

Town of Wappinger Senior Center



We are rooted here

April 2024 Newsletter

Earth Day—April 22

Make every day a day to protect the Earth



APRIL 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| 1 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo | 2 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub | 3 <i>National Walking Day—take a walk!</i> 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 10:00 Chair Yoga 11:00 Mexican Trains 11:30 Lunch & Movie: Steel Magnolias 2:00 Rummikub 2:00 Chair volleyball | 5 9:30 MahJongg 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 12:00 Craft: mini rockers 2:00 Rummikub 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 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 Rummikub 2:00 Chair volleyball | 19 9:00 Def driving 9:30 MahJongg 10:00 Pinochle 12:30 Bingo |
| 22 EARTH DAY wear something green or eco-inspired 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 Mexican Trains 11:00 Rummikub Tournament 2:00 Rummikub 2:00 Chair volleyball | 26 9:30 Book Club: Grace's Pick: 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 | Welcome new members Christine Dororatos Kathy Elliott Maureen Guglielmo Eleanor Hichak Kathleen Hughes Bill Kastner Cheryl Kastner Donna Palmer Stewart Palmer Maureen Santangelo | | KEY: K&C Lessons = Knit & Crochet (S) = Schlathaus |

Get to Know Your Neighbor: Ken Parchinski

WHEN WERE YOU BORN? April 21, 1940

WHERE WERE YOU BORN? Astoria, NY

WHAT IS YOUR ANCESTRY? Polish

HOW MANY SIBLINGS DO/DID YOU HAVE? I had three brothers.

WHAT HIGH SCHOOL DID YOU ATTEND? Bishop Loughlin Memorial High School in Brooklyn, NY and Manhattan College in Riverdale, NY

ARE YOU MARRIED? HOW LONG? SPOUSE NAME? I am married to Stephanie for 61 years.

DO YOU HAVE ANY CHILDREN? GRANDCHILDREN? HOW MANY? NAMES? We have three children: Ken Jr, Chris, Michael and eight grandchildren: Ryan, Ashley, Nicholas, Alexander, Kyle, Erin, Emily, John

DO YOU HAVE PETS AND IF SO, WHAT? We have no pets.

WHAT WAS YOUR CAREER? I was an electrical engineer at IBM for 40 years and senior engineer—chip design.

WERE YOU IN THE MILITARY? WHAT BRANCH? WHAT YEARS? No military service.

WHAT IS YOUR FAVORITE FOOD? Barbequed ribs, grilled salmon

WHAT IS YOUR FAVORITE SEASON? I like summer the most.

WHAT IS YOUR FAVORITE HOLIDAY? I like Christmas best.

FAVORITE PASTIME/HOBBY? Baseball, coin collecting.

WHAT PLACES HAVE YOU VISITED? Italy, British Isles, China, Russia, Poland, Scandinavia, Iceland and more!

DO YOU PREFER THE SEASHORE OR MOUNTAINS? The seashore.

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

ANYTHING ELSE YOU WANT TO SHARE? I enjoy the wonderful people at the Senior Center.



April's Birthday Babies

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

Mays' Birthday Babies

2 Linda Lam
2 Rosemary Petri
9 Mary Ellen O'Donnell
10 Mary Weeks
16 Elisa (Helen) Novia
17 Phyllis Campala
19 Maria DiBartolomeo
25 Dolores Fellingner
30 Josephine Bianco
30 Pamela Blenman
30 Richard Dobbins
30 Jessica Fulton
31 Gloria Gibson

April Birthday Celebration
Apr. 18 11:30am

May Birthday Celebration
May 16, 11:30am

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

Celebrating March's 'Birthday Babies'

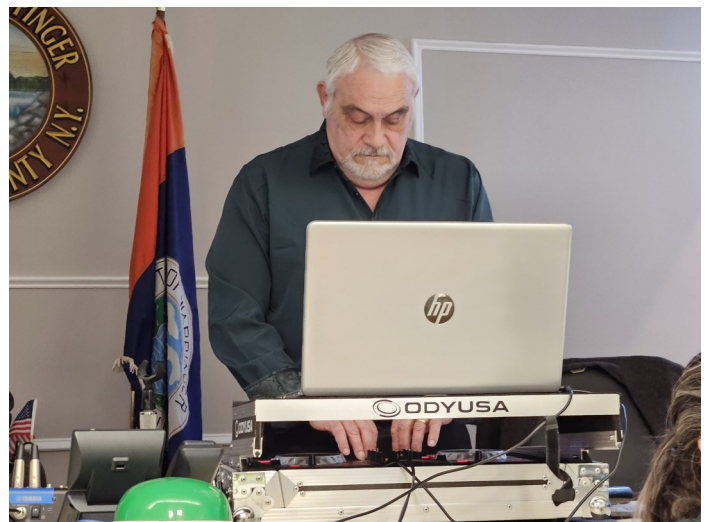
Susan, Roxanna, Patricia,
Laura (97 years young!),
Anna, Janet



Senior Center and Town Hall staff
taking part in the Sparrow's Nest
annual 'Dress Down Day'
fundraiser. Donation raised: \$740!



St. Patrick's Day Lunch Fun—March 18



Wappinger Seniors Association, Inc.

Announces its

2024 MEMBERSHIP DRIVE WEEK

(OPEN TO ALL T.o.W. SENIORS 55 YEARS OR OLDER)

Sign up April 1st thru April 5th 2024;

9:30am – 11:30am Daily

At the T.o.W. Senior Center

Annual Membership: \$25.00

(Checks payable to Wappinger Seniors Association, Inc.)

