

POUND RIDGE SENIORS

ADULTS 62+

FEBRUARY - AUGUST 2026 BROCHURE



We invite Pound Ridge residents aged 62 and older to join our vibrant community. Our mission is to enrich the lives of local seniors by promoting independence and well-being through social engagement, stimulating activities, and a focus on both physical and mental health. We are committed to creating a warm, inclusive, and supportive environment where individuals can flourish, build meaningful connections, and enjoy a fulfilling lifestyle.



DEPARTMENT INFORMATION

Superintendent of Recreation & Parks - Andrea Russo

Office: 914-764-3987, Cell: 914-916-0613, arusso@townofpoundridge.gov

Recreation Leader, Melissa Farella

Office: 914-764-0947, Cell: 914-746-0703, mfarella@townofpoundridge.gov

Recreation Assistant, Adults 62+ Senior Coordinator - Camille Prisco

Office: 914-764-8201, Cell: 845-544-9653, PRSeniors@townofpoundridge.gov

Recreation Office:

179 Westchester Avenue, Pound Ridge, NY 10576

Office Hours: Monday-Friday, 9:00 AM-4:30 PM

Conant Hall:

257 Westchester Ave, Pound Ridge, NY 10576

Recreation Commission

Rich Wetchler - Chairman

Van Muller - Vice Chairman

Diane Briggs - Town Board Liaison

Colette Dow

Matt Polinsky

Dawn Davidson

Dan McDonald

Derek McConnell

Recreation Commission meetings are usually held on the second Monday of the month at 7:00 PM in the Town House.

1/12, 2/9, 3/9, 4/13, 5/11, 6/8, 7/13, 8/10, 9/14, 10/5, 11/9, & 12/14

Town Board

Kevin C. Hansan - Supervisor & Chairperson supervisor@townofpoundridge.gov

Diane Briggs - Town Board/Deputy Supervisor dbriggs@townofpoundridge.gov

Daniel S. Paschkes - Town Board dpaschkes@townofpoundridge.gov

Alison Boak - Town Board aboak@townofpoundridge.gov

Namasha Schelling - Town Board nschelling@townofpoundridge.gov

www.townofpoundridge.gov

WEEKLY EVENTS

Cafe Conant

Wednesdays, 11:00 AM-2:00 PM.

257 Westchester Ave, Pound Ridge, NY.

Join us every Wednesday at Conant Hall! Stop in for a smile and conversation with other local residents. Coffee & tea and light snacks are provided. Bring your own lunch. No registration is required to join this program.

Chair Yoga

Mondays, 10:00-11:00 AM.

257 Westchester Ave, Pound Ridge, NY.

Sponsored by Northern Westchester Hospital. No fee. Chair yoga is a gentle and accessible form of yoga specifically adapted for individuals with limited mobility, balance concerns, or those who find traditional floor-based yoga difficult. By using a sturdy chair as a base, seniors can perform traditional yoga poses with increased safety and stability. *Seated & Supported Poses:* Most exercises are done while sitting. For standing poses, the chair is used as a "prop" for balance to prevent falls. *Low Impact:* It minimizes stress on the joints, making it ideal for those with arthritis or recovering from surgery. *Adaptability:* Almost any yoga pose (like a Warrior pose or a Sun Salutation) can be modified to be done in a chair. Wear comfortable clothes. Pre-registration is required and can be done on Community Pass or at attendance of first class. There will be limited classes on Federal

Holidays based on instructor availability. Please visit our website for an up-to-date class schedule.

Chair Zumba

Fridays, 10:30-11:00 AM.

257 Westchester Ave, Pound Ridge, NY.

Wear comfortable clothes. Registration with Patti Larkin is required and can be done in person at your first class. There will be limited classes on Federal Holidays based on instructor availability. Please visit our website for an up-to-date class schedule. Instructor Patti Larkin; pcoviell@yahoo.com, 914-584-4103. Join Patti for a modified version of the traditional Zumba workout, which incorporates energetic dance movements and Latin-inspired music. The primary goal of Zumba for seniors is to provide a safe and enjoyable exercise experience that caters to the unique needs and abilities of older adults. Patti Larkin is an AFAA Certified Zumba and Aerobics instructor with over 16 years experience teaching various types of Fitness classes in addition to Zumba. She currently teaches at Pepsi and has run programs through several local towns including Lewisboro and Ridgefield Continuing education. She also competes in Pro/AM American Rhythm and has been dancing for nearly 20 years.

