

# 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



## June 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

#### June Opera Lecture Series

June 2nd La Boheme, June 9th: Rigoletto, June 16th Madama Butterfly, June 23rd: La Trivata

Join us for a lively informative presentation of several operas by Giuseppe Verdi and Giacomo Puccini with Professor Joan Adinolfi Mallory. She will explore the history, libretto and aria highlights, as well as the cultural and social significance of these various operas.

#### Rainforest Butterflies Presentation

**Tuesday June 14th, 1:30pm**

Steve, aka "The Butterfly Man", will come with fascinating details about more than 25,000 different species of butterflies and over 500,000 species of moths throughout the world! Steve will show preserved examples of butterflies and how these extraordinary creatures adapt to their environment through mimicry and camouflage. He will explain how their beautiful, bright colors help them to communicate, while also serving as a warning to would be predators.

#### Birthday Pizza Bingo

**Friday, June 17, 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.

#### Saxon Woods Pool Party Trip

**Wednesday, June 22nd \$5 Per Member**

**Please be @ center by 9am, Bus Departs 9:30am Reservations Required**

This pool party will include live entertainment by the Total Soul Band, who play everything from Motown, 50's & 60's, blues, jazz and Big Band favorites. Lifeguards will be on duty so everyone can start the summer with a swim, please bring a bathing suit and a towel. The park also offers poolside mini golf, exercise classes and shuffleboard.

**THIS EVENT IS RAIN OR SHINE**

#### Summer Sizzler Party

**Friday June 24th, 12:00pm**

**\$5 Per Members, *RSVP & Payment Due By June 20th***

Summer is finally here because the air is hot and the drinks are cold! Join us in welcoming the 2022 summer season. We will have a hot lunch, raffles, dancing and live music by The Squeaky Clean Band.

#### French Impressionism Lecture By Darby

**Wednesday June 29th, 11:00am**

Join Darby for her lecture on French Impressionism. Impressionism developed in France in the nineteenth century and is based on the practice of painting spontaneously 'on the spot' rather than in a studio from sketches. Darby Cartun works at Norwalk College and received her BS from Syracuse University and MAT from Sacred Heart University.

# 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 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)

### Friday, June 10th "Rescued By Ruby"

Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby. (2022, 1h 30min)

### Friday, July 1st "St. Vincent" (tentative due to construction)

A young boy whose parents have just divorced finds an unlikely friend and mentor in the misanthropic, bawdy, hedonistic war veteran who lives next door. (2014, 1h 42min)

## Announcements

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

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

**Senior Center Closed:** June 27th for the Primary Elections

**Parking Lot Renovation:** The senior center parking lot is expected to be renovated in early July. The center will have to close for this project. We will provide more details at a later date. Programs are subject to change/ cancellation.