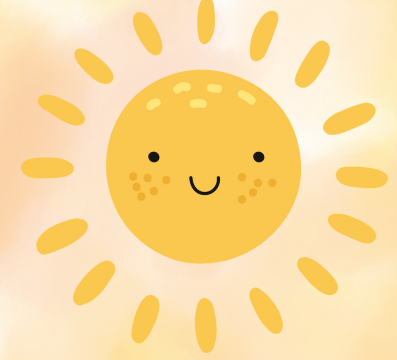




Dobbs Ferry Seniors

2024

May



Monday

Tuesday

Wednesday

Thursday

Friday

Bridge Wednesday & Mah Jong Thursdays starting at 12:30pm
Bus/Shopping to run weekly as always
Reminder: Please call at least 1 day in advance to order lunch: 914-231-8566
To contact Abby call 914-231-8565

1
Lunch &
Exercise with Elaine
11am-12pm

2
Lunch &
Dance with Diane
11am - 12pm

3
Lunch &
Tai Chi
11am - 12pm

6
Lunch

7
Lunch &
Chair Yoga
9:30am - 10:30am

8
Lunch &
Exercise with Elaine
11am-12pm

9
Lunch &
Dance with Diane
11am - 12pm

10 **Spring Fling!**
Music by John Hughes - bring
your dancing shoes
11-1om
Tai Chi 11am - 12pm

13
Lunch

14
Lunch &
Chair Yoga
9:30am - 10:30am

15
Lunch &
Intergenerational activity
with Middle School
Exercise with Elaine
11am-12pm

16
Lunch &
Dance with Diane
11am - 12pm

17
Lunch &
Tai Chi 11am - 12pm

20
Lunch &
Art project with
Gigi's Playhouse

21
Lunch &
Chair Yoga
9:30am - 10:30am

22
Lunch & Exercise with Elaine
11am - 12pm
Movie Wednesday 1pm
Downton Abby in Provence
Join us for a cheese tasting before
the movie!

23
Lunch &
Dance with Diane
11am - 12pm

24
Lunch &
Tai Chi
11am - 12pm

27

CLOSED

28
Lunch &
Chair Yoga
9:30am - 10:30am

29
Silver Eagles Luncheon
at LaLanterna
outside patio seating-weather permitting!
\$30 for lunch including gratuity - See Abby
to sign up!
Exercise with Elaine 11am-12pm

30
Lunch &
Dance with Diane
11am - 12pm

31
Lunch &
Tai Chi
11am - 12pm

