



Village of Rye Brook

Welcome

Rye Brook Seniors

Hours are:
9-4 Mon. – Thurs.
9-2 on Friday

Open to all
Rye Brook Seniors
age 60 and older.

\$15 yearly dues.

The Rye Brook Seniors sponsor many activities. There are cultural, educational, and social activities. We offer a variety of fitness programs such as yoga, aerobic fitness, weight training, and walking for exercise.

On a weekly basis we have Arts & Crafts, chorus, Opera Appreciation, and Bridge. On Wednesday's we venture out to museums, theater, shopping, restaurants, etc.

Monthly we offer Blood Pressure Screening, visits from a lawyer and a special "Sunshine Group" led by a mental health nurse.

Monday thru Friday we serve a hot lunch at noon.

What's available to Rye Brook Seniors?

- Socialization
- Case Management
- Nutrition Program
- Entertainment
- Cards & Games
- Speakers & Workshops
- Computer Access
- Transportation
- Day Trips & Extended Trips
- Chorus
- Arts & Crafts
- Acting Group

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Jean Gesoff,
Coordinator



Anthony J. Posillipo Community Center