

# Town of Wappinger Senior Center



*We are rooted here*

## June 2024 Newsletter

**Did you know? Lots of things are recognized in June:**



**June is National Adopt a Cat Month!**



**Gay and Lesbian Pride Month**

**National Iced Tea Month**



**Alzheimer's and Brain Awareness Month**



**June 4 is Hug Your Cat Day**



**June 5 is World Environment Day**



**June 6 is D-Day, WWII**

**June 7 is Chocolate Ice Cream Day**

**June 8 is Best Friends Day**



**June 11 is Children's Day**

**June 13 is Weed Your Garden Day and Pigeon Appreciation Day**



**June 14 is Flag Day**

**June 17 is Eat Your Vegetables Day**

**June 19 is**



**June 20 is the Summer Solstice**



**June 21 is Take Your Dog to Work Day**

**June 23 is National Pink Day**

**June 26 is Forgiveness Day**



**This one bears repeating: National Adopt a Cat Month!**



# JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	<b>4</b> 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	<b>5</b> 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	<b>6</b> 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 11:30 Lunch & Movie: Hidden Figures 2:00 Rummikub 2:00 Chair volleyball	<b>7</b> 9:30-11:30 WSA boat trip sign up (members) 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
<b>10</b> 9:30-11:30 WSA boat trip sign up (members & non members) 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	<b>11</b> 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	<b>12</b> 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	<b>13</b> 9:00 Exercise 10:00 Chair Yoga 12:00 Craft: hat box 2:00 Rummikub 2:00 Chair volleyball	<b>14</b> 9:00 Def driving 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
<b>17</b> 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	<b>18</b> 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	<b>19</b> 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	<b>20</b> 9:00 Exercise 10:00 Chair Yoga 11:30 Bday party 2:00 Rummikub 2:00 Chair volleyball	<b>21</b> 9:30-11:30 WSA Aquaturf sign up 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
<b>24</b> 10:00 Pinochle 10:00 K&C Lesson 10:30-11:30 WSA Aquaturf sign up 10:30 Zumba 12:30 Bingo	<b>25</b> 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	<b>26</b> 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	<b>27</b> 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 2:00 Rummikub 2:00 Chair volleyball	<b>28</b> 9:30 Book Club: Eileen's pick: Golden Girl 10:30 MahJongg 10:00 Pinochle 12:30 Bingo
<b>Welcome new members</b> Robert Ayles      Mary Cooper Lynne Cross        Lena Esposito Hai-Ping Fu        Clare Garvey Margaret Loh        Partha Mukherjee Lourdes Wang				<b>KEY:</b> K&C Lessons = Knit & Crochet (S) = Schlathaus

## *Get to Know Your Neighbor: Ester Mabry*

WHEN WERE YOU BORN? July 31, 1958

WHERE WERE YOU BORN? Poughkeepsie, NY.

WHAT IS YOUR ANCESTRY? African-American.

HOW MANY SIBLINGS DO/DID YOU HAVE? I have one older brother.

WHAT HIGH SCHOOL/COLLEGE DID YOU ATTEND? I attended Beacon High School and Montana State University.

ARE YOU MARRIED? HOW LONG? SPOUSE NAME? I never married.

DO YOU HAVE ANY CHILDREN? GRANDCHILDREN? HOW MANY? NAMES? I have two children: Hasim and Urasia. Five grandchildren: Aeisha, Tajeeya, Sade, Domani and Novaah. One great-grandchild: Amari

DO YOU HAVE PETS AND IF SO, WHAT? I have a grandson cat: Cheonsa.

WHAT WAS YOUR CAREER? I was a cosmetologist and secretary.

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

WHAT IS YOUR FAVORITE FOOD? I like all foods.

WHAT IS YOUR FAVORITE SEASON? It is a toss-up between spring and summer.

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

FAVORITE PASTIME/HOBBY? Sketching, crochet, sewing and baking.

WHAT PLACES HAVE YOU VISITED? Atlanta, Montana, Colorado.

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

MOVIES: DO YOU PREFER COMEDIES, DRAMA, SCIENCE FICTION? I like all of them!

ANYTHING ELSE YOU WANT TO SHARE? I enjoy the ladies at the Senior Center—I've learned a lot from them.



