

# OCTOBER


# Town of Mamaroneck Senior Center

# 2019

1288 Boston Post Road, Larchmont, NY 10538

(914) 834-8840

Senior Center Open 10:00am- 3:30pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29</b> 	<b>30</b> <b>Empire City Casino Trip</b> <b>Trim &amp; Tone 10:15am</b> <b>POKER/ BOARD GAMES</b> <b>CHAIR YOGA 1:15</b>	<b>1</b> <b>FALL PREVENTION</b> <b>PRESENTATION 1:00</b> <b>BRIDGE/MAHJONG</b> <b>BOARD GAMES</b>	<b>2</b> <b>DANCERCISE 10:30AM</b> <b>SHOPPING/ART CLASS</b> <b>STAY STRONG &amp; FIT</b> <b>A- 1:00 &amp; B- 2:00</b>	<b>3</b> <b>Tai Chi 10:00- 11:00am</b> <b>POKER/BRIDGE</b> <b>Trim &amp; Tone 1:15pm</b>	<b>4</b> <b>MAHJONG</b> <b>BOARD GAMES</b> <b>ZUMBA GOLD 1:30</b>	<b>5</b> 
<b>6</b> 	<b>7</b> <b>Trim &amp; Tone 10:15am</b> <b>Poker/ Board Games</b> <b>Historical Lecture Series</b> <b>"Eleanor &amp; Franklin</b> <b>Roosevelt" 12:45PM</b>	<b>8</b> <b>BRIDGE</b> <b>MAHJONG</b> <b>BOARD GAMES</b>	<b>9</b> <b>DANCERCISE 10:30AM</b> <b>SHOPPING/ART CLASS</b> <b>STAY STRONG &amp; FIT</b> <b>A- 1:00 &amp; B- 2:00</b>	<b>10</b> <b>Tai Chi 10:00- 11:00am</b> <b>POKER/BRIDGE</b> <b>CHAIR YOGA 1:15</b>	<b>11</b> <b>Trim &amp; Tone 10:15am</b> <b>MOVIE &amp; MUNCHIES</b> <b>12:30 "The Wife"</b> <b>MAHJONG</b> <b>BOARD GAMES</b>	<b>12</b> 
<b>13</b> 	<b>14</b> <b>Columbus Day</b> <b>Center Closed</b>	<b>15</b> <b>BRIDGE</b> <b>MAHJONG</b> <b>BOARD GAMES</b>	<b>Last 16 Day to</b> <b>RSVP for Octoberfest!!</b> <b>DANCERCISE 10:30AM</b> <b>SHOPPING/ART CLASS</b> <b>STAY STRONG &amp; FIT</b> <b>A- 1:00 &amp; B- 2:00</b>	<b>17</b> <b>Tai Chi 10:00- 11:00am</b> <b>POKER/BRIDGE</b> <b>CHAIR YOGA 1:15</b>	<b>18</b> <b>OCTOBERFEST</b> <b>LUNCHEON PARTY</b> <b>12:00PM</b>	<b>19</b> 
<b>20</b> 	<b>21</b> <b>Trim &amp; Tone 10:15am</b> <b>Poker/ Board Games</b> <b>Historical Lecture Series</b> <b>"Hitler's Rise &amp; Fall"</b> <b>12:45PM</b>	<b>22</b> <b>BRIDGE</b> <b>MAHJONG</b> <b>MEDICARE MINUTE 12:30</b> <b>ACTIVITIES SUSPENDED</b> <b>DURING PRESENTATION</b>	<b>23</b> <b>DANCERCISE 10:30AM</b> <b>SHOPPING/ART CLASS</b> <b>STAY STRONG &amp; FIT</b> <b>A- 1:00 &amp; B- 2:00</b>	<b>24</b> <b>Tai Chi 10:00- 11:00am</b> <b>POKER/BRIDGE</b> <b>CHAIR YOGA 1:15</b> <b>Blood Pressures</b> <b>12:30- 1:00 in Office</b>	<b>25</b> <b>Trim &amp; Tone 10:15am</b> <b>MAHJONG</b> <b>BOARD GAMES</b> <b>ZUMBA GOLD 1:30</b>	<b>26</b> 
<b>27</b> 	<b>28</b> <b>Trim &amp; Tone 10:15am</b> <b>Poker/ Board Games</b> <b>Historical Lecture Series</b> <b>"Paris: The City of Lights"</b> <b>12:45PM</b>	<b>29</b> <b>CANDIDATE DAY</b> <b>12:00</b> <b>BRIDGE</b> <b>MAH JONGGBOARD GAMES</b> <b>Golden Harvest Talent Show</b>	<b>30</b> <b>DANCERCISE 10:30AM</b> <b>SHOPPING/ART CLASS</b> <b>STAY STRONG &amp; FIT</b> <b>A- 1:00 &amp; B- 2:00</b>	<b>31</b> <b>HALLOWEEN</b> <b>BIRTHDAY</b> <b>PIZZA/BINGO WITH</b> <b>CENTRAL SCHOOL</b> <b>ALL ACTIVITIES</b> <b>SUSPENDED</b>	<b>1</b> <b>Dinner Theater Trip</b> <b>"An American in Paris"</b> <b>MAHJONG</b> <b>BOARD GAMES</b> <b>ZUMBA GOLD 1:30</b>	<b>2</b> 

Senior Center Coordinator: Maria Gallagher (914) 834-8840  
 Senior Center Staff: Kathy Flynn, Stephanie Hart, Carmen Medina  
 Community Services Director: Anna Danoy  
 Community Services Office: (914) 381-7840

**SPECIAL MENU FOR OCTOBERFEST**  
**MUST RSVP by OCT 16<sup>TH</sup>!!! \$6.00**

**RESTAURANT WEEK TRIP**  
 TBA – check back for  
 Restaurant and Date