

Town of Wappinger Senior Center



We are rooted here

July 2024 Newsletter

For a hot and lazy July ...

I believe the nicest
and sweetest days are
not those on which
anything very splendid
or wonderful or exciting
happens but just
those that bring
simple little pleasures
following one another
softly like pearls
slipping off a string

- ANNE OF AVONLEA

Enjoy it, and take care of yourselves

donna ♥

JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo</p>	<p>2</p> <p>9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p>	<p>3</p> <p>9:00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (S) 11:30 Movie-His Girl Friday 12:00 Po-ke-no 12:00 MahJongg</p>	<p>4</p> <p>5</p> <p>CLOSED FOR OBSERVANCE OF INDEPENDENCE DAY</p> 	
<p>8</p> <p>10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo</p>	<p>9</p> <p>9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p>	<p>10</p> <p>9:00 NO Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (S) 12:00 Po-ke-no 12:00 MahJongg</p>	<p>11</p> <p>9:00 NO Exercise 10:00 NO Chair Yoga 11:30 Craft: Lotus Lantern 2:00 Rummikub 2:00 Chair volleyball</p>	<p>12</p> <p>9:00 Def. driving 9:30 MahJongg 10:00 Pinochle 12:30 Bingo</p>
<p>15 Welcome, Kellie Ann!</p> <p>10:00 Pinochle 10:00 K&C Lesson 10:30 NO Zumba 12:30 Bingo</p>	<p>16</p> <p>9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p>	<p>17</p> <p>9:00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (S) 12:00 Po-ke-no 12:00 MahJongg</p>	<p>18</p> <p>9:00 Exercise 10:00 Chair Yoga 11:30 Bday party 2:00 Rummikub 2:00 Chair volleyball</p>	<p>19</p> <p>9:30 MahJongg 10:00 Pinochle 12:30 Bingo</p>
<p>22</p> <p>10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 1:00 Zealynn (Edith's grand- daughter) 12:30 Bingo</p>	<p>23</p> <p>9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p>	<p>24</p> <p>9:00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (S) 12:00 Po-ke-no 12:00 MahJongg</p>	<p>25</p> <p>9:00 Exercise 10:00 Chair Yoga 2:00 Rummikub 2:00 Chair volleyball</p>	<p>26</p> <p>9:30 Book Club- Theresa's pick: Memoir of a Female Soldier 10:30 MahJongg 10:00 Pinochle 12:30 Bingo</p>
<p>29</p> <p>10:00 Pinochle 10:00 Zealynn— craft 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo</p>	<p>30</p> <p>9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p>	<p>31</p> <p>9:00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (S) 12:00 Po-ke-no 12:00 MahJongg</p>	<p>Welcome new members Peggy Fitzgerald Kay Krysty Joan Nelson Jind Singh Mindy South Rochelle Valdivia</p>	
			<p>KEY: K&C Lessons = Knit & Crochet (S) = Schlathaus</p>	

Get to Know Your Neighbor: Theresa George

WHEN WERE YOU BORN? July 16, 1937

WHERE WERE YOU BORN? Queens, NY.

WHAT IS YOUR ANCESTRY? Irish.

HOW MANY SIBLINGS DO/DID YOU HAVE? Two brothers: Philip and John. Deceased

WHAT HIGH SCHOOL/COLLEGE DID YOU ATTEND? Julia Richmond High School in New York City

ARE YOU MARRIED? HOW LONG? SPOUSE NAME? I was married to John George for 40 years. He is deceased.

DO YOU HAVE ANY CHILDREN? GRANDCHILDREN? HOW MANY? NAMES? I have four children: Jill, Denise, Christine and Gregg. Also five grandchildren: Matt, Marissa, John, Michael, Nicholas.

DO YOU HAVE PETS AND IF SO, WHAT? Over the years, I've had dogs, cats, birds, fish, rabbits. None now!

WHAT WAS YOUR CAREER? Clerical.

WERE YOU IN THE MILITARY? WHAT BRANCH? WHAT YEARS? No military service, though I worked for the Army for four years.

WHAT IS YOUR FAVORITE FOOD? I like Italian food.

WHAT IS YOUR FAVORITE SEASON? Summer is my favorite season.

WHAT IS YOUR FAVORITE HOLIDAY? My birthday!

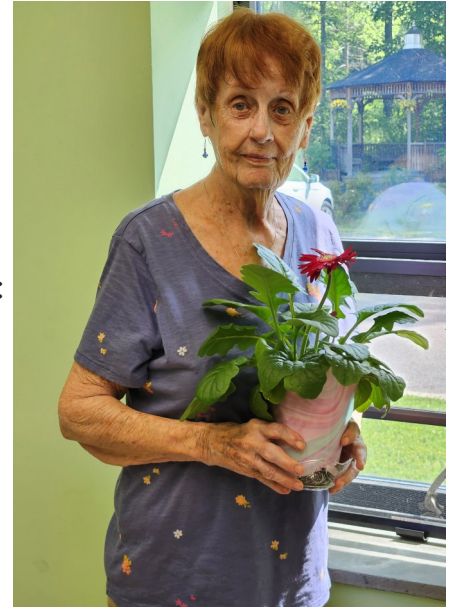
FAVORITE PASTIME/HOBBY? I like to read and I like the art class on Tuesdays.