SENIOR PROGRAMS

Neighbor to Neighbor

Neighbor to Neighbor is a community based volunteer initiative that helps Pound Ridge Adults 62+ who are in need of assistance. It works in conjunction with the Town Recreation and Police Departments. In addition to the services outlined below, Adults 62+ who are medically homebound or temporarily unable to cook or have no one in their home who can cook for them, can sign up for food deliveries. The program relies on neighbors who volunteer to pick up, and deliver to your home, meals which you pre-order from The Market. Meals are delivered on a temporary basis to help participants navigate through a crisis. The intent is to offer a joint effort with the family. Lunch meals are delivered Monday through Friday and on an emergency basis on weekends, excluding legal holidays. The Market bills participants monthly for the meals.

Grocery Shopping

Every Wednesday is Senior Day at The Market at Pound Ridge Square. If you can no longer drive, we will pick you up at your house around 9:00-9:30 am and take you to The Market, so you can buy your weekly groceries. While you are in town you could also do banking and dry cleaning chores. There is no fee for this service.

To arrange for Community Bus pickup

please call the Pound Ridge Recreation Department at 914-764-0947. You must pre-register for this Wednesday service by noon the Tuesday before.

Medical Equipment Loans

Wheel Chairs, walkers, commodes, canes, and more. We have some gently used Medical Equipment that you can borrow at no cost. Give us a call if you need anything. Or if you have something to donate let us know.

Call the Recreation Department (914) 764-8201 or email
PRSeniors@townofpoundridge.gov.

File for Life

This program is sponsored by the Pound Ridge Police Benevolent Association in an effort to provide a potentially lifesaving service to residents. The File of Life is a sleeve that contains a two-sided form that has all the medical information that emergency personnel responding to a call would need immediately to help a person with a medical emergency. The pouch has a magnet that attaches to the outside of your refrigerator in a visible location.

It also comes with a red wallet-size sleeve that can be carried in a purse or wallet, so you have the same emergency information with you whenever you're away from home. The File for Life can be obtained at the Town House. For more information please

SENIOR PROGRAMS

contact the Pound Ridge Senior Programs 914-764-8201 or via email at PRSeniors@townofpoundridge.gov.

Call Reassurance System

Are You OK?

Telephone Calling System...

The "Are You OK?" program is a computerized telephone calling system, which is a service designed for older adults, disabled persons, shut-ins who live alone or anyone else in our Town who needs to be checked on a daily basis. It is funded by the Town of Pound Ridge and operated, free of charge. The system calls each enrolled subscriber at the same time each day. When the subscriber picks up the phone, she/he will hear a voice saying "Good morning, are you OK?" If the phone is not answered or the line is busy after several tries, the computer immediately notifies the police who will send a patrol car to check on the person. If you plan to be away, a call to the police (914-764-4206) will stop the calls. The calls will be made at the same time each day and you will decide the best time for you.

Individuals interested in enrolling in the program will have to complete a short medical form with information that may be needed in an emergency. The information provided will be absolutely confidential and kept at the Police Department. This is a life-saving service,

tried and proven to work well in many towns and cities throughout the United States. For further information or to sign up for this service, please call the Recreation Department, 914-764-8201
It's truly a life saver!

**FOR THOSE WHO
NEED ASSISTANCE
REGISTERING, CONTACT
SENIOR COORDINATOR
CAMILLE PRISCO;**

**CALL 914-764-8201
OR EMAIL
PRSENIORS@
TOWNOFPOUNDRIDGE.GOV**

**USE THE QR BELOW TO EMAIL
THE SENIOR COORDINATOR
DIRECTLY WITH ANY
QUESTIONS**





SENIOR POOL PASS

Enjoy time at our town pool this summer!

Register for a Senior Pool Pass today. \$50 per person.
Register on Community Pass.

Public Swim Pool Hours
11:00 AM - 7:00 PM

Pre-Season: May 22nd-25th, May 30th-31st, June 6th-7th, June 13th-14th

Pool Opens Full Time: June 19th-August 7th

End of Season: Starting August 17th, Public Swim Hours are 12:00-6:00 PM

Pool closing date TBD

SENIOR E-BLAST

Visit our website, townofpoundridge.gov/seniorprograms/senior-e-blast to register for our weekly Senior E-Blasts to stay in the know!

You can also use this QR code to register.



SPECIAL EVENTS

Registration for all events and programs for Adults 62+ can be done on the Community Pass registration platform found on the Town of Pound Ridge Recreation website. All programs require the completion of a one-time waiver form which can be found on Community Pass or the Recreation website under Senior Programs “Supporting Documents”.

If you are in need of a ride to any program herein, please email or call the senior coordinator at least 48 hours in advance.

