



WAPPINGER SENIOR CENTER NEWS

Wappinger Senior Center
(845) 297-3670

July 2016

Wappinger Senior Center News
20 Middlebush Road
Phone: (845) 297-3670

STAFF

Jessica Fulton
Senior Center Director
Dot Groark
Senior Center Assistant
Donna Lenhart
Recreation Assistant
Sue Borchardt
Exercise and Yoga Instructor
Kathi DeLisa
Art Instructor
Rosemarie Hallenback
T'ai Chi Chih Instructor

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The Center is open
Monday, Wednesday,
Thursday and Friday
from 9:30am to 2pm

Center is Closed
Senior Center will be
closed on Tuesdays.
Art will continue as
usual.

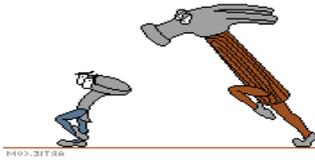
Special Days
Bingo Days:
Mondays and Fridays

FLU/ PNEUMONIA / SHINGLES
Clinic at Town Hall on August
29th from 9:30am to 1:00pm.
Rite Aid will be present. I sug-
gest anyone who is interested in
getting their vaccines to bring
their insurance cards with them,
so that they can be processed.
This is a great opportunity to
avoid the rush at the pharmacy
as well as to avoid having to
make an appointment at the
doctors office. No appointment
necessary, but you can sign up
in advance if you wish by calling
297 - 2744.

Welcome to our Senior Center

The Town of Wappinger Senior Center is open to All senior citizens (60+) residing in the Town of Wappinger. Programs include arts and crafts, photo club, painting, bingo, board games, exercise, osteoporosis progressive weight training, movies, road trips, special events and much more. Members pay voluntary dues of \$35.00 a year. Checks are preferred. The dues fund is overseen by the Treasurers. The money is used for Center activities such as center parties, luncheons and special events. Members hold an annual Fundraiser which includes a granny's attic tag sale, bake, book, and craft sales, and a raffle. These proceeds also fund Center activities. **Join the fun! Tell Your Friends!**

**CALLING
ALL
SENIORS!**



We are looking for volunteers to design and put together a Wappinger Senior Center Float for the Community Day Parade! We know that you are a bunch of amazing creative people who will do a great job!
Call 297-0720 for details

**TOWN OF WAPPINGER COMMUNITY DAY
Peach Pie Judging Contest!**

Saturday, Sept. 10 (rain date Sept. 11)
Judging takes place at 4:00 p.m.
Pies **MUST** be baked by registrant.
Pre-registration required:
forms online:
www.townofwappinger.us/recreation
297-0720



**Start thinking about what you're
going to make for the Senior
Center Bake Sale!**

**Bake Sale 9/10/16
(rain date 9/11/16)
1:00 PM-8:00PM**

**All proceeds go to the Town of
Wappinger
Senior Center**

Call 297-3670 for more details

**Volunteers Needed to
bake for and staff the
event**



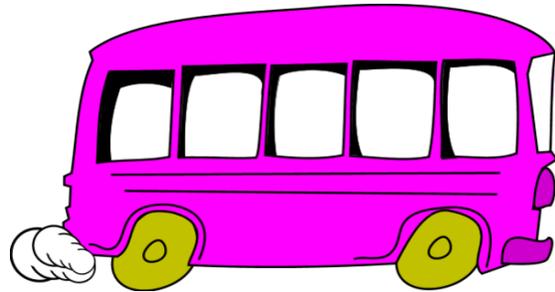
Upcoming Bus Trips

Our 40,000 square foot casino and entertainment complex boasts the Lava Lounge and HYPE! featuring live entertainment. Enjoy all you can eat at The Buffet, or our Bistro menu at The Terrace and for a quick snack, try the Food Court specializing in pastries, pizza, ice cream and NY deli delights. Monticello Casino & Raceway features over 1,000 of the newest, hottest slot machines, including progressives and video poker. From penny up to high denomination games, we've got the name of your game! Hope to see you soon at Monticello Casino & Raceway. Real Fun. Real Close.

