










September

# Town of Mamaroneck Senior Center

2019

1288 Boston Post Road, Larchmont, NY 10538 (914) 834-8840  
 SENIOR CENTER HOURS MONDAY- FRIDAY 10:00AM - 3:30PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 	<b>2</b> <b>LABOR DAY</b> <b>SENIOR CENTER CLOSED</b>	<b>3</b> <b>BRIDGE</b> <b>MAHJONGG</b> <b>BOARD GAMES</b>	<b>4</b> <b>DANCERCISE 10:30AM</b> <b>SHOPPING/ART CLASS</b>	<b>5</b> Tai Chi 10:00-11:00am <b>POKER/ BRIDGE</b> <b>Trim &amp; Tone 1:15pm</b>	<b>6</b> <b>Lunch Trip to City Island</b> <b>Board Games/ MAHJONGG</b> <b>ZUMBA GOLD 1:30</b>	<b>7</b> 
<b>8</b> St. John's Lutheran Church BBQ 12:00 Must RSVP	<b>9</b> <b>POKER</b> <b>BOARD GAMES</b> <b>CHAIR YOGA 1:15</b>	<b>10</b> <b>BRIDGE/MAHJONGG</b> <b>FLU SHOTS BY CVS</b> <b>11:30- 1:30</b>	<b>11</b> <b>DANCERCISE 10:30AM</b> <b>SHOPPING/ART CLASS</b> <b>Trim &amp; Tone</b> <b>A- 1:00 &amp; B- 2:00</b>	<b>12</b> Tai Chi 10:00- 11:00am <b>POKER/BRIDGE</b> <b>Trim &amp; Tone 1:15pm</b>	<b>13</b> <b>13th ANNUAL SENIOR</b> <b>APPRECIATION DAY</b> ALL ACTIVITIES SUSPENDE	<b>14</b> 
<b>15</b> 	<b>16</b> <b>**Empire City Casino Trip</b> <b>POKER/BOARD GAMES</b> <b>CHAIR YOGA 1:15</b>	<b>17</b> <b>Trip to</b> <b>Arthur Avenue</b> <b>BRIDGE/MAHJONGG</b>	<b>18</b> <b>DANCERCISE 10:30AM</b> <b>SHOPPING/ART CLASS</b> <b>STAY STRONG &amp; FIT ??</b>	<b>19</b> Tai Chi 10:00- 11:00am POKER/BRIDGE <b>ZUMBA GOLD 1:30</b>	<b>20</b> <b>MAHJONGG/ Board Games</b> <b>MOVIES &amp; MUNCHIES</b> <b>"POMS" 12:45</b>	<b>21</b> 
<b>22</b> 	<b>23</b> <b>POKER</b> <b>BOARD GAMES</b> <b>CHAIR YOGA 1:15</b>	<b>24</b> <b>BRIDGE/ MAHJONGG</b> <b>BOARD GAMES</b> <b>**WEDNESDAY</b> <b>SHOPPING TODAY**</b> Blood Pressures 12:30- 1:00	<b>25</b> <b>***DANCERCISE 10:00AM**</b> <b>DINNER THEATER TRIP</b> <b>ART CLASS</b> <b>STAY STRONG &amp; FIT</b> <b>A- 1:00 &amp; B- 2:00</b>	<b>26</b> Tai Chi 10:00- 11:00am POKER/BRIDGE <b>Trim &amp; Tone 1:15pm</b>	<b>27</b> <b>BINGO/BIRTHDAY</b> <b>PIZZA BASH</b> <b>12:00</b> <b>MAHJONGG</b>	<b>28</b> 
<b>29</b>  Begins	<b>30</b> <b>Empire City Casino Trip</b> <b>Trim &amp; Tone 10:15am</b> <b>POKER/ BOARD GAMES</b> <b>CHAIR YOGA 1:15</b>	<b>1</b> <b>FALL PREVENTION</b> <b>PRESENTATION 1:00</b> <b>BRIDGE/MAHJONGG</b> <b>BOARD GAMES</b>	<b>2</b> <b>DANCERCISE 10:30AM</b> <b>SHOPPING/ART CLASS</b> <b>STAY STRONG &amp; FIT</b> <b>A- 1:00 &amp; B- 2:00</b>	<b>3</b> Tai Chi 10:00- 11:00am POKER/BRIDGE <b>Trim &amp; Tone 1:15pm</b>	<b>4</b> <b>MAHJONGG</b> <b>Board Games</b> <b>ZUMBA GOLD 1:30</b>	<b>5</b> 

Senior Center Coordinator: Maria Gallagher (914) 834-8840  
 Senior Center Staff: Kathy Flynn, Stephanie Hart, Carmen Medina  
 Community Services Director: Anna Danoy  
 Community Services Office: (914) 381-7840

**SIGN UP NOW FOR THESE UPCOMING TRIPS!**

- 9/6 Lunch Trip to City Island
- 9/16 & 9/30 EMPIRE CITY CASINO
- 9/17 ARTHUR AVENUE

**SENIOR CENTER HOURS**  
**ARE NOW**  
**10:00AM- 3:30PM**

