

Town of Wappinger Senior Center



We are rooted here

March 2024 Newsletter

The Month of March

"March" is named for the Roman god of war, Mars. This was the time of year to resume military campaigns that had been interrupted by winter.

In the early Roman calendar, March (or *Martius*) was the **first** month of the calendar year. As March brought the first day of spring with the vernal equinox, it was the start of new beginnings.

March became the third month when January and February, which were added to the end of the Roman calendar around 700 BCE, instead became the first and second months around 450 BCE.

Catherine Boeckmann




In Like a Leo, Out Like an Aries

You may have heard the weather proverb, "March comes in like a lion, goes out like a lamb," which means that if the month starts off stormy, it will end with mild weather. There is, however, a different interpretation: The constellation Leo, the lion, rises in the east at the beginning of March. Thus, the month "comes in like a lion," while Aries, the ram, sets in the west at the end of the month, and hence, the month "will go out like a lamb."



MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Welcome new members</p> <p>Nancy Almazar Sherilyn Carozza</p> <p>Barbara Gutzler Bill & Cheryl Kastner</p> <p>Gail & Louis Scotto</p>			<p>KEY:</p> <p>K&C Lessons =</p> <p>Knit & Crochet</p> <p>(S) = Schlathaus</p>	<p>1</p> <p>9:30 MahJongg</p> <p>10:00 Pinochle</p> <p>12:30 Bingo</p>
<p>4</p> <p>9:30-12:30 sign up for WSA trip</p> <p>10:00 Pinochle</p> <p>10:00 K&C Lesson</p> <p>10:30 Zumba</p> <p>12:30 Bingo</p>	<p>5</p> <p>9:00 Art Class</p> <p>11:00 10c Bingo</p> <p>11:00 Bridge Club (S)</p> <p>12:00 Mexican Trains</p> <p>2:00 Rummikub</p>	<p>6</p> <p>9:00 Zumba</p> <p>10:00 Chess</p> <p>10:00 Knitting group</p> <p>10:00 Pinochle</p> <p>11:00 Quilting (S)</p> <p>12:00 Po-ke-no</p> <p>12:00 MahJongg</p>	<p>7</p> <p>9:00 Exercise</p> <p>10:00 Chair Yoga</p> <p>11:30 Lunch & Movie: The Scarlet Pimpernel</p> <p>Wear scarlet!</p> <p>2:00 Chair volleyball</p>	<p>8</p> <p>9:30 MahJongg</p> <p>9:30-12:30 sign up for WSA trip</p> <p>10:00 Pinochle</p> <p>12:30 Bingo</p>
<p>11</p> <p>10:00 Pinochle</p> <p>10:00 K&C Lesson</p> <p>10:30 Zumba</p> <p>12:30 Bingo</p>	<p>12</p> <p>9:00 Art Class</p> <p>11:00 10c Bingo</p> <p>11:00 Bridge Club (S)</p> <p>12:00 Mexican Trains</p> <p>2:00 Rummikub</p>	<p>13</p> <p>9:00 Zumba</p> <p>10:00 Chess</p> <p>10:00 Knitting group</p> <p>10:00 Pinochle</p> <p>11:00 Quilting (S)</p> <p>12:00 Po-ke-no</p> <p>12:00 MahJongg</p>	<p>14</p> <p>9:00 Exercise</p> <p>10:00 Chair Yoga</p> <p>11:00 WSA open mtg</p> <p>12:00 Craft: signs for the Carnwath community garden</p> <p>2:00 Chair volleyball</p>	<p>15</p> <p>Dress Down Day for Sparrow's Nest</p> <p>9:30 MahJongg</p> <p>10:00 Pinochle</p> <p>12:30 Bingo</p>
<p>18</p> <p>10:00 Pinochle</p> <p>10:00 K&C Lesson</p> <p>10:30 Zumba</p> <p>11:00 St. Pat's Lunch </p> <p>12:30 Bingo</p>	<p>19</p> <p>9:00 Art Class</p> <p>11:00 10c Bingo</p> <p>11:00 Bridge Club ((S)</p> <p>12:00 Mexican Trains</p> <p>2:00 Rummikub</p>	<p>20</p> <p>9:00 Zumba</p> <p>10:00 Chess</p> <p>10:00 Knitting group</p> <p>10:00 Pinochle</p> <p>11:00 Quilting (S)</p> <p>12:00 Po-ke-no</p> <p>12:00 MahJongg</p>	<p>21</p> <p>9:00 Exercise</p> <p>10:00 Chair Yoga</p> <p>11:30 Bday party</p> <p>2:00 Chair volleyball</p>	<p>22</p> <p>9:30 Book Club: Patricia's Pick: The Music Shop</p> <p>10:30 MahJongg</p> <p>10:00 Pinochle</p> <p>12:30 Bingo</p>
<p>25</p> <p>10:00 Pinochle</p> <p>10:00 K&C Lesson</p> <p>10:30 Zumba</p> <p>12:30 Bingo</p>	<p>26</p> <p>9:00 Art Class</p> <p>11:00 10c Bingo</p> <p>11:00 Bridge Club (S)</p> <p>12:00 Mexican Trains</p> <p>2:00 Rummikub</p>	<p>27</p> <p>9:00 Zumba</p> <p>10:00 Chess</p> <p>10:00 Knitting group</p> <p>10:00 Pinochle</p> <p>11:00 Quilting (S)</p> <p>12:00 Po-ke-no</p> <p>12:00 MahJongg</p>	<p>28</p> <p>9:00 Exercise</p> <p>9:15 WSA bus trip to Resorts</p> <p>10:00 Chair Yoga</p> <p>11:00 Mexican Trains</p> <p>2:00 Chair volleyball</p>	<p>29</p> <p>CLOSED FOR GOOD FRIDAY</p>