Membership perks include:

Priority sign-up for all WSA Events

Subsidized pricing for WSA Events

Access to WSA “Members ONLY” Events

DON'T MISS OUT ON THE FUN....JOIN ASAP!!!!

Planet vs. Plastics Global Theme for Earth Day 2024

60X40

**60% Reduction Of
Plastic Production
By 2040**

Planet vs. Plastics unites students, parents, businesses, governments, churches, unions, individuals, and NGOs in an unwavering commitment to call for the end of plastics for the sake of human and planetary health, demanding a 60% reduction in the production of plastics by 2040 and an ultimate goal of building a plastic-free future for generations to come.

To achieve a 60% reduction by 2040, EARTHDAY.ORG's goals are: (1) promoting widespread public awareness of the damage done by plastic to human, animal, and all biodiversity's health and demanding more research be conducted on its health implications, including the release of any and all information regarding its effects to the public; (2) rapidly phasing out all single use plastics by 2030 and achieving this phase out commitment in the United Nations Treaty on Plastic Pollution in 2024; (3) demanding policies ending the scourge of fast fashion and the vast amount of plastic it produces and uses; and (4) investing in innovative technologies and materials to build a plastic-free world.

WHAT YOU CAN DO:

Go on a walk and bring a trash bag to help clean up any plastic you find.

Stop buying bottled water.

Reduce, reuse, recycle.

Volunteer for a cleanup.

Boycott microbeads.

Buy in bulk.

Climate Change is in Our Hands

Little Things Matter



Climate change is in our hands, and the little things you do each day can make a difference in the health of pollinators, people, and the planet.


www.pollinator.org

El cambio climático está en nuestras manos, las pequeñas cosas que hacemos todos los días pueden hacer la diferencia para los polinizadores, las personas y el planeta.

Le changement climatique est entre nos mains, et les petites choses que vous faites au quotidien peuvent faire la différence pour la santé des pollinisateurs, des personnes et de la Planète

Illustration and design by Carol Schaefer

MAY 2024

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|--|---|---|--|---|
| <p>KEY: K&C Lessons = Knit & Crochet (S) = Schlathaus</p> | | <p>1 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>2 9:00 Exercise 10:00 Chair Yoga 11:30 Movie: Keys of the Kingdom 2:00 Rummikub 2:00 Chair volley- ball</p> | <p>3 9:30 MahJongg 10:00 Pinochle 12:30 Bingo</p> |
| <p>6 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo</p> | <p>7 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p> | <p>8 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>9 9:00 Exercise 10:00 Chair Yoga 11:00 Craft 2:00 Rummikub 2:00 Chair volley- ball</p> | <p>10 9:00 Def. driving 9:30 MahJongg 10:00 Pinochle 12:30 Bingo</p> |
| <p>13 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo</p> | <p>14 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p> | <p>15 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>16 9:00 Exercise 10:00 Chair Yoga 11:30 Bday Party 2:00 Rummikub 2:00 Chair volley- ball</p> | <p>17 9:30 MahJongg 10:00 Pinochle 10:00-2:00 'Senior Living in Wappinger' expo 12:30 Bingo</p> |
| <p>20 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo</p> | <p>21 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p> | <p>22 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>23 9:00 Exercise 10:00 Chair Yoga 2:00 Rummikub 2:00 Chair volley- ball</p> | <p>24 9:30 Book Club: 10:30 MahJongg 10:00 Pinochle 12:30 Bingo</p> |
| <p>27 CLOSED FOR MEMORIAL DAY PLEASE ATTEND THE CEREMONY @ SCHLATHAUS PARK—2PM</p>  | <p>28 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p> | <p>29 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>30 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 2:00 Rummikub 2:00 Chair volley- ball</p> | <p>31 9:30 MahJongg 10:00 Pinochle 12:30 Bingo</p> |

Recipe Corner

Creamy Lemon-Dill Rotisserie Chicken Noodle Casserole

EatingWell.com

Servings: 8

Nutrition Profile:

Ingredients

3 cups egg noodles (about 5 ounces) 1/2 C. half-and-half
2 tbsp. unsalted butter 1/4 C. lemon juice
1 C. chopped celery 1/2 tsp. ground pepper
1 C. chopped yellow onion 1/4 tsp. onion powder
2 tbsp. minced garlic 1/4 tsp. garlic powder
3/4 tsp. salt 3 C. shredded rotisserie chicken
1/4 C. all-purpose flour 1/4 C. chopped fresh dill, divided
2 1/2 C. reduced-sodium chicken broth 1 (10oz) package frozen peas and carrots, thawed

Directions

1. Preheat oven to 350°F. Lightly coat a 7-by-11-inch baking dish with cooking spray.
2. Bring a medium pot of water to a boil. Cook noodles for 2 minutes less than package directions. Drain and transfer to a bowl.
3. Heat butter in large nonstick skillet over medium heat. Add celery, onion, garlic and salt; stir often, until tender and translucent, about 8 minutes. Stir in flour; cook, stirring constantly, for about 30 seconds. Add broth and half-and-half; cook, stirring constantly, until the liquid thickens, about 4 minutes. Stir in lemon juice, pepper, onion powder and garlic powder. Remove from heat; stir in chicken, the noodles, peas and carrots and 2 tablespoons dill. Transfer to the prepared baking dish. Cover with foil and bake until hot throughout, about 30 minutes. Sprinkle with the remaining 2 tablespoons dill.

Nutrition Information

Serving Size: about 1 cup

Calories 209

Fat 6g

Saturated Fat 3g

Cholesterol 65mg

Carbohydrates 21g

Total Sugars 4g

Protein 16g

Fiber 2g

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

April 19 and May 10

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!*

