



May
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

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. The center is open year-round, Monday- Friday and is available to adults 55 years and older.

2021 Membership Fees Now Due For All Members

Reduced Price: \$15 for Residents, \$20 for Non-Residents

Payments May Be Made By Cash or Check

This Month's Special Events

PIZZA BINGO

May 14th, 21st & 28th

12pm Pizza, 1:00pm Bingo / \$3 for Pizza & \$3 Per Bingo Packet

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.**

Pizza will be served in individual boxes and not coming from our normal vendor.

PIZZA MUST BE ORDERED 3 DAYS IN ADVANCE OF THE SCHEDULED BINGO GAME. There will not be any available to purchase that day.

Stay Strong & Fit Returns

Begins May 12th, Wednesdays 1:00pm & 2:00pm

The Stay Strong & Fit class with John is returning on Wednesday afternoons beginning on May 12th. **RSVP for this class is REQUIRED. WE ARE ELIMINATING THE THURSDAY TRIM & TONE CLASSES to make room for other programs. All members currently taking the Trim & Tone class on either day must RSVP again, but can only signup for EITHER TRIM & TONE OR STAY STRONG AND FIT, NOT BOTH.**

Depending on the level of interest, this guideline may eventually change. **If you take his 2:00pm session please do not show up more than 10 minutes before the class time starts.**

The Return of Table Top Games

We are delighted to inform you that we will be starting tabletop games again beginning May 3rd.

Everyone who wants to play will be **required to be vaccinated** and they must be wearing a mask properly at all times. Be advised that you will not be 6 feet apart and players will also be required to sign an additional waiver before playing acknowledging that. Players will **NOT** be able to eat while they are playing. Each "game" will have a set day that they can come to play starting at 11:30am.

- Mondays: Poker & Chess
- Tuesday: Mahjonn
- Thursday: Bridge

IF YOU ARE INTERESETED IN PLAYING ANY OF THESE GAMES, PLEASE CALL THE SENIOR CENTER TO MAKE A RESERVATION.

Advance Art with Pat Returns

The Advanced Art class will be returning on Wednesday afternoons beginning on May 5th.

Please be advised that you must be fully vaccinated to take this class. The class will be scheduled from 1:00-3:00pm every other Wednesday. We are not charging an additional fee at this time. Those taking this class must bring their own art supplies. **Please call the senior center for information and to make a reservation for this class.**

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 **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.

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

Days: Thursdays **Time:** 10:00am (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



Movie Showings



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

Reservations Required

Monday, May 3rd

"Downtown Abbey"

2h 2min | Drama, Romance 2019

The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century.

Monday, May 10th

"The Zookeeper's Wife"

2h 7min | Biography, Drama, History 2017

Keepers of the Warsaw Zoo, Antonina and Jan Zabinski, must save hundreds of people and animals during the Nazi invasion in WWII Poland.

Monday, May 17th

"Quartet"

1h 38min | Comedy, Drama 2012

At a home for retired musicians, the annual concert to celebrate Composer Giuseppe Verdi's birthday is disrupted by the arrival of Jean (Dame Maggie Smith), an eternal diva and the former wife of one of the residents.

Monday, May 24th

"Just Mercy"

| 2h 17min | Biography, Crime, Drama 2018

World-renowned civil rights defense attorney Bryan Stevenson works to free a wrongly condemned death row prisoner.

Friday, June 4th

"The Time Traveler's Wife"

1h 47min | Drama, Fantasy, Romance 2009

A Chicago librarian has a gene that causes him to involuntarily time travel, creating complications in his marriage.