## 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  
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 Kathleen Catalano

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

## July's Birthday Babies\*

2 Dorothy Sommerfeldt  
2 Frances DeVall  
3 Linda Johnson  
7 Connie Smith  
8 Stephanie Parchinski  
12 George Gumbel  
14 Franklin Adler  
14 Bill Kastner  
16 Theresa George  
16 Henry Grodenchik  
16 Sara Dobbins  
17 Barbara Hamm  
20 Terri Bertolini  
21 Connie Derasmo  
25 Eleanor Highak  
29 Carol Wilson  
30 Irene Crowe  
31 Donna McClay  
31 Ester Mabry

July Birthday Celebration\*\*  
July 25 11:30am\*\*

Cake! Pizza! Bingo!

## *Wappinger Seniors Association, Inc.*

INVITES YOU TO JOIN US FOR A SUBSIDIZED OUTING FOR A

# **HUDSON RIVER BOAT TRIP and LUNCHEON AT THE KINGSTON WATERFRONT**

*on WEDNESDAY, JULY 31<sup>st</sup>, 2024*



Trip includes Bus Transportation, Rip Van Winkle tour of Kingston area Hudson River, Full luncheon @ [Mariner's Harbor](#), return Bus trip & all taxes/gratuities.

*Luncheon includes Family style House Salad, Bread, Entrée, Dessert + Soda, Coffee/Tea*

*Meal Choices (choose 1 at time of sign-up):*

*Chicken Francése w/ Mashed potatoes & House Vegetable*

*Roasted Pork w/ Apple chutney mashed potatoes & House Vegetable*

*Oven Broiled Cod w/ Rice & House Vegetable*

*Dessert Choice (choose 1): Cheesecake or Chocolate Cake*

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

**WSA Member Cost: \$60.00/pp**

**Non-Member Price: \$75.00/pp**

*(Checks payable to Wappinger Seniors Association, Inc. or W.S.A.)*

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

**WSA Members; Fri & Mon: June 7<sup>th</sup> & 10<sup>th</sup> 9:30am-11:30am**

**Non-Members; Monday June 10<sup>th</sup> 10:30am - 11:30am**

*(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]**

# Wappinger Seniors Association, Inc.

*Announces a subsidized trip to Aqua Turf Club on:*

Tuesday August 13, 2024

11AM - 3:30PM

Richie Mitnick Presents:



*"The Legends Live - The Songs You Love"*

*A Journey Through the Decades*



Starring: Joe Saimeri, Ethel Lee, & Peter Annone

Bringing

Your favorite Legendary Songs & Artists come to life!

From *Sinatra & Kenny Rogers* to

*Ella Fitzgerald, & Roberta Flack*

"You'll enjoy every second of this Powerful tribute to these renowned Entertainers."

Trip includes bus transportation to Aqua Turf Club in Plantsville, CT.,  
Show and Luncheon including Salad, Entrée, Dessert, Coffee/Tea, and All  
Taxes & Gratuities!

**WSA Member Cost: \$55/pp**

**Non-Member Cost: \$70/pp**

[A limited seating event -- All costs Non-Refundable]

