Town of Wappinger Senior Center



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 begin-

ning 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."



<u>*****</u> MARCH 2024**₹**

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome new members Nancy Almazar Sherilyn Carozza Barbara Gutzler Bill & Cheryl Kastner Gail & Louis Scotto			KEY: K&C Lessons = Knit & Crochet (S) = Schlathaus	I 9:30 MahJongg I0:00 Pinochle I2:30 Bingo
4 9:30-12:30 sign up for WSA trip 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 (S) 12:00 Mexican Trains 2:00 Rummikub	6 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	7 9:00 Exercise 10:00 Chair Yoga 11:30 Lunch & Movie: The Scarlet Pimpernel Wear scarlet! 2:00 Chair volleyball	8 9:30 MahJongg 9:30-12:30 sign up for WSA trip 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 (S) 12:00 Mexican Trains 2:00 Rummikub	13 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	14 9:00 Exercise 10:00 Chair Yoga 11:00 WSA open mtg 12:00 Craft: signs for the Carnwath community garden 2:00 Chair volleyball	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 ((S) 12:00 Mexican Trains 2:00 Rummikub	20 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	9:00 Exercise 10:00 Chair Yoga 11:30 Bday party 2:00 Chair volleyball	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 (S) 12:00 Mexican Trains 2:00 Rummikub	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	28 9:00 Exercise 9:15 WSA bus trip to Resorts 10:00 Chair Yoga 11:00 Mexican Trains 2:00 Chair volleyball	29 CLOSED FOR GOOD FRIDAY

Get to Know Your Neighbor: Roxanna Synnett

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 Synnett, 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 Baltes

April'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

- 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

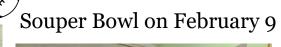
March Barthday (elebration)
Mar. 21 11:30am

April Birthday Celebration

Apr. 18 11:30 ***

Cake! Pizza \$1/slice — Birth-lay Balaies eat free!







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:

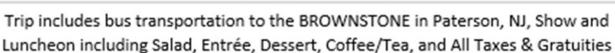
"SEPTEMBER MORNIN' &

A Tribute to Neil Diamond & Barry Manilow









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 4st & 8th 9:30am-12:30pm Non-Members: Friday; 3/8/24 10:30 – 12:30pm

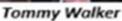
(Checks payable to Wappinger Seniors Association, Inc.)

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:







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
I 9:30-11:30 Sign up for WSA 10:00 Pinochle 10:00 K&C Les- son 10:30 Zumba 12:30 Bingo	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	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 Les- son 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	9:00 Exercise 10:00 Chair Yoga 11:00 Craft: Mini Rocking Chairs 2:00 Chair volleyball	9:30 MahJongg 10:00 Pinochle 12:30 Bingo
15 10:00 Pinochle 10:00 K&C Les- son 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
Earth Day—wear environmental or green attire 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	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	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 Les- son 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

1/4 tsp. crushed red pepper

1/4 tsp. ground pepper

1/8 tsp. salt

14oz. block feta cheese, halved

8 oz. cherry tomatoes (about 11/2 cups)

3 tbsp. chopped fresh basil, plus more for garnish

1 tbsp. minced garlic

11/2 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, 1½ tablespoons basil, 1½ teaspoons garlic and ¾ teaspoon oregano in each squash half. Drizzle each with 1½ 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.

OAREPOE DONSE X Ε SMSON Ε YASMM F Н V N AE Α Т S O 0 F 0 N C D N S MK E E GRU P R AAU 0 E E Е S Н Е Н Τ Q YRAMBMRR ORALV F RHYMECANT ENA

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

VOCALIZE

ECLOGUE

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

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 March 8 April 19 Wappinger Town Hall Call Mary Long: 297-0186

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. <u>Cover your mouth and nose</u> with a tissue when coughing or sneezing or do so in the crook of your elbow. <u>Clean your hands</u> often to help protect you from germs. If soap and wa-

ter 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.

