

SEPT. 27 A BOOK AND IT'S MOVIE 1:00PM

“THE CLIENT” Starring Susan Sarandon. Relax and take in an afternoon at the movies with Rob Goldstone. Enjoy the info session and a great pic!

SEPT. 30 ZUMBA GOLD – 1:30pm Do Not Miss this great work out With Laura – you will move and have fun as you exercise to the lively music Free to all members- \$4.00 non-members

OCT. 1 MOVIE & MUNCHIES 1:00PM

“PRECIOUS” Inspirational, contains harsh scenes – Rated R

Based on a best-selling novel about an overweight, illiterate African-American teen from Harlem who discovers an alternate path in life after she begins attending a new school. Clareece "Precious" Jones is only a teenager, yet she's about to give birth to her second child. Unable to read or write, Clareece shows little prospect for the future until discovering that she has been accepted into an alternative school. There, with a little help from a sympathetic teacher ([Paula Patton](#)) and a kindly nurse ([Lenny Kravitz](#)), the young girl receives something that most teens never get -- a chance to start over.

SPECIAL NOTE – THE HEALTH DEPARTMENT WILL NOT BE GIVING FLU SHOTS THIS SEASON AT THE SENIOR CENTER. LOCAL CVS PHARMACY WILL HAVE THE VACCINE AVAILABLE

SPECIAL THANK YOUS.....

THANK YOU TO Maryla for keeping our stock of Matzos and white paper plentiful!

Upcoming Events in OCTOBER:

Golden Harvest Dance for Seniors – Oct. 5th

Westchester Dinner Theatre Trip – Jekyll and Hyde – Oct. 20th

Trip to Jacob Burns Film Center – Oct. 27th

Oktoberfest Luncheon / Mohegan Sun trip

******REMINDER******

Contribution for Lunch is \$3.00

Contribution for Transportation to Senior Center

75 cents round trip 50 cents one way.

Help Keep Our Programs Alive!!!!!!

SENIOR MOMENTS NEWSLETTER

Welcome to the Town of Mamaroneck Senior Center Newsletter

“Senior Moments”

*****SUMMER HOURS 10:00AM-3:00PM *****

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

TUESDAYS – Bridge, Board Games and Pokeno

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 – morning class a Chinese form of physical exercise characterized by a series of very slow & deliberate body movements. Art Class –senior members work in different mediums of art. Dancercise – Move to popular dances tunes. Have fun & stay in Shape.

THURSDAY – Bridge, Duplicate Bridge,

FRIDAY – Special Events and Movies.

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

SEPT. 3 MOVIE & MUNCHIES 12:40PM

“LEAP YEAR” A woman heads to Ireland in order to force her boyfriend to accept her wedding proposal by scheduling it on leap day, the only time when he couldn't refuse due to the country's tradition in this romantic comedy. A handsome innkeeper throws a wrench into the woman's plans.

SEPT. 6 CENTER CLOSED – LABOR DAY

SEPT. 8 “CRUISE PARTY” Luncheon 12 Noon

Mamaroneck Harbor. Come sail away (on land) with all your friends for a delicious lunch provided by Carlyns Cove.

East Basin at 12 Noon. Contribution \$6.00 (members only)

BBQ spare ribs, Asian Salad, Corn Salad, Potatoes, Frozen Drinks, Soda, Coffee, Dessert Must RSVP by Sept. 3rd

(in case of rain –luncheon will be at senior center)

****No Shopping** (will take place Fri. Sept. 10th)**

****ONLY Art Class at Senior Center 12:30-3:30pm**

SEPT. 10 MOVIE & MUNCHIES 1:00PM

“INVICTUS” Actor [Morgan Freeman](#) portrays anti-apartheid activist and former South African president [Nelson Mandela](#) in this [Clint Eastwood](#)-helmed political: Nelson Mandela and the Game That Changed the World. Set just after the fall of apartheid and during [Mandela](#)'s first term in office, [The Human Factor](#) explores how the political prisoner-turned-president used the 1995 Rugby World Cup -- as a means of bringing blacks and whites together decades of violence and mistrust. [Matt Damon](#) co-stars

SEPT. 13 TRIP TO ARHUR AVENUE AND RIGOLETTO'S

Bus leaves at 10:00am – shop till Lunch at 12noon, then shop again till 3:30. Salad, choice of Ravioli with meatball & sausage, chicken parm. or eggplant parm., soda, coffee & cookies. \$31.00 per person (includes tip) Space limited.

SPET. 14 BUSINESS MEETING 12 Noon

Important Senior Center News all members invited to attend

All activities suspended during meeting.

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

Medicare Minute will take place immediately following the Business Meeting.

Angelina Brown – our Visiting Nurse will be here!

SHOPPING TRIP-TBA –1:00 (possibly to Kohl's and \$\$ Store)

SEPT. 16 ZUMBA GOLD – 1:30pm Get ready to move and groove to the music and the beat with Laura – Free to all members- \$4.00 non-members

SEPT. 17 BIRTHDAY/PIZZA/BINGO BASH 12:15pm

\$1.00 A SLICE/ EAT IN ONLY Come Celebrate all September Birthdays.

RSVP by 15th FREE Bingo Board for Sept. Birthday Gals and Guys.

SEPT. 20 A BOOK AND IT'S MOVIE 1:00PM

“THE CHILDREN HOUR” Starring Audrey Hepburn & Shirley MacLaine. The best of all worlds, air-conditioning, pop-corn and interesting stories by Rob Goldstone!!!!

SEPT. 21 - 4TH ANNUAL SENIOR APPRECIATION DAY 10:30-2:30

Lite Breakfast, Lunch, Demos and much more See flyer at Senior Center

An informational and fun day brought to our seniors by

Coxe & Graziano Funeral Home

must RSVP FOR LUNCH!!!!

(all other activities will be suspended for the day)

SEPT. 22 TRIP TO JACOB BURNS FILM CENTER Pleasantville.

Bus leaves at 11:15 from the Senior Center Cost \$6.00 space limited
GOTTA DANCE (93 min.)

A documentary about the first-ever, senior citizen, hip-hop dance team for the New Jersey Nets Basketball team. The film chronicles 12 women and one man, all dance team newbies, from auditions through to center court stardom.

Q&A with the film's director, Dori Berinsein, and dancers from the film following the screening.

Or

CROSSING THE BRIDGE: THE SOUND OF ISTANBUL (90 min.)

A documentary about the contemporary Turkish music scene, featuring an eclectic mix of styles and performers, from folk music to rap to classic rock, all the while keeping the political ramifications of the music in the conversation.

(Turkish/German/Kurdish, English with subtitles.)

See flyer for more information

SEPT. 23 Lunch and Table Deadline for Golden Harvest Dance for Seniors at Westchester County Center on Oct. 5th -see flyer for details

SEPT. 24 ZUMBA GOLD – 1:30pm More music and fun with

Annabelle as you swing with the music and the beat – Free to all members- \$4.00 non-members