FEBRUARY

Conant Hall: Project Cupid

Sat., 2/7, 9:00 AM - 2:00 PM,

Community-wide event in which adult and student volunteers create Valentine cards and goody bags and deliver them with a warm dinner and a smile to Pound Ridge Adults 62+. Pound Ridge Adults 62+ who wish to have a Valentine's meal with goodies delivered to their home must register by Monday, 2/2.

Conant Hall: Tai Chi & Chai Tea by Orit Dahari

Wed., 2/11, 12:30 PM - 1:30 PM,

Dr. Orit Dahari who is a licensed acupuncturist with a background in Chinese Medicine, Tai Chi, Medical Qi Gong, and rehabilitative Pilates will lead a free 45-minute Tai Chi class followed by complimentary chai tea. RSVP by 2/4.

Conant Hall: Marc Wollin Presentation on Japan

Wed., 2/18, 12:30 PM - 1:30 PM,

Marc Wollin of Bedford will continue

his “Take a Trip Without Leaving Pound Ridge” Series with a presentation on his travels to Japan. Complimentary light refreshments will be served at this free event. RSVP by 2/11.

Di Nardo's Ristorante & The Capa Space

Thu., 2/26, 12:00 PM - 3:00 PM,

Local lunch at Di Nardo's Ristorante, followed by a short visit to The Capa Space in Yorktown. Photojournalist Cornell Capa's exhibit, “Father of Concerned Photography” is presently on exhibit at The Capa Space. It features over 35 photographs including intimate portraits of President John F. Kennedy and Senator Robert F. Kennedy during momentous times in American history. Photos of his coverage of religious and cultural life across continents, his work on mental health institutions and much more are on display. Pay DiNardo's Ristorante directly for lunch. Admission to the exhibit is free but donations are welcomed. Bus departs Town House at 11:50 am. RSVP by 2/19.

MARCH

Conant Hall: St. Patrick's Day Luncheon

Thu., 3/12, 11:30 AM - 2:00 PM,

A traditional Irish meal will be served featuring corned beef and cabbage with sides of boiled potatoes, carrots and soda bread. Residents: Free, Non-Resident: \$10. RSVP by 3/5.



loose-leaf tea flavor, a three-tier serving tray of elegant petite finger sandwiches, freshly baked scones served with clotted cream and preserves and an assortment of decadent pastries and cakes. Cost: \$30 + tax. A la carte options available including tea: average \$20 + tax.

Pay Restaurant 1915 directly for individual order. Bus departs Town House at 11:40 am. RSVP by 3/9.

PRES: Pound Ridge Elementary School (PRES) Luncheon

Thu., 3/26, 12:00 PM - 2:00 PM,

Enjoy an intergenerational community meal with students and faculty at Pound Ridge Elementary School. Free event. Meet at PRES. RSVP by 3/16.



Bear Mountain Inn Afternoon Tea

Thu., 3/19, 1:00 PM - 3:30 PM,

Enjoy a Gilded Age afternoon tea experience at Restaurant 1915, located at historic Bear Mountain Inn. Full Afternoon Tea includes; a choice of one

APRIL

Phishing Schemes Prevention Presentation at the Pound Ridge Library

Mon., 4/13, 3:00 PM-4:30 PM

Christopher Boey, an internet marketing and social media specialist presents "How to Avoid Being Scammed On Your Phone, E-Mail, & Text." Everyone can benefit from Mr. Boey's decades of helping people who have been victims of fraud.

Meet at Conant Hall: Historical Society Bus Tour & Pizza

Thu., 4/16, 11:30 AM - 2 PM

On board the bus, the Historical Society President will provide a narrative of key historical sites throughout Pound Ridge. After the tour, a pizza lunch will be served at Conant Hall. Also, participants will view some short Historical Society videos including one of Hiram Halle, a wealthy businessman and inventor, who built over two dozen homes in Pound Ridge in the early

20th century. If time allows, a short walk to the Historical Society Museum, which is adjacent to Conant Hall, will follow.

Meet at Conant Hall at 11:30 am. Residents: Free. Non-residents: \$7. RSVP by 4/6.

Malcolm Pray Achievement Center, Lunch at Lucia

Thur., 4/23, 10:30 AM - 2:00 PM

Learn about the successful entrepreneur, Malcom S. Pray, Jr., tour his world class car collection to appreciate automotive design, and be inspired by his "12 Steps of Success." We will watch scenes from the classic Alfred Hitchcock movie, "To Catch a Thief (1955)", starring Carey Grant and Grace Kelly, in which some of the cars on display at the Center appear. Lunch at Ristorante Lucia in Bedford follows after the tour. Meet at Town House: 10:00 am. Tour is free. Attendees pay the restaurant directly for their lunch.

