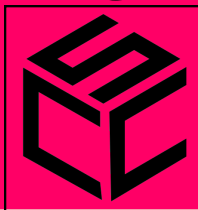


Bronxville Senior Citizens



SENIOR CITIZENS COUNCIL
BRONXVILLE & TUCKAHOE

Community is Ageless

FEBRUARY 2020

TUESDAYS	TUESDAY LECTURES/PROGRAMS @1 PM EDWARDS ROOM	THURSDAYS
<p>9:30 -10:30am Beginning Bridge with Robin <i>Edwards Room</i></p> <p>10:30 -11:30am Intermediate Bridge with Robin <i>Edwards Room</i></p> <p>*****</p> <p>11:45 -12:30pm Exercise with Evey <i>Edwards Room</i></p> <p>*****</p> <p>3:00 - 4:00 pm Men's Tai Chi With Domingo <i>Copenhaver Room</i></p>	<p><u>February 4 - Restorative Yoga with Sue Wellott</u></p> <p><u>February 11—Annual Sweetheart Luncheon at J. C. Fogarty's Restaurant</u> <u>60 Kraft Avenue</u> <u>Bronxville, NY at 1:00pm</u></p> <p>Please send your checks for \$35 to Bronxville Seniors, PO Box 397, Bronxville, NY 10708 Attn: Asst. Treasurer</p> <p><u>February 18 — Introduction to Belly Dancing with Shayna</u></p> <p><u>February 25 — The Triumph of Woman Suffrage with David Osborn, Site Manager, St. Paul's Church</u> National Historic Site</p>	<p>BSC Board Meeting February 6 @ 8:45am</p> <p>9:30 -10:30am Line Dancing with Diane <i>Edwards Room</i> <i>Feb 6, 13, 27</i> *****</p> <p>10:30 -11:30am Tai Chi with Norma <i>Edwards Room</i> *****</p> <p>11:45 -12:30pm Exercise with Evey <i>Edwards Room</i></p> <p>*****</p> <p>12:30 - 3:00pm Open Play MAHJONGG</p> <p><u>Newsletter Mailing</u> February 20 @8:30 am</p>

Mary Walsh Roche, MS, OTR/L, Director
914-844-5120 (office cell) director@bronxvilleseniors.org
www.BronxvilleSeniors.org

FEBRUARY

Dear Friends,

It's hard to believe it is February already! The holiday decorations are down and the Valentine's Day hearts are out! February is American Heart Month. We are reminded to eat right, exercise, and take care of our hearts.

We use the word "heart" in many ways. We talk about our physical heart. We might say someone is "all heart." We can have a "heart-to-heart" talk. We can "get to the heart of the matter" or we can know something "in our hearts" or "by heart." We can be "a romantic at heart" or "win hearts" and hopefully "never lose heart." We can have a "cold heart," "a warm heart," or play cards and have "an ace of hearts."

I had a teacher who used to talk about doing something that "feeds your heart" — something that brings joy, happiness, and peace. In writing this, I came across this quote by poet Mary Oliver that echoed my teacher's words: "We all have a hungry heart, and one of the things we hunger for is happiness. So as much as I possibly could, I stayed where I was happy."

I hope the Bronxville Seniors is a place that makes you happy and feeds your heart. Many thanks to all who support the Bronxville Seniors with their presence and participation and who make the Bronxville Senior Center such a welcoming place! Please check out our February schedule of events. Happy Heart Month!



— Mary

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

Patience is not the ability to wait, but the ability to keep a good attitude while waiting.

There is only one race, the Human Race.

Laundry should be the only thing divided by color!

Sometimes the greatest gift you can give someone is to include them...



ECAP NEEDS OUR HELP!

The Eastchester Community Action Partnership (ECAP) is in need of bottled water.

Just bring your donations of bottled water (any size) to the center and we will do the rest!

Thank you!



Restorative Yoga with Sue Wellott

Tuesday, February 4

1:00pm

Edwards Room



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.



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

FOOD FOR THOUGHT

Six little stories with a lot of meanings:

Once, all the villagers decided to pray for rain.
On the day of prayers, all the people gathered,
but only one boy came with an umbrella.
That is FAITH.

When you throw babies in the air, they laugh
because they know you will catch them.
That is TRUST.

Every night we go to bed without any assurance
of being alive the next morning, but still we set
the alarm to wake up.
That is HOPE.

We plan big things for tomorrow in spite of zero
knowledge of the future.
That is CONFIDENCE.

We see the world suffering but still, we get
married and have children.
That is LOVE.

On an old man's shirt was written a sentence:
I'm not 80 years old: I am sweet 16 with 64 years
of experience!
That is ATTITUDE.



Winter Exercise Classes —

Line Dancing with Diane @ 9:30 am
Thursdays, February 6, 13, 27
There is NO line dancing on Feb. 20th

Tai Chi with Norma @ 10:30am
Thursdays, February 6, 13, 20, 27

Exercise with Evey @ 11:45am
Tuesdays, February 4, 11, 18, 25
Thursdays, February 6, 13, 20, 27

Men's Tai Chi with Domingo @ 3:00pm
Tuesdays, February 4, 11, 18, 25

From the BSC Board President...

