

# Bronxville Senior Citizens




SENIOR CITIZENS COUNCIL  
BRONXVILLE & TUCKAHOE

*Community is Ageless*

**MAY 2025**



Tuesday		Thursday	
		<b>May 1</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. 12:30 – 2:30 p.m. 1:00 – 2:20 p.m. 1:00 – 2:00 p.m.	Dancing with Diane Tai Chi with Norma Exercise with Evey Play Mah Jongg & Canasta Play Bridge ***Art with Deb*** Toning with the Hicks
<b>May 6</b> 	**Bus Trip to Ace in the Hole Neil Diamond tribute concert and a four course luncheon in the historic Brownstone in NJ.  To RSVP call 914-844-5120	<b>May 8</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. 12:30 – 2:30 p.m. 1:00 – 2:00 p.m.	Dancing with Diane Tai Chi with Norma Exercise with Evey Play Mah Jongg & Canasta Play Bridge Toning with the Hicks
<b>May 13</b> 9:00 – 11:00 a.m. 11:00 – 11:45 a.m. 11:55 – 12:40 p.m. 1:00 – 2:00 p.m.	Play Bridge Chair Yoga with Karen Kelly Exercise with Evey *NY Presbyterian Hosp. presents <u>Sharp Again!</u>  Educational talk on brain health	<b>May 15</b> 9:30 – 10:30 a.m. 10:30 – 11:30 a.m. 11:45 – 12:30 p.m. 1:00 – 2:00 p.m.	Dancing with Diane Tai Chi with Norma Exercise with Evey **Info talk with Asst. DA Christine Hatfield, Bureau Chief of the Elder Abuse Bureau on Senior scams and senior programs.**
<b>May 20</b> 9:00 – 11:00 a.m. 11:00 – 11:45 a.m. 11:55 – 12:40 p.m. 1:00 – 2:00 p.m. 1:00 – 2:30 p.m.	Play Bridge Chair Yoga with Karen Kelly Exercise with Evey Volunteers for Newsletter **General Membership Meeting Members encouraged to attend!	<b>May 22</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. 12:30 – 2:30 p.m. 1:00 – 2:00 p.m.	Dancing with Diane Tai Chi with Norma Exercise with Evey Play Mah Jongg & Canasta Play Bridge Toning with the Hicks
<b>May 27</b> 9:00 – 11:00 a.m. 11:00 – 11:45 a.m. 11:55 – 12:40 p.m. 1:00 – 2:30 p.m.	Play Bridge Chair Yoga with Karen Kelly Exercise with Evey **Presentation by Historian Brian Anderson on Jonas Bronck—All are welcome!**	<b>May 29</b> 9:00 – 11:00 a.m. 11:00 – 11:45 a.m. 11:55 – 12:40 p.m. 1:00 – 2:00 p.m. 1:00 – 2:30 p.m.	Dancing with Diane Tai Chi with Norma Exercise with Evey Play Mah Jongg & Canasta Play Bridge Toning with the Hicks

Lisa McGovern, Director

Office Cell: 914-844-5120  
 Email: BSC@SCC70.org

Center Location:

Mailing Address:

Reformed Church  
 180 Pondfield Road  
 Bronxville, NY 10708

P.O. Box 397  
 Bronxville, NY 10708



Dear Members,

*On this Mother's Day, let us take a moment to celebrate and appreciate the incredible women who made us who we are.*

*Mothers are the heart of every home, giving love, strength, and wisdom. Let us remember with great fondness and love those who are no longer with us but somehow give us their strength and whose love we can feel.*

Happy Mother's Day!

Sincerely,  
Barbara Gregoire  
BSC Board President



Please consider serving on the Board of the Bronxville Senior Citizens!

We are looking for enthusiastic members to volunteer to serve on our Board for the 2025/2026 Fiscal Year!