Monticello Raceway & Casino
Thurs. 8/11/16
Sign up Deadline:
7/27/16
Res. \$10
Non-Res. \$25



Seniors on the Go!



Germanfest- Hawley, PA
Wed. 10/12/16
Sign up Deadline:
9/22/16
Res. \$49
Non-Res. \$64



Germanfest

Featuring The Joe Lastovica Band

Oct. 5, 6, 12, 13, 19, & 20

10:00 AM Arrival

Coffee & apple streusel cake served
 Jewelry & gifts available

11:15 AM until 12:30 PM

Strudel making demonstration by our chef
 Make your own pretzels
 Music & dancing with The Joe Lastovica band

12:00 Noon until 3:00 PM

Open Bar with Draft Beer, Wine & Soda

12:30 PM

Family Style German Meal

Potato Soup • Apple Sauce • Sauerbraten with Egg Noodles
 Wurst & Kraut • Roast Pork with Gravy
 Red Cabbage • Fresh Seasonal Vegetable
 Apple Strudel a la Mode

2:30 PM until 3:30 PM

German Show with The Joe Lastovica Band

Tap your toes or sing along to the Joe Lastovica Band playing a spirited mix of German music, old favorites and contemporary classics. Interact with characters wearing traditional German costumes, including Heidi the Bavarian Beer Garden Girl, and enjoy Marty Keller and his Alpine Horn & Bavarian Act. Compete in the Germanfest Olympic Games. The fun never stops!

3:30 PM Snack Before Departure



AUGUST 2016



Mon	Tue	Wed	Thu	Fri								
1 10:00 Games 10:00 Pinochle 12:30 BINGO	2 9:30 Art Class 9:35 Osteo ▲M 1:00 Tai Chi Chih M	3 10:00 Exercise- M 10:00 Games 10:00 Pinochle	4 9:45 Exercise-M 10:00 Pinochle 11:00 Osteo ▲M	5 10:00 Games 10:00 Pinochle								
8 10:00 Games 10:00 Pinochle 12:30 BINGO	9 9:30 Art Class 9:35 Osteo ▲M 1:00 Tai Chi Chih M	10 10:00 Exercise- M 10:00 Games 10:00 Pinochle	11 9:00 Defensive Driving 9:45 Exercise-C 10:00 Pinochle 11:00 Osteo ▲C	12 9:00 Defensive Driving 10:00 Games 10:00 Pinochle 10:00 Yoga -C 12:30 BINGO								
15 10:00 Games 10:00 Pinochle 12:30 BINGO	16 9:30 Art Class 9:35 Osteo ▲M 1:00 Tai Chi Chih M	17 10:00 Exercise- M 10:00 Games 10:00 Pinochle	18 10:00 Pinochle 11:00 Osteo ▲M	19 10:00 Games 10:00 Pinochle 12:30 BINGO								
22 10:00 Games 10:00 Pinochle 12:30 BINGO	23 9:30 Art Class 9:35 Osteo ▲M 1:00 T'ai Chi Chih M	24 10:00 Exercise- M 10:00 Games 10:00 Pinochle	25 9:45 Exercise-M 10:00 Pinochle 11:00 Osteo ▲M	26 10:00 Games 10:00 Pinochle 10:00 Yoga-M 12:30 \$2 BINGO								
29 10:00 Games 10:00 Pinochle 12:30 BINGO	30 9:30 Art Class 9:35 Osteo ▲M 1:00 T'ai Chi Chih M	31 10:00 Exercise- M 10:00 Games 10:00 Pinochle 11:45 Pizza 	KEY <table border="1"> <tr> <td>▲</td> <td>Requires signup in advance</td> </tr> <tr> <td>Ct</td> <td>Meets in Court room</td> </tr> <tr> <td>SP</td> <td>Meets in Schlathaus Park</td> </tr> <tr> <td>Mn</td> <td>Meets in Main Meeting Room</td> </tr> </table>		▲	Requires signup in advance	Ct	Meets in Court room	SP	Meets in Schlathaus Park	Mn	Meets in Main Meeting Room
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SP	Meets in Schlathaus Park											
Mn	Meets in Main Meeting Room											