**Bus leaves Wappinger Town Hall at 9:15am Return trip begins ~3:45pm**

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


**WSA Members: Fri & Mon; June 21<sup>st</sup> & 24<sup>th</sup> 9:30am - 11:30am**

**Non-Members: Monday; June 24<sup>th</sup> 10:30 - 11:30pm**

**(Checks payable to Wappinger Seniors Association, Inc. or W.S.A.)**

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

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<p>8</p> <p>10:00 Pinochle 10:00 K&amp;C Lesson 10:30 Zumba 12:30 Bingo</p>	<p>9</p> <p>9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p>	<p>10</p> <p>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>11</p> <p>9:00 Exercise 10:00 Chair Yoga 11:30 Movie: A Fish Called Wanda 2:00 Rummikub 2:00 Chair volleyball</p>	<p>12</p> <p>9:00 Def. driving 9:30 MahJongg 10:00 Pinochle 12:30 Bingo</p>
<p>15</p> <p>10:00 Pinochle 10:00 K&amp;C Lesson 10:30 Zumba 12:30 Bingo</p>	<p>16</p> <p>9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p>	<p>17</p> <p>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>18</p> <p>9:00 Exercise 10:00 Chair Yoga 11:30 Craft: Lotus Flower Lanterns 2:00 Rummikub 2:00 Chair volleyball</p>	<p>19</p> <p>9:00 Def driving 9:30 MahJongg 10:00 Pinochle 12:30 Bingo</p>
<p>22</p> <p>10:00 Pinochle 10:00 K&amp;C Lesson 10:30 Zumba 1:00 Zealynn (Edith's grand- daughter) 12:30 Bingo</p>	<p>23</p> <p>9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p>	<p>24</p> <p>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>25</p> <p>9:00 Exercise 10:00 Chair Yoga 11:30 Bday Party 2:00 Rummikub 2:00 Chair volleyball</p>	<p>26</p> <p>9:30 Book Club: Theresa's Pick: Memoir of a Female Soldier 10:30 MahJongg 10:00 Pinochle 12:30 Bingo</p>
<p>29</p> <p>10:00 Pinochle 10:00 Zealynn, a craft 10:00 K&amp;C Lesson 10:30 Zumba 12:30 Bingo</p>	<p>30</p> <p>9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p>	<p>31</p> <p>9:00 WSA Boat trip 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><b>KEY:</b> K&amp;C Lessons = Knit &amp; Crochet (S) = Schlathaus</p>	

# Celebrating May's 'Birthday Babies'

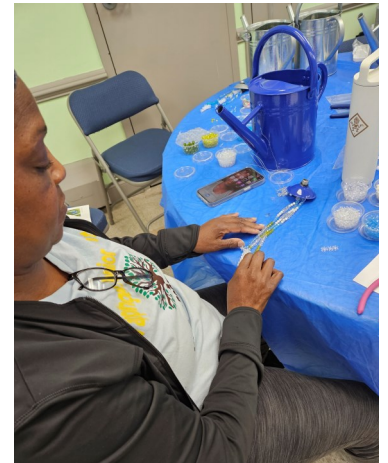
Jessica, MaryEllen, Pamela,  
Carol, Maria, Richard,  
Gloria, Mary, Phyllis



## May's craft:

### Watering can suncatcher

Maria, Grace, Estela, Roxanne, Anna showing off their pretty creations while Meg demonstrates how they were made.



The members of the Garden Club are busy beautifying the grounds at Town Hall. Suzanne, Nancy, Theresa and Maureen planted flowers in the raised beds in front of the east doors and hung flower pots on the gazebo. Looking good!



## Noses on for Red Nose Day!

Theresa, Suzanne, Donna, Nancy, Anna, Grace, Michael, Loretta and Joe pose with their noses on with the food collected for the Zion Episcopal Church food pantry. The Senior Center took part in this day of global awareness of children living in poverty and faced with food insecurity. Good job, folks!



# Recipe Corner

## Sheet-Pan Gnocchi with Broccoli & White Beans

*Eating Well*

**Active Time:** 10 mins   **Total Time:** 25 mins   **Servings:** 4

### Ingredients

2 8 oz pkgs fresh broccoli florets	7 tbsp. extra-virgin olive oil, divided
2 1/2 tsp Dijon mustard	1 tsp garlic paste
1/2 tsp crushed red pepper	1 1/2 tbsp lemon juice
1/4 tsp salt	3 tbsp shaved Parmesan cheese
1 15.5 oz can no-salt-added cannellini beans, rinsed	
1 12 oz package refrigerated potato gnocchi	

### Directions

Position oven racks in top third and lower third; preheat to 400°F. On a large rimmed baking sheet, toss broccoli with 2 tablespoons oil, mustard, garlic paste and crushed red pepper.

Spread the broccoli in an even layer on the pan.

On another large rimmed baking sheet lined with parchment paper, toss beans and gnocchi with 1 tablespoon oil; spread into an even layer.

Place the broccoli mixture on the top oven rack and the gnocchi mixture on the lower rack. Roast until the broccoli is tender and browned in spots, about 15 minutes.

Transfer the gnocchi mixture to the pan with the broccoli mixture. Drizzle with lemon juice and sprinkle with salt; toss to combine. Divide among 4 bowls; drizzle each bowl with 1 tablespoon oil. Sprinkle with Parmesan.