RSVP: 4/13.

MAY

Conant Hall: Concert by Harpist Lisa Tannebaum

Wed., 5/6, 1:00 PM - 2:00 PM

Lisa Tannebaum has captivated audiences worldwide as a harpist, chamber musician, orchestral artist, and lecturer. She holds a M.F.A. degree in Harp Perform-

mance from State University of New York at Purchase and a B.A. degree in Physics from Carleton College. The ethereal beauty of her music is peaceful and enchanting.

Light refreshments will be served at 12:30 pm.

Residents: Free, Non-residents: \$10.

RSVP: 4/24.

MAY

Wave Hill Garden & Lyndhurst Mansion Tour & Lunch

Thu., 5/28, 10:00 AM - 4:30 PM

The trip includes a private tour of Wave Hill's vibrant 28-acre landscape with a detailed overview of its carefully cultivated gardens and collection of rare and unusual plants, focusing on seasonal highlights.

We will have a freshly prepared boxed lunch on the tented Kate French Terrace which is attached to the Wave Hill House.

After lunch, we will tour the Lyndhurst Mansion, formerly a country residence for railroad tycoon Jay Gould. Fans of HBO's *The Gilded Age* series might recognize

features of the estate where the production was filmed for multiple seasons. Bus departs Town House at 8:30 am.

Residents: \$80, Non-residents: \$90.

RSVP by 4/28.



JUNE

121 Restaurant & Bar, North Salem

Thu., 6/11, 12:30 PM

Continuing our lunch series in which old friends catch up and new friends form long-lasting friendships. Attendees pay the restaurant directly for their lunch. Bus departs Town House at 12:00 pm. RSVP: 6/4.

Senior Picnic & BBQ

Thu., 6/18, 11:30 AM - 2:00 PM,
Senior Picnic & BBQ in the Courtyard of
The Market at Pound Ridge Square

Residents: Free, Non-residents: \$10.

RSVP by 6/11.



JULY

Tzen Asian Bistro, Cross River

Thur., 7/9, 12:30 PM

Continuing our lunch series in which old friends catch up and new friends form long-lasting friendships. Attendees pay the restaurant directly for their lunch. Bus departs Town House at 12:00 pm. RSVP: 7/2.

Movie at Prospector Theater

Wed., 7/22, Time TBD,

Movie at Prospector Theater and Lunch or Dinner Depending on Show Time, Ridgefield, CT Cost of movie and restaurant order paid directly to theater/restaurant. RSVP: 7/15.

AUGUST

Farmhouse Tavern, Katonah

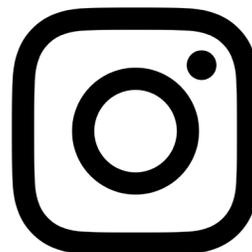
Thur., 8/6, 12:30 PM

Continuing our lunch series in which old friends catch up and new friends form long-lasting friendships. Attendees pay the restaurant directly for their lunch. Bus departs Town House at 12:00 pm. RSVP: 7/30.

**August Lunch Series:
Farmhouse Tavern in Katonah**



TENTATIVE PLANS TO SCHEDULE A PERFORMING ARTS TRIP IN AUGUST



**SCAN THE QR TO FOLLOW US ON INSTAGRAM
@POUNDRIDGERECREATION**

Recreation & Parks

Adults 62+ Calendar

February



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

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Chair Yoga 10-11 AM	3	4 Cafe Conant 11 AM - 2 PM	5	6 Chair Zumba 10:30-11:00 AM	7 Project Cupid 9:00 AM - 2:00 PM
8	9 Chair Yoga 10-11 AM	10	11 Cafe Conant 11 AM - 2 PM Tai Chi & Chai Tea 12:30-1:30 PM	12 Lincoln's Birthday	13 Chair Zumba 10:30-11:00 AM	14 Happy Valentine's Day!
15	16 Washington's Birthday Chair Yoga 10-11 AM	17	18 Cafe Conant 11 AM - 2 PM Marc Wollin Japan Presentation 12:30-1:30 PM	19	20 Chair Zumba 10:30-11:00 AM	21
22	23 Chair Yoga 10-11 AM	24	25 Cafe Conant 11 AM - 2 PM	26 Di Nardo's Ristorante & The Capa Space 12:00-3:00 PM	27 Chair Zumba 10:30-11:00 AM	28