Happy Birthday



~ August Birthdays ~



1 Kathleen Hughs	24 Joan Gallagher
1 Lynne Accomando	27 Paul Williamson
6 James D'Amato	27 Ralph Tompkins
7 Hydrick Manaigo	30 Joseph Fugardi
9 Ida Repke	30 Collean Butler
9 Sarah Granger	
11 ILona Rohonczy	
14 Alma Houston	
15 Ada Beahan	
15 Ellen Korz	
18 Grace Di Gregorio	
19 Josephine Lilienfield	
19 Gerald Reiser	
21 Dorothy Harvey	
21 Barbara Winters	
21 Eileen De Felice	
22 Tina Tesan	
22 Dick Dettrey	
23 Marge Prizzia	
24 Antoinette Gliamas	

August Flower



August Birthday Celebration will be held.....

Wednesday, August 31, 2016

11:45 am Senior Center Sign up on front table

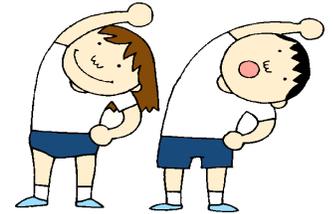
Pizza, Cake, Coffee, Tea & Soda

August Babies eat free



Fitness For Everyone

Wednesdays
10:00AM
Thursdays
9:45AM
Town of Wappinger Town Hall
Meeting Room



Wednesdays at 10am the fitness program includes 1/2 hour of chair exercise and 1/2 hour of low impact aerobics. Paper plates, dyna bands or beach balls are used as props. Thursdays at 9:45am our fitness routine includes a 1/2 hour of sitting chair exercise using body weights for muscle toning. Dowel rods are used for upper body toning. We finish out the hour with a 1/2 hour of line dancing. This class is taught by Sue Borchardt, a Certified Group Fitness Instructor who offers three morning exercise classes for the Town of Wappinger Senior Center.

Call the Senior Center at 297-3670 to Sign up.

Thursdays
12:00PM
Town of Wappinger Senior Center



Knit and Crochet Club

Do you know how to Knit or Crochet? Yes? Great! Come Join Us on Thursdays!

Do you want to learn to Knit or Crochet? Yes? Great! Join us on Thursdays!

Thursday afternoons in the Senior Center, we are forming a knit and crochet club. We are looking for people who know how to knit or crochet, and people who want to know how to knit and crochet. Together, we'll learn, improve our skills, swap patterns, or just have some nice conversation while we work up beautiful handmade items.

Call the Senior Center at 297-3670 to Sign up.



Semper Fi Quilting Group

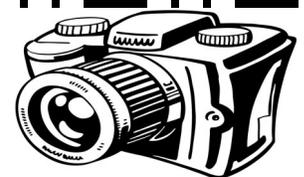
Wednesdays
Times Vary
Schlathaus Recreation Building

The Semper Fi Parents group of the Hudson Valley have a group that holds their meetings weekly at the Town of Wappinger Recreation Building at Schlathaus Park, located at the corner of Myers Corners and All Angels Hill Road. They have a group of quilters that meet to make quilts, quilts for the local military heroes, service members that were KIA and also we send quilt to the hospital in Germany through Soldiers Angels. This wonderful organization is always looking for folks to help. They need volunteers of all skill levels to take on the different tasks involved in the process of making quilts.

Contact Joann Schmidt at joann2sew4u@yahoo.com for more information

Photography Club

Thursdays
10:00AM
Schlathaus Recreation Building



On Thursdays, the Senior Center Photography club holds their meetings weekly at the Town of Wappinger Recreation Building at Schlathaus Park, located at the corner of Myers Corners and All Angels Hill Road. No experience needed to join, just a love of photography! The members of the photography club work together to learn about photo editing and photo composition. The members of the Senior Center Photography club are the official photographers for all of the Senior Center and Recreation Department events!