### Nutrition Information

Serving Size: 1 1/2 cups	Total Sugars 3g
Calories 496	Added Sugars 0g
Fat 28g	Protein 12g
Saturated Fat 4g	Fiber 9g
Cholesterol 5mg	Sodium 741mg
Carbohydrates 50g	Potassium 576mg

**ACROSS**

- \*1 \_\_\_ on the back (praise)
- \*4 Peter Pan and Skippy competitor
- 7 More than \_\_\_ as many total entries as any other crossword dictionary
- \*12 Keogh Plan alternative
- \*13 2002 Winter Olympics host
- \*14 Bret Harte character
- 15 The only crossword dictionary based on the clues in America's most \_\_\_ crosswords
- \*17 "Cannery Row" star
- \*18 Gloria Vanderbilt logo
- \*19 Computer capacity unit, for short
- \*21 Checkout scanner ID: Abbr.
- 24 More than ten times as many \_\_\_ (like "Titanic") as any other crossword dictionary
- \*29 Wind heading: Abbr.
- \*32 Mesopotamian kingdom
- \*34 Saran \_\_\_
- 35 Appropriately, there are 40 entries under this word, meaning "thorough"
- \*38 "Darling, Je Vous \_\_\_ Beaucoup" ('55 song)
- \*39 Has brunch
- \*40 NYSE regulator
- 41 More than ten times as many \_\_\_ (like Chevy and Oreo) as any other crossword dictionary
- \*43 Former US Airways rival
- \*45 Comparative suffix
- \*47 Jay Leno prominent feature
- \*51 Mr. T's TV group
- 55 The only crossword dictionary with full coverage of contemporary life and \_\_\_
- \*58 Actress married to composer Kurt Weill
- \*59 "Today I \_\_\_ man!"
- \*60 Barnyard sound

1	2	3		4	5	6		7	8	9	10	11
12				13				14				
15			16					17				
18						19	20					
			21	22	23		24		25	26	27	28
29	30	31		32		33			34			
35			36					37				
38					39					40		
41				42			43		44			
				45		46		47	48	49	50	
51	52	53	54			55	56	57				
58						59				60		
61						62				63		

- 61 The only crossword dictionary with "sound bite", "world-class" and thousands of other \_\_\_ terms
  - \*62 Lumberjack's tool
  - \*63 Alphabetic trio
- DOWN**
- \*1 Gladys Knight's group
  - \*2 "Pretty maids all in \_\_\_"
  - \*3 Spanish snack
  - \*4 Summer mo.
  - \*5 "Love \_\_\_ Many-Splendored Thing!"
  - \*6 Pig's home
  - \*7 "The Rain in Spain" is one
  - \*8 Doctor of sci-fi
  - \*9 Crete, for example: Abbr.
  - \*10 Op. \_\_\_ (footnote phrase)
  - \*11 Ending for ethyl
  - \*16 Burmese statesman
  - \*20 Kelly the clown
  - \*22 \_\_\_ capita income
  - \*23 Monty Python member
  - \*25 Jettas and Beetles
  - \*26 Dame Judi Dench film
  - \*27 Icicle spot
  - \*28 Risky business, for short
  - \*29 Union bane
  - \*30 "Bon \_\_\_!" (French farewell)
  - \*31 Actress Thompson
  - \*33 "Take on Me" rock group
  - \*36 Magic Marker
  - \*37 Where Sydney is capital: Abbr.
  - \*42 Yankee great's nickname
  - \*44 Get busy
  - \*46 Some TVs
  - \*48 Dromedary feature
  - \*49 Desert Storm site
  - \*50 \_\_\_-miss (close call)
  - \*51 Caricaturist Hirschfeld et al.
  - \*52 \_\_\_ Aviv
  - \*53 Disney deer
  - \*54 First name of the author of "We the Living"
  - \*56 Actress Thurman
  - \*57 John Grisham's profession

## 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	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**

**June 14 & July 19**

**Wappinger Town Hall**

**Call Mary Long to enroll: 297.0186**

**For seniors age 50+**

[www.wappingerrecreation.com](http://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, Bus Trips, Special Events and more.

The Center is open Monday—Friday from 8:30am to 4:00pm—STOP IN AND SAY HELLO!

## TOWN OF WAPPINGER SENIOR CENTER

### BAD WEATHER POLICY

Check [www.wappingerrecreation.com](http://www.wappingerrecreation.com), [townofwappingerny.gov](http://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!*



I love it when my pets sigh. I'm like, "what ails you, my little unemployed freeloader?"

*Them:* What inspires you to get out of bed every morning? *Me:* My bladder mostly.

I'm trying the Japanese method of decluttering where you hold every object that you own and if it does not bring you joy, you throw it away. So far, I have thrown out all of the vegetables, my bra, the electric bill, the scale, a mirror and the treadmill.

