

September 2024

Town of Wappinger Senior Center



We are rooted here

A Look into September

Welcome fall! While we warmly welcome September, there are exciting events happening at the center. We're having our 1st Grandparent's Day Picnic on 9/8. Lunch and a Movie will be on 9/5, we're viewing "Philadelphia." The monthly craft is on 9/12 and we're making fall-themed soaps! The monthly birthday party will be on 9/19. Book club will be meeting on 9/27, we're reading "The Frozen River." A new class will start on 9/17 called "A Matter of Balance." 9/13 is National Chocolate Day, 9/16 is National Guacamole Day, and 9/23 is International Sign Language Day.

**"As long as autumn
lasts, I shall not have
hands, canvas and colors
enough to paint the
beautiful things I see."**

- Vincent Van Gogh



About The Senior Center

(845) 297-3670

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, bocce, book club, bridge club, chair volleyball, chair yoga, chess, exercise class, gardening club, knitting & crochet group, lunch and a movie, mahjonn, 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!

Louis Clausen, Lynne DiPaola, Pat Emanuel, Amy Greiner, Amy Hahn, Patricia Murphy, Lucille Nicholas

SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>*Closed for Labor Day*</p>	<p>3</p> <p>9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p>	<p>4</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>5</p> <p>9:00 NO Exercise 10:00 NO Chair Yoga 11:30 Lunch & Movie: "Philadelphia" 2:00 Rummikub 2:00 Chair volleyball</p>	<p>6</p> <p>9:30 Mahjongg 10:00 Pinochle 12:30 Bingo</p> <p><u>9/7</u> <u>Grandparents Day Picnic</u></p>
<p>9</p> <p>10:00 Pinochle 10:00 K&C Lesson 10:30 NO Zumba 12:30 Bingo</p>	<p>10</p> <p>9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 Mexican Trains 2:00 Rummikub</p>	<p>11</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>12</p> <p>9:00 Exercise 10:00 Chair Yoga 12:00 Craft Fall Soap-making! 2:00 Rummikub 2:00 Chair volleyball</p>	<p>13</p> <p>9:30 Mahjongg 10:00 Pinochle 12:30 Bingo</p>
<p>16</p> <p>10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo</p>	<p>17</p> <p>9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 A Matter of Balance Class 12:00 Mexican Trains 2:00 Rummikub</p>	<p>18</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>19</p> <p>9:00 Exercise 10:00 Chair Yoga 11:30 Bday party 2:00 Rummikub 2:00 Chair volleyball</p>	<p>20</p> <p>9:30 Mahjongg 10:00 Pinochle 12:30 Bingo</p>
<p>23</p> <p>10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo</p> <p>*International Sign Language Day*</p>	<p>24</p> <p>9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 A Matter of Balance Class 12:00 Mexican Trains 2:00 Rummikub</p>	<p>25</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>26</p> <p>9:00 Exercise 10:00 Chair Yoga 2:00 Rummikub 2:00 Chair volleyball</p>	<p>27</p> <p>9:30 Book Club- The Frozen River</p> <p>10:30 Mahjongg 10:00 Pinochle 12:30 Bingo</p>
<p>30</p> <p>10:00 Pinochle 10:00 10:00 K&C 10:30 Zumba 12:30 Bingo</p>			<p>KEY: K&C Lessons = Knit & Crochet (S) = Schlathaus</p>	

OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Second month subject to change!</p>	<p>1 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 A Matter of Balance Class 12:00 Mexican Trains 2:00 Rummikub</p>	<p>2 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>3 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 11:30 Lunch & Movie: "It Happened One Night" 2:00 Rummikub 2:00 Chair volleyball</p>	<p>4 9:30 Mahjongg 10:00 Pinochle 12:30 Bingo</p>
<p>7 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo 11:30-I Vaccines</p>	<p>8 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 A Matter of Balance Class 12:00 Mexican Trains 2:00 Rummikub</p>	<p>9 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>10 9:00 Exercise 10:00 Chair Yoga 12:00 Craft: Hydro-Dipped Faux Pumpkins! 2:00 Rummikub 2:00 Chair volleyball</p>	<p>11 9:30 Mahjongg 10:00 Pinochle 12:30 Bingo</p>
<p>14 *Closed*</p>	<p>15 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 A Matter of Balance Class 12:00 Mexican Trains 2:00 Rummikub</p>	<p>16 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>17 9:00 Exercise 10:00 Chair Yoga 11:30 Bday party 2:00 Rummikub 2:00 Chair volleyball</p>	<p>18 9:30 Mahjongg 10:00 Pinochle 12:30 Bingo *AARP Defensive Driving 9am</p>
<p>21 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo 11:30-I Vaccines</p>	<p>22 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 A Matter of Balance Class 12:00 Mexican Trains 2:00 Rummikub</p>	<p>23 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>24 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 2:00 Rummikub 2:00 Chair volleyball</p>	<p>25 9:30 Book Club: Lessons in Chemistry 10:30 Mahjongg 10:00 Pinochle 12:30 Bingo</p>
<p>28 10:00 Pinochle 10:00 K&C Lesson 10:30 Zumba 12:30 Bingo 11:30-I Vaccines</p>	<p>29 9:00 Art Class 11:00 10c Bingo 11:00 Bridge Club (S) 12:00 A Matter of Balance Class 12:00 Mexican Trains 2:00 Rummikub</p>	<p>30 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>31 9:00 Exercise 10:00 Chair Yoga 11:00 Mexican Trains 11:30 Halloween Party 2:00 Rummikub 2:00 Chair volleyball</p>	<p>KEY: K&C Lessons = Knit & Crochet (S) = Schlathaus</p>

