

Town of Wappinger Senior Center



We are rooted here

May 2024 Newsletter


Historians believe May is named after Maia, the goddess who embodied the concept of growth in ancient Roman religion and mythology. That makes sense, as May is the month when flowers and plants begin to blossom anew, inspiring a spirit of rejuvenation among individuals who are ready for warm weather and all the benefits it brings. The name "May" has evolved from the Latin word "Maius," which is short for "mensis," a word that [Dictionary.com](https://www.dictionary.com) reports meant "Maia's month."

May Day is a European festival of ancient origins marking the beginning of summer, usually celebrated on May 1, around halfway between the spring equinox and summer solstice. Traditions often include gathering wildflowers and green branches, weaving floral garlands, crowning a May Queen (sometimes with a male companion), and setting up a Maypole, May Tree or May Bush, around which people dance.

Postandcourier.com



MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
KEY: K&C Lessons = Knit & Crochet (S) = Schlathaus	Welcome new members Edward Bergamini Sal & Terri Bertolini Debra & Donald Burns Joyce & Samuel Dawson Lena Esposito Cathy Kalinski Nicholas Longo Jorge Ortega	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	2 9:00 Exercise 10:00 Chair Yoga 11:30 Movie: Keys of the Kingdom 2:00 Rummikub 2:00 Chair volleyball	3 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
6 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	7 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	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	9 9:00 Exercise 10:00 Chair Yoga 11:00 Craft 2:00 Rummikub 2:00 Chair volleyball	10 9:00 Def. driving 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
13 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	14 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	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	16 9:00 Exercise 10:00 Chair Yoga 11:30 Bday Party 2:00 Rummikub 2:00 Chair volleyball	17 9:30 MahJongg 10:00 Pinochle 10:00-2:00 'Senior Living in Wappinger' Expo 12:30 Bingo
20 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	21 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	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	23 RED NOSE DAY (food drive for the Zion Episcopal food bank) 9:00 Exercise 10:00 Chair Yoga 2:00 Rummikub 2:00 Chair volleyball	24 9:30 Book Club: Nancy's pick: Agent Josephine 10:30 MahJongg 10:00 Pinochle 12:30 Bingo
27 CLOSED FOR MEMORIAL DAY Please attend the ceremony 2pm @ Schlathaus Park 	28 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	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	30 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 2:00 Rummikub 2:00 Chair volleyball	31 9:30 MahJongg 10:00 Pinochle 12:30 Bingo

Get to Know Your Neighbor: Maria Di Bartolomeo

WHEN WERE YOU BORN? May 19, 1956

WHERE WERE YOU BORN? Buenos Aires Argentina

WHAT IS YOUR ANCESTRY? Italian

HOW MANY SIBLINGS DO/DID YOU HAVE? I have one brother who lives in Canada and one sister who lives in Argentina

WHAT HIGH SCHOOL DID YOU ATTEND? I have an LPN degree.

ARE YOU MARRIED? HOW LONG? SPOUSE NAME? I am happily divorced.

DO YOU HAVE ANY CHILDREN? GRANDCHILDREN? HOW MANY? NAMES? I have two children: Aldana and Bryan and one grandchild—Phoebe

DO YOU HAVE PETS AND IF SO, WHAT? I have a grand dog that belongs to my son.

WHAT WAS YOUR CAREER? I was an LPN and home health aide.

WERE YOU IN THE MILITARY? WHAT BRANCH? WHAT YEARS? No but my son is a Marine.

WHAT IS YOUR FAVORITE FOOD? I like all foods, no favorites.

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

WHAT IS YOUR FAVORITE HOLIDAY? Christmas is my favorite holiday.

FAVORITE PASTIME/HOBBY? Traveling and playing games on my i-Pad.

WHAT PLACES HAVE YOU VISITED? Italy, Mexico, Uruguay, Hawaii, Las Vegas, Aruba, Florida and more.

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

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

ANYTHING ELSE YOU WANT TO SHARE? I enjoy coming to the Senior Center and playing chair volleyball.



May's 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

June's Birthday Babies*

1 June Weldon
2 Donald Burns
4 Lourdes Wang
5 Pamela Herbst
5 Dot Groark
7 Betsy Tripaldi
8 Eleanor Coppola
10 Jo Ann Kowalchuk
12 Dorothy Bizzoco
14 David Goetchius
14 Edward Herbst
15 Anthony Cali
16 Lee Russo
17 MaryAnn Mikulsky
22 Gail Ray
22 Louis Scotto
23 Beverly Bischoff
24 Josephus Galloway
26 Hee Cho
29 Al Hubner
29 Kathleen Catalano

