

# Town of Wappinger Senior Center

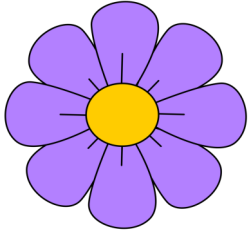


**We are rooted here**

**August 2024 Newsletter**



*“Summer’s here and the time is right  
for dancing in the street”  
Martha and the Vandellas*



## **About The Senior Center**

**(845) 297-3670**

**[www.WappingerRecreation.com](http://www.WappingerRecreation.com)**

**We're open from 8:30am-4pm Monday to Friday.**

At the Town of Wappinger Senior Center, we're invested in the wellness of the community, creating new friendships, and having fun! We have art class, bingo, boc-  
cee , book club, bridge club, chair volleyball, chair yoga, chess, exercise class, gar-  
dening club, knitting & crochet group, lunch and a movie, mahjong, Mexican trains,  
monthly crafts, monthly birthday parties, pinochle, pokeno, quilting, rummikub,  
Zumba, and so much more! Feel free to stop in at any time and find out what new  
and exciting events are happening at the center!

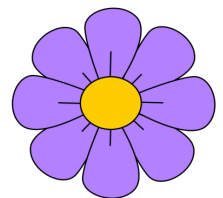
## **Welcome New Members!**

Hee Cho, Martha Cho, Carolyn Gordon, and Josephine (Patsy) Moran!



## **A Message From Kellie Ann, The New Senior Center Assistant!**

Hello, I'm incredibly excited to be a part of this amazing program! Thank you all for welcoming me with open arms. I truly believe that, as a team, we can work together and grow the senior center. I plan to continue with the amazing work and dedication that Jessica, Donna, and Dot have put into the center, all while bringing my own creativity and passion. I'm thrilled to be here and can't wait to be apart of the future of the senior center!





# AUGUST 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>KEY:</b> K&amp;C Lessons = Knit &amp; Crochet (S) = Schlathaus</p>			<p>1 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 11:30 Lunch &amp; Movie: "An Affair to Remember" 2:00 Rummikub 2:00 Chair volleyball</p>	<p>2 9:30 MahJongg 10:00 Pinochle 12:30 Bingo</p>
<p>5 10:00 Pinochle 10:00 K&amp;C Lesson 10:30 Zumba 12:30 Bingo</p>	<p>6 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p>	<p>7 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>8 9:00 Exercise 10:00 Chair Yoga 12:00 Craft: Felt Succulents! 2:00 Rummikub 2:00 Chair volleyball</p>	<p>9 9:30 MahJongg 10:00 Pinochle 12:30 Bingo</p>
<p>12 10:00 Pinochle 10:00 K&amp;C Lesson 10:30 Zumba 12:30 Bingo</p>	<p>13 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub *WSA Bus Trip 11-3:30*</p>	<p>14 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>15 9:00 Exercise 10:00 Chair Yoga 11:30 Bday party 2:00 Rummikub 2:00 Chair volleyball</p>	<p>16 9:30 MahJongg 10:00 Pinochle 12:30 Bingo  8/17 MahJongg Tournament</p>
<p>19 10:00 Pinochle 10:00 K&amp;C Lesson 10:30 Zumba 12:30 Bingo</p>	<p>20 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p>	<p>21 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 * Senior Citizen Day*</p>	<p>22 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 2:00 Rummikub 2:00 Chair volleyball</p>	<p>23 9:30 Book Club: Rose's pick: 'When We Had Wings' 10:30 MahJongg 10:00 Pinochle 12:30 Bingo</p>
<p>26 10:00 Pinochle 10:00 K&amp;C Lesson 10:30 Zumba 12:30 Bingo</p>	<p>27 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p>	<p>28 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>29 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 2:00 Rummikub 2:00 Chair volleyball</p>	<p>30 9:30 MahJongg 10:00 Pinochle 12:30 Bingo</p>

# SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Closed for Labor Day*	3 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	4 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	5 9:00 Exercise 10:00 Chair Yoga 11:30 Lunch & Movie: "Philadelphia" 2:00 Rummikub 2:00 Chair volleyball	6 9:30 MahJongg 10:00 Pinochle 12:30 Bingo  9/8 Grandparents Day Picnic!
9 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	10 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	11 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	12 9:00 Exercise 10:00 Chair Yoga 12:00 Craft Fall Soap-making! 2:00 Rummikub 2:00 Chair volleyball	13 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
16 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo	17 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	18 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	19 9:00 Exercise 10:00 Chair Yoga 11:30 Bday party 2:00 Rummikub 2:00 Chair volleyball	20 9:30 MahJongg 10:00 Pinochle 12:30 Bingo
23 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo  *International Day of Sign Language*	24 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub	25 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	26 9:00 Exercise 10:00 Chair Yoga 2:00 Rummikub 2:00 Chair volleyball	27 9:30 Book Club-  10:30 MahJongg 10:00 Pinochle 12:30 Bingo
30 10:00 Pinochle 10:00 10:00 K&C 10:30 Zumba 12:30 Bingo			Second Month Calendar subject to changes!	<b>KEY:</b> K&C Lessons = Knit & Crochet (S) = Schlathaus



