

# TOWN OF WAPPINGER

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## **PARKS & RECREATION DEPARTMENT Senior Center Division**

**TOWN SUPERVISOR**  
JOSEPH D. CAVACCINI

**TOWN BOARD**  
WILLIAM H. BEALE  
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CHRISTOPHER PHILLIPS  
AL CASELLA

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JOSEPH P. PAOLONI

**Welcome New Member!**

**(845) 297-3670**

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

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

We are ecstatic to welcome you to the Town of Wappinger Senior Center! At the 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, bus trips, chair volleyball, chair yoga, chess, exercise class, gardening club, knitting & crochet group, lunch and a movie, mahjongg, Mexican trains, monthly crafts, monthly birthday parties, pinochle, Pokeno, quilting, rummikub, Zumba, and so much more! Feel free to stop in or call at any time to find out what new and exciting events are happening at the center!

Some of our classes and programs require prior registration. See or call Kellie Ann at the center to learn how to register

### Requires sign-up

- Art class
- Book club
- Bus trips
- Chair Volleyball
- Chair Yogas
- Educational Seminars
- Exercise class
- Knitting & crochet group
- Lunch and a movie
- Monthly craft
- Monthly Birthday party
- Walking Group (Explore Wappinger)
- Zumba

### No sign-up

- Bingo
- Bocce
- Bridge club
- Chess
- Gardening club
- Mahjongg
- Mexican trains
- Pinochle
- Pokeno
- Rummikub

Thank you for joining our expanding program and we warmly welcome you to the Town of Wappinger senior center family!

Sincerely,  
Kellie Ann Detheridge  
Senior Center Assistant

## Art Class

“Art is for Everyone.” It’s fun! It’s colorful! It’s challenging! Improves observation! Promotes self esteem! Improves hand and mind coordination! It’s creative! It’s expressive! Many enjoy just looking at artwork. Others wish they could draw or paint to capture a special scene on paper or canvas. How many have said “I can’t draw a straight line?” Or “I could never paint a picture?”



Come to our Tuesday morning art class and try your hand at learning something new. All you need to bring is a sketch pad and pencil. Learn to draw using pencil, charcoal and other medium. Learn to use pen and ink, brush and ink, pastel, watercolor colored pencil. Learn how color can be used and how one color effects another. Learn to paint with acrylic, oil paint and watercolor. For those more advanced, learn new techniques, hone those skills. Explore the works of other artists, the Old Masters, Cartoonists, Modern Art, Ancient Art and Design.



## Bingo

Bingo! Not just the name of the dog from that song we all learned as kids, it’s a fun game! At the Senior Center we play 3 different kinds of Bingo throughout the week! Come play a fun game that stimulates the mind.

Regular Bingo(M&F)- Buy in is \$2 a card, we play eleven games. We play 5 regular bingo games, 4 special bingo games, and 2 full card games.

10 Cent Bingo (T)- This is a senior center member led bingo activity played using dimes!

## Bocce

Come play a fun outdoors game! Bocce is a ball game that involves rolling or throwing balls towards a target ball, or palina, to score points.

## Book Club

Each member gets to pick a book that will be a Club selection of the month, and that member will run that month's meeting. If you are a Town of Wappinger Senior Center member who joins our Book Club, we are happy to provide this activity to you free of charge. Then, join your peers for the Club discussion and have a lively chat on the month's reading. Our book club meets once a month on the last Friday.



## Brain Teasers

Join us on Fridays @ 11:30 for fun word games and brain teasers! Brain games stimulate different brain memory functions, like processing speed and executive function. Stop by, right before Friday bingo to exercise your mind!



## Bridge Club

Come play Bridge on Tuesdays at the Schlathaus Park Recreation Building, located on the corner of Myers Corners and All Angels Hill Road. Bridge is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the world's most popular card games, particularly among seniors. For purposes of scoring and reference, each player is identified by one of the cardinal directions and thus North and South play against East and West. The game play is American Standard Bridge.

## Chair Volleyball

Come play a fun game of volleyball! Our unique twist to a classic game, you must remain seated to play! We play at 2pm every Monday and Thursday.





## **Chair Yoga**

Chair yoga takes place every Thursday from 10-11am. This active aging program is a gentle class where yoga poses are modified to be done in a chair. Chair yoga can provide benefits including improved balance, strength, and mobility. All levels and abilities are welcome.

## **Discover Wappinger Walking Group**

Join us once a month to walk with the community at one of our beautiful parks! View the scenic landscapes that Wappinger has to offer with a guided tour of our parks!

## **Educational Seminars**

Join us once a month for a special educational seminar! Learn about senior resources, health and wellness information, fun-learning seminars, and so much more! Many of our seminars are community partnerships! Check the senior center newsletter to see scheduling.

## **Exercise Class**

A once-weekly exercise class utilizing hand weights and one's own body weight to help build strength and muscle tone. This class takes place every Thursday from 9-10am.

## **Explore Wappinger Walking Group**

Join us once a month to walk with the community at one of our beautiful parks! View the scenic landscapes that Wappinger has to offer with a guided tour of our parks! A very exciting new group that encourages exploration and exercise in a fun, group setting.

## **Gardening 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.

## Knitting & Crochet Lessons

Interested in learning how to crochet a cute stuffed animal or knit a sweater? Join us for knit and crochet lessons!

## Lunch and a Movie

Once a month, the senior group comes together to enjoy lunch and watch a movie. Lunch is provided by the senior center free of charge to the attendees. You must be a resident of Wappinger and over the age of 55.



## Mahjongg

Want to learn a fun strategy game? Come to Mahjongg! Mahjongg is a tile-based game that originated in China in the mid-1800s and is usually played by four people. The goal is to be the first player to match tiles to a specific hand by drawing and discarding tiles. Every Wednesday at noon and Friday at 9:30am.



## Monthly Craft Program

Once a month, we get together at the Senior Center and work on a craft project! All crafts are beginner level crafts that come out looking like you are a professional. Even if you swear you are not the "crafty" sort, give us a try. You just might be surprised what you can do!

## Monthly Birthday Party

We love to celebrate our Senior Center members' birthdays! Each Month, we celebrate our seniors born in that month with a pizza party, birthday cake, bingo, and a great crowd of people. Thank you to The Pines at Poughkeepsie for sponsoring our monthly birthday party!





## **Pinochle**

Pinochle is a big favorite here. If you don't know how to play, we have a group of Seniors who would love to teach you. It's a fun card game that is played with a unique deck of only 48 cards, which contains two of each suit of the Nines, Tens, Jacks, Queens, Kings, and Aces, there are no 2 through 8 rank cards. Pinochle can be played with either two, three, or four players. The object of the game is to accumulate points by either winning tricks, or by melding a

combination of cards. The meld of the Jack of Diamonds and the Queen of Spades is known as "Pinochle", and scores 40 points.

## **Pokeno**

Pokeno is a card game that combines elements of poker, keno, and bingo! Come join the fun every Wednesday at noon.

## **Rummikub**

Rummikub is a fast-paced, tile-based game that combines elements of rummy and mahjong. It's a game of strategy and luck that's fun for people of all ages to play together. If you've never played, come join! Our members love to teach the game to new players!

## **Zumba Gold**

Zumba gold is available AT NO CHARGE for Town of Wappinger Seniors. That's something you don't find every day!

Perfect For: Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

How It Works: The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

Come ready to sweat and prepare to leave empowered and feeling strong. Benefits Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! This class is on Mondays at 10:20am and Wednesdays at 9am, you can sign up for one or both days!

