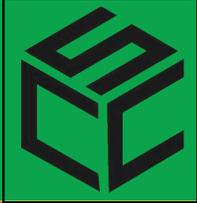


# Bronxville Senior Citizens



*Community is Ageless*

SENIOR CITIZENS COUNCIL  
BRONXVILLE & TUCKAHOE

**DECEMBER 2020**

TUESDAYS		THURSDAYS
<p>9:30-10:30am Bridge with Robin (Zoom) <i>Tues. Dec.. 1, 8, 15, 22</i></p> <p>*****</p> <p>11:45-12:30pm Exercise with Evey (Zoom) <i>Tues. Dec. 1, 8, 15, 22</i></p> <p>*****</p> <p>1:15-2:15pm Motion to Music with Diane (Zoom) <i>Tues. Dec. 1, 8, 15, 22</i></p> <p>*****</p> <p>3:00-4:00 pm Chair Tai Chi With Domingo (Zoom) <i>Tues. Dec. 1, 8, 15, 22</i></p>	<p><b>ALL PROGRAMS WILL BE REMOTE AND TAKE PLACE ON ZOOM.</b></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> <p><b>** PLEASE NOTE: There will be no programs scheduled on Thursday, Dec. 24, Tues. Dec. 29, Thurs. Dec 31st. Programs will resume Tuesday, Jan. 5 th</b></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>BSC Board Meeting on Zoom Thursday, December 3rd 9:00am</b></p> </div>	<p>10:00-11:00am Tai Chi Meditation with Norma (Zoom) <i>Thurs. Dec..3, 10, 17</i> *****</p> <p>11:45-12:30pm Exercise with Evey (Zoom) <i>Thurs. Dec.. 3, 10, 17</i> *****</p> <p>1:00-2:00pm Literature Group with Mary (Zoom) <i>Thurs. Dec.. 3, 10, 17</i></p> <p>*****</p> <p>1:00 BINGO with TSC <i>Thurs. Dec.. 3, 10, 17</i></p> <p>*****</p> <p>2:45-3:45pm Yoga with Sue Wellott <i>Thurs. Dec. 3 and 10</i></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)**



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 ARE  
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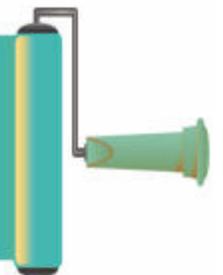
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Dear Friends,

*Blessed is the season which engages the whole world  
in a conspiracy of love!*

— Hamilton Wright Mabie

I was searching online and came across this quote by Hamilton Wright Mabie. Having never heard of him before, I “googled” him. He lived December 13, 1846 to December 31, 1916 and was an American essayist, editor, critic, and lecturer. He is the author of *Fairy Tales Every Child Should Know*. I found his words intriguing. I like words. In school I always loved when we would learn the etymology of words. I like puns and creative uses of words in poetry. If you’re like me, you might find Hamilton Wright Mabie’s use of words in the quote above intriguing as well.

Often the word conspiracy has a negative connotation. We think of conspiracy theories, spy novels, or maybe even villains conspiring in an evil plot. One of the definitions I came across reads “conspiracy implies a secret agreement among several people usually involving treason or great treachery.” Using the phrase “conspiracy of love” turns these negative definitions upside down. A conspiracy of love involving the whole world might seem almost too idealistic or grand to imagine, especially now with distancing guidelines, COVID testing, and changes in our usual routines. How do we conspire together when it seems like sometimes we are being pulled apart? What would a conspiracy of love look like in our everyday now? It might look like zoom calls with family, a surprise phone call from Santa, or a donation to a holiday food or toy drive. I see it in our community in the way people welcome and support each other. I guess, it’s not really a true “conspiracy” after all. It’s no secret. It’s my experience of it, and I hope yours, too. I’m grateful to be a part of it. Wishing you good health, happiness and love always! Best wishes for the happiest of holidays to you and your loved ones!

Sincerely,  
Mary Walsh Roche, Director



## Just for Laughs



Kids say the darndest things. - Art Linkletter

“Dear God: I read your book. It’s great.  
Keep up the good work.”

“Dear God: I want to be a Sunday School  
teacher when I grow up because you  
only work one day a week.”

“Dear God: I borrowed a cookie last week when  
my mom wasn’t watching. Were you?”

“Dear God: Are boys better than girls? I know  
you are one...but try to be fair.

“Dear God: Count me in.”



### **POINSETTIA – CHRISTMAS FLOWER**

The name poinsettia comes from Joel Robert Poinsett, who was ambassador of the United States to Mexico. He introduced the flower to our country in 1829 when he successfully planted it in South Carolina.

