

Tuckahoe Senior Citizens

COMMUNITY IS AGELESS

🍁 October 2026 Schedule 🍁

Tuesdays	Thursdays
  	October 1 9:30 – 10:15 AM <i>TSC Executive Meeting</i> 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: Autumn Love Birds Framed Painting. Ltd to 15; Sign Up Required (Rescheduled from Thursday 9/24 with Original SignUps)
October 6 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM ChairFlair & Line Dancing/Diane 1:00 – 1:30 PM Member Meeting 1:30 – 2:30 PM B I N G O	October 8 9:30 - 10:30 Presentation: "Navigating Short-Term Rehab: What to Expect at a Skilled Nursing Facility (SNF)." brought to us by Sprain Brook Manor 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Chair Tap with Karen
October 13 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Chair Yoga with Karen 1:00 – 2:30 PM Game Time: Rummikub, Cards, Mahjong and Pokeno	October 15 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM Chair Tap with Karen 1:00 – 2:30 PM Game Time: Rummikub, Cards, Mahjong and Pokeno
Thursday October 15th at 6:00 pm ~ Keller Williams/ICON Gala at the Surf Club ~ Hope you can join us!	
October 20 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM ChairFlair & Line Dancing/Diane 1:00 – 2:30 PM B I N G O	October 22 10:30 – 11:15 AM Exercise with Evey 1:00 – 2:30 PM Emergency Preparedness Workshop brought to us by NYS Homeland Security & Emergency Services, Citizen & Preparedness Corps
October 27 10:30 – 11:15 AM Exercise with Evey 12:00 – 12:45 PM ChairFlair & Line Dancing/Diane 1:00 – 2:30 PM Game Time: Rummikub, Cards, Mahjong and Pokeno	October 29 Tuckahoe Police Department Halloween BBQ Event is from 12:00 - 3:00 pm at Fr Fata Hall There will be no morning programming There is no cost but Sign up is Required PLEASE, NO EARLY BIRDS

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

Website: www.scc70.org/tuckahooseniors

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

Tuckahoe Senior Citizens ~ October 2026 Newsletter

Art with Deb ~ October 1st | 1:00 - 2:30 PM

Autumn Love Birds Framed Painting

*This is the make up session from September 24th
All original sign ups will be honored. If you can no longer
join us on the rescheduled date, please let Michelle know.*

Thursday, October 8th at 9:30 am

Presentation: "Navigating Short-Term Rehab: What to Expect at a Skilled Nursing Facility (SNF)." brought to us by Sprain Brook Manor

If you or a loved one ever needs time to recover after a hospital stay or surgery, an SNF provides the essential bridge to returning home safely. This session will demystify the short-term rehabilitation process, covering the process for arranging a visit to SNF from hospital to one and what to expect; does the hospital or patient coordinate, etc? Your Care Team: How doctors, nurses, and physical, occupational, and speech therapists coordinate your recovery. The Daily Routine: A look at therapy sessions, medical check-ins, and personalized care plans. Going Home & Insurance: The basics of discharge planning, home medical equipment, and Medicare coverage. Empower yourself with the knowledge to advocate for your health and recovery goals. Bring your questions and leave feeling confident and prepared.

Emergency Preparedness Workshop

Thursday, October 22nd at 1:00 pm

The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to normal conditions. This training course will provide an introduction to responding to a natural or manmade a disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies. Each family that attends will receive one preparedness kit. **Registration is required to attend the event. To register visit www.prepare.ny.gov or scan the QR code**



Tuckahoe Police Department Halloween BBQ

Thursday October 29th | 12:00 - 3:00 pm

*We will be hosting a Halloween
BBQ Celebration with the TPD.*

Come & enjoy the festivities and the food!

No cost to attend but Sign Up is Required.

Costumes are encouraged.



October Birthdays

NANCY	SISTO	OCTOBER 1
PHIL JR	PEPE	OCTOBER 8
SUE	ROTTA	OCTOBER 8
CANDI	TRONCONE	OCTOBER 9
SUSIE	PFEIFFER	OCTOBER 11
THERESA	KOVER	OCTOBER 12
SUSAN	LEBRINI	OCTOBER 15
CAROL	NAPPI	OCTOBER 19
PATRICIA	KOURAKOS	OCTOBER 19
DIANE	GROSSMAN	OCTOBER 22
REBECCA	KARAN	OCTOBER 25
MARGARET	MURPHY	OCTOBER 25
SARAH	BELAIR	OCTOBER 29

*If you celebrate a Birthday in August & September
you will receive a free Bingo card on play days*

IMPORTANT REMINDERS

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

Our new membership year began July 1, 2026

We hope you will join us for another year & renew your TSC membership, forms are available at TSC or for download on our website:

www.scc70.org/tuckahoeseniors

You can mail completed forms to:

P.O. Box 172, Tuckahoe, NY 10707

Please note all memberships must be renewed by September 30th to continue to attend TSC. Thank you !

Please note as of October 15th all those who have not renewed will need to do so before continuing at the center. Thank you!

***Please note that the schedule is subject to change & notifications will be made**