## Celebrating July's "Birthday Babies"



## Community Art Class with Zealynn Near!

As part of Zealynn's Bat-Mitzvah project, she organized an art class in memory of her beloved "Gram-E", Edith Warg. This event honored the friendships and memories Edith made at the Senior Center. Zealynn and her sister volunteered their time and lent a helping hand during our monthly birthday party and bingo!



## July's Monthly Craft: *Lotus Flower Lanterns*

Thanks to the Korean Spirit and Culture Promotion Project (KSCPP), we made lotus lanterns this month. It was a beautiful and educational experience for all who attended.





# Wappinger Seniors Association, Inc.

Sponsored Trip To:

**ACE IN THE HOLE'S ELECTRIFYING 2024 SEASON**

# OKTOBERFEST

This is a spectacular celebration of the arrival of Autumn. Fantastic **Alex Meixner** and his band of Grammy Award nominated musicians put on an incomparable display of musical virtuosity. Combine this with authentic German dancing and bell ringing by the beautiful **Alys Schaefer**. Topping it all off with wonderful food and an incredible Oktoberfest will be had by all.



**Alex Meixner**



**Alys Schaefer**



## Family-Style Menu

Warm Rolls  
Fresh Garden Salad  
Cream of  
Mushroom Soup  
Knockwurst  
Roast Chicken  
Roasted Potatoes  
String Beans  
Almondine  
Dessert  
Coffee, Tea, Decaf



**BROWNSTONE - October 2nd**

**Trip includes: Bus fare, Family Style Luncheon, Show & Gratuities**

**COST: Members: \$55 / Non-Members: \$75**

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

**[A Limited Seating - Non-refundable event.]**

**In-person sign-up ONLY (except spouses) as follows:**

**Members: Fri & Monday, 8/23 & 8/26/24; 9:30am – 11:30am**

**Non-Members: Monday, 8/26/24; 10:30am – 11:30am**

Meet at Wappinger Town Hall @ 9:15am, Bus departs promptly at 9:30am

Departs from the Brownstone in Paterson, NJ approx. 4pm

For more information call Anna: 914-474-7918 or Nancy: 845-298-8470

## Get to Know Your Neighbor: Richard & Sara Dobbins

**When were you born?** Richard: May 30, 1949  
Sara: July 16, 1950

**Where were you born?** Bronx, NY.

**What is your ancestry?** Richard: German  
Sara: Italian

**How many siblings do/did you have?** Richard—no siblings, Sara—three siblings.

**What high school/college did you attend?** Columbus High School and Mount St. Mary.

**Are you married? How long? Spouse name?** We have been married 54 years.



**Do you have any children? Grandchildren? How many? Names?**

Daughter Danine has kids Jake, Devon, Spencer, and Teagan. Son Richy has kids Brady and twins Blake and Riley. Daughter Jennette has kids Sierra and Tyler.

**Do you have pets and if so, what?** None now but we had many over the years.

**What was your career?** Richard: retail management, Sara: accountant.

**Were you in the military? What branch? What years?** No military service.

**What is your favorite food?** Anything Italian.

**What is your favorite season?** We both love autumn.

**What is your favorite holiday?** Christmas is our favorite holiday.

**Favorite pastime/hobby?** Richard: playing games; Sara: teaching crochet.

**What places have you visited?** Canada, Puerto Rico, Bahamas.

**Do you prefer the seashore or mountains?** We like the mountains.

**Movies: do you prefer comedies, drama, science fiction?** Richard likes science fiction and Sara likes romance.

**Anything else you want to share?** Becoming a second generation member of the Senior Center is a great joy.



## August's Birthday

1 Kathleen Hughes  
10 Sal Bertolini  
16 Patricia Henrichsen  
16 Winona Joyce  
17 Kathy Salvati  
18 Samuel Dawson  
19 JoAnn Wasilko  
22 Lena Esposito  
22 Carol Smith  
25 Maureen Norcross  
26 Charlotte Christman

## Sept.'s Birthday

1 Patricia Murphy  
1 Julie Adamcek  
4 Ida Minunni  
6 Michael Martin  
7 Donna Palmer  
9 Lizette Erickson  
11 Theresa Rosencrans  
16 Joyce Dawson  
17 Michael Adamcek  
19 Nancy Almazar  
19 Charina MacDonald  
21 Roxanne Meyer  
22 Felicia DiNonno  
24 Partha Mukherjee  
29 Monica Schumacher  
30 Joanne Schuder  
30 Helen Corporan