Call the Senior Center at 297-3670 to Sign up.

Wednesdays
10:00AM
Town of Wappinger Town Hall



Bocce

Bocce is a game that's been played for thousands of years. The game involves larger balls called bocce balls and a smaller ball called a pallino. Players try and roll their bocce balls as close to the pallino as possible. At the end of the frame, the team closest to the pallino scores one or more points. Here at the Town of Wappinger Senior Center, we have a bocce court right on site! We are currently taking a list of players to form teams and would love to see your name added to it.

Contact the Senior Center at 297-3670



Bridge Club

Tuesdays
11:00AM
Schlathaus Park Recreation Building

Come play Bridge on Tuesdays at the Schlathaus Park Recreation Building, located on the corner of Myers Corners and All Angels Hill Road. It 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.

Contact the Senior Center at 297-3670 for more information

Pinochle

Mondays-Wednesdays-Thursdays-Fridays
10:00AM
Town of Wappinger Senior Center



We have a pinochle table or two going every day that the Senior Center is open! The game 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.

Contact the Senior Center at 297-3670 for more information

Mondays-Fridays-Birthday Party Days-Some Special Events
12:30PM
Town of Wappinger Senior Center



Bingo

Check our calendar to see what days we're holding Bingo here at the Senior Center. We do it most Mondays and Fridays, but sneak in a few extra days when we have special events.

Contact the Senior Center at 297-3670 for more information

Classes and Clubs



Art for Everyone

Tuesdays
9:30AM
Town of Wappinger Sr. Center

“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?”

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.

Classes ongoing on Tuesdays at 9:30am in the Senior Center.

Please contact us at 297-3670 to sign up.

T'ai Chi Chih

Tuesdays
1:00PM
Town of Wappinger Town Hall
Meeting Room



T'ai Chi Chih is a relaxing, gentle practice which balances and circulates the body's chi, or energy. Its movements help to improve balance, build stamina, and strengthen muscles. Join us at Town of Wappinger Town Hall Tuesday afternoons at 1:00pm. Call Rosemarie at 297-7596 to sign up.

Fridays
10:00AM
Town of Wappinger Town Hall Meeting Room



Yoga

The Friday yoga class at 10am is a great class for building balance, muscle strength, flexibility, and works on stress reduction through relation. This class is taught by Sue Borchardt, a Certified Group Fitness Instructor who offers three morning exercise classes for the Town of Wappinger Senior Center.

Call the Senior Center at 297-3670 to sign up.



Walking Club

Mondays-Wednesdays-Fridays
11:00AM
Town of Wappinger Senior Center

Have you ever noticed that a walk seems to go quicker with a friend? That is the purpose of our new walking club! Three days a week, we'll be taking a stroll around the Town of Wappinger Town Hall property. Come all three days, just two days, or even one day a week. Walk for whatever amount of time you feel comfortable. We'll give you a sheet to track your progress.

Call the Senior Center at 297-3670 to sign up.

Westchester Broadway Theatre Bus Trip!



John Wayne Movies

Find and circle all of the John Wayne movies that are hidden in the grid.
The remaining letters spell a John Wayne quotation.

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

ALAMO, The
 ARIZONA
 BABY FACE
 BIG JAKE
 BIG TRAIL, The
 BLOOD ALLEY
 BLUE STEEL
 BRANNIGAN
 CHISUM
 CIRCUS WORLD
 COMANCHEROS, The
 CONFLICT
 CONQUEROR, The

COWBOYS, The
 DAKOTA
 DAWN RIDER, The
 DECEIVER, The
 DESERT TRAIL, The
 EL DORADO
 FLYING TIGERS
 FORT APACHE
 GREEN BERETS, The
 HATARI
 HELL FIGHTERS
 HONDO
 IN HARMS WAY

