



| Date                             | Time                 | Event  | Location  | Sponsor/Contact                                       | Description  |
|----------------------------------|----------------------|--|---|---|--|
| Monday<br>April 3, 10, 17<br>&24 | 10:00-11:00 a.m.     | Gentle Yoga Series with<br>Jonalie Korengold   | Gramatan Village<br>85 Pondfield Road<br>Bronxville | Gramatan Village Member<br>Services<br>(914) 337-1338 | <i>Join us to experience the benefits of gentle yoga and breathing technique for vibrancy!</i><br><u>Cost: \$10 p. class OR \$35 for ALL 4 &amp; SAVE \$5.</u> |
| Wednesday<br>April 5             | 10:00-<br>12:00 noon | Gramatan Village<br>Open House   | Gramatan Village<br>85 Pondfield Road<br>Bronxville | Gramatan Village Member<br>Services<br>(914) 337-1338 | <i>Learn about the benefits of membership, volunteering opportunities or for current members who wish to make the most of their membership!</i>                |
| Thursday<br>April 6              | 10:00-11:00 a.m.     | <u>Healthy Aging Seminar</u><br>Presented by:<br>Catherine Foley, MS, RDN, CDN   | Gramatan Village<br>85 Pondfield Road<br>Bronxville | Gramatan Village Member<br>Services<br>(914) 337-1338 | <i>Join us for an informative session featuring key topics to optimize nutrition and health!</i><br><b>ALL ARE WELCOME!</b>                                    |
| Thursday<br>April 20             | 2:00-3:30 p.m.       | <u>Tea &amp; Poetry</u><br><i>April is National Poetry Month!</i>  | Gramatan Village<br>85 Pondfield Road<br>Bronxville | Gramatan Village Member<br>Services<br>(914) 337-1338 | <i>Join us for an afternoon of tea, scones &amp; poetry during National Poetry Month</i><br><b>ALL ARE WELCOME!</b>  |
| Thursday<br>April 27             | *5:30-7:00 p.m.      | <u>Quality of Life:</u><br><u>MIT Age Lab &amp; You</u><br><u>"The Three Questions That Can Predict Future Quality of Life."</u> | Gramatan Village<br>85 Pondfield Road<br>Bronxville | Gramatan Village Member<br>Services<br>(914) 337-1338 | <i>Join us as Paul Tramantazzi, CFP of KBK Wealth Management discusses how you can use this research to optimize retirement.</i>                               |

To register for any of our programs, call or email us at [914-337-1338](tel:914-337-1338) or [info@gramatanvillage.org](mailto:info@gramatanvillage.org)  
*\*Wishing All Of You a Happy Easter!\**