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2025

November

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Chair Yoga 10-11 AM	4	5 Cafe Conant 11 AM - 2 PM	6 Ginger's Seoul, Stmfd 11:45 am - 1:45 pm	7 Chair Zumba 10:30-11:00 AM	8
9	10 Chair Yoga 10-11 AM	11 Veterans Day	12 Cafe Conant 11 AM - 2 PM	13	14 Chair Zumba 10:30-11:00 AM	15
16	17 Chair Yoga 10-11 AM	18	19 Cafe Conant 11 AM - 2 PM	20 MK Diner & Pottery Factory 11:35 am - 4 pm	21 Chair Zumba 10:30-11:00 AM	22
23 30	24 Chair Yoga 10-11 AM	25	26 Cafe Conant 11 AM - 2 PM	27 Thanksgiving	28	29

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2025

December

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Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Saturday
	1 Chair Yoga 10-11 AM	2	3 Cafe Conant 11 AM - 2 PM	4	5 Chair Zumba 10:30-11:00 AM	6
7	8 Chair Yoga 10-11 AM	9	10 Cafe Conant 11 AM - 2 PM	11 Holiday Party Conant Hall 11:30 AM - 2:00 PM	12 Chair Zumba 10:30-11:00 AM	13
14	15 Chair Yoga 10-11 AM	16	17 Cafe Conant 11 AM - 2 PM	18 Dinner Conant Hall Winter Wonderland 4:30-7:00 PM	19 Chair Zumba 10:30-11:00 AM	20
21	22 Chair Yoga 10-11 AM	23	24 Cafe Conant 11 AM - 2 PM	25 Christmas	26	27
28	29 Chair Yoga 10-11 AM	30	31 Cafe Conant 11 AM - 2 PM			

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2026

January

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Year's Day	2	3
4	5 Chair Yoga 10-11 AM	6 Cooking Class Conant Hall Time TBD	7 Cafe Conant 11 AM - 2 PM	8	9 Chair Zumba 10:30-11:00 AM	10
11	12 Chair Yoga 10-11 AM	13	14 Cafe Conant 11 AM - 2 PM	15	16 Chair Zumba 10:30-11:00 AM	17
18	19 Chair Yoga 10-11 AM	20	21 Cafe Conant 11 AM - 2 PM	22 Music Bingo/Lunch Conant Hall 12:00-2:00 PM	23 Chair Zumba 10:30-11:00 AM	24
25	26 Chair Yoga 10-11 AM	27	28 Cafe Conant 11 AM - 2 PM	29	30 Chair Zumba 10:30-11:00 AM	31

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