

Town of Wappinger Senior Center



We are rooted here

February 2024 Newsletter



Photo: Pixabay


*Here delicate snow-stars, out of the cloud,
Come floating downward in airy play,
Like spangles dropped from the glistening crowd
That whiten by night
the milky way.*

—“The Snow-Shower,” by William Cullen Bryant (1794–1878)

The above is from almanac.com — lest one thinks there is no beauty in February, the Valentine month



FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Exercise 10:00 Chair Yoga 11:30 Movie: Grumpier Old Men	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 (Schlathaus) 12:00 Mexican Trains	7 9:00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (Schlathaus) 12:00 Po-ke-no 12:00 MahJongg	8 9:00 Exercise 10:00 Chair Yoga 11:00 Craft: heart garland	9 9:30 MahJongg 10:00 Pinochle 11:00 Souper Bowl 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 (Schlathaus) 11:30 WSA Valentine Luncheon-Longobardi 12:00 Mexican Trains	14 Valentines Day Wear red or pink 00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (Schlathaus) 12:00 Po-ke-no 12:00 MahJongg	15 9:00 Exercise 10:00 Chair Yoga 11:30 Bday Party	16 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
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 (Schlathaus) 12:00 Mexican Trains	21 9:00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (Schlathaus) 12:00 Po-ke-no 12:00 MahJongg	22 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains	23 9:30 Book Club: Sara's Pick: Tale of 2 Cities 9:30 Sign up for Resorts Trip 10:30 MahJongg 10:00 Pinochle 12:30 Bingo
26 9:30 Sign up for Resorts trip 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 (Schlathaus) 12:00 Mexican Trains	28 9:00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (Schlathaus) 12:00 Po-ke-no 12:00 MahJongg	29 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains	<div>Welcome new members</div> <div>Josephine Dayger</div> <div>Ana Maria Martinez</div> <div>Dawna Motise</div> <div>Betsy Tripaldi</div> <div>Ivette Velez-Butler</div>

Get to Know Your Neighbor: Paula Donnelly

WHEN WERE YOU BORN? February 22, 1957

WHERE WERE YOU BORN? Brooklyn, NY

WHAT IS YOUR ANCESTRY? Italian

HOW MANY SIBLINGS DO/DID YOU HAVE? One brother; his name is Charles.

WHAT HIGH SCHOOL DID YOU ATTEND? Grover Cleveland High and Queensborough Comm. College—both in Queens

ARE YOU MARRIED? HOW LONG? SPOUSE NAME? I've been married 42 yrs to Kieran.



DO YOU HAVE ANY CHILDREN? GRANDCHILDREN? HOW MANY? NAMES? We have two boys—Brian, 37 and Brendan, 35. No grandchildren yet!

DO YOU HAVE PETS AND IF SO, WHAT? We have two cats: Eli, 10yrs and Huey, 6yrs.

WHAT WAS YOUR CAREER? I started out as a stenographer & transcription administrative assistant. My last job was as executive assistant for 23 years.

WERE YOU IN THE MILITARY? WHAT BRANCH? WHAT YEARS? Not in the military.

WHAT IS YOUR FAVORITE FOOD? Too many to list, but I love breakfast foods.

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

WHAT IS YOUR FAVORITE HOLIDAY? I love Christmas.

FAVORITE PASTIME/HOBBY? Sleeping, resting, going to the library. Walking, meditating, singing and listening to music.

WHAT PLACES HAVE YOU VISITED? Many, many places in the U.S. Also Canada, Bahamas, Jamaica, St. John, St. Thomas, St. Croix, Ireland and Caribbean cruises.

DO YOU PREFER THE SEASHORE OR MOUNTAINS? I prefer the mountains at this point in my life..

MOVIES: DO YOU PREFER COMEDIES, DRAMA, SCIENCE FICTION? I like comedies, drama and science fiction.

ANYTHING ELSE YOU WANT TO SHARE? I love spending time with my husband, kids, mom, family, friends and cats. Being outdoors in nature. I love to smile, laugh & pray. I love the Senior Center, spending time with all the people and having fun. Many blessings of health, peace, love and joy to y'all!

February's Birthday Babies

2 Marie Camasto
4 Christina Kokiasmenos
5 Anna Edel
10 Rosanna Colonna
12 Renate Clavelin
15 Anna Shields
16 Linda Minunni
20 Virginia Hubner
22 Paula Donnelly
23 Dianne Dufresne
26 Carole McMahon
26 Helen Rossetti

March's Birthday Babies

2 Anna Schettino
3 Roxanna Synnett
3 Judith Abraham
4 Darlene Green
6 Kathi Delisa
6 Janet Versace
12 Laura DeSario
13 Jo Santoro
14 Lucille Tatananni
14 Josephine Zucker
14 Rita Del Valle
15 Suzanne Baur
16 Eileen Stickle
16 Debra Maselli
17 Florence Docherty
17 Sylvia Ensley
18 Norma Waldbillig
19 Jo "Patsy" Moran
21 Rosemarie Gioggia
22 Salvatore Galle
27 Cindy Merritt
28 Patricia Callahan
29 Susan Dorler
31 Lou DeFelice

February Birthday Celebration

Feb. 15 11:30am

March Birthday Celebration

Mar. 21 11:30am

Cake! Pizza \$1/slice — Birthday Babies eat free!

WSA Box Lunch at the Senior Center—Jan. 11



Celebrating January's 'birthday babies':
Geri, Trish, Peg, Kathy, Tom, Eleanor!