Greetings Friends,

The month of January 2020 is past. It is still hard to believe we have reached this milestone in life. Did you look back and count your blessings over a lifetime? I've had time to reflect on many things and believe I have been blessed in many ways and can say (and mean) I look forward to this new year.

Our center has continued to grow with our new director, Mary Roche, new programs, new board members and many new ideas of things to develop for the future. We ask for your suggestions and comments to enhance our offerings. Members have suggested new and unique ways to fundraise for our future needs, the possibility of a book club, more artistic endeavors and additional athletic programs. They all sound good and will be discussed further. Please feel free to add your thoughts, for it is "our" center. We are in this together and our goal is to continue to grow.

While trying to write something interesting about February I came across all the usual: Presidents' birthdays, my cousin's birthday, the shortest month of the year, Julian and Gregorian calendars, etc. and then there it was... bingo... S.O.B. Day!

"S.O.B. Day" is celebrated on February 1st thanks to Dr. Gayle Carson. Back in the dark age of 2002, Dr. Carson came up with "Spunky Old Broad Day." The day and month celebrate women 50 and older who don't want to get old quietly and who are interested in living a regret-free life. "This special day exists to give all Spunky Old Broads a day to recognize their importance and to celebrate themselves and their accomplishments." So ladies get out your dancing shoes and let's celebrate! Sorry, gentlemen, I am not leaving you out and will research a special day for you in the future.

I'd like to leave you with this thought: "It's another day and we're here together. Isn't that wonderful?" Let's enjoy it to the fullest.

Fondly,
Gail

Gail McCarthy
BSC Board President



The Triumph of Woman Suffrage

offered by
David Osborn,
Site Manager, St. Paul's Church
National Historic Site, Mt. Vernon, NY

February 25, 2020
1:00pm
Edwards Room



This program marks the 100th anniversary of women's suffrage in America. It is a digital presentation, with commentary and discussion, exploring the history of the women's suffrage movement, chronicling the historical setting, ideas, organization, leadership ~ and resistance ~ which culminated in the passage of the 19th amendment to the Constitution in 1920. The program runs about 45 minutes.

Introduction to Belly Dancing

With Shayna
Tuesday, February 18
1:00pm *Edwards Room*

Learn about Belly Dancing and try a low impact fitness program using Belly dance isolations in an aerobic format!

Routine may be performed either standing or sitting in a chair.
Hip scarves provided.

Bronxville Senior Citizens Board Members

2018-2019

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

The Board meets the first Thursday of every month from September through June...If you have questions or concerns, speak to President Gail McCarthy, Vice President Mary Smith, or speak to Mary Roche.



Friendly Callers!

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

Tuesday Lectures/Programs @1pm

February 4 — Restorative Yoga with Sue Wellott

February 18 — Introduction to Belly Dancing with Shayna

February 25 — The Triumph of Woman Suffrage with David Osborn

MY MOTHER USED TO SAY, 'THE OLDER YOU GET,
THE BETTER YOU GET ... UNLESS YOU'RE A BANANA.'

B E T T Y W H I T E

This Day in History—February

February 5, 1953

The Walt Disney film “Peter Pan” opened at the Roxy Theatre in New York City.

February 6, 1943

Frank Sinatra was heard singing for the first time on the radio program “Your Hit Parade.”

February 12, 1879

The first artificial ice rink opened in North America at Madison Square Garden in New York City.

February 14, 1962

First Lady Jacqueline Kennedy gave a tour of the White House on television. It is considered to be the first prime-time documentary designed to appeal to a female audience.

February 15, 1946

Edith Houghton was signed as a baseball scout by the Philadelphia Phillies, becoming the first female scout in the major leagues.

February 16, 1972

Wilt Chamberlain of the LA Lakers reached the 30,000-point mark in his NBA career during a game against the Phoenix Suns.

February 22, 1879

Frank Winfield Woolworth opened the Great 5 Cents Store in Utica, New York, expanding to 1,000 over the next 50 years.

February 23, 1954

The first injections of the new polio vaccine developed by Dr. Jonas Salk were given to a group of children in Pittsburgh, Pennsylvania.

February 24, 1981

Buckingham Palace announced the engagement of Prince Charles to Lady Diana Spencer.

February 25, 1957

Buddy Holly and the Crickets recorded “That’ll Be the Day,” their first hit.

February 27, 1922

The 19th Amendment to the Constitution was passed, giving women the right to vote.

February 29, 1968

The Beatles’ “Sgt. Pepper’s Lonely Hearts Club Band” becomes the first rock LP to win a Grammy Award for Album of the Year

©LPi



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Annual Sweetheart Luncheon

Date: Tuesday, February 11, 2020

Time: 1:00pm

Location: J. C. Fogarty's
60 Kraft Avenue
Bronxville, NY 10708

*Includes salad, choice of entrée, dessert,
coffee/tea, glass of wine and tip.*

Please send your checks for \$35 to :
Bronxville Seniors,
PO Box 397,
Bronxville, NY 10708
Attn: Asst. Treasurer

**Please note that this luncheon will take place at J.C.
Fogarty's Restaurant.*

Save the Date!

St. Patrick's Day
Luncheon

Tuesday, March 17th

12:30pm

Congregational Hall
(gym)



**THE
COMMUNITY FUND**

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