

# Bronxville Senior Citizens




SENIOR CITIZENS COUNCIL  
BRONXVILLE & TUCKAHOE

*Community is Ageless*



**JANUARY 2024**

January Tuesdays 2024		January Thursdays 2024	
<b>Jan 2</b> 	<b>Bronxville Senior Citizens and Reformed Church CLOSED</b>  <b>Happy New Year!</b>	<b>Jan 4</b> 9:30 – 10:30 a.m. 10:30 – 11:30 a.m. 11:45 – 12:30 p.m. 12:30 – 2:30 p.m.	<b>Line Dancing with Diane Tai Chi with Norma Exercise with Evey Play Mah Jongg &amp; Canasta</b>
<b>Jan 9</b> 9:15 – 11:15 a.m. 11:45 – 12:30 p.m. 12:45 – 2:00 p.m.	<b>Play Bridge Exercise with Evey Senior Driving Presentation by Harold Spitzfaden</b>	<b>Jan 11</b> 9:30 – 10:30 a.m. 10:30 – 11:30 a.m. 11:45 – 12:30 p.m. 12:30 – 2:30 p.m. 1:00 – 2:00 p.m.	<b>Line Dancing with Diane Tai Chi with Norma Exercise with Evey Play Mah Jongg &amp; Canasta Toning with Jackie</b>
<b>Jan 16</b> 9:15 – 11:15 a.m. 11:45 – 12:30 p.m. 12:30 – 2:00 p.m.	<b>Play Bridge Exercise with Evey Complimentary Lunch and Presentation by Fox Rehab</b>	<b>Jan 18</b> 9:30 – 10:30 a.m. 10:30 – 11:30 a.m. 11:45 – 12:30 p.m. 12:30 – 2:30 p.m. 2:00 – 3:00 p.m.	<b>Line Dancing with Diane Tai Chi with Norma Exercise with Evey Play Mah Jongg &amp; Canasta Art Class with Caroline</b>
<b>Jan 23</b> 9:15 – 11:15 a.m. 11:45 – 12:30 p.m. 12:30 – 2:30 p.m.	<b>Play Bridge Exercise with Evey BSC Book Club presents Talk with Author Audrey Birnbaum (Rescheduled from Dec 19)</b>	<b>Jan 25</b> 9:30 – 10:30 a.m. 10:30 – 11:30 a.m. 11:45 – 12:30 p.m. 12:30 – 2:30 p.m. 1:00 – 2:00 p.m.	<b>Line Dancing with Diane Tai Chi with Norma Exercise with Evey Play Mah Jongg &amp; Canasta Toning with Jackie</b>
<b>Jan 30</b> 9:15 – 11:15 a.m. 11:45 – 12:30 p.m.	<b>Play Bridge Exercise with Evey</b>		

**Lisa McGovern, Director**

**Office Cell: 914-844-5120**

**Email: BSC@SCC70.org**

**Website: www.scc70.org/bronxvilleseniors**

**Center Location:**

Reformed Church  
of Bronxville  
180 Pondfield Road  
Bronxville, NY 10708

**Mailing Address:**

P.O. Box 397  
Bronxville, NY 10708



## *Senior Citizens Council*

The Senior Citizens Council (SCC) is our umbrella organization and a member of the Community Fund, which supports The Bronxville Senior Citizens bridge, Tai Chi, and exercise programs. For more about the SCC and its mission, you may contact Council Co-Chairs Eleanor Gustafson or Valerie Rittenhouse or check out the website [www.scc70.org](http://www.scc70.org).



Dear BSC Members,

Wishing you a Happy New Year with the hope that you will have many blessings in the year to come.

We are looking forward to many exciting new programs at the BSC including new class offerings, fun day trips and educational seminars.

I encourage to try a new class and bring a friend for a trial class at the Bronxville Seniors!

Lisa McGovern

## **Bronxville Senior Citizens Membership**

The fiscal year for the Bronxville Senior Citizens is July 1, 2023 to June 30, 2024. To join or renew, a completed membership form is required (form required each year!) and write a check made payable to the Bronxville Senior Citizens for \$135 (or \$67.50 if you are over the age of 90). Forms are available online and at the Center. You can pay your dues at the center or mail it to:

**Bronxville Senior Citizens  
P.O. Box 397  
Bronxville, NY 10708**

## ***Important Reminders:***

Please be sure to use our current email address **BSC@SCC70.ORG** when emailing the Bronxville Senior Citizens.

### **PARKING**

There is NO Parking in the back parking lot of the Reformed Church. 2 hour parking can be found on both sides of the street on Pondfield Road. Please read and follow all posted street signs. There are a limited number of 4 hour parking spots to be found in the DPW lot by the Fire Department. There are also a few regular and handicap parking spots at the front of the Reformed Church on the ramp.

A reminder to refrain from congregating or using cell phones in the hallways of the Reformed Church. Please step outside to chat or make phone calls as church staff are conducting business.