WHAT PLACES HAVE YOU VISITED? I've been to Bermuda and Canada.

DO YOU PREFER THE SEASHORE OR MOUNTAINS? I like the seashore the best.

MOVIES: DO YOU PREFER COMEDIES, DRAMA, SCIENCE FICTION? I like comedies.

ANYTHING ELSE YOU WANT TO SHARE? I love coming to the Senior Center. Everyone is so friendly.



July's Birthday Babies*

2 Dorothy Sommerfeldt
2 Frances DeVall
3 Linda Johnson
7 Connie Smith
8 Stephanie Parchinski
12 George Gumbel
14 Franklin Adler
16 Theresa George
16 Henry Grodenchik
16 Sara Dobbins
17 Barbara Hamm
20 Terri Bertolini
21 Connie Derasmo
23 Janet Coyne
25 Eleanor Highak
29 Carol Wilson
30 Irene Crowe
31 Donna McClay
31 Ester Mabry

August's Birthday Babies*


1 Kathleen Hughes
10 Sal Bertolini
16 Patricia Henrichsen
16 Winona Joyce
17 Kathy Salvati
18 Samuel Dawson
19 JoAnn Wasilko
22 Lena Esposito
22 Carol Smith
25 Maureen Norcross
26 Charlotte Christman

June Birthday Celebration**
June 20, 11:30am**

July Birthday Celebration**
July 25 11:30am**

Cake! Pizza! Bingo!

AUGUST 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 11:30 Lunch & Movie: His Girl Friday 2:00 Rummikub 2:00 Chair volleyball	2 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
5 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	6 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	7 9:00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (S) 12:00 Po-ke-no 12:00 MahJongg	8 9:00 Exercise 10:00 Chair Yoga 12:00 Craft: 2:00 Rummikub 2:00 Chair volleyball	9 9:00 Def driving 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
12 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	13 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	14 9:00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (S) 12:00 Po-ke-no 12:00 MahJongg	15 9:00 Exercise 10:00 Chair Yoga 11:30 Bday party 2:00 Rummikub 2:00 Chair volleyball	16 9:30 MahJongg 10:00 Pinochle 12:30 Bingo MahJongg tournament  5/17
19 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	20 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	21 9:00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (S) 12:00 Po-ke-no 12:00 MahJongg	22 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 2:00 Rummikub 2:00 Chair volleyball	23 9:30 Book Club: Rose's pick: When We Had Wings 10:30 MahJongg 10:00 Pinochle 12:30 Bingo
26 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	27 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	28 9:00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (S) 12:00 Po-ke-no 12:00 MahJongg	29 :00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 2:00 Rummikub 2:00 Chair volleyball	30 9:30 MahJongg 10:00 Pinochle 12:30 Bingo

Celebrating June's 'Birthday Babies'



June's craft:

Wood Hatbox Decorating

Meg, Anna, Maria, Estela, Ping, Sara, Paula, Marie, Theresa each decorated a hat box. They were large, wood boxes donated by Hannaford's deli manager, Donna—thank you! Each box was unique and came out beautifully.

“Mother’s Day & Father’s Day Lunch” at Olive Garden June 5, 2024



Kathryn and Michael Schappert and Martha and Hee Cho are all smiles as they await their delish lunch.

Lovebirds Phyllis and John Campala.



Recipe Corner

Macaroni Coleslaw

TasteofHome.com

Total Time Prep: 25 min. + chilling **Makes** 16 servings

Ingredients

- 1 package (7 oz) ring macaroni or ditalini
 - 1 package (14 oz) coleslaw mix
 - 2 celery ribs, finely chopped
 - 1 medium cucumber, finely chopped
 - 1 medium green pepper, finely chopped
 - 1 can (8 oz) whole water chestnuts, drained and chopped
-

Dressing:

- 1-1/2 C. Miracle Whip Light
 - 1/3 C. sugar
 - 1/4 C. cider vinegar
 - 1/2 tsp. salt
 - 1/4 tsp. pepper
-

Directions

1. Cook macaroni according to package directions; drain and rinse in cold water. Transfer to a large bowl; add the coleslaw mix, celery, cucumber, green pepper and water chestnuts.
2. In a small bowl, whisk the dressing ingredients. Pour over salad; toss to coat. Cover and refrigerate for at least 1 hour.

