

## SENIOR MOMENTS NEWSLETTER

Welcome to the Town of Mamaroneck Senior Center Newsletter

### **“Senior Moments”**

**MONDAYS** –Advanced Italian – for the more advanced students. Only Italian spoke throughout this class. Mah Jongg “Book and Its Movie” series or Chair Exercises.

**TUESDAYS** –Conversational Spanish – for the Advanced Beginner vocabulary and word usage to help you speak and understand Spanish. Bridge and Board Games.

**WEDNESDAY** – AM and PM shopping to Stop and Shop & CVS If interested call 381-7840 the day before or by 9:00am on Wed. If you come for the Nutrition Program you may go shopping after your meal.

**Tai Chi** – a Chinese form of physical exercise characterized by a series of very slow & deliberate body movements.

**Painting Class** –senior members work in different mediums of art.  
**Dancercise** – Move to popular dances tunes. Have fun & stay in Shape.

**THURSDAY** – Bridge, Duplicate Bridge, Board Games and Pokeno.

**FRIDAY** – Special Events and Movies.

**THANKS TO** “Chocolations” of Mamaroneck for sending special chocolate treats to the Valentines Luncheon and to Jennifer for bringing her “Tuesday Treats” to our Valentines Luncheon

**TREATS ON TUESDAYS – THANKS TO Jennifer Graziano who will be bringing us goodies every Tuesday!!!!!!**

**MARCH 26 – TRIP TO KATONAH MUSEUM AND LUNCH AT CRABTREE KITTLE HOUSE** – Bus leaves 11:00am – Tour of “The Art of Contemporary Puppet Theatre” 12-1:00pm then special “Restaurant Week” Lunch at Crabtree Kittle House – 1:30pm  
Cost - \$25.00- for transportation, museum, & lunch (lunch tip extra)  
**MOVIE & MUNCHIES- “MEET THE PARENTS” 1:00pm**

[Ben Stiller](#) plays a young man who endures a disastrous weekend at the home of his girlfriend's parents. Greg Focker ([Stiller](#)) is completely in love with Pam Byrnes ([Teri Polo](#)), and views their upcoming trip to her parents' house on Long Island (where her sister is to be married during the weekend) as a perfect opportunity to ask her to marry him. Once Greg is introduced to Pam's parents, however, things stampede steadily downhill.

**MARCH 29 - A BOOK AND ITS MOVIE – 1:00pm**  
“A TIME TO KILL” Starring Sandra Bullock, Rob brings us one of the most fascinating actress in this thriller. Enjoy an afternoon at the cinema!

### **SPECIAL THANK YOUS.....**

**Thank you to The Mamaroneck and Larchmont Rotary Clubs** for hosting a wonderful Valentines Luncheon with great food, dessert, music and prizes galore We all LOVED the afternoon!

**A Big Thank You to George Latimer** for hosting our Medicare Rights Presentation – it was very Informative and interesting.

Any members interested in playing **Backgammon** please see Maria or Kathy. We have members who are interested in playing and would like to know if there are any others who would like to join in.

**WEIGHT WATCHERS at the Senior Center-** members have expressed an interest in starting a weight watcher group at the center. They offer a 12-week program, for \$144.00 & would come to our center once a week to present the program The cost can be paid in 3 installments (\$48.00). We need 15 people to make it work. Non-members welcomed. See Maria or Kathy if interested.

**MARCH 1 - CHAIR EXERCISES** - 1:00pm – stretch, relax, and unwind while sitting in your chair. Help your body feel good!!!!

**ARTS & CRAFTS PROJECT – 1:30** – Join Kathy for special fun with a special project!

**MARCH 5 - SHOPPING TRIP TO???????**

Join Kathy for all those great sales where ever we go.

Bus leaves at 12:30. (right after lunch) Cost: \$1.00

**MARCH 8 – ZUMBA GOLD – 2:00pm** Try this exciting new exercise routine brought to you by a professional instructor. DON'T MISS IT!!!! – free to all our members- \$4.00 non-members

Wear comfortable shoes/sneakers

**MARCH 9 - Tax Assistance** with your 2009 tax returns. Cindy Goldstein will be at the Senior Center to answer any questions you may have regarding your 2009 tax returns. 10:00am-12noon.

\*\*\*\*Angelina Brown our **Visiting Nurse** will join us today\*\*\*\*

**MARCH 12 -BIRTHDAY/PIZZA BASH 12:00pm**

\$1.00 A SLICE/ EAT IN ONLY

Come Celebrate all FEBRUARY & MARCH Birthdays. RSVP by 11<sup>TH</sup>

**ENTERTAINMENT & BINGO WITH CENTRAL SCHOOL**

Our Friends from Central School will visit us today with their School Orchestra (5<sup>th</sup> grade) and then visit and play BINGO with us (2<sup>nd</sup> grade)

FREE Bingo Board for February & March Birthday Gals and Guys.

**MARCH 15 – – ST. PATRICK'S DAY LUNCHEON** – 12 Noon

Corn Beef, Cabbage, Irish Soda Bread, Beer, Soda,  
Coffee & Dessert

Music, Raffles, and lots of FUN!!!

Food by the leprechauns at Carlyn's Cove

\$5.00 for members \$8.00 for non-members RSVP by March 11<sup>th</sup>

**MARCH 16 - SENIOR CENTER BUSINESS MEETING 12 Noon**

All activities suspended during meeting.

COLD LUNCH will be served after meeting - 12:30.

Medicare Minute will take place immediately following the Business Meeting.

**MARCH 18 - ZUMBA GOLD – 1:00pm** Laura is back with more fun routines and music to enjoy while you exercise DON'T MISS IT!!!! –

Free to all our members- \$4.00 non-members

Wear comfortable shoes/sneakers

**MARCH 19** – TRIP TO LARCHMONT WOMEN'S CLUB –we have been invited to attend a presentation entitled “Preserving America's Heritage: The Restoration and Preservation of Stained and Leaded Glass” Refreshment follow 1-3:00pm. FREE RSVP by March 16<sup>th</sup> transportation provided from center

**MOVIE & MUNCHIES- “THE PROPOSAL” 1:00pm**

[Sandra Bullock](#) stars in this romantic comedy as a Canadian immigrant who creates a demanding and difficult work environment for her subordinates at the office. When the news arrives that she's about to be deported to the Great White North, she rushes into a marriage of convenience with her young assistant ([Ryan Reynolds](#)) to prevent such a catastrophe from occurring.

**MARCH 22 –A BOOK AND ITS MOVIE –1:00pm LET'S TRY AGAIN!**

“CALL NORTH SIDE 777” Starring James Stewart

Rob has been with us for years and always brings us such interesting and entertaining films. Here is another one for us to enjoy.

**MARCH 23-** NUTRITION PRESENTATION 12:30-1:15pm

**ALL ACTIVITIES SUSPENDED**

“Nutrition From The Ground Up” presented by the Department of Senior Services and Programs

**ARTS & CRAFTS PROJECT – 1:30** –Kathy is ready with special Spring Time Project.

\*\*\*\***PROM NIGHT**\*\*\*\* 5:30-8:00PM \$5.00 must RSVP by March 19<sup>th</sup>  
NEW DATE!!!! –Don't miss this wonderful evening of dining, dancing & prizes.

Mamaroneck High School – transportation provided

**MARCH 24 – CUTTING PROJECTS** – volunteers to help with our special service projects today.