

Senior Moments Newsletter

Town of Mamaroneck Senior Center

1288 Boston Post Road, Larchmont, NY 10538

Phone Number: (914) 834-8840

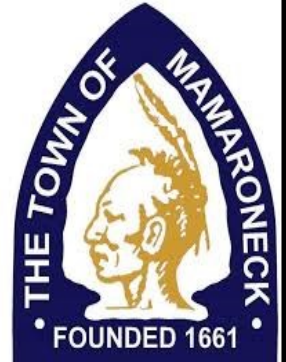
Senior Center Hours: 9:30AM - 3:30PM

Memorial Day Through Labor Day

Hours: 9:30AM-3:00PM

www.TownofMamaroneckny.org

October 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

Advanced Art Class Notification

Please be advised that the advanced art class is for serious and skilled artists only. You must be willing to accept instruction from the teacher and will be required to attend classes weekly. Unfortunately, too many seniors have expressed interest the class, but not a weekly commitment. Due to the growing interest and capacity limitation, we must now limit the class to those who are committed to attending weekly and working with Patricia. **Starting, October 1st, ANYONE interested in taking this class will be required to signup and be enrolled in the class ahead of time. Even if you have taken the class beforehand, does not mean that you will automatically be enrolled in the class.** As a reminder, we do offer the "Paint Like Me" once a month for those our cannot make it into this class.

Trip to Wilkens Fir & Fruit Farm

Monday, October 2nd, \$2 Per Member, Bus Departs at 9:30am

Join us for a morning at the orchard! They have apple & pumpkin picking, fresh produce, baked goods and a craft market. PLEASE WEAR YOUR WALKING SHOES.

Paint Like Me Art Class

Friday, October 13th, 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

"Iraq: Creation of Colonialism" Lecture By Mark Albertson

Thursday, October 19th, 10:30am

Join historian Mark Albertson for an upcoming lecture. October marks the anniversary of Iraq being admitted to the League of Nations among the family of nations. But how was this nation founded? Mark will go into detail about this topic further.

Scam Prevention Presentation By The Larchmont Police Department

Thursday, October 19th, 1:00pm

October is crime prevention month and the Larchmont Police Department will here to host a presentation on scams. Seniors in our area have been victims of identity theft, mail fraud, telemarketing scams and online scams. This presentation will discuss how to recognize potential scams and how to avoid becoming a victim. **This presentation is open to the public**

Halloween Pizza Bingo

Friday, October 20th, 12:00pm RSVP REQUIRED BY OCTOBER 17TH

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

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 your birthday is that month.

Oktoberfest Party

Thursday, October 26th, 12:00pm, Doors open at 11:45am

\$5 Per Member, RSVP & PAYMENT REQUIRED BY 10/20, No other programs today

Put on your Lederhosen, grab your beer stein and yodel your way over to our senior center haus. Come enjoy an Oktoberfest themed menu, live entertainment, dancing and raffles!

Empire Casino Trip

Tuesday October 31st, \$2 Per Member, Bus Departs at 9:30am

RSVP REQUIRED

Join us for a day of gambling at empire casino. PLEASE BRING PHOTO ID. There is no outside food or beverages permitted, but there is food court available to purchase lunch.

Monthly Programs

Advanced Art Class (Registration Required)

Class is currently full, waitlist only

The class will be scheduled every Wednesday from 1:00-3:00pm for expired and skilled artists only. Art instructor, Pat Sutherland 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 their 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

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

Tuesday, October 17th, "Love Again"

A young woman tries to ease the pain of her fiancé's death by sending romantic texts to his old cell phone number, and forms a connection with the man the number has been reassigned to.
(2023, 1h 44min)

Tuesday, October 24th, "Love at First Sight"

Hadley and Oliver begin to fall for each other on their flight from New York to London. The probability of ever finding each other again seems impossible, but love - and London - may have a way of defying the odds. (2023, 1hr, 30 mins)

Friday, October 27th, "Happiness is for Beginners"

Helen signs up for a wilderness survival course, a year after getting divorced. She discovers through this experience that sometimes, you have to get really lost in order to find yourself.
(2023, 1hr, 43 mins)