

Senior Moments Newsletter

Town of Mamaroneck Senior Center

1288 Boston Post Road, Larchmont, NY 10538

Phone Number: (914) 834-8840

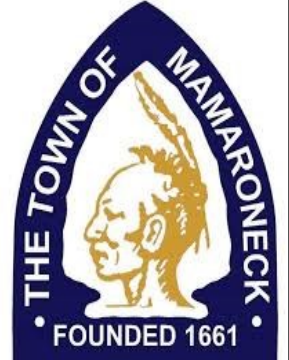
Senior Center Hours: 9:30AM - 3:30PM

Memorial Day Through Labor Day

Hours: 9:30AM-3:00PM

www.TownofMamaroneckny.org

September 2023



The Senior Center operates under the auspices of the Town of Mamaroneck Recreation department. Our senior center is dedicated to providing a wide variety of social, educational and recreational programs to meet the needs of aging adults in our community. The center is open year-round, Monday- Friday and is available to adults 55 years and older.

Upcoming Special Events

Flagship Performance: Star Spangled Banner Mystery Lecture Series

Tuesdays: September 5th, 12th, 19th & 26th, 1:00pm

Star-Spangled Mystery is an engaging and entertaining one person musical history tour that impresses audiences with fascinating facts, riveting storytelling and virtuoso musical performances. Almost every American knows these songs and people often sing along to original guitar and vocal arrangements. The program is based on the book Star-Spangled Banner: The Unlikely Story of America's National Anthem.

The performance also focuses in part on the pivotal role veterans played making the song into the official anthem and is perfect for Memorial Day, Flag Day, July 4, Veterans Day and more. It also answers the question why, of all the contenders, did "The Star-Spangled Banner" become our national anthem and why did it take so long for Congress to finally consecrate the song in 1931?

Paint Like Me Art Class

Friday, September 8th, 12:30pm **RSVP REQUIRED**

Join instructor Ellen Gordon in learning how to recreate a painting step by step. This class is great for anyone, including beginners, who want a little art-related fun and want to explore their creative side

Pizza Bingo

Friday, September 15th, 12:00pm **RSVP REQUIRED BY SEPTEMBER 13TH**

12pm Pizza Meal Service, 1:00pm Bingo / \$1 Per Bingo Card

Pizza Meal Options: 1 Slice of Pizza & Salad \$3 Or 2 Slices of Pizza & Salad \$5

Pizza must be ordered at least 2 days in advanced of the scheduled bingo game. One free card if

Opera Lecture By Joseph Lawliss "Nabucco Part 2"

Monday, September 18th, 10:30am

Join us for a morning of watching and discussing opera with Joseph Lawliss. The opera that established Verdi's greatness as a composer, Nabucco, follows the plight of the Jews as they are exiled from their homeland by the eponymous Babylonian King.

Market Shopping & Lunch Trip to Arthur Avenue

Wednesday, September 20th, \$44 Per Member **CASH ONLY**

RSVP REQUIRED, PAYMENT DUE 9/13, NO REFUNDS AFTER THIS DATE

Be @ Center by 9:00am, Bus Departs Center at 9:15am

Join us for a day on Arthur Avenue! We start off by shopping at the local market, followed by a pre-fixed lunch at Enzo's of Arthur venue. We will be bringing coolers for perishable items & will label bags. Please bring additional CASH for shopping at the market and for any additional beverages at the restaurant.

The menu for lunch includes a choice of Caprese Panini, Meatball Parmigiana Panini, Vegetable Panini, Eggplant Parmigiana with Spaghetti or Chicken Parmigiana with Spaghetti. All paninis are served with a house salad. Dessert includes a choice of a Cannoli or New York Style Cheese Cake with coffee, espresso, cappuccino or tea.

"Vladimir Putin vs. Yevgeny Prigozhin and Wagner Group" Lecture By Mark Albertson

Thursday, September 21st 10:30am

This lecture will review just how stable Putin is as the dictator of Russia and discuss the current war in Ukraine.

Vaccine Clinic at Senior Center

DATE TBD, EXPECTED LATE SEPTEMBER RESERVATIONS ARE REQUIRED

CVS Pharmacy will be onsite providing flu, shingles and pneumonia vaccines. Reservations are required for this event. Staff will need you name, birthday and phone number at time of reservation. Please also information staff what vaccination you are interested in getting that day. Bring insurance information with you the day of vaccination.

Monthly Programs

Advanced Art Class

The class will be scheduled every Wednesday from 1:00-3:00pm. Art instructor, Pat Sutherland enters her 50th year teaching at the Town of Mamaroneck Senior Center. She is a professional artist that has exhibited her paintings in museums and galleries in the United States and abroad. She offers professional advice and instruction while students work on their personal art piece. Students must bring their own art supplies (acrylic, oil, watercolor, pastel or charcoal) and have their own project in mind to work on. This class displays work at Annual Art Exhibit at Larchmont Library each spring.

Exercise Classes Offered

(See Monthly Calendar for Exact Dates & Times, Programs Subject to Change)

Chair Yoga

Days: Mondays **Time:** 2:00pm

Description: Using a chair for seated poses or balancing poses, yoga offers many benefits such as, increased circulation; feelings of well-being; and decreases in blood pressure, anxiety, inflammation, and chronic pain.

Dancercise

Days: Mondays & Wednesdays **Time:** 10:30am

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

Zumba Gold

Days: Tuesdays **Time:** 10:30am

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.

Stay Strong & Fit

Days: Wednesdays **Time:** 12:30pm & 1:40pm

Description: This class is taught by John O'Connor and focuses on exercises to improve overall strength and fitness.

Trim & Tone

Days: Thursdays **Time:** 10:30am & 12:30pm

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

Movie Showings

All movies are shown at 12:00pm, unless stated otherwise

Friday, September 22nd "The Wife"

A wife questions her life choices as she travels to Stockholm to see her husband receive the Nobel Prize for Literature. (2017, 1h 39min)

Friday, September 29th "It's Complicated"

When attending their son's college graduation, a couple reignite the spark in their relationship. But the complicated fact is they're divorced and he's remarried. (2009, 2hr)