

Bronxville Senior Citizens



SENIOR CITIZENS COUNCIL
BRONXVILLE & TUCKAHOE

Community is Ageless

JANUARY 2021

TUESDAYS		THURSDAYS
<p>9:30-10:30am Bridge with Robin (Zoom) <i>Tues. Jan. 5, 12, 19, 26</i></p> <p>*****</p> <p>11:45-12:30pm Exercise with Evey (Zoom) <i>Tues. Jan. 5, 12, 19, 26</i></p> <p>*****</p> <p>1:15-2:15pm Motion to Music with Diane (Zoom) <i>Tues. Jan. 5, 12, 19, 26</i></p> <p>*****</p> <p>3:00-4:00 pm Chair Tai Chi With Domingo (Zoom) <i>Tues. Jan. 5, 12, 19, 26</i></p>	<p>ALL PROGRAMS WILL BE REMOTE AND TAKE PLACE ON ZOOM.</p> <p>Join in and connect with friends. Announcements will be made about upcoming programs.</p> <p>If you do not have email access, but would like to access a session using a telephone, please call 914-844-5120 and we can assist you. Hope to see you on Zoom!</p> <div data-bbox="701 1346 946 1591" data-label="Image"> </div> <div data-bbox="565 1612 1091 1749" data-label="Text"> <p>BSC Board Meeting on Zoom Thursday, January 7th 9:00am</p> </div>	<p>10:00-11:00am Tai Chi Meditation with Norma (Zoom) <i>Thurs. Jan. 7, 14, 21, 28</i></p> <p>*****</p> <p>11:45-12:30pm Exercise with Evey (Zoom) <i>Thurs. Jan. 7, 14, 21, 28</i></p> <p>*****</p> <p>1:00-2:00pm Literature Group with Mary (Zoom) <i>Thurs. Jan. 7, 14, 21, 28</i></p> <p>*****</p> <p>1:00 BINGO with TSC <i>Thurs. Jan. 7, 14, 21, 28</i></p> <p>*****</p> <p>2:45-3:45pm Yoga with Sue Wellott <i>Thurs. Jan. 14 and 28</i></p>

Mary Walsh Roche, MS, OTR/L, Director
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www.BronxvilleSeniors.org

JANUARY

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Dear Friends,

Happy 2021! I hope you enjoy this newsletter. We have some announcements about some new programs we are starting. Thank you to Susanne Servin for sharing her Viennese Potato Soup recipe. I hope you enjoy the article on New Years Goals written by Lori Pernal a graduate student in the Occupational Therapy Program at Dominican College

Wishing you good health, happiness and love always! Best wishes for a very happy, New Year to you and your loved ones!

—Mary Walsh Roche, Director

This Day in History

January 3, 1964

The Beatles appeared in a film clip on the Jack Parr Show,” making their first U.S. television appearance. They sang “She Loves You.”

January 6, 1942

Pan American Airlines became the first commercial airline to complete an around-the-world flight.

January 7, 1990

Due to an accelerated rate of leaning, the Leaning Tower of Pisa was closed to the public for renovations.

January 9, 2007

Steve Jobs, Apple Inc.'s CEO, announced the first generation iPhone.

January 11, 1964

“Ring of Fire” by Johnny Cash became the first country album to top the U.S. pop album chart.

January 18, 1944

Louis Armstrong, Benny Goodman, Lionel Hampton, Artie Shaw, Roy Eldridge, and Jack Teagarden performed the first jazz concert at the Metropolitan Opera House in New York City.

January 28, 1956

Elvis Presley made his first appearance on national television on “The Dorsey Brothers Stage Show” on CBS.

January 30, 1933

“The Lone Ranger” was heard on radio for the first time. After 2,956 episodes, the program ended in 1955.

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Just for Laughs



“My mother always used to say, ‘The older you get, the better you get ... unless you’re a banana.’”

