



# Town of Mamaroneck Senior Center

1288 West Boston Post Rd  
Larchmont, NY 10538  
Phone: 914-834-8840

## Senior Citizen Programs

Must be 55 years or older and a member of the Senior Center to participate. The Town of Mamaroneck Senior Center allows residents as well as non-residents to become members of the Senior Center. Those residing in the Town of Mamaroneck, Village of Larchmont & Village of Mamaroneck are considered residents. There is a required annual membership fee of \$35 per person for residents and \$50 for non-residents. All programs are hosted at the Senior Center.

Please call (914)834-8840 for additional information.

## Monthly Exercise Classes Offered

### Dancercise

**Days:** Mondays & Wednesdays

**Time:** 10:00am

**Fee:** Free

**Description:** This lower intensity dance class consists of line dancing that blends aerobics and dance moves. All levels are welcome.



### Trim & Tone

**Days:** Tuesdays & Thursdays

**Time:** 10:00am & 12:00pm

**Fee:** Free

**Description:** This class is designed to improve muscle strength, endurance, range of movement and balance through exercises that utilize a chair for seated exercises and standing support.



### Zumba Gold

**Days:** Fridays

**Time:** 10:00am, 12:00pm, 1:15pm (Standing Only Class)

**Fee:** Free

**Description:** Zumba Gold is a lower-intensity version of the typical Zumba fitness dance class. This class is a total-body wellness program that feels like a party while it revitalizes your mind and body. This class incorporates dance fitness elements through an international mix of music and dance styles.



## Stay Strong & Fit

**Days:** Wednesdays

**Time:** 1:00pm & 2:00pm

**Fee:** Free

**Description:** Join our instructor for a program designed to improve, flexibility, strength and endurance. This free class is brought to us by the Mainstream Program and the Westchester County Department of Senior Programs & Services.



## Monthly Programs Offered

### Advanced Art Class

**Days:** Wednesdays

**Time:** 1:00-3:00pm

**Fee:** \$125 Year, Advanced Registration Required

**Description:** Students are given the opportunity to freely express themselves through their own personal art projects. Students chose their medium and are required to bring in their own materials to class. Art Instructor Pat Sutherland offers professional advice and instruction while students work on their personal projects. Class displays their work at the Annual Art Exhibition at the Larchmont Library.



### Weekly Group Games

#### Scrabble

**Day:** Mondays

**Time:** 11:00am

#### Mahjong

**Day:** Tuesdays & Fridays

**Time:** 11:00am

#### Bridge

**Day:** Tuesdays & Thursdays

**Time:** 11:00am

#### Poker

**Days:** Mondays & Thursdays

**Time:** 11:00am

