

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



October 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

"Iraq: Creation of Colonialism" Lecture By Mark Albertson

Thursday October 6th, 10:30am

Join historian Mark Albertson for an upcoming lecture. October marks the 90th anniversary of Iraq being admitted to the League of Nations among the family of nations. But how was this nation founded? It was the product of the colonial aspiration of Britain and France.

Art History for Travelers Lecture Series By Sue Altman

Tuesday, October 11th, 18th, 25th, 11am

Sue Altman an art historian and educator will take us on a virtual tour through the artistic wonders of France, Italy, Greece, the United Kingdom, Spain, and the Netherlands. We will explore the great museums, architecture and ancient artifacts through detailed slide presentations

Trip to Pocantico Hill Church & 3 Course Lunch at Tramonto's

Friday October 14, \$58 Per Member, Bus Departs at 10:30am

Union Church of Pocantico Hills features stained-glass windows by Henri Matisse, including his last work, the Rose Window, and nine windows by Marc Chagall. We will be taking a 45 minute guided tour through the church and having a 3 course lunch after at Tramonto restaurant. Please see the flyer for the menu options.

Opera Lecture By Joseph Lawliss

Monday October 17th, 10:30am

Join us for an afternoon of discussing opera with Joseph Lawliss. Joseph will be reviewing the 1st half of an Opera. 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. Later on he wrote opera reviews in St. Petersburg for the guardian, the Herald Tribune and the St. Petersburg times.

Flu Shot Clinic

*Tuesday October 18, **RSVP REQUIRED***

We will be hosting a flu shot clinic by CVS pharmacy. If you are interested in receiving a flu shot, please make a reservation with us. We will need your name, phone number and date of birth. We will reach out once we get our list about make specific appointment times.

Oktoberfest Party

Friday October 21st, \$5 Per Member, 12:00pm Doors Open 11:45am

Put on your Lederhosen, grab your beer stein and yodel your way over to our senior center haus. Come enjoy an Oktoberfest themed menu, live entertainment, dancing and raffles!

Trip to the Orchards

Monday October 24th, \$2 Per Member, Bus Departs at 10:00am

Join us for an afternoon at the orchard! They have apple picking, fresh produce, baked goods and more!
PLEASE WEAR YOUR WALKING SHOES, but there is seating available at the orchard.

Halloween Birthday Pizza Bingo

Friday, October 28th, 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.

WEAR A COSTUME GET A FREE CARD. IT CANNOT BE JUST A HAT, MUST BE AN OUTFIT

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:** 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:** 10:30am (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

Tuesday October 4th "Look Both Ways"

On the eve of her college graduation, Natalie's life diverges into parallel realities: one in which she becomes pregnant and remains in her hometown to raise her child and another in which she moves to LA to pursue her dream career. (2022, 1h 50min)

Friday, October 7th "Purple Hearts"

In spite of their many differences, Cassie, a struggling singer-songwriter, and Luke, a troubled Marine, agree to marry solely for military benefits. But when tragedy strikes, the line between real and pretend begins to blur. (2022, 2h 2min)

Friday October 14th, "Love & Gelato"

Lina makes a promise to her sick mother that she'll spend the summer before college in Rome, where she falls for the city, the people - and the "gelato". (2022, 1h 50min)

Friday November 4th "Elvis"

The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker. (2022, 2 hr, 40min)