

# "FEBRUARY SENIOR MOMENTS"

\*\*\*SENIOR CENTER HOURS 10:00AM-3:30PM\*\*\*

**MONDAYS** – Poker, Board Games, CHAIR YOGA – 1:15

**TUESDAYS** – Bridge, Mahjong, Board Games

**WEDNESDAYS** - *DANCERISE* with Kathy - 10:30

**STAY STRONG AND FIT** Exercise Class – 1:00 & 2:00 (starts 1/16)

AM and PM shopping to Stop and Shop & CVS

If interested call 834-8840 the day before or by 9:00am on Wed.

If you come for the Nutrition Program you may go shopping after your meal.

**ADVANCED ART CLASS** – Senior members work in different mediums of art.

**THURSDAY**- TAI CHI Exercise Class, Poker, Bridge, Board Games

**FRIDAY** - Special Events and Movies, Board Games, Mahjonn

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**FEBRUARY 1**            **VALENTINE'S LUNCHEON**    12Noon  
Hosted by the Harrison/Mamaroneck Rotary Club  
\$4.00    **MUST RSVP by Wed. Jan. 30<sup>th</sup>**  
Lunch, Raffles, Music and Dancing with Bob Liggio

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**\*\* PLASE NOTE – THERE WILL BE NO DANCERCISE ON FEB. 20<sup>TH</sup> & 27<sup>TH</sup>**

**FEBRUARY 4**    **LARCHMONT GARDEN CLUB PRESENTATION 1:15pm**  
Enjoy a wonderful presentation about Various Plantings in the Mamaroneck/Larchmont Area.  
All Welcome to attend.

**FEBRUARY 6**    **STAY STRONG & FIT**    Group A at 1:00 and Group B at 2:00  
Members Only

**FEBRUARY 8**            **MOVIES AND MUNCHIES**    12:45pm  
"MOMMA MIA – HERE WE GO AGAIN" - In this musical romantic comedy, a woman grapples with running her mother's villa while also expecting her first child and worries that she won't be able to handle everything on her own, so she enlists two of her mother's friends for assurance, help and guidance. Along the way, she learns more about her mother's past and how faces a surprise visit from someone she's never met: her own grandmother. Starring Amanda Seyfried, Meryl Streep, Pierce Brosnan, Colin Firth, Stellan Skarsgård, and Christine Baranski.

**FEBRUARY 11**        **Blood Pressures-Nurse Kathy**    12:30-1:00 in Office.  
Bring blood pressure card.

**FEBRUARY 12**            **SENIOR CENTER CLOSED**  
**LINCOLN'S BIRTHDAY**

**FEBRUARY 13**    **STAY STRONG & FIT**    Group A at 1:00 and Group B at 2:00  
Members Only

**FEBRUARY 15**

**ZUMBA GOLD with Laura at 1:30pm  
FREE for members      Non-members \$5.00**

**FEBRUARY 18**

**SENIOR CENTER CLOSED  
WASHINGTON'S BIRTHDAY**

**FEBRUARY 19**

**TAX PREP with Cindy Goldstein 11:00-12:00.  
Cindy will be at the Center to assist our Seniors with their 2017 Income Tax Returns**

**MEDICARE MINUTE      Our own Carolyn Gallaher is back to bring us the latest in  
Medicare News 12:30PM Activities suspended during presentation and attendance required of  
all members**

**FEBRUARY 20**

**STAY STRONG & FIT      Group A at 1:00 and Group B at 2:00  
Members Only**

**FEBRUARY 21**

**DINNER THEATRE TRIP TO "AIN'T MISBEHAVIN"  
Bus Leaves Senior Center at 11:00am**

**FEBRUARY 22**

**BIRTHDAY/PIZZA/BINGO  
RSVP for PIZZA      \$1.25/slice (eat in only)  
Bingo Boards - \$1.00      FREE Bingo Board for all FEBRUARY Birthdays**

**FEBRUARY 27**

**STAY STRONG & FIT      Group A at 1:00 and Group B at 2:00  
Members Only**

**MARCH 1**

**ZUMBA GOLD with Laura at 1:30pm  
FREE for members      Non-members \$5.00**

**SAVE THE DATE**

**Tuesday, March 19<sup>th</sup> – St. Patrick's Day Luncheon**

**SENIOR CENTER SING- A- LONG**

**THANK YOU DAVE BERMAN!!!!**