— Betty White

Art Class

Thursday, January 21st
3:30pm

Come and enjoy an art class with Caroline Morris, Bronxville resident and high school student at Fieldston School. Caroline will lead a class in a step by step process to drawing and painting landscapes, flowers and still lifes in colored pencil, watercolors and acrylic paint. Discover your inner artistic talents and unlock your creativity!

If you are interested in participating, please contact director@bronxvilleseniors.org for more information so that class materials can be mailed to you.



THANK YOU

Thank you to all who voted for the Bronxville Seniors tree in the Ridge Hill “Branches of Joy” program to raise funds for Feeding Westchester.



Conversation Group

with the Habitat for Humanity Club from Bronxville High School
Beginning in January on Zoom
More information to follow.

The A, B, C's of Getting More Z's: A Discussion of Sleep and Wellness

With Lori Pernal
Thursday, January 7
2:45pm

SENIOR CITIZENS COUNCIL

The SCC is our umbrella organization and a member of the Community Fund, which supports our bridge, Tai Chi, and exercise programs. For more about the Council and its mission, you may contact Council Co-Chairs Sheila Landsberg or Linda Nagle. For more information check out www.scc70.org



**THE
COMMUNITY FUND**
BRONXVILLE • EASTCHESTER • TUCKAHOE

New Year's Goals!

By Lori Pernal

The beginning of a new year is an ideal time for reflection, a time to implement creative ideas for making positive changes in our lives. Maybe we want to become more physically active, learn new skills, or spend more time with loved ones. Once we identify aspects of our lives that we want to improve or expand, then we can come up with a plan.

If you are anything like me, when I hear the phrase "New Year's Resolutions", I want to run and hide. The word resolution often makes me feel like I have to give up something that I enjoy or to start doing something that I would rather not do. I'm here to tell you that changing aspects of our lifestyle does not have to feel so rigid or harsh.

To me the word *goal* is much lighter and flexible than the word *resolution*. A goal is typically defined as something that we are aiming for or striving to reach, a desired result. I propose we take the pressure off of stating resolutions and simply set some reasonable, realistic goals to work towards for the new year.

Goal setting is a common practice often used in occupational therapy to help people establish, restore, or maintain meaningful activities for themselves or within their community. Goals can be changed or revised as needed.

It may be helpful to write down our goals and place them in a location where we can see them every day. This can be done in a variety of ways such as a list on our desk or bulletin board, writing notes on a calendar, or even placing stickie notes in various places around our home as daily reminders.

What's important to one person may be very different from a friend, family member, or neighbor, and that's okay. It's important for each of us to think about what is meaningful to us as an individual.

Here are a few examples of goals:

- Call, write or email a friend or family member
- Eat healthier
- Begin a simple morning stretching routine
- Read a book

Make it fun and keep it simple. You will see that by taking small steps to change you can make lasting changes in your life and reach your goals. Whatever it is most important to us, deserves some of our time and energy to bring us closer to living healthier and happier lives!

HAPPY NEW YEAR

The Bronxville Senior Citizens Board

July 2, 2020 – June 30, 2021

President Liz Delgado
Asst. to President Anne Kelty
Vice President Mary Smith
Treasurer Cathy Hurley
Asst. Treasurer Gloria Montenero
Co-Corres. Secys Nancy Moore,
Patricia Merle
Recording Secretary Kathleen Fredrick
Co-Nom. Chairs Gail McCarthy,
Nora Gorman
Member Liaison Susanne Servin
Members at Large Gail McCarthy,
Teresa Frawley, Rita Fitzpatrick

Friendly Callers!

Mary Alice Carrajat, Kathleen McDonald, Gloria Montenero are our friendly phone call volunteers. If you are interested in receiving a call, contact the office at 914-844-5120 and we will pass your name along to these wonderful women.



Gloria's Corner...Inspirational Quotes shared by Gloria Montenero

Never regret a day in your life:
Good Days give HAPPINESS,
Bad Days give EXPERIENCE,
Worst Days give LESSONS, and
Best Days give memories.