Nutrition Facts

Serving: 3/4 cup Carbohydrates: 24g (12g sugar, 2g fiber)
Calories: 150 calories Protein: 3g
Fat: 5g (1g saturated fat)
Cholesterol: 6mg cholesterol
Sodium: 286mg

Astronomy

All the words listed are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

G A L I L E O B I G B A N G A
J U P I T E R Z O D I A C S T
R O N O Y S P V N E P T U N E
M Y Y I R R S L E L B B U H O
M A R S U E Y S U N A R U E N
E W O F C V R S A T U R N L T
H Y P E R I O N H E O S F I E
A K O W E N T C O M E T L O S
W L L C M U A E I R E E E C T
K I A N C E V N S O I K V E E
I M R N W O R T H E I C A N L
N C I H L A E A R T H O R T E
G M S L A T S U E E U R T R S
P H O T O N B R R M S C E I C
A P N P L A O X Y G E N C S O
A N D R O M E D A N A S A M P
Y T I V A R G Y A N A C P T E
I V E R E A L U B E N O S L E

ANDROMEDA
APOLLO
BIG BANG
CENTAUR
COMET
EARTH
GALILEO
GRAVITY
HAWKING
HELIOCENTRISM
HUBBLE
HYPERION
JUPITER
MARS
MERCURY
METEOR
MILKY WAY
NASA
NEBULAE
NEPTUNE
OBSERVATORY
OXYGEN
PHOTON
PLUTO
POLARIS
ROCKET
SATURN
SPACE TRAVEL
TELESCOPE
UNIVERSE
URANUS
VENUS
ZODIAC



Handy Contacts!

Wappinger Town Hall:

Assessor's Office: 297-8275
Camo Pollution: 463-7310
Building Department: 297-6256
Dog Control Officer: 297-1030
Fire Inspector: 297-1373
Highway: 297-9451
Justice Court: 297-6070/7739
Zoning & Planning: 297-6256,
Receiver of Taxes: 297-4342
Recreation: 297-0720
Senior Citizen Center: 297-3670
Supervisor: 297-2744
Town Clerk: 297-5771
Water & Sewer Billing: 297-1850
Zoning Administrator: 297-1373

Town Board Members:

Supervisor: Joseph Cavaccini - 297-2744
Ward 1: William Beale - 764-0729
Ward 2: Angela Bettina - (845) 831-9633
Ward 3: Chris Phillips - (845) 372-9023
Ward 4: Al Casella - 845-803-6359



Community Programs/Services:

Alzheimer's Association: 471-2655
American Cancer Society: 452-2635
American Diabetes Association: 473-4520
American Heart Association: 485-4703
American Lung Association: (800) 586-4872
American Red Cross: 471-0200
Cancer Services of DC: 452-2932 x9717
Community & Family Services: 486-3701
County Community Action Partnership,
Inc.: 452-5104
Dial-A-Ride: 473-8424
Dutchess Outreach, Inc.: 454-3792
Grinnell Library: 297-3428
Hudson River Housing: 454-5176
Meals On Wheels: 452-2245
Mental Health America of DC, Inc.: 473-2500
Office for the Aging: 486-2555
Salvation Army, Poughkeepsie: 471-1210
SPCA: 452-7722
United Way, Dutchess County: 471-1900



DEFENSIVE DRIVING CLASS

All sessions 9am to 4pm

July 26 &

Wappinger Town Hall

Call Mary Long to enroll: 297.0186

For seniors age 50+

T S C (+) T W . P , BOOK CLUB, BRIDGE CLUB, ZUMBA GOLD, . . .
T C M — F : : —STOP IN AND SAY HELLO!

TOWN OF WAPPINGER SENIOR CENTER

BAD WEATHER POLICY

Check www.wappingerrecreation.com, townofwappingerny.gov for posted delays or closings. Or call 845-372-4484 for a recorded announcement.

DIAL-A-RIDE

If you need to make or cancel transportation plans with the Dutchess County Dial-a-Ride program, please contact them at 845-473-8424.



The Senior Center Recycles!

As well as having a separate blue recycling bin in our kitchen for proper disposal of things like plasticware, cans, cups, paper, etc., we also encourage the reuse of items like the books and jigsaw puzzles on our community bookshelf. Once the puzzles are complete, they go back in the box and onto the shelf for others to take home and enjoy. So, your Center



Help us Stay Healthy! Stay home when you are sick

Keep your distance from others to help prevent germ spread. Cover your mouth and nose with a tissue when coughing or sneezing or do so in the crook of your elbow. Clean your hands often to help protect you from germs. If soap and water are not available, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose and mouth to keep germs from entering those areas. Practice other good health habits such as cleaning and disinfecting surfaces getting plenty of sleep, being physically active, managing stress, drinking lots of fluids, eating nutritious foods.

Reminder

You can come to the Center any time during our hours of operation to play your favorite games or just hang out. It does not have to be on the calendar for you to enjoy games, puzzles, etc. Please remember to sign in each day that you come to the Senior Center. This provides us good information about the popularity of our programming as well as the attendance of our members. *Thank you!*



I'm in a really good place right now. Not emotionally or spiritually, just on the sofa with my dog.

An English professor announced to the class, "There are two words I don't allow in my class. One is gross and the other is cool."

From the back of the room a voice called out, "So, what are the words?"

