

# Bronxville Senior Citizens



SENIOR CITIZENS COUNCIL  
BRONXVILLE & TUCKAHOE

*Community is Ageless*

**OCTOBER 2019**

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>October 1 — Yonkers Senior Services</u></p> <p><u>October 8 — Senior B.E.A. T. "Be Educated About Transportation Program"</u></p> <p><u>October 15 — Luncheon with music by the Allegro Singers</u></p> <p>Please send your checks for \$18 to Bronxville Seniors, PO Box 397, Bronxville, NY 10708 Attn: Asst. Treasurer</p> <p><u>October 18 — FREE Pizza and a Movie with Gordon Burrows</u> <u>10am-3pm Bronxville Bowtie Cinema</u></p> <p><u>October 22 — Journaling and Collage Workshop</u></p> <p><u>October 29 — Medicare Open Enrollment</u></p>	<p>9:30 -10:30am Line Dancing with Diane <i>Edwards Room</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>*****</p> <p><u>Newsletter Mailing</u> October 17 @8:30 am</p>

Mary Walsh Roche, MS, OTR/L, Director

914-844-5120 (office cell)    [director@bronxvilleseniors.org](mailto:director@bronxvilleseniors.org)

[www.BronxvilleSeniors.org](http://www.BronxvilleSeniors.org)



# OCTOBER

Dear Friends,

The center has been back in full-swing these past few weeks! It has been great to see so many people attending all the classes and programs. It was wonderful to see so many members at the Speeders Art Show and the Second Annual Mary B. Turino Art Lecture. I have enjoyed getting to know many of you these past few weeks and look forward to getting to know more in the weeks to come.

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 October schedule of events. Wishing you a happy October!

— Mary



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

No one is useless in this world who lightens the burden of another. - Charles Dickens

Strong women have the Courage to  
FEEL their pain,  
SHED some tears,  
DUST themselves off  
AND start all over AGAIN.

## ECAP'S AFTER-SCHOOL PROGRAM NEEDS OUR HELP!

*Let's collect colored pencils, drawing paper, construction paper, pens, pencils, and crayons for the students at Eastchester Community Action Partnership's After School Program.*

*Just bring your donations to the center and we will do the rest!*



*Try to be a rainbow in someone's cloud.*

*- Maya Angelou*



*Thanks to those who have paid their dues so promptly!*

### 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.





**Friday, October 18, 2019**  
**"Pizza and a Movie"**

with Gordon Burrows

Movie: *The Hundred Foot Journey*  
 10:00am-3:00pm

Meet at the Bronxville Bowtie  
 Cinema at 10am.

Movie followed by pizza lunch at  
 the Bronxville Senior Center at the  
 Edwards Room of the Reformed  
 Church of Bronxville

**Please sign up at the center or  
 call the office to sign up  
 914-844-5120.**

**Fall Exercise Classes —**

**Line Dancing** with Diane @ 9:30 am  
 Thursdays, October 3, 10, 17, 24, 31

**Tai Chi** with Norma @ 10:30am  
 Thursdays, October 3, 10, 17, 24, 31

**Exercise** with Evey @ 11:45am  
 Tuesdays, October 1, 8, 15, 22, 29  
 Thursdays, October 3, 10, 17, 24, 31

**Men's Tai Chi** with Domingo @  
 3:00pm  
 Tuesdays, October 1, 8, 15, 22, 29

Thank you  
 to all who made  
 the 2nd Annual  
 Mary B. Turino Art Lecture and  
 the 5th Annual  
 Speeder 55+ Art Show  
 a great success.



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**Tuesday Lectures/Programs @1pm**

**October 1— Yonkers Aging Ser-  
 vices with Kelly Chiarella Ed-  
 wards Room**

**October 8 — Senior B.E.A. T.  
 "Be Educated About Transporta-  
 tion Program" with Mary Ellen  
 Burns Edwards Room**

**October 22 — Journaling and  
 Collage Workshop with Karen  
 Leahy Edwards Room**

**October 29 — Medicare Open  
 Enrollment with Gilda Press and  
 Sandy Albanese Edwards Room**

## **Just for Laughs!**

A lady was picking through frozen turkeys at the grocery store, but couldn't find one big enough for her family. She asked a stock boy, "Do these turkeys get any bigger?" The stock boy replied, "No, ma'am they're dead."

The cop got out of his car and the kid who was stopped for speeding rolled down his window. "I've been waiting for you all day," the cop said. The kid replied, "Yeah, well I got here as fast as I could." When the cop finally stopped laughing, he sent the kid on his way without a ticket.