*See Nominating Chairs Liz Delgado or Nora Gorman if you are interested.*

**2024/2025 BSC Board Meeting Schedule**

First Tuesday of every month at 12:45pm

September 3

October 1

November 5

December 10 *\*Revised Date\**

January 7

February 4

March 25 (Rescheduled)

April 8

**May 20 General Membership Meeting**

**June 10 at the Bronxville Field Club**

\* Schedule is subject to change based on Reformed Church events.



**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).



**Bronxville Senior Citizens Membership**

The fiscal year for the Bronxville Senior Citizens is July 1, 2024 to June 30, 2025. 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 the fee of **\$135.00**. Forms are available online and at the Center and will be mailed to all current members. You can pay your dues at the center or mail it to:

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

**The Bronxville Senior Citizens Board  
July 1, 2024 – June 30, 2025**

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

*Thank you for all of your service and dedication to the Bronxville Senior Citizens. Please see Liz Delgado or Nora Gorman if you are interested in joining the Board.*

NewYork-  
Presbyterian

B  
Bronxville  
Senior Citizens

*NewYork-Presbyterian Hospital and the  
Bronxville Senior Citizens present:*

 **SHARP AGAIN**  
Preserving Memory | Restoring Minds

**Tuesday, May 13 at 1pm**

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

**Age Well with a Sharper Brain!**

*Join Sharp Again's Amybeth Whissel to uncover the hidden causes of memory loss and the powerful lifestyle changes that can prevent, slow, or even reverse cognitive decline.*

*Walk away with actionable steps to take control of your brain health and stay sharp for years to come!*



*Amybeth Whissel is a Professional Health Supportive Chef, Board Certified Health Coach, and Applied Functional Medicine Certified Practitioner. As a health coach, she brings a comprehensive approach to wellness that blends culinary expertise with functional medicine. AB's journey into holistic health began in childhood, with her forward thinking mother, and expanded at the Natural Gourmet Institute in Chelsea, NY, where she discovered how traditional culinary techniques could elevate healing foods into something extraordinary. This experience ignited her passion for dietary theory and the art of health coaching. Further certifications from the Institute of Integrative Nutrition and the School of Applied Functional Medicine have equipped her to help others achieve profound, lasting change. Today, AB partners with clients who are tired of feeling merely "fine" and are ready to feel truly fabulous - fit, energetic, and present in their lives. With a family history of early-onset Alzheimer's Disease, she's particularly passionate about brain health and prevention, which led her to join Sharp Again.*

Join the Bronxville Senior Citizens and Gramatan Village  
for a presentation on

# Jonas Bronck



**Tuesday, May 27 at 1:00pm**

**Reformed Church of Bronxville**

180 Pondfield Road, Bronxville, NY 10708

**Presented by NYC Historian Brian Andersson**

*Former NYC Department of Records Commissioner*



On December 3rd, 1639, **Jonas Bronck** purchased 50 acres of land to the north of Manhattan Island that later grew into 680 acres of farmland. People in the City would visit the farmland for a getaway from the hustle and bustle of 17th century City life, and heading on up to the farm would be know as "going to the Broncks".

This led to the entire area, and later NYC borough, to be called "The Bronx".

## INSPIRATIONAL SAYINGS

By BSC Board Member Gloria Montenero

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### INSPIRATIONAL SAYINGS

TODAY BE THANKFUL AND REMEMBER HOW RICH YOU ARE...

YOUR FAMILY is PRICELESS

YOUR TIME IS GOLD

YOUR HEALTH IS WEALTH

.....

Sometimes you never know the value of a moment until it becomes a memory.

**HAPPY MOTHER'S DAY!**

### **Please note-**

**We still have room on our day trip to the  
Brownstone in NJ for a Neil Diamond  
Tribute Band and Luncheon on May 6!**

**Join us for an informational talk with**

***Assistant District Attorney  
Christine Hatfield,  
Chief of the Elder Abuse Bureau***

**Thursday, May 15th at 1pm**

Presentation on Senior Scams

All are welcome to attend!  
Reformed Church of Bronxville  
Edwards Room



## Memorial Day

**Memorial Day** (originally known as **Decoration Day**) is one of the federal holidays in the United States for honoring and mourning the U.S. military personnel who died while serving in the United States Armed Forces. It is observed on the last Monday of May. Memorial Day is also considered the unofficial beginning of summer in the United States.

