

Bronxville Senior Citizens



SENIOR CITIZENS COUNCIL
BRONXVILLE & TUCKAHOE

Community is Ageless

MARCH 2021

TUESDAYS		THURSDAYS
<p>9:30-10:30am Bridge with Robin (Zoom) <i>Tues. Mar. 2, 9, 16, 23, 30</i></p> <p>*****</p> <p>11:45-12:30pm Exercise with Evey (Zoom) <i>Tues. Mar. 2, 9, 16, 23, 30</i></p> <p>*****</p> <p>1:15-2:15pm Motion to Music with Diane (Zoom) <i>Tues. Mar. 2, 9, 16, 23, 30</i></p> <p>*****</p> <p>3:00-4:00 pm Chair Tai Chi With Domingo (Zoom) <i>Tues. Mar. 2, 9, 16, 23, 30</i></p> <p>*****</p> <p>BSC Board Meeting on Zoom Thursday, March 11th 9:00am</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="711 1331 943 1562"> </div> <div data-bbox="565 1583 1091 1745"> <p>St. Patrick Day Zoom Party & Singalong Tuesday, March 16 2:00-2:45pm</p> </div>	<p>10:00-11:00am Tai Chi Meditation with Norma (Zoom) <i>Thurs. Mar. 4, 11, 18, 25</i></p> <p>*****</p> <p>11:45-12:30pm Exercise with Evey (Zoom) <i>Thurs. Mar. 4, 11, 18, 25</i></p> <p>*****</p> <p>1:00-2:00pm Literature Group with Mary (Zoom) <i>Thurs. Mar. 4, 11, 18, 25</i></p> <p>*****</p> <p>1:00 BINGO with TSC <i>Thurs. Mar. 4, 11, 18, 25</i></p> <p>*****</p> <p>2:45-3:45pm Yoga with Sue Wellott <i>Thurs. Mar. 11 and 25</i></p>

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



Dear Friends,

It's hard to believe that it's been about a year since we've been together at the Reformed Church. Though we've been separated due to the pandemic, we've also been making new connections! Many thanks to Rev. Glover from the Reformed Church for visiting with us on zoom in February. Many thanks to Mr. Doyle and Ms. Cabrera and the Habitat for Humanity Club at Bronxville High School for visiting with us for a Virtual Valentine's Day trivia Zoom. We will have our third session with the Habitat for Humanity Club from Bronxville High School on Tuesday, March 9th on Zoom. We have been enjoying having our occupational therapy interns with us. They will be with us for another few weeks and have some interesting wellness presentations planned. March 25th will be their last day. It has been wonderful making these new connections!

We will have our St. Patrick Day Zoom Party & Singalong on Tuesday, March 16 at 2pm on Zoom.

Wishing you a happy March!

— Mary Roche, Director



"May your troubles be less and your blessings be more, and nothing but happiness come through your door."
— An Irish Blessing

THANK YOU

Many thanks to all who have renewed their membership and sent in their dues. If you chose to pay dues in 2 installments, please send in the second half of the dues payment if you have not already done so. In this case it is not necessary to submit another membership form. If paying dues in one payment,

Art Class

Thursday, March 4th & 18th
3:30pm

Come and enjoy an art class.

All you need are colored pencils and paper.

Discover your inner artistic talents and unlock your creativity!



Wellness Presentations by our
Occupational Therapy Interns
Moushumi & Maggie



Fall Prevention

Thursday, March 18 - 2:30-3:15pm

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Living Sensionally Everyday: Understanding Your Senses

Part I Tuesday, March 16
11:00-11:30am

Part II Tuesday, March 23
11:00-11:30am

COVID Resources

The Bronxville and Tuckahoe Seniors are grateful to County Executive George Latimer for meeting with members several weeks ago to discuss the COVID vaccine. During his address he shared the following information.

The NYS vaccine hotline is 1-833-697-4829

SOCIAL GROUP with the

BRONXVILLE HIGH SCHOOL STUDENTS

Tuesday, March 9th
11:00-11:45am
on ZOOM



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

JUST FOR LAUGHS



A posed question to a group of 4 to 8 year olds...

"What is Love?"

"When my grandmother got arthritis, she couldn't bend over to paint her nails anymore. So my grandfather does it for her all the time, even though his hands got arthritis too. That's Love."

"When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth."

"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other."

"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs."

"Love is what makes your smile when you're tired."

LET'S GET COOKING!



Be part of the BSC & TSC Cookbook Project!

Do you make the best lasagna, a unique chili, or the sweetest apple pie? We are now gathering recipe favorites for the creation of a BSC & TSC Cookbook, and we would love for you to be involved!