### August Birthday Celebration

August 15, 11:30 am

### September Birthday Celebration

Sept. 19, 11:30 am

**Cake! Pizza! Bingo!**

# Recipe Corner

## Stuffed Zucchini

*Allrecipes.com*

**Total Time** Prep: 10 min. Cook: 1 hr. Total : 1 hr. + 10 min. **Makes** 6 servings

### Ingredients

- 3 medium zucchinis
- 1 pound pork sausage or ground beef
- 1 cup dry bread crumbs
- ½ cup grated Parmesan cheese
- 1 clove garlic, minced
- 1 (32 ounce) jar spaghetti sauce
- ½ cup shredded mozzarella cheese

### Directions

1. Gather all ingredients and preheat the oven to 350 degrees F.
2. Trim stems from zucchini and slice lengthwise. Scoop out seeds and place them in a large bowl. Add sausage or beef, bread crumbs, parmesan cheese, and garlic; mix to combine.
3. Stuff squash with sausage or beef mixture and arrange in a 9x13-inch baking pan. Pour spaghetti sauce over the top and cover with aluminum foil.
4. Bake in the preheated oven until sausage is browned and cooked through, about 45 minutes. Remove foil and sprinkle with mozzarella cheese; continue to cook until cheese is melted, about 15 minutes more.
5. Enjoy!

### Nutrition Facts

Calories: 570 calories  
Fat: 39g (Sat. 14g)  
Sodium: 1409mg

Protein: 19g  
Cholesterol: 66mg  
Total Carbohydrate : 35g

# United States

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.

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

ALABAMA  
ALASKA  
ARIZONA  
ARKANSAS  
COLORADO  
DELAWARE  
FLORIDA  
GEORGIA  
HAWAII  
ILLINOIS  
INDIANA  
KANSAS  
LOUISIANA  
MAINE  
MARYLAND  
MICHIGAN  
MONTANA  
NEVADA  
NEW JERSEY  
NEW MEXICO  
NEW YORK  
OKLAHOMA  
OREGON  
RHODE ISLAND  
VERMONT  
VIRGINIA  
WISCONSIN  
WYOMING





## Handy Contacts

### Wappinger Town Hall:

Assessor's Office: (845) 297-8275  
Camo Pollution: (845) 463-7310  
Building Department: (845) 297-6256  
Dog Control Officer: (845) 297-1030  
Fire Inspector: (845) 297-1373  
Highway: (845) 297-9451  
Justice Court: (845) 297-6070/7739  
Zoning & Planning: (845) 297-6256,  
Receiver of Taxes: (845) 297-4342  
Recreation: (845) 297-0720  
Senior Citizen Center: (845) 297-3670  
Town Clerk: (845) 297-5771  
Water & Sewer Billing: (845) 297-1850  
Zoning Administrator: (845) 297-1373

### Town Board Members:

Supervisor: Joseph D. Cavaccini: (845) 297-2744  
Ward 1: William Beale: (845) 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: (845) 471-2655  
American Cancer Society: (845) 452-2635  
American Diabetes Association: 473-4520  
American Heart Association: (845) 485-4703  
American Lung Association: (800) 586-4872  
American Red Cross: (845) 471-0200  
Cancer Services of DC: (845) 452-2932 x9717  
Community & Family Services: (845) 486-3701  
County Community Action Partnership,  
Inc.: (845) 452-5104  
Dial-A-Ride: (845) 473-8424  
Dutchess Outreach, Inc.: (845) 454-3792  
Grinnell Library: (845) 297-3428  
Hudson River Housing: (845) 454-5176  
Meals On Wheels: (845) 452-2245  
Mental Health America of DC, Inc.:  
(845) 473-2500  
Office for the Aging: (845) 486-2555  
Salvation Army, Poughkeepsie: (845) 471-1210  
Dutchess County SPCA: (845) 452-7722  
United Way of Dutchess County:  
(845) 471-1900



**DEFENSIVE DRIVING CLASS**  
**No August sessions!**  
**Stay tuned for September dates**  
**Call Mary Long to enroll: 297.0186**  
**For seniors age 50+**  
**Inquire in the senior center**

## Important Information

### 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.

### BAD WEATHER POLICY

Check [www.wappingerrecreation.com](http://www.wappingerrecreation.com) or [townofwappingerny.gov](http://townofwappingerny.gov) for posted delays or closings. Or call (845) 372-4484 for a recorded

**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.

### 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.



When does a joke become a 'dad' joke?

When it becomes apparent.

I told my physical therapist I broke my arm in two places.

He told me to stop going to those places.

My child has a great deal of willpower—and even more won't power.

