



April  
2021

# 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.TownofMamaroneck.org](http://www.TownofMamaroneck.org)

## This Month's Special Events

# BINGO



## IS BACK!!! April 5th & 19th

12pm Pizza, 1:00pm Bingo



We are theming our Bingo Games. If you come dressed up, receive a free lottery ticket!  
*This Month's Theme: "Opening Day"*

**\$3 PER PERSON TO PLAY** (*We are not charging per card*)  
Members may only attend ONE Bingo Game, Members only

### A RESERVATION IS REQUIRED!!

Please do not show up without one. We are only allowing a specific number of people in the room and WILL NOT have extra seating or equipment available. We will be using paper rip-off bingo sheets instead of our normal cards. Each person will pay \$3 and will receive a bingo packet of cards.

### Pizza

Pizza will be served in individual boxes and not coming from our normal vendor. Pizza will cost \$3 per individual. **IT MUST BE ORDERED BY THE THURSDAY BEFORE.** There will not be any available to purchase that day. Pizza Served at 12pm.



## YANKEE DAY



Thursday, April 29th

12pm Food, 1:00pm Game

Reservations Required By April 27th

Join us for an afternoon of baseball! The meal is prepackaged and includes 2 hotdogs, baked beans and sauerkraut. The cost of the meal is \$3. The meal is not required to attend. All who want to attend must RSVP.

# Monthly Programs

## Exercise Classes Offered

(See Monthly Calendar for Exact Dates, RESERVATIONS REQUIRED)

### Dancercise

**Days:** Mondays & Wednesdays      **Time:** 10:00am

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

### Trim & Tone

**Days:** Tuesdays & Thursdays      **Time:** 10:00am & 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.

### Zumba Gold

**Days:** Fridays      **Time:** 10:00am (Chair) & 1:15pm (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.



## Movie Showings



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

**Reservations Required**

Wednesday April 7th

*"The Trial of the Chicago Seven"*

2h 9min | Drama, History, Thriller The story of 7 people on trial stemming from various charges surrounding the uprising at the 1968 Democratic National Convention in Chicago, Illinois.

Monday, April 12th

*"Our Souls at Night"*

1h 43min | Drama, Romance 2017

Fonda and Redford star as Addie Moore and Louis Waters, a widow and widower who've lived next to each other for years. The pair have almost no relationship, but that all changes when Addie tries to make a connection with her neighbor.

Wednesday April 14th

*"Nomadland"*

1h 47min | Drama 2020

After losing everything in the Great Recession, a woman embarks on a journey through the American West, living as a van-dwelling modern-day nomad.

Wednesday April 21st

*"Crazy, Stupid, Love"*

1h 58min | Comedy, Drama, Romance, 2011

A middle-aged husband's life changes dramatically when his wife asks him for a divorce. He seeks to rediscover his manhood with the help of a newfound friend, Jacob, learning to pick up girls at bars.

Thursday April 22nd

*"Safe Haven"*

1h 55min | Drama, Romance, Thriller, 2013

A young woman with a mysterious past lands in Southport, North Carolina where her bond with a widower forces her to confront the dark secret that haunts her.

Friday April 23rd

*"I Care A Lot"*

1h 58min | Comedy, Crime, Thriller 2020

A crooked legal guardian who drains the savings of her elderly wards meets her match when a woman she tries to swindle turns out to be more than she first appears.

Monday, April 26th

*"Lady in the Van"*

1h 44min | Biography, Comedy, Drama, 2015

A man forms an unexpected bond with a transient woman living in her van that's parked in his driveway.

**Programs & Events are Subject to Change**