JET PILOT
 LONELY TRAIL, The
 LONGEST DAY, The
 MCLINTOCK
 MCQ
 NEW FRONTIER
 NIGHT RIDERS, The
 PITTSBURGH
 QUIET MAN, The
 RANGE FEUD
 RED RIVER
 RIO BRAVO
 RIO GRANDE

RIO LOBO
 SEA CHASE, The
 SEARCHERS, The
 SHOOTIST, The
 SPOILERS, The
 STAGECOACH
 STAR PACKER, The
 TRUE GRIT
 TYCOON
 UNDEFEATED, The
 WAR WAGON, The
 WESTWARD HO

ACROSS

- | | |
|--|--|
| 1) Bar mitzvah officiator | 41) Inspires wonder in |
| 6) Alone at the prom | 42) "Batman" co-creator |
| 10) Light source | 43) Acetic and nitric |
| 14) Shown on television | 44) Funny Tina |
| 15) "The doctor ___ see you now" | 45) Orbital high point |
| 16) The first "Mr. Shirley Temple" | 46) Bladed tool |
| 17) Overdo it onstage | 50) Brooks the filmmaker |
| 18) Napoleon's exile isle | 52) Admission requirements, sometimes |
| 19) "Half," "quarter" or "eighth" follower | 53) Driving concern quip (Part 3) |
| 20) Driving concern quip (Part 1) | 57) Part of ABM |
| 23) Game piece, generically | 58) Alveoli site |
| 25) Partook of | 59) Make a new law |
| 26) The eyes have them | 62) Leer |
| 27) Traitor Benedict | 63) "If all ___ fails ..." |
| 30) Hardly candid | 64) Person in a cast |
| 31) Paw at | 65) Tournament ranking |
| 32) Clapping animal | 66) Football blockers' practice device |
| 34) Shopping bag | 67) In the poorhouse |
| 38) Driving concern quip (Part 2) | |

DOWN

- 1) "The Facts of Life" co-star Charlotte
- 2) Prepare to fire
- 3) Be a suck-up
- 4) A March girl
- 5) Creative morsel
- 6) It pours from pores
- 7) Spanish diacritic
- 8) Jessica of "Fantastic Four"
- 9) Bloom with sword-shaped leaves
- 10) Luau locale
- 11) Ancient Greek athletic competitions
- 12) Photo finish?
- 13) Bench exercise
- 21) Little bit
- 22) Like some senses of humor
- 23) Subterranean molten rock
- 24) Object in a quiver
- 28) Makes a decision
- 29) Feline zodiac sign
- 30) Sidewalk eatery
- 32) Reprieve from the governor
- 33) Many, many moons
- 34) Crunchy munchie
- 35) Stem (from)
- 36) Momentarily eased, with "over"
- 37) Abbreviations for weekend days
- 39) Small four-stringed guitars
- 40) Bit of toy ammo
- 44) Finder's take
- 45) Brewed drink
- 46) Pandemonium
- 47) Gate pivot
- 48) Fiber used in carpets
- 49) Confined to a pen
- 50) Cleric's quarters
- 51) Goaded (with "on")
- 54) Without value
- 55) "The Tree of Life" star Penn
- 56) Storybook beginning
- 60) Cape ___, Mass.
- 61) Make the effort

AUTOMOTIVE CARE

By Johnni Pierpont

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					64			
65						66					67			



Burglar

An Oak Hill community couple discovered a thief in their home Saturday after a man told a joke and heard a laugh upstairs.

The couple said they returned

Police checked the area and found an open door in the back of the building. An officer went inside and called out, "Marco."

The man's name was not Marco, detective Tim Dohr said. Instead, "the officer was trying to inject some humor into the situation."

Police found the suspect after he responded, "Polo."

The restaurant manager

Miscellaneous

■ Dog attack — Lower Duck Pond, Lithia Park, Ashland. Police responded to a report of two dogs running loose and attacking ducks at about 11:20 a.m. Sunday.

The officer cited a resident for the loose dogs. The duck refused medical treatment and left the area, according to police records.