Get to Know Your Neighbor: Roxanna Synnott

WHEN WERE YOU BORN? March 3, 1940

WHERE WERE YOU BORN? Poughkeepsie, NY

WHAT IS YOUR ANCESTRY? Slavic, Irish, German.

HOW MANY SIBLINGS DO/DID YOU HAVE? None.

WHAT HIGH SCHOOL DID YOU ATTEND? Wappinger Central School and New Paltz College.

ARE YOU MARRIED? HOW LONG? SPOUSE NAME? Married 24 years to J. Donald Synnott, former Mayor of the Village of Wappingers Falls.



DO YOU HAVE ANY CHILDREN? GRANDCHILDREN? HOW MANY? NAMES? I have one son named Michael and two grandchildren—Amber and Matthew.

DO YOU HAVE PETS AND IF SO, WHAT? No pets now— we had a dachshund named Hans.

WHAT WAS YOUR CAREER? Third grade teacher at Vassar Road School.

WERE YOU IN THE MILITARY? WHAT BRANCH? WHAT YEARS? No, but my son is an ex-Marine and grandson is in the Air Force.

WHAT IS YOUR FAVORITE FOOD? Most any food I like.

WHAT IS YOUR FAVORITE SEASON? Autumn—I like cool, crisp air and the beautiful colors..

WHAT IS YOUR FAVORITE HOLIDAY? I love Christmas.

FAVORITE PASTIME/HOBBY? Reading, puzzles, Senior Center trips and activities..

WHAT PLACES HAVE YOU VISITED? Toured Europe, Canada and both coasts of the U.S..

DO YOU PREFER THE SEASHORE OR MOUNTAINS? The seashore.

MOVIES: DO YOU PREFER COMEDIES, DRAMA, SCIENCE FICTION? A good comedy or drama.

ANYTHING ELSE YOU WANT TO SHARE? Enjoy life each day, socialize, make friends, keep moving. Health and happiness to everyone!

March's Birthday Babies

2 Anna Schettino
3 Roxanna Synnett
6 Kathi Delisa
6 Janet Versace
12 Laura DeSario
13 Jo Santoro
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
28 Patricia Callahan
29 Susan Dorler
31 Lou DeFelice

April's Birthday Babies

1 Carol Di Maria
3 Ann Acquanita
5 Frank Dispensa
6 Paula Martin
12 Pat Greco
17 Barbara Gutzler
18 Marla Andreola
19 Audrey Ryan
19 Al Casella
21 Kenneth Parchinski
21 Linda Rodriguez
22 Marcella Young
25 Delroy Matthews
26 Jackie Hartung

March Birthday Celebration
Mar. 21 11:30am

April Birthday Celebration
Apr. 18 11:30am

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



Souper Bowl on February 9



February's birthday babies



February's craft day



WAPPINGER SENIORS ASSOCIATION, INC.

Announces Its

2024 MEMBERSHIP DRIVE WEEK

(must be 55 years or older to join)

Sign up April 1st thru April 5th 2024;

9:30am - 11:30am Daily

At T.o.W. Senior Center

Annual Membership is \$25.00

(Checks payable to Wappinger Seniors Association, Inc.)

Membership perks:

Priority sign-up for all WSA Events

Subsidized pricing for WSA Events

Access to WSA "Members ONLY" Events

SPECIAL MEETING ANNOUNCEMENT

The Wappinger Seniors Association, Inc. is holding its
Annual Fiscal Meeting open to all interested WSA members.
Meeting will be held on March 14, 2024 beginning promptly at 11am
in the Town of Wappinger Board room.

Wappinger Seniors Association, Inc.

Subsidizes an APRIL 16, 2024 Event

An Ace-in-the-hole production:

"SEPTEMBER MORNIN' & COPACABANA NIGHTS"

A Tribute to Neil Diamond & Barry Manilow



Trip includes bus transportation to the BROWNSTONE in Paterson, NJ, Show and Luncheon including Salad, Entrée, Dessert, Coffee/Tea, and All Taxes & Gratuities

Cost per WSA Member: \$55/pp

Non-Member Cost: \$75/pp

Non-Refundable

Bus leaves Wappinger Town Hall at 9:15am Return trip begins ~3:30pm

In-Person sign-up **ONLY** (except spouses) at ToW Senior Center

WSA Members; Mon & Fri; Mar 4th & 8th 9:30am-12:30pm

Non-Members: Friday; 3/8/24 10:30 – 12:30pm

(Checks payable to Wappinger Seniors Association, Inc.)

