

YONKERS SENIORS



Yonkers Office for the Aging

Mayor Mike Spano

PROGRAMS FOR SENIORS VIA ZOOM

in partnership with the Yonkers NNORC, Yonkers Public Library,
NewYork-Presbyterian Lawrence Hospital

JOIN MEETING VIA ZOOM

<http://www.zoom.us>

or dial in with your telephone

BODY/MIND FITNESS with Coach Karl

Energize your body and prepare your mind to face challenges from the comfort of your home. Have fun practicing mindfulness and movement for a better body mind connection.

WEDNESDAYS AT 9:00AM

MEETING ID: 928 4686 6863 • PASSWORD: 310239 • PHONE: 1-929-205-6099

BINGO

Have fun playing Bingo on Zoom.

THURSDAYS AT 1:00PM

MEETING ID: 932 9324 9056 • PHONE: 1-929-205-6099

Contact Z at 914-779-3774 or z@ypl.org for Bingo Cards

MEDITATION CHAIR YOGA

Join us as Dr. Rubina Heptulla from Millennium Medical & Rehab walks us through fitness and meditation exercises.

FRIDAYS AT 9:00AM

MEETING ID: 929 2310 2322 • PHONE: 1-929-205-6099

NEW YORK PRESBYTERIAN/LAWRENCE SPEAKER SERIES

Learn from New York Presbyterian Lawrence staff on different topics in their specializations.

Once a month on **TUESDAYS** at 1:00PM – Dates to be announced

MEETING ID: 999 5414 3156 • PASSWORD: 350192 • PHONE: 1-929-205-6099

Contact Sally Pinto at the Yonkers NNORC (Neighborhood Naturally Occurring Retirement Community) at 914-391-1323 or sally.pinto@yonkersny.gov for Programs, Services and Referrals

