

Senior Moments Newsletter

Town of Mamaroneck Senior Center

1288 Boston Post Road, Larchmont, NY 10538

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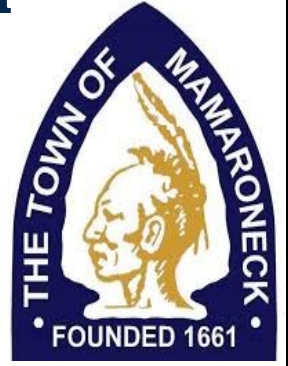
Senior Center Hours: 9:30AM - 3:30PM

Memorial Day Through Labor Day

Hours: 9:30AM-3:00PM

www.TownofMamaroneckny.org

March 2023



The Senior Center operates under the auspices of the Town of Mamaroneck Recreation department. 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.

Upcoming Special Events

St. Patrick's Day Celebration

Thursday, March 9th, \$5 Per Member, 12:00pm Doors Open 11:45am

RSVP & PAYMENT DUE BY FRIDAY, MARCH 3RD

Eat, Drink and be Irish for the day! We will be having a Irish themed lunch, live entertainment, raffles and more!!

Art Lecture By Darby Cartun

Friday, March 10th 11:00am

Join Darby for a morning discussion about artist history. Darby Cartun works at Norwalk College and received her BS from Syracuse University and MAT from Sacred Heart University.

"Helen Keller" Lecture By Mark Albertson

Thursday, March 16th, 10:30am

Helen Adams Keller was an American author, disability rights advocate, political activist and lecturer. This presentation will explain one of America's most remarkable ladies as a Socialist. Mark will also bring a copy of J. Edgar Hoover's 54-page FBI file on Helen Keller.

Opera Lecture By Joseph Lawliss

Monday, March 20th, 10:30am

Join us for a morning of watching and discussing opera with Joseph Lawliss. Joseph has studied music theory and musical literature. He was previously a soloist at the Rimsky Korsakov Theater and studied as a young soloist at the Kirov for 4 years.

Pizza Bingo

Friday, March 24th, 12:00pm **RSVP REQUIRED MARCH 22ND**

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

The pizza meal includes one slice of pizza, a side salad and a fruit. An additional slice can be purchased for \$2. **Pizza must be ordered at least 2 days in advanced of the scheduled bingo game.** One free card if your birthday is that month.

Paint Like Me Art Class

Monday March, 27th, 10:30am **RSVP REQUIRED, LIMITED CLASS SIZE**

Join instructor Ellen Gordon in learning how to recreate a painting step by step. This class is great for anyone, including beginners, who want a little art-related fun and want to explore their creative side

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, Programs Subject to Change)

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:** 12:30pm & 1:40pm

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

Zumba Gold

Days: Thursdays **Time:** 10:30am (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 12:00pm, unless stated otherwise

Friday, March 3rd, "Your Place or Mine"

Two long-distance best friends change each other's lives when she decides to pursue a lifelong dream and he volunteers to keep an eye on her teenage son. (2023, 1h 49min)

Monday, March 13th "Dog Gone"

Based on the true story of a father and son who repair their fractured relationship during a forced hike of the Appalachian trail to find their beloved lost dog. (2023, 1h 38min)

Friday, March 17th "Big Eyes"

A drama about the awakening of painter Margaret Keane, her phenomenal success in the 1950s, and the subsequent legal difficulties she had with her husband, who claimed credit for her works in the 1960s. (2014, 1h 46min)

Friday, March 31st "Lion"

A five-year-old Indian boy is adopted by an Australian couple after getting lost hundreds of kilometers from home. 25 years later, he sets out to find his lost family. (2014, 1h 58min)