Please email or mail us your recipe:
Bronxville Senior Citizens
c/o the Reformed Church
180 Pondfield Road
P.O. Box 397
Bronxville, NY 10708
Email: director@bronxvilleseniors.org

If you are interested, we will contact you to set a time to talk with you on the phone to learn more about the story, traditions or memories that go along with your delicious dish.

The Bronxville Senior Citizens Board

July 2, 2020 – June 30, 2021

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Asst. to President Anne Kelty
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Recording Secretary Kathleen Fredrick
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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

SMILE
A LITTLE BIGGER
LAUGH
A LITTLE LOUDER
GIVE
A LITTLE MOE
FORGIVE
A LITTLE QUICKER
LOVE
A LITTLE DEEPER
RIDE
THROUGH LIFE A LITTLE SLOWER
*** **

GREAT WORDS by ABRAHAM LINCOLN

"You cannot help the poor by destroying the rich.
You cannot bring about prosperity by discouraging thrift.
You cannot strengthen the weak by weakening the strong.
You cannot lift the wage earner up by pulling the wage payer down.
You cannot further the brotherhood of man by inciting class hatred.
You cannot build character and courage by taking away people's initiative and independence.
You cannot help people permanently by doing for them, what they should do for themselves."

ARTICLE OF THE MONTH

HOW TO AGE WITH OPTIMISM

Having a “glass half full” approach to life has long been considered important for overall wellness. But evidence suggests that there may be truth in this folk wisdom.

Humana recently surveyed 2,000 people aged 60 and over and found that 87 percent of seniors who identify themselves as “most optimistic” reported their health as good to excellent. This is compared to 44 percent for those who said they’re “least optimistic.”

Also, the most optimistic people reported nine fewer physically unhealthy and seven fewer mentally unhealthy days per month than their least optimistic counterparts.

Seniors who rated themselves as most optimistic also reported positively on other attributes linked to health, including sleep, confidence, and overall happiness. the most attention.



- 91 percent of the most optimistic respondents reported feeling confident in the past week, while only 52 percent of the least optimistic respondents did, a difference of 39 percentage points.
- 90 percent of the most optimistic respondents reported feeling happy in the past week, compared to 44 percent of the least optimistic respondents, a difference of 46 percentage points.
- Only 31 percent of the most optimistic respondents reported getting a restless night's sleep in the past week, while 62 percent of the least optimistic respondents did, another difference of 31 percentage points.

Despite these impressive numbers, having an optimistic mindset is often easier said than done. The stresses of life, social stereotypes, and one's natural temperament can all impede approaching aging with optimism.

Dr. Yolangel Hernandez Suarez, Humana vice president and chief medical officer for care delivery, has the following advice for anyone struggling to stay on the sunny side of life:

- 1. Take ownership** and recognize that your health is your own. To achieve your best health, you need to set personal goals, just for you.
- 2. Engage** with your doctor or other health care professional and build a trusting relationship.
- 3. Find a higher purpose** that makes you excited to get up in the morning. Humana's survey found that the majority of respondents (86 percent) who identify as optimists also rank a sense of purpose as an important attribute for aging.
- 4. Remain socially engaged**, not isolated, and nurture close relationships. The importance of social engagement is recognized by the 71 percent of Humana

survey respondents who identify as optimists and get together with friends or relatives either monthly or weekly. Further, 80 percent of optimists say maintaining an active social life is an important motivator to stay healthy.

5. Stay active and remember that physical activity is important. Find something that's right for you and that you like to do. Almost all of the most optimistic survey respondents (97 percent) say remaining physically active is a major motivator for retaining good health.

6. Practice gratitude and make it a habit to look for and appreciate everything you're thankful for in life.

(Courtesy of NewsUSA)

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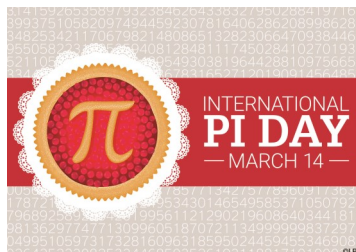
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C/O THE REFORMED CHURCH
180 PONDFIELD ROAD
PO BOX 397
BRONXVILLE, NY 10708
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March 14th is National Pi Day!

National Pi Day recognizes the mathematical constant “Pi” - see the symbol for Pi in the graphic below. Pi is the ratio of the circumference of a circle to its diameter, which is approximately 3.14159. Learn more about Pi day and other days to celebrate at nationaldaycalendar.com



**Daylight Saving Time begins
Sunday, March 14th!**

It's almost time to Spring forward! Daylight saving time begins Sunday, March 14 when clocks move an hour forward.

For each petal on the shamrock
This brings a wish your way—
Good health, good luck, and happiness
For today and every day.

- Author Unknown