St. Patrick's Day Luncheon

**Monday, March 18 - 11:00 am—12:30pm
in the Senior Center**

\$10/person

Includes:

Corned beef & cabbage

Carrots & potatoes

Irish soda bread

Dessert

**DJ provided by the
Wappingers Seniors Association**

Bingo follows



WAPPINGER SENIORS ASSOCIATION, Inc.
BUS TRIP TO RESORTS CASINO

Thursday, March 28, 2024



Cost Per Member: \$30/pp

Cost Per Non-Member: \$40/pp

Includes round trip bus fare and driver's tip.

Casino Package: \$25 Free Play

\$15 Food Voucher

Bus departs Wappinger Town Hall promptly at 9:30am

(Please arrive by 9:15am; Bus will not be held!)

Bus leaves Resort Casino no later than 3:30pm

In person Sign-up ONLY at T.O.W. Senior Center

WSA Members; Fri & Monday; 2/23/24 & 2/26/24 9:30am-12:30pm

Non-Members: Monday; 2/26/24 10:30am-12:30pm

Checks payable to: Wappinger Seniors Association, Inc.

Refunds for trip cancellation only

For info contact: Anna: 914-474-7918, Alice: 443-545-9925, Nancy: 845-298-8470



MARCH 2024



Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
4 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	5 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (Schlathaus) 12:00 Mexican Trains	6 :00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (Schlathaus) 12:00 Po-ke-no 12:00 MahJongg	7 9:00 Exercise 10:00 Chair Yoga 11:30 Lunch & Movie: The Scarlet Pimpernel Wear scarlet!	8 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
11 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	12 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (Schlathaus) 12:00 Mexican Trains	13 00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (Schlathaus) 12:00 Po-ke-no 12:00 MahJongg	14 9:00 Exercise 10:00 Chair Yoga 12:00 Craft: signs for the Carnwath community garden	15 Dress Down Day for Sparrow's Nest 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
18 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 11:00 St. Pat's Lunch 12:30 Bingo	19 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (Schlathaus) 12:00 Mexican Trains	20 9:00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (Schlathaus) 12:00 Po-ke-no 12:00 MahJongg	21 9:00 Exercise 10:00 Chair Yoga 11:30 Bday party	22 9:30 Book Club: Patricia's Pick: The Music Shop 10:30 MahJongg 10:00 Pinochle 12:30 Bingo
25 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	26 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (Schlathaus) 12:00 Mexican Trains	27 9:00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (Schlathaus) 12:00 Po-ke-no 12:00 MahJongg	28 9:00 Exercise 9:15 WSA bus trip to Resorts 10:00 Chair Yoga 11:00 Mexican Trains	29 9:30 MahJongg 10:00 Pinochle 12:30 Bingo

Recipe Corner

Lemon & Dill Chicken

From EatingWell.com

Ingredients

4 boneless, skinless chicken breasts, (1-1 1/4 pounds)
Salt & freshly ground pepper, to taste
3 tsp. extra-virgin olive oil, or canola oil, divided
1/4 C. finely chopped onion
3 cloves garlic, minced
1 C. reduced-sodium chicken broth
2 tsp. flour
2 tbsp. chopped fresh dill, divided
1 tbsp. lemon juice

Directions

Season chicken breasts on both sides with salt and pepper. Heat 1 1/2 tsp. oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.

Reduce heat to medium. Add the remaining 1 1/2 tsp. oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tbsp. dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.

Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tblp. chopped fresh dill.

Nutrition Facts *(per serving - makes 4)*

170 calories
6g fat
3g carbs
24g protein

Around the House

100 Hidden Words to Find

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

attic	brush	couch	floor	mattress	plate	soap	toothbrush
basement	cabinet	counter	fork	microwave	pot	socks	toothpaste
bathroom	candle	cup	frame	mirror	purse	spatula	towel
bathtub	carpet	curtains	glass	mop	refrigerator	sponge	trash
bed	chair	cushion	hanger	ottoman	remote	spoon	vacuum
bedroom	clock	desk	hook	outlet	rug	stairs	vent
bench	closet	detergent	iron	oven	shampoo	table	washcloth
blanket	clothes	dishwasher	keys	pan	sheet	teapot	washer
blender	coaster	door	kitchen	pantry	shelf	television	window
book	coat	drawer	knife	paper	shoes	tile	
bookcase	comb	dresser	knob	pen	shower	tissues	
bowl	computer	dryer	lamp	photo	sink	toaster	
broom	conditioner	fan	light	pillow	slippers	toilet	

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 H. Beale - 764-0729
Ward 2: Angela Bettina - (845) 831-9633
Ward 3: Christopher Phillips - (845) 372-9023
Ward 4: Alfred Casella - 845-803-6359



Community Programs/Services:

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



DEFENSIVE DRIVING CLASS

All sessions 9am to 4pm

February 9

March 8

Wappinger Town Hall

WWW.WAPPINGERRECREATION.COM 845.297.3670

THE SENIOR CENTER IS OPEN TO ALL SENIOR CITIZENS (55+) RESIDING IN THE TOWN OF WAPPINGER. PROGRAMS INCLUDE ARTS AND CRAFTS, BINGO, BOARD GAMES, BOOK CLUB, BRIDGE CLUB, ZUMBA GOLD, MOVIES, ROAD TRIPS, SPECIAL EVENTS AND MORE.

BAD WEATHER POLICY

To check for delays or closings: www.townofwappingerny.gov
or call **845-372-4484** www.wappingerrecreation.com

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 is doing it's part for the Earth!



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!*



A man has reached middle age when he is cautioned to slow down by his doctor instead of by the police.

You're getting old when you don't care where your spouse goes, just as long as you don't have to go along.

