

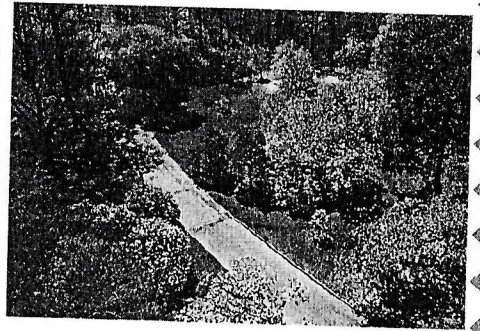
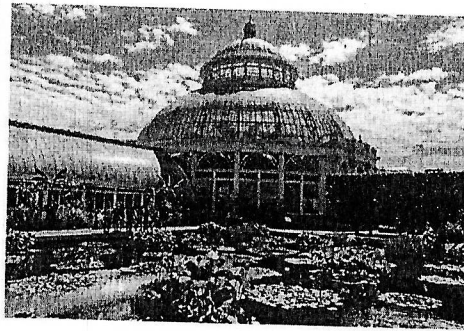
Trip to the New York Botanical Gardens in the Bronx

Wednesday, April 10th; 10:15am - 2:00pm

Come with us - tour the grounds, see The Orchid Show: Florals in Fashion, shop the lovely gifts store, grab a bite in the cafe! So much to see and do!

- ◆ Admission on Wednesday is free to all NYC residents so be sure to bring your NY State issued ID because with that you can walk around the grounds.
- ◆ If you want to go to the orchid show you can expect to pay an extra fee unless you are a member.

As always, contact Outreach to reserve your spot on the Project CART van.
Suggested donation \$2.50 each way which goes to New York Foundation
for Senior Citizens - our wonderful transportation provider!



NY Hall of Science - the Julie Wosk Show!

Flushing Meadow Park

Friday, April 19th

10:15 - 3pm

Some info about the show you will be seeing:

Julie Wosk's Imaging Women in the Space Age exhibition showcases the achievements of **America's pioneering female astronauts** and highlights the fascination with space women in movies, television, advertising, and fashion design. From the earliest moon goddesses to today's galactic fashions, visions of females in space have sparked the creative imagination.

TRIPS

♦ Costco/Aldi:

Monday, April 15th, 10:15-1:00

♦ Wegman's: Monday, April 8th
10:15 - 1:00

Call or email Outreach to reserve your spot on the van for ALL trips.

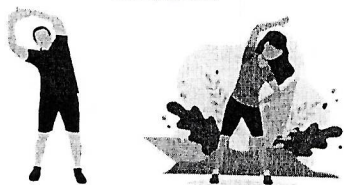
Do you get up tight?

Come to *Morning Stretch!*

Saturdays in the Community Room

Every Saturday: 10:30 - 11:00am

FREE



FILM CLUB

Thursday, April 11th; 11:00
Community Room

Watch "**Monster**" starring Kevin Harrison, Jennifer Hudson, and Jeffrey Wright on Netflix
Come join us after watching for an interesting conversation!

This film club is volunteer led and open to all adults in the building.

Medicare Counseling - every Monday in Outreach - by appointment only.
Phone sessions also available.

Do you have questions about your Medicare hospital, Part B, or prescription coverage?

Contact us and we will set you up with our Medicare expert, Janet Dore. Janet has been volunteering her time in Outreach for years and is a Health Insurance Information, Counselling and Assistance Program through The NY State Office for the Aging. So contact us if you would like to see her to discuss your coverage.

Not yet enrolled in Medicare? Janet can give you all the information you need and help you sign up.

Morning Stretch
10:30

Have you ever considered joining a group? Outreach has them!

Men's Group - What's On Your Mind? - Join your neighbors. Meets twice a month on Tuesday mornings.

Family Caregiver Group - We have the support you need - meets twice a month on Wednesday mornings.

Enjoying the NOW - What have you done that brings you joy lately? Come share your experiences - meets twice a month on Wednesday afternoons over Zoom.



Thank you!



Our Wine Tasting -
Live Music Event was a Success!!

Thank you to Andre Cohen, Ted Muzio,
Fran Asher-Perrin and all who attended.

We hope you had a great evening.