

August

Adults 62+
PRSeniors@townofpoundridge.gov
914-764-8201



2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Chair Yoga 10 - 11AM	4	5 Cafe Conant 11AM - 2 PM 1-2 PM Healthy Habits Pres.	6 Farmhouse Tavern Bus Depart 12 PM	7 Chair Zumba 10:30 - 11AM	8
9	10 Chair Yoga 10 - 11AM	11	12 Cafe Conant 11AM - 2 PM Amsterdam Pres. 12:30 - 1:30 PM	13	14 Chair Zumba 10:30 - 11AM	15
16	17 Chair Yoga 10 - 11AM	18	19 Cafe Conant 11AM - 2 PM	20	21 Chair Zumba 10:30 - 11AM	22
23	24 Chair Yoga 10 - 11AM	25	26 Cafe Conant 11AM - 2 PM Fall Prev. Pres. 1 - 2 PM	27	28 Chair Zumba 10:30 - 11AM	29
30	31 Chair Yoga 10 - 11AM					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Cafe Conant 11AM - 2 PM Rita 's African Show 12:30 - 1:30 PM	3	4 Chair Zumba 10:30 - 11AM	5
6	7 Chair Yoga 10 - 11AM	8	9 Cafe Conant 11AM - 2 PM	10	11 Chair Zumba 10:30 - 11AM	12
13	14 Chair Yoga 10 - 11AM	15	16 Cafe Conant 11AM - 2 PM	17 Untermeyer Gardens Gianna's - Lunch Bus Departs 10 AM	18 Chair Zumba 10:30 - 11AM	19
20	21 Chair Yoga 10 - 11AM	22	23 Cafe Conant 11AM - 2 PM	24	25 Chair Zumba 10:30 - 11AM	26
27	28 Chair Yoga 10 - 11AM	29	30 Cafe Conant 11AM - 2 PM Looking Frwd Disc. 1 - 2 PM			

October

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Chair Zumba 10:30 - 11AM	3
4	5 Chair Yoga 10 - 11AM	6	7 Cafe Conant 11AM - 2 PM	8	9 Chair Zumba 10:30 - 11AM	10
11	12 Chair Yoga 10 - 11AM	13	14 Cafe Conant 11AM - 2 PM	15 West Point Museum & Hotel Thayer Lunch Bus Departs 10 AM	16 Chair Zumba 10:30 - 11AM	17
18	19 Chair Yoga 10 - 11AM	20	21 Cafe Conant 11AM - 2 PM Vienna Pres. 12:30 - 1:30 PM	22	23 Chair Zumba 10:30 - 11AM	24
25	26 Chair Yoga 10 - 11AM	27	28 Cafe Conant 11AM - 2 PM	29 Halloween Luncheon 11:30 AM - 2 PM	30 Chair Zumba 10:30 - 11AM	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Chair Yoga 10 - 11AM	3	4 Cafe Conant 11AM - 2 PM	5	6 Chair Zumba 10:30 - 11AM	7
8	9 Chair Yoga 10 - 11AM	10	11 Cafe Conant 11AM - 2 PM	12 Gallery of Art & Boro 6 Lunch Bus Departs 11AM	13 Chair Zumba 10:30 - 11AM	14
15	16 Chair Yoga 10 - 11AM	17	18 Cafe Conant 11AM - 2 PM	19	20 Chair Zumba 10:30 - 11AM	21
22	23 Chair Yoga 10 - 11AM	24	25 Cafe Conant 11AM - 2 PM	26	27 Chair Zumba 10:30 - 11AM	28
29	30 Chair Yoga 10 - 11AM					

December

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2026

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