Family-Style Menu

Warm Rolls
Caesar Salad
Penne Alfredo
Maple Baked Ham
Chicken Francese
Fresh Veg Medley
Dessert
Coffee, Tea, DeCaf

Performed by our in-house professionals:



Tommy Walker



Anthony Duke Claus



BROWNSTONE – APRIL 16TH



For additional info contact Alice: 443-545-9925 or Peg: 845-297-3118



APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30-11:30 Sign up for WSA 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	2 9:00 Art Class 9:30-11:30 Sign up for WSA 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	3 9:30 Sign up for WSA 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	4 9:00 Exercise 9:30-11:30 Sign up for WSA 10:00 Chair Yoga 11:30 Movie: Steel Magnolias 2:00 Chair volleyball	5 9:30 MahJongg 9:30-11:30 Sign up for WSA 10:00 Pinochle 12:30 Bingo
8 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	9 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	10 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	11 9:00 Exercise 10:00 Chair Yoga 11:00 Craft: Mini Rocking Chairs 2:00 Chair volleyball	12 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
15 10:00 Pinochle 10:00 K&C Lesson 10:30 NO Zumba 12:30 Bingo	16 WSA trip to Brownstone for Manilow/Diamond tribute 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	17 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	18 9:00 NO Exercise 10:00 NO Chair Yoga 11:30 Bday Party 2:00 Chair volleyball	19 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
22 Earth Day—wear environmental or green attire 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	23 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	24 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	25 9:00 Exercise 10:00 Chair Yoga 11:00 Rummikub Tournament 2:00 Chair volleyball	26 9:30 Book Club: The Boys in the Boat 10:30 MahJongg 10:00 Pinochle 12:30 Bingo
29 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	30 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub			KEY: K&C Lessons = Knit & Crochet (S) = Schlathaus

Recipe Corner

Baked Feta & Tomato Spaghetti Squash

From Eatingwell.com

Servings: 2

Ingredients

1 medium spaghetti squash, halved lengthwise and seeded (3- to 3½-lb.)
3 tbsp. extra-virgin olive oil, divided
¼ tsp. crushed red pepper
¼ tsp. ground pepper
⅛ tsp. salt
1 4oz. block feta cheese, halved
8 oz. cherry tomatoes (about 1 ½ cups)
3 tbsp. chopped fresh basil, plus more for garnish
1 tbsp. minced garlic
1 ½ tsp. chopped fresh oregano
1 tbsp. balsamic glaze

Directions

Position rack in middle of oven; preheat to 400°F. Line a large rimmed baking sheet with parchment paper or foil.

Place squash halves, cut-sides up, on the prepared baking sheet. Drizzle with 1 tablespoon oil; sprinkle with crushed red pepper, pepper and salt. Place 1 feta piece, ¾ cup tomatoes, ½ table-spoons basil, ½ teaspoons garlic and ¾ teaspoon oregano in each squash half. Drizzle each with ½ teaspoons oil. Bake until the squash flesh is tender and the tomatoes burst, 50 to 55 minutes. Remove from oven. Using a fork and tongs, scrape the squash contents and the long strands of squash flesh into a medium bowl. Drizzle in the remaining 1 tablespoon oil; stir to combine. Return the mixture to the squash shells; cut each in half widthwise. Transfer each to a plate; drizzle evenly with balsamic glaze and serve.

Nutrition Information

Serving Size: 1 cup squash mixture

Calories 259, Fat 16g, Saturated Fat 5g, Cholesterol 10mg, Carbohydrates 25g, Total Sugars 11g, Added Sugars 1g, Protein 8g, Fiber 5g, Sodium 479mg, Potassium 494mg

Poetry

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

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

ECLOGUE
ELEGY
EPIGRAM
EPITAPH
HYMN
IDYLL
LAMENTATION
LIMERICK
MADRIGAL
NONSENSE
OCTET
ODE
PASTORAL
PROSE
RIDDLE
ROMANCE
SATIRE
SEXTET
SONNET
STANZA
VILLANELLE
VISUAL POETRY
VOCALIZE

ATONAL
BALLAD
BURLESQUE

CANTILENA
CONCRETE
COPLA

COUPLET
DISTICH
DITHYRAMB



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: 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

March 8

April 19

Wappinger Town Hall

Call Mary Long: 297-0186

T S C W
GOLD, , , . , . , BOOK CLUB, BRIDGE CLUB, ZUMBA

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!*

Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.

Did you know? Oak trees don't produce acorns until they are 50 years old.

It's called gross pay because it's disgusting to see what you could've made.

The hardest thing after my divorce was learning to finish my own sentences.