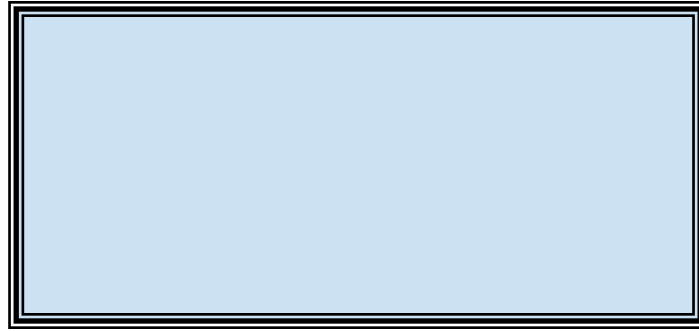
It is a day for visiting cemeteries and memorials to mourn the military personnel who died in the line of duty. Volunteers will place American flags on the graves of those military personnel in national cemeteries. Others such as family and friends will also come to lay flowers and grieve on the graves of those who died in the US military.

The first national observance of Memorial Day occurred on May 30, 1868. Then known as *Decoration Day* and observed on May 30, the holiday was proclaimed by Commander in Chief John A. Logan of the Grand Army of the Republic to honor the Union soldiers who had died in the American Civil War. This national observance followed many local observances which were inaugurated between the end of the Civil War and Logan's declaration. Many cities and people have claimed to be the first to observe it. However, the National Cemetery Administration, a division of the Department of Veterans Affairs, credits Mary Ann Williams with originating the "idea of strewing the graves of Civil War soldiers—Union and Confederate" with flowers.

Official recognition as a holiday spread among the states, beginning with New York in 1873. By 1890, every Union state had adopted it. The world wars turned it into a day of remembrance for all members of the U.S. military who fought and died in service. In 1971, Congress standardized the holiday as "Memorial Day" and changed its observance to the last Monday in May.

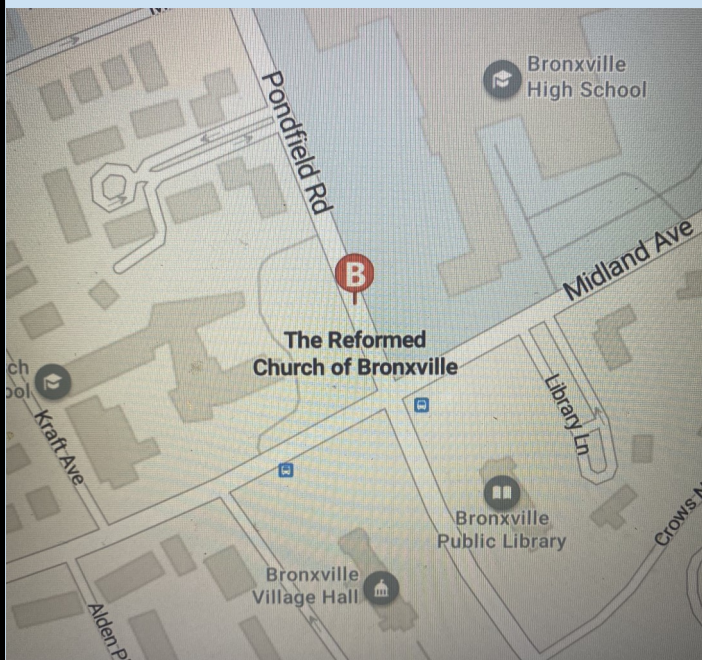
BRONXVILLE SENIOR CITIZENS  
C/O THE REFORMED CHURCH  
180 PONDFIELD ROAD  
PO BOX 397  
BRONXVILLE, NY 10708  
**ADDRESS SERVICE REQUESTED**

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.



***Memorial Day***

