




Tuckahoe Senior Citizens

COMMUNITY IS AGELESS

TSC June 2026 Schedule

Tuesdays	Thursdays
<p>June 2 9:15 – 10:15 AM Executive Board Meeting 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, Pokeno Mahjong and Cards</p>	<p>June 4 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Dance Fitness with Mika 1:00 – 2:30 PM Game Time: Rummikub, Pokeno Mahjong and Cards</p>
<p>June 9 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Annual Member Meeting & June Birthdays 1:00 – 2:30 PM </p>	<p>June 11 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Chair Yoga with Karen 1:00 – 2:30 PM Presentation: Building Brain Healthy Habits brought to us by the Alzheimer's Association Hudson Valley, NY Chapter</p>
<p>June 16 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, Pokeno Mahjong and Cards</p>	<p>June 18 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Dance Fitness with Mika 1:00 – 2:30 PM Art with Deb: Summer Sunset Canvas Painting. <i>Ltd to 12; Sign Up Required</i></p>
<p>June 23 TSC will be CLOSED on June 23rd due to Election Day voting held at Fr Fata Hall NO PROGRAMMING WILL BE OFFERED</p>	<p>June 25 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Chair Tap with Karen 1:00 – 2:30 PM </p>
<p>June 30 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: Summer Sunset Canvas Painting. <i>Ltd to 12; Sign Up Required</i></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 ~ June 2026 Newsletter

Presentation: Thursday, June 11th at 1:00 pm
Building Brain Healthy Habits
given by the Alzheimer's Association
Hudson Valley, NY Chapter

**TIPS TO BUILD HEALTHY HABITS AND HELP
PROTECT YOUR BRAIN**

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older - even reducing your risk of cognitive decline and possibly dementia.

Join us to learn about:

- Healthy habits for your brain, like exercising and eating right
- The brain-heart connection
- Why brain health is important at all ages
- Building your personalized action plan for brain-healthy habits

ALZHEIMER'S ASSOCIATION®

Art with Deb ~ June 18th & 30th ~ 1:00 - 2:30 PM
Summer Sunset Canvas Painting



Sign Up Required ~ Ltd to 12 members each session

We welcome new seniors to our center who may be interested in joining TSC. They are welcome to come and explore a fitness or art class, or maybe just have a cup of coffee and chat a while! If you have a friend that may be interested, have them come to the center for a visit!



TSC is offering the month of June at no charge

HAPPY BIRTHDAY

MARGARET	RUSSO	JUNE 2
MARIE	PETRIE	JUNE 6
MONICA	MAGNER	JUNE 14
LALI	VINAS	JUNE 19
JOSEPHINE	DENICOLA	JUNE 21
PATRICIA	MESSINA	JUNE 22
JOSEPHINE	PAGNOTTA	JUNE 22
MARIA	DISAPIA	JUNE 27
ANN	NARDOZZI	JUNE 30

Reminder if you celebrate a Birthday in May you receive a free Bingo card on June 9th & 30th

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

Membership Expiration & Renewal

As a reminder, yearly membership ends June 30, 2025 and we will be requesting membership renewals as of July 1, 2025.

2026 - 2027 Membership Forms will be available in mid June

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.*

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 mobile # 914-337-8487