




Tuckahoe Senior Citizens

COMMUNITY IS AGELESS

❄️ JANUARY 2025 CALENDAR ❄️

Tuesdays	Thursdays
 <p>Wishing you a very Happy 2025!</p>	<p>January 2 9:00 – 10:00 AM TSC Executive Board Meeting 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:15 PM TSC Member Meeting 12:30 – 2:30 PM New Year's Celebration!</p>
<p>January 7 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Yoga Class with Deputy Mayor & Village Trustee Cara Kronen 1:00 – 2:30 PM Game Time: Rummikub, Mahjong and Cards</p>	<p>January 9 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Zumba Gold with Mika 1:00 – 2:30 PM BINGO!</p> 
<p>January 14 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Line Dancing with Diane 1:00 – 2:30 PM Art with Deb: Mosaic Coasters Ltd. to 12; Sign up required</p>	<p>January 16 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Chair Yoga with Karen 1:00 – 2:30 PM Art with Deb: Mosaic Coasters Ltd. to 12; Sign up required</p>
<p>January 21 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Zumba Gold with Mika 1:00 – 2:30 PM BINGO!</p> 	<p>January 23 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM A Matter of Balance (AMOB) <i>*Please see full description on page 2</i> 1:00 – 2:30 PM Game Time: Rummikub, Mahjong and Cards</p>
<p>January 28 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Line Dancing with Diane 1:00 – 2:30 PM Game Time: Rummikub, Mahjong and Cards</p>	<p>January 30 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Chair Yoga with Karen 1:00 – 2:30 PM Consumer Protection for Seniors Presentation with Jim Maisano, Westchester County Consumer Protection Director</p>

Michelle Oliva, Director | Email: tsc@scc70.org | Phone: 914-337-8487

Website: www.scc70.org/tuckahoeseiors

Meetings held at Fr. Fata Hall, Assumption Church | 125 Wallace Street, Tuckahoe, NY 10707



Tuckahoe Senior Citizens ~ January 2025 Newsletter



Dear TSC Family & Friends,

Wishing you a sparkling New Year filled with love, health, and prosperity! May you have peace, laughter, and happiness in your hearts and continue to enjoy the incredible friendships you have made. Wishing you incredible joy in 2025!

New Class Offering Thursday January 23rd!

A Matter of Balance (AMOB)

Overview of the Program: A Matter of Balance (AMOB) class is a community-based program designed to help older adults manage concerns about falls and improve their quality of life by increasing their physical activity levels. The program aims to help participants reduce their fear of falling, build strength and balance, and develop strategies to prevent falls.

Goals:

- Participants will learn about:
 - Fall Prevention
 - Strength and Balance Exercises
 - Building Confidence
- Benefits Include:
 - Increased Activity
 - Reduced Fear of Falling
 - Improved Balance and Strength

Overall, a Matter of Balance class is an excellent resource for older adults who want to stay active, improve their balance, and feel more confident in their ability to live independently while reducing the risk of falls.

SAVE THE DATE

Thursday, January 30th at 1:00 - 2:30 pm

Consumer Protection for Seniors

Presentation with Jim Maisano, Westchester County
Consumer Protection Director
Brought to TSC courtesy of New York State
Assemblymember, Amy R. Paulin



Reminder if you celebrate a Birthday in January you receive a free Bingo card on January 9th & 21st

MARI	CAMPOLONGO	JANUARY 3
MARIA	RUVOLO	JANUARY 6
FRAN	VETTORINO	JANUARY 9
VALERIE	RITTENHOUSE	JANUARY 12
VITO	PINTO	JANUARY 14
ANN	PILLA	JANUARY 15
KAREN	LEO	JANUARY 16
CAROL	PALMA	JANUARY 21
ARLENE	WILLIAM	JANUARY 22
MARION	COLEMAN	JANUARY 26

Please advise Michelle if your birthday is not reflected on the list

ANNOUNCEMENTS

HEALTH & WELLNESS: If you are not feeling well, we ask that you please stay home & rest and return to the center once you are well.

We are doing our best as a community to keep each other healthy and able to enjoy activities each week together.

Also, just a gentle reminder to wash your hands often especially while at the center; before and after meals & group activities and when using the restroom facilities. This will help to mitigate transmission of germs & keep us healthy for 2025!

CLOSURES: If the center needs to close for any reason, an email will be sent and a voicemail message to announce closure details will be left and can be accessed by calling the TSC # 914-337-8487. We will also be posting any storm related closures on www.914stormcenter.info
Listed under "CLUBS/ORGANIZATIONS"