In its homeland of Mexico the poinsettia is called the “Flower of the Holy Night” because of the legend of the little boy who had no offering to make to the Christ Child. He was told to pluck an ordinary weed and place it at the crib. During the night the green plant bloomed forth in the dazzling red of the poinsettia flower so well-known today. The leaves of the poinsettia are fashioned like a star, the figure of the star of Bethlehem.



### **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](http://www.scc70.org)



## Holiday “Festive Sweater” Party and Sing-along on ZOOM

Celebrate the Holidays with your friends from the Bronxville and Tuckahoe Senior Citizens!

Get your singing voice ready (or listening ear or both) and wear a festive holiday sweater (or scarf or hat... or if you don't have a holiday sweater join in anyway!)

Date: Thursday, December 17th  
Time: 2:45 –3:30pm

Hope to see you on Zoom!



# Thank You!

As we close out the year, there are so many people and organizations to thank—too numerous to include each and everyone one by name here. In a special way, we wish to thank our wonderful instructors: Robin, Evey, Domingo, Norma, Diane, Doreen, and Sue for their thoughtful presence and their excellent classes!

In a special way we express our gratitude to the following individuals and organizations: The Community Fund, The Senior Citizens Council, The Reformed Church of Bronxville, The Village of Bronxville and the Bronxville Police Department, The Town of Eastchester, Westchester County & Legislator Ruth Walter for support of our July Programs, New York-Presbyterian/ Lawrence Hospital and The Bronxville Library. We are grateful to all the local community businesses and restaurants who have supported our programs and luncheons during the year. Many thanks too to the local residents who have supported our programs and fundraisers.

And, thank you to—you—if you are reading this newsletter you are a friend of the Bronxville Senior Citizens. We wish you a wonderful holiday season and a happy New Year! May 2021 be a year of health, happiness and peace.

## The Bronxville Senior Citizens Board

July 2, 2020 – June 30, 2021

President Liz Delgado  
Asst. to President Anne Kelty  
Vice President Mary Smith  
Treasurer Cathy Hurley  
Asst. Treasurer Gloria Montenero  
Co-Corres. Secys Nancy Moore,  
Patricia Merle  
Recording Secretary Kathleen Fredrick  
Co-Nom. Chairs Gail McCarthy,  
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

Aspire to be a GIVER

GIVE Love

GIVE Good Wishes

GIVE Hope

GIVE Strength

GIVE Positivity

The nicest thing about December is telling our friends and family - We care and remember.

Friends are the best Presents



### *Reflections & Reminiscences*

*If you are interested in writing and would like to submit a brief essay, reflection or poem for consideration for publication in this newsletter, please email your written work in a word document to [director@bronxvilleseiors.org](mailto:director@bronxvilleseiors.org)*

# RECIPE OF THE MONTH



## WARM WINTER GREENS WITH BALSAMIC LENTILS AND ROASTED PEARS

**SERVINGS:** 8 | 8 boneless center-cut pork loin chops (4 ounces each), trimmed of fat

### LENTILS:

- 2 teaspoons olive oil
- 2 tablespoons canola oil, divided
- 1/2 teaspoon salt
- Freshly ground black pepper
- 1/4 cup balsamic vinegar
- 3/4 cup brown lentils, rinsed
- 1 cup cold water

### ROASTED PEARS:

- 2 firm, ripe Anjou pear
- 2 teaspoons olive oil
- 2 teaspoons honey
- 6-8 sage leaves, torn

**PREHEAT** oven to 375 degrees. Prepare greens and transfer to large bowl. Place saucepan over medium heat. Once hot, add olive oil, onions, salt and pepper, and **SAUTE** until onions begin to caramelize. Add vinegar to deglaze pan, stirring to pick up bits that may be stuck to the bottom. **COOK** until vinegar reduces and pan is nearly dry, about 3 minutes. Add lentils and water, cover and bring to a boil. Once boiling, reduce heat to medium low and simmer for 15-18 minutes, or until lentils are al dente.

Spread pears onto sheet pan. Stir olive oil and honey together and **DRIZZLE** over pears. Add sage leaves, toss pears gently with mixture and transfer to oven. Roast pears for 12-15 minutes, or until just tender.

When lentils are done, **POUR** atop the winter greens while still hot. Using tongs, toss lentils and greens together until greens are softened and glossy. Transfer mixture to a clean bowl and drizzle with more olive oil. Top the warm salad with roasted pears and sage leaves. Serve immediately.

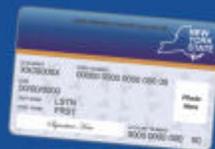
*(Courtesy of NewsUSA)*



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**A Resident's Perspective**

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Elaine Lewis,  
 a Watermark resident  
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*Best wishes for the happiest of  
holidays to you and  
your loved ones!*

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*The Bronxville Senior Citizens  
will be closed Dec 23 through  
January 4th. Programs will  
resume on Tuesday, January 5th  
on ZOOM.*

*Happy Holidays*