March



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

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Chair Yoga 10-11 AM	3	4 Cafe Conant 11 AM - 2 PM	5	6 Chair Zumba 10:30-11:00 AM	7
8	9 Chair Yoga 10-11 AM	10	11 Cafe Conant 11 AM - 2 PM	12 St. Patrick's Day Luncheon 11:30 AM - 2:00 PM	13 Chair Zumba 10:30-11:00 AM	14
15 Repair Cafe	16 Chair Yoga 10-11 AM	17 Happy St. Patrick's Day!	18 Cafe Conant 11 AM - 2 PM	19 Bear Mountain Inn Afternoon Tea 1:00 PM - 3:30 PM	20 Chair Zumba 10:30-11:00 AM	21
22	23 Chair Yoga 10-11 AM	24	25 Cafe Conant 11 AM - 2 PM	26 PRES Luncheon 12:00-2:00 PM	27 Chair Zumba 10:30-11:00 AM	28
29	30 Chair Yoga 10-11 AM	31				

Recreation & Parks

Adults 62+ Calendar

April



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

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Cafe Conant 11AM - 2 PM	2	3 Chair Zumba 10:30-11:00 AM	4
5	6 Chair Yoga 10-11 AM	7	8 Cafe Conant 11AM - 2 PM	9	10 Chair Zumba 10:30-11:00 AM	11
12	13 Scam Prev. Talk 3-4:30 pm - Library Chair Yoga 10-11 AM	14	15 Cafe Conant 11AM - 2 PM	16 Historical Society Bus Tour & Pizza 11:30 AM - 2 PM	17 Chair Zumba 10:30-11:00 AM	18
19 Volunteer Appreciation Luncheon 1 PM	20 Chair Yoga 10-11 AM	21	22 Cafe Conant 11AM - 2 PM	23 Malcolm Pray Achievement Center & Lunch at Lucia 10:30 AM-2 PM	24 Chair Zumba 10:30-11:00 AM	25
26	27 Chair Yoga 10-11 AM	28	29 Cafe Conant 11AM - 2 PM	30		

May



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

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Chair Zumba 10:30-11:00 AM	2
3	4 Chair Yoga 10-11 AM	5	6 Cafe Conant 11AM - 2 PM Concert by Lisa Tannebaum 1:00-2:00 PM	7	8 Chair Zumba 10:30-11:00 AM	9
10 Happy Mother's Day!	11 Chair Yoga 10-11 AM	12	13 Cafe Conant 11AM - 2 PM	14	15 Chair Zumba 10:30-11:00 AM	16
17	18 Chair Yoga 10-11 AM	19	20 Cafe Conant 11AM - 2 PM	21	22 Chair Zumba 10:30-11:00 AM	23
24	25 Happy Memorial Day! Parade @ Noon Ceremony to follow	26	27 Cafe Conant 11AM - 2 PM	28 Wave Hill Garden & Lyndhurst Mansion Tour & Lunch 8:30 AM - 4:30 PM	29 Chair Zumba 10:30-11:00 AM	30
31						

Recreation & Parks

Adults 62+ Calendar

June



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

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Chair Yoga 10-11 AM	2	3 Cafe Conant 11AM - 2 PM	4	5 Chair Zumba 10:30-11:00 AM	6
7	8 Chair Yoga 10-11 AM	9	10 Cafe Conant 11AM - 2 PM	11 121 Restaurant & Bar, North Salem 12:30 PM	12 Chair Zumba 10:30-11:00 AM	13
14	15 Chair Yoga 10-11 AM	16	17 Cafe Conant 11AM - 2 PM	18 Senior Picnic & BBQ 11:30 AM	19 Chair Zumba 10:30-11:00 AM	20
21	22 Chair Yoga 10-11 AM	23	24 Cafe Conant 11AM - 2 PM	25	26 Juneteenth Chair Zumba 10:30-11:00 AM	27
28	29 Chair Yoga 10-11 AM	30				

July



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

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Cafe Conant 11AM - 2 PM	2	3 Independence Day Day of Observance Chair Zumba 10:30-11:00 AM	4 Happy 4 th of July! Poolside Concert 12-3 PM Fireworks at Sundown
5	6 Chair Yoga 10-11 AM	7	8 Cafe Conant 11AM - 2 PM	9 Tzen Asian Bistro Cross River 12:30 PM	10 Chair Zumba 10:30-11:00 AM	11
12	13 Chair Yoga 10-11 AM	14	15 Cafe Conant 11AM - 2 PM	16	17 Chair Zumba 10:30-11:00 AM	18
19	20 Chair Yoga 10-11 AM	21	22 Movie at Prospector Theater TBD	23	24 Chair Zumba 10:30-11:00 AM	25
26	27 Chair Yoga 10-11 AM	28	29 Cafe Conant 11AM - 2 PM	30	31 Chair Zumba 10:30-11:00 AM	