A truck driver was driving along the freeway. A sign was up that read "low bridge ahead." Before he knows it the bridge is right ahead of him and he gets stuck under the bridge. Cars are backed up for miles. Finally, a police car comes up. The cop gets out of his car, puts his hands on his hips, and says, "Got stuck huh?" The truck driver says, "No, I was delivering this bridge and ran out of gas."



## **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.*



©LPi

The Bronxville Senior Citizens has new contact information.

The **NEW** email address is: **director@bronxvillesseniorcitizens.org**

The **office cell phone 914-844-5120** will be the main contact number.

**The former office phone number will be discontinued.**

**Thank you for your patience while we update our systems.**





## Guess Who!

By Eleanor Gustafson

She's got a great smile, laughs easily, can be a bit soft-spoken, and is a giver who is chock full of ideas. Of course, that describes any number of our members, but I'm referring here to the Senior Center's new director, Mary Roche. Many of you have probably already met her, as she took the reins from Karla in July and, after the August break, she's overseeing a full docket of programs at the center.

Mary grew up in the Bronx, graduated from Iona College, received her master's degree in occupational therapy from Columbia, and is currently working toward finishing up her doctorate in medical humanities at Drew University. When she was first interviewing for the job heading up the Bronxville Seniors, there was some concern about that occupational therapy part: "We're not falling apart here, you know," she was told. She laughs, saying she absolutely knows that, and "that's not really what OT is all about! It's truly about how you Occupy your Time—and live your life to the fullest, whether that means recovering from an accident or illness, or discovering new interests. I can see that so many of Bronxville's seniors try to live that way everyday—that it's one of the reasons they come to the center in the first place. So I want to use my experience to not only keep our successful programs humming along, but also to find ways for individual members or the larger group to discover new meaningful ways of occupying their time!"

Mary found her calling while still in college. She's the only child of parents who were givers themselves. Both were teachers in the city, but always went beyond that profession, not only personally—by always being there to help neighbors—but also professionally—after his teaching career her father worked for the Crime Victims Board.

Unfortunately, both her mother and father fell severely ill while Mary was in college, and it was the suggestion of occupational therapy for her mother that put her on her path after their deaths. Pursuing her degree eventually led her to the study of a wide range of integrative, holistic practices, from massage therapy and Reiki to spirituality and poetry to yoga and meditation. On days that she's not at the center, Mary is teaching at Dominican College in Rockland County and overseeing occupational therapy student fieldwork and internship placements.

But Mary is hardly all work and no play. She's always enjoyed traveling, and spent part of her sophomore year in college in Dublin, which allowed forays to the Continent as well as to Northern Ireland in the Troubles years ("this was before 9/11 and it was pretty unnerving to see so many policemen with machine guns in the streets—but, oh, the Giants Causeway was one of the most incredible sites I have ever seen!") She's been to Japan, hiked the Cinque Terre, and climbed Machu Picchu, but one of the things she and her husband John enjoy immensely is road-tripping in this country. "We've driven from our home in Yonkers to New Orleans, to Las Vegas, to Minnesota, to Florida, and elsewhere, taking in the sights all along the way—it's really so much fun."

Mary and John have been married for almost seven years. They met at an Irish music festival in the Catskills, where she recognized him as the brother of a college friend. He's a carpenter and project manager for a local construction company, so he's busy all the time, too. But they made time to take in a rescue dog, Bosco, a couple of years back, and, as is so often the case with dogs, he has become the center of the household. "We even take him on road trips now—we all visited the Fountain of Youth together in Saint Augustine, Florida, and he is friskier than ever!"

Mary's other interests range widely, from "ridiculous" movies like *Weekend at Bernie's* ("but I also like art films") to icon-painting. Regarding the latter, she says, "I was never really attracted to icons—the way they look, I mean—but there is something incredibly serene and magical about the work—the way a face emerges from the layers of paint, for instance—it's truly wonderful. The teacher who leads the icon-painting camp I've been attending during several summers is an amazing person—I am hoping he will come talk to our group at some point."

An art lecture or classes is just one of the things she's thinking about encouraging at the Senior Center—there's flower arranging, memoir- or poetry-writing, maybe some sort of international food-tasting series, canasta or other card games! "I'm open to any and all ideas and look forward to getting to know the Bronxville Seniors!"





BRONXVILLE SENIOR CITIZENS  
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The Bronxville Senior Citizens has a **new email address.**

The **NEW** email address is:

**director@bronxvilleseniorcitizens.org**



The Bronxville  
Senior Center  
will be closed  
on  
Tuesday,  
November 5, 2019  
for Election Day.

