

Senior Moments Newsletter

Town of Mamaroneck Senior Center

1288 Boston Post Road, Larchmont, NY 10538

Phone Number: (914) 834-8840

Senior Center Hours: 10:00AM - 3:30PM

Memorial Day Through Labor Day

Hours: 10:00AM-3:00PM

www.TownofMamaroneckny.org

May 2022



The Senior Center operates under the auspices of the Town of Mamaroneck Community Services Office. 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.

Upcoming Special Events

Cinco De Mayo Fiesta

Friday May 6th, 12:00pm

\$5 Per Members, RSVP & Payment Due By May 2nd

No time for a siesta we are having a fiesta! You won't have to go south of the border this year to have a good time. So join us for a Mexican themed menu, live entertainment, raffles and more! Its nacho ordinary party

Eleanor Roosevelt Lecture By Mark Albertson

Wednesday May 11th 11:00am Reservations Required.

Join historian Mark Albertson for a history lecture on Anna Eleanor Roosevelt. She served as the first lady of the United States from 1933 to 1945, during her husband President Franklin D. Roosevelt's four terms in office, making her the longest-serving first lady of the United States. Mark Albertson is an historical research editor at Army Aviation magazine; and, is the historian for the Army Aviation Association of America. Mark is an avid speaker on a variety of issues on history and appears in a variety of venues.

Katonah Museum of Art Trip "Constant Carnival: The Haas Brothers in Context Exhibit"

Tuesday May 17th, \$9 Per Member, Be at center by 9:00am, Bus Departs @ 9:30am

RSVP & Payment Due By May 13th. No refunds after May 13th

Join us for a docent led tour of this great exhibit. Constant Carnival: The Haas Brothers in Context explores the work of contemporary artists Simon and Nikolai Haas within the art historical tradition of the carnivalesque. The exhibition is the first to pair the Haas Brothers' sculptures and drawings with historical, modern, and contemporary masterworks. The exhibition, which traces the history of the carnivalesque from the sixteenth century to the present.

Best of Broadway Concert By Bonnie Rapp Rofe

Thursday May 26th, 1:00pm

FREE, Reservations Required.

Bonnie Rofe is a seasoned vocalist who has performed in numerous productions including the National Tour of 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!

Birthday Pizza Bingo

Friday, May 27th, 12:00pm Reservations Required

12pm Pizza, 1:00pm Bingo / \$4 for Pizza & \$1 Per Bingo Card

Pizza will be served in individual boxes. Pizza must be ordered at least 2 days in advanced of the scheduled bingo game. There will not be any available to purchase that day. One free card if your birthday is that month.

Trip to Tour Rosen House & Gardens at Caramoor

Friday, June 3rd, \$15 per person, Be @ Center By 9:30am, Bus Departs at 10am

RSVP & Payment By June 1st

The Mediterranean-style House was built during the period between 1929 and 1939 by Walter Rosen, a Berlin-born, Harvard and NYU Law School-educated international banker specializing in railroads, and Lucie Bigelow Dodge Rosen, an independently minded, spirited, and highly intelligent member of a prominent New York City family. Filled with examples of fine and decorative Asian and Renaissance art, the House offers a number of treasures, including complete 18th-century rooms, originally from private villas and chateaux in Italy, France, and England.

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, Reservations Required)

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.

Trim & Tone

Days: Tuesdays **Time:** 10:30am & 12:00pm

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

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

Zumba Gold (time change for June only)

Days: Thursdays **Time:** 10:30am (Chair) & 12:00pm (Standing)

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. The chairs class alternates between sitting and standing dances.

Movie Showings

All movies are shown at 12:30pm, unless stated otherwise

Friday May 13th "Dune"

Early Start

A noble family becomes embroiled in a war for control over the galaxy's most valuable asset while it's heir becomes troubled by visions of a dark future. 2021, 2h 30min)

Friday May 20th "The Home Team"

The story about New Orleans Saints head coach Sean Payton coaching his son's 6th grade football team, when Payton was suspended for the entire 2012 season as a result of his role in the Saints' Bountygate scandal. (2021, 1h 39min)

Friday June 3rd "Midnight in Paris"

While on a trip to Paris with his fiancée's family, a nostalgic screenwriter finds himself mysteriously going back to the 1920s every day at midnight. (2011, 1h 39min)

Announcements

Summer Hours Begin: The center will start closing at 3:00pm on May 31st

Zumba Class Time Change: Please note that there will be a change of the Zumba classes for the month on June ONLY to accommodate the weekly opera lecture series. Please see the calendar for dates and times of classes.