Nostalgia is life's rearview mirror.

"The time is always right to do what is right."
— Dr. Martin Luther King, Jr.



Reflections & Reminiscences

VIENNESE POTATO SOUP

By Susanne Servin

A little story about how I came to this soup

This is now many years ago... I was sitting and watching a cooking show on television with my daughter. And it was about French cuisine. I remember saying to her "I am so sick and tired that Americans only know about Italian and French Cuisine. Nobody knows anything about the great Viennese Cuisine." Where upon my daughter calmly said "So why don't you take them to Vienna and show them how good that cuisine is."

Viennese Cuisine, which has been around for 1000 years, is a result of the pleasure-loving lifestyle of the Viennese people. They take eating very seriously and that is why they cook so well. I rose to that challenge, started a company called Herzerl Tours. I created my first tour to Vienna "A Taste Of Vienna" where travelers got a chance to attend a famous Viennese cooking school. There they would learn how to cook Viennese style. I even convinced Robin Leach and the Cooking Channel to come on one of my tours and film it - result was "Gourmet Getaways with Robin Leach to Vienna (I still have a video). One of the things we cooked - as Viennese like soups- is the recipe I am bringing you here - Viennese Potato Soup. Guten Appetit or as we say in Vienna "Gesegnete Mahlzeit."

VIENNESE POTATO SOUP

(Wiener Erdäpfel Suppe)

Four portions if served as main course, 8 if served as soup before main dish

- 1 lt. chicken stock or 2 cans of chicken stock (add one cup of water • 1 oz = 2 Tbsp butter
- 1 oz = 2 Tbsp flour
- 2 oz = 1/4 cup bacon, cubed
- 2 - 3 cups of root vegetables, cubed - carrots, parsnips, etc.
- 3 cups potatoes, peeled and cubed
- 1/2 large onion, chopped
- 2 Tbsp dried Porcini mushrooms, soaked in luke warm water
- 2 tsp salt, pepper • 1 tsp dried marjoram •
- 1/2 cup chopped fresh parsley _____

Cut onion, vegetables and bacon into small cubes

Melt butter and brown the cubed onion, vegetables and bacon

Add flour, brown flour also, but not too long.

Fill up with the stock, add spices and drained mushrooms, stir until soup starts to boil, reduce heat.

Let soup simmer for about 10 minutes,

Add potato cubes and let soup simmer again for about 15 minutes - potatoes should be soft

Now the soup is ready - if necessary, add more spices

Serve and garnish with chopped parsley



Published by - Susanne M. Servin, Herzerl Tours- March 11, 2015

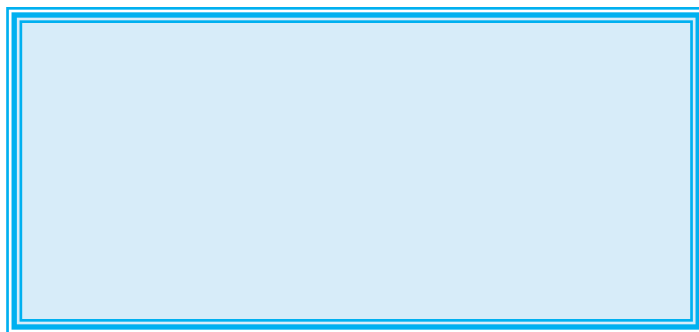
Courtesy of the Culinary Institute of Vienna-Am Judenplatz

Reflections & Reminiscences

If you are interested in writing and would like to submit a brief essay, reflection or poem for consideration for publication in this newsletter, please email your written work in a word document to director@bronnxvilleseniors.org

BRONXVILLE SENIOR CITIZENS
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**There will be no programs scheduled on Thursday, Dec. 24, Tues. Dec. 29, Thurs. Dec 31st.
Programs will resume Tuesday, Jan. 5th**

