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**

**Summer Luau Party**
Friday, August 9th, 12:00pm Doors Open 11:45am
$5 PER MEMBER, RSVP REQUIRED FOR MEMBERS BY AUGUST 6TH
Aloha! Hula on over to our tropical paradise as we celebrate with a hot lunch, live entertainment. & raffles!

**Paint Like Me Art Class**
Friday, August 16th, 10:30am RSVP REQUIRED LIMITED CAPACITY
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. WE HAVE A LARGE WAITLIST SO YOUR SPOT WILL BE GIVEN AWAY AT THE START OF THE PROGRAM IF YOU ARE NOT AT THE CENTER.

**Opera Lecture “Il Trovatore”**
Monday, August 19th, 10:30am
Il trovatore (‘The Troubadour’) is an opera in four acts by Giuseppe Verdi to an Italian libretto largely written by Salvadore Cammarano, based on the play El trovador (1836) by Antonio García Gutiérrez. It was García Gutiérrez’s most successful play, one which Verdi scholar Julian Budden describes as “a high flown, sprawling melodrama flamboyantly defiant of the Aristotelian unities, packed with all manner of fantastic and bizarre incident."

**Trip to Empire Casino**
Thursday, August 22nd, $2 Per Member, Bus Departs Center 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 a food court available to purchase lunch.

**“Property, Politics & Power Lecture By Mark Albertson**
Thursday, August 29th, 10:30am
This lecture will discuss the founding principle of America: Land.

**Broadway Concert By Bonnie Rapp Rofe**
Tuesday, August 27th, 1:00pm
Bonnie Rofé is a seasoned vocalist who has performed in numerous productions including the National Tour of Andrew Lloyd Webber’s The Phantom of the Opera where she had the honor of playing the lead role of Christine Daaé. She brings her love of Broadway to her audiences with various shows and songs from composers including Rodgers and Hammerstein, Jerry Herman, Irving Berlin, Stephen Sondheim, Jule Stein, Frank Loesser, Meredith Wilson, Sheldon and Bock, George and Ira Gershwin, George M. Cohan, Cole Porter, Lerner and Loewe, and many more!

**Pizza Bingo**
Friday, August 30th 12:00pm RSVP REQUIRED BY August 26th
12:00pm-12:20pm 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 advance of the scheduled bingo game. One free card if your birthday is that month. **Pizza will not be served after 12:20pm.**
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 experienced 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.

**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 aero-bics and dance moves. All levels are welcome.

**Trim & Tone**
- **Days:** Tuesdays  
- **Time:** 11:00am  
**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.

**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.

**Zumba Gold**
- **Days:** Thursdays  
- **Time:** 1:00pm  
**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.

**Tai Chi**
- **Days:** Fridays  
- **Time:** 1:30pm  
**Description:** Tai chi is a gentle, low-impact form of exercise in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths.

**Movie Showings**

*Please see monthly calendar for movie show times.*

**Tuesday, July 30th “The Scoop”**
How the BBC obtained the bombshell interview with Prince Andrew about his friendship with convicted sex offender Jeffrey Epstein. *(2024, 1hr, 42mins)*

**Thursday, August 8th “Mother of the Bride”**
Lana's daughter Emma returns from London and announces that she's getting married next month. Things become more complicated when Lana learns that the man who stole Emma's heart is the son of the man who broke hers years ago. *(2024, 1hr 28 mins)*

**Tuesday August 15th, Documentary “Call Me Kate”**
A feature documentary which captures Katharine Hepburn's spirit and determination, exploring her story using her own words, through a combination of hours of previously hidden and intimate audio tapes, video and photographic archive. *(2024, 1hr, 26mins)*

**Thursday, August 15th “The Miracle Club”**
There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes. *(2023, 1hr 30 mins)*