September's Birthday Babies

1 Patricia Murphy
6 Michael P. Martin
7 Donna Palmer
10 Renata Competiello
11 Theresa Rosencrans
16 Joyce Dawson
17 Karen Procaccino
19 Nancy Almazar
19 Charina Macdonald
21 Kellie Ann Detheridge
21 Roxanne Meyer
22 Felicia Dinonno
22 Lena Esposito
25 Irene Pisano
28 Vivian Chaney
29 Andrea Baker
29 Monica Schumacher
30 Helen Corporan
30 Joanne Schuder

September Birthday Celebration

Sept. 19, 11:30 am

October's Birthday Babies

1 Josephine Dayger
5 Pat Emanuel
5 Carol Gruber
5 Mary Ann Vara
6 Karoline Flick
8 Mary Fenton
9 Susan Sinclair
15 Enga Crocco
18 Hai-Ping Fu
23 Raymond Norcross
24 John Campala
27 Peggy Fitzgerald
30 Lorraine Daley

October Birthday Celebration

Oct. 17, 11:30 am

Cake! Pizza! Bingo!



A Matter of Balance

Managing Concerns About Falls

With “A Matter of Balance,” you can:

- Learn about common misconceptions related to falls
- Learn to view falls as controllable and preventable
- Troubleshoot with peers how to prevent falls in everyday situations
- Participate in simple exercises to improve strength and balance

The curriculum includes group discussions, mutual problem solving, roleplay

activities, exercise and assertiveness training,

and a few homework assignments.

“A Matter of Balance” is an 8 week course, hosted by the Office for the Aging. It starts 9/17 and will be held on Tuesdays from 12-2pm in the Town Hall main meeting room. Sign up at the Senior Center or call (845) 297-3670. Speak with Kellie Ann for more information.

AARP DEFENSIVE DRIVING CLASS

**Call Mary Long to enroll:
845.297.0186**

For any licensed driver

10/18

Inquire in the senior center



August Monthly Craft

Our members created beautiful felt succulents for our craft of the month.

We have green thumbs, even if they're made of felt!

September's craft is fall soap-making. Joins us each month for a new crafting experience that will spark your creativity!



Get to Know Your Neighbor: Vivian Chaney

When were you born? September 28th, 1950.

Where were you born? Mount Vernon, New York.

What is your ancestry? How many siblings do/did you have? I have 2 Brothers.

What high school/college did you attend? Los Angeles High School in Los Angeles, California.

Are you married? How long? Spouse name? Divorced.

Do you have any children? Grandchildren? How many? Names? I have 2 children, Angelo Chaney Grant and Cassandra Marie Hunte. I have 1 granddaughter and 2 grandsons.

Do you have pets and if so, what? None.

What was your career? Medical Assistant.

Were you in the military? What branch? What years? None.

What is your favorite food? Meatloaf, steak, hamburgers, and macaroni & cheese.

What is your favorite season? Spring, Summer, and Autumn.

What is your favorite holiday? Christmas, Thanksgiving, my Birthday, Valentine's Day, and Labor Day.

Favorite pastime/hobby? Playing cards, singing, baking, and playing games.

What places have you visited? Tijuana, Mexico.

Do you prefer the seashore or mountains? Cruising.

Movies: do you prefer comedies, drama, science fiction? Drama, horror, comedy, and science fiction.

Anything else you want to share? I love being around my friends & family, enjoying life, and traveling.



Wappinger Seniors Association, Inc.

Announces a Sponsored Trip For a Special:



“JINGLE BELL ROCK”

A Special Holiday Presentation on Thursday, Dec 5th at

La Neve's Banquet Destination in Haledon, NJ

*“Start the Holiday Season with the music of Joe Zisa & Friends:
Dine, Dance & Enjoy!!!”*

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

Lunch features Antipasto salad, Baked Ham & Turkey, Mashed potatoes, Sautéed Green Beans, Carrots
Soda, Coffee, Tea plus Italian Pastries

COST: Members: \$55 / Non-Members: \$70

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

A Limited Seating, Non-Refundable Event

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

Members: Fri & Monday; 9/13 & 9/16/24 9:30am – 11:30am

Non-Members: Monday, 9/16/24; 10:30am – 11:30am

Check-in at Wappinger Town Hall Senior Center @ 9:00am,

Bus departs for venue promptly at 9:15am

Return trip departs from La Neve at approx. 3:30pm

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



**WSA Bus trip 8/13
to the Aqua Turf Club
“The Legends Live -
The Songs You Love”
A Journey Through the
Decades**



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