May Birthday Celebration*
May 16 11:30am*

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

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

JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	4 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	5 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	6 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 11:30 Lunch & Movie: Hidden Figures 2:00 Rummikub 2:00 Chair volleyball	7 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
10 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	11 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	12 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	13 9:00 Exercise 10:00 Chair Yoga 12:00 Craft: hat box 2:00 Rummikub 2:00 Chair volleyball	14 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
17 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	18 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	19 9:00 Zumba 10:00 Chess 10:00 Knitting group 10:00 Pinochle 11:00 Quilting (S) 11:30 Hello Summer Picnic 12:00 Po-ke-no 12:00 MahJongg	20 9:00 Exercise 10:00 Chair Yoga 11:30 Bday party 2:00 Rummikub 2:00 Chair volleyball	21 9:00 Def driving 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
24 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	25 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	26 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	27 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 2:00 Rummikub 2:00 Chair volleyball	28 9:30 Book Club: Eileen's pick: Golden Girl 10:30 MahJongg 10:00 Pinochle 12:30 Bingo
				KEY: K&C Lessons = Knit & Crochet (S) = Schlathaus

Celebrating April's 'Birthday Babies'

Audrey, Linda, Anna,
Jackie, Barbara and Ken



**April's craft: mini rocking chairs,
courtesy of Felicia DiNonno**

Marie, Felicia, Theresa, Estela,
Maria, Renata, Anna

Look how cute they are—
and the chairs aren't bad, either!

Town of Wappinger Senior Garden Club

Do you love to get your hands dirty? Can't wait to get outside to "smell the flowers"? Have you already visited your local big box store looking at mulch and early spring bulbs?

If so, we have a place for you...

The Town of Wappinger Senior Garden Club is a place for individual Seniors with common interests in gardening to come together and share ideas, knowledge, and resources for projects with the goal of beautifying the Wappinger Town Hall campus. We are looking for folks interested and willing to spend approximately 3 hours per month during the "growing season" in support of new/established plantings, (mostly watering). In addition, support of an annual "primary project" of no more than 5 hours is typically anticipated.

Remember that gardening works all the major muscle groups: legs, arms, shoulders, neck, back and abdomen. Join us as we strive to improve our health as well as the world around us.

So, register online at; <https://wappingerny.myrec.com/> to join in the fun and let's grow together! (Must be at least 55 years young to register.)

“September Mornin’ and Copacabana Nights”
at the Brownstone on April 16!



Alice, Eugene,
Carol and Rose
‘dancing to
Diamond’ during
the Barry Manilow
& Neil Diamond
tribute show.



Hi, Bea!



Kathy, Christine, Roxanna and Geri
smiling for the camera



4.22.24
Dozens of shades
of green and eco-
inspired clothes
were worn to
commemorate
Earth Day



Did you know?
The Senior Center
recycles!

Wappinger Seniors Association, Inc.

INVITES YOU TO JOIN US FOR A SUBSIDIZED LUNCH TO

CELEBRATE MOTHER'S & FATHER'S DAYS

TO BE HELD @ 11:30am on WEDNESDAY, JUNE 5th, 2024 AT

OLIVE GARDEN RESTAURANT

Entrée Choices Include:

Lasagna Classico
Tour of Italy
Shrimp Scampi
Eggplant Parmigiana
Chicken Alfredo
Chicken Parmigiana

Lunches Include...

Unlimited Breadsticks
House Salad or Homemade Soup
Unlimited Fountain Drinks, fresh Brewed Ice Tea
Hot Coffee or Tea

WSA Member Cost: \$20.00/pp

Non-Member Price: \$30.00/pp

(Checks payable to Wappinger Seniors Association, Inc. or WSA)

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

WSA Members; Fri & Mon: May 10th & 13th 9:30am-11:30am

Non-Members; Monday May 13th beginning 10:30am

(First come, First serve)

For further info contact: Anna A: 914-474-7918 or Nancy L: 845-298-8470

[A LIMITED SEATING, NON-REFUNDABLE EVENT]

Recipe Corner

Unstuffed Pepper Casserole

Diabetes Food Hub

Prep time: 15 min Cook time: 40 min Servings 6

Ingredients

1lb lean ground beef
1 tbsp olive oil
1 small red pepper, diced
1 small orange bell pepper, diced
1 small green bell pepper, diced
24 oz. jar marinara sauce
3 C cooked brown rice
4 oz. reduced fat shredded cheddar or Mexican-style cheese

Directions

Preheat oven to 400°.

Heat a large non-stick skillet over medium heat. Add beef and cook, stirring often, until crumbled and browned, 8–10 minutes. Transfer beef to a bowl with a slotted spoon.

Return skillet to medium heat and add olive oil and peppers. Cook, stirring often, until peppers have softened, 7–8 minutes.

Return beef to the skillet along with the marinara and rice. Stir to combine and transfer to a 9x13 baking dish. Sprinkle with cheese. Bake for about 20 minutes, until the cheese is bubbly.

Nutrition Information

Serving Size: one 4"x4" square

Total fat: 15g	Dietary fiber 4g
Saturated fat 5.3g	Total sugars 9g
Trans fat 0.3g	Added sugars 2g
Cholesterol 60mg	Protein 25g
Sodium 530mg	Potassium 790mg
Total Carbohydrate 39g	Phosphorus 395mg

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

May 10 & June 14

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!*



Bob: "Did you hear they pulled the word 'gullible' from the dictionary?"

Bill: "Really?"

Q: Where do young plants go to learn? A: Nursery school

Knock! Knock! *Who's there?* Beezer. *Beezer who?*

Beezer black and yellow and live in a hive.

Mr. Rogers did not adequately prepare me for the people in my neighborhood.