## ***The Bronxville Senior Citizens Board July 1, 2023 – June 30, 2024***

<b>President</b>	Liz Delgado
<b>Vice President</b>	Mary Smith
<b>Treasurer</b>	Cathy Hurley
<b>Assistant Treasurer</b>	Liz Delgado
<b>Corresponding Secy</b>	Gloria Montenero
<b>Recording Secretary</b>	Barbara Gregoire
<b>Nominating Chairs</b>	Nora Gorman Anne Keltz
<b>Goodwill Ambassador</b>	Susanne Servin
<b>Members at Large</b>	Rita Fitzpatrick Nancy Moore Virginia Campbell Paula Greco McTigue

***Thank you to our wonderful BSC and SCC Boards!***

# Bronxville Senior Citizens

## The BSC Book Club

Presents

### Book Discussion with Author Audrey Birnbaum

**Tuesday, January 16th  
12:30pm**

*(Rescheduled from Dec 19)*

#### **Author Audrey Birnbaum Releases Her New Book "American Wolf: From Nazi Refugee to American Spy"**

Audrey Birnbaum, M.D., and "American Wolf: From Nazi Refugee to American Spy" is featured in national media and TV including ABC TV, CBS TV, CW TV, and FOX TV. "American Wolf: From Nazi Refugee to American Spy" by author Audrey Birnbaum is available online including at Barnes & Noble and at Amazon.

## Winter Safety Tips for Seniors

*Shared from Care.com*

- ♦ Avoid Slipping on Ice by wearing shoes with good traction and non-skid soles and try to stay inside until sidewalks have been cleared.
- ♦ Dress for warmth by layering to avoid frostbite and hypothermia. Wear a heavy coat, warm socks, hats, gloves and a scarf to cover exposed skin and mouth.
- ♦ Fight wintertime depression by calling friends and family members who may also be at home due to frigid temps.
- ♦ Keep your car tuned up by having it serviced and have the oil, tires, battery and wipers checked. Look into senior transport options.
- ♦ Prepare for Power Outages by ensuring the batteries in flashlights are working and within easy reach along with a battery charged radio.
- ♦ Keep cell phones fully charged in case power goes out to call family, friends, emergency services and the BSC for help 914-844-5120 (save # in phone)

## INSPIRATIONAL SAYINGS

*By BSC Board Member Gloria Montenegro*

*Life is so ironic...  
It takes Sadness to know what happiness is,*

*Noise to appreciate silence, and  
Absence to value presence.*

*Listen to the wind...*

**IT TALKS**

*Listen to the silence...*

**IT SPEAKS**

*Listen to your heart...*

**IT KNOWS.**

*Native American Proverb*

*If you have the power  
to make someone happy,  
DO IT – the world needs more of that.*

**A Special Thank you To  
The Community Fund  
Of Bronxville, Eastchester & Tuckahoe  
For their continued support of the  
Bronxville Senior Citizens!**

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



## Chair Yoga with Susanne



**Tuesday,  
January 5th  
12:45pm**



## **Bronxville Police Safety Talk**

On Tuesday, December 12th Chief Satriale and Officer Matthew Stein gave an informative presentation to the Bronxville Senior Citizens on Senior safety and scam prevention. Thank you to Chief Satriale & Officer Stein!



## **BSC & TSC Holiday Luncheon at Mulino's**

On Thursday, December 14 the BSC & TSC celebrated the holidays in style and together at Mulino's at Lake Isle. Thank you to TSC Director Lisa Jones!



Some of our wonderful instructors attended!

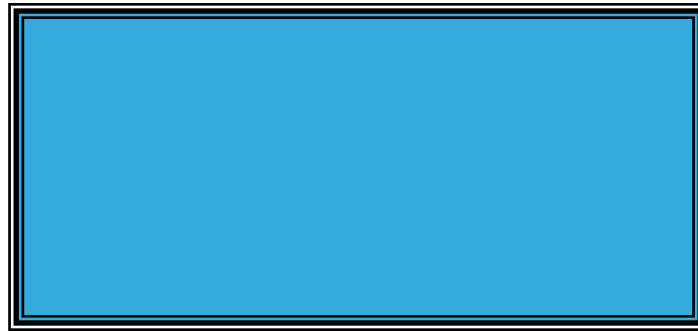
There was great music and the crowd danced the afternoon away.

And we had a surprise performance by the amazing Chapel School Choir!



BRONXVILLE SENIOR CITIZENS  
C/O THE REFORMED CHURCH  
180 PONDFIELD ROAD  
PO BOX 397  
BRONXVILLE, NY 10708  
**ADDRESS SERVICE REQUESTED**

NON-PROFIT ORG  
US POSTAGE  
**PAID**  
WHITE PLAINS NY  
PERMIT NO 7191



***Bronxville Senior Citizens  
Reformed Church of Bronxville  
180 Pondfield Road  
Bronxville, NY 10708***

The Reformed Church is located at 180 Pondfield road, the corner of Pondfield and Midland Avenues.