Move the deer crossing to where there's less traffic

A lot of deer get hit by cars west of Crown Point on U.S. 231. There are too many cars to have the deer crossing here. The deer crossing sign needs to be moved to a road with less traffic. - TIM ABBOTT, CROWN POINT

Los Angeles Times

Monday, May 20
11:39 a.m. PDT

LOCAL U.S. WORLD BUSINESS SPORTS ENTERTAINMENT HEALTH LIVING

Big rig carrying fruit crashes on 210 Freeway, creates jam

KTLA - Los Angeles May 20, 2013

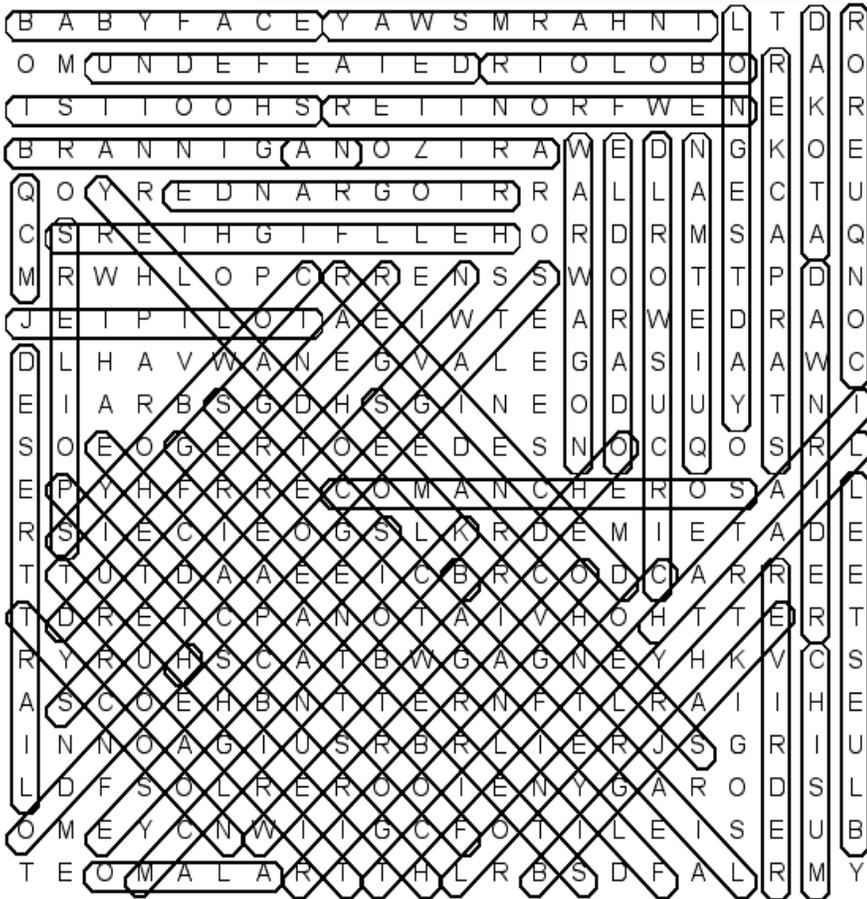


Army vehicle disappears

AN Australian Army vehicle worth \$74,000 has gone missing after being painted with camouflage.

Police are seeking public help to find the four-wheel drive, which was

PUZZLE ANSWERS



The hidden message is: TOMORROW HOPES WE HAVE LEARNED SOMETHING FROM YESTERDAY

1	R	A	B	B	I		S	T	A	G		L	A	M	P			
14	A	I	R	E	D		15	W	I	L	L		16	A	G	A	R	
17	E	M	O	T	E		18	E	L	B	A		19	N	O	T	E	
		20	W	H	A	T	21	A	D	A	D	22	W	A	N	T	S	
23	M	A	N			25	A	T	E		26	I	R	I	S	E	S	
27	A	R	N	O	L	D			30	C	O	Y						
31	G	R	O	P	E		32	S	E	A	L		34	T	O	T	E	
38	M	O	S	T	O		39	U	T	O	F	A	C	A	R	I	S	
41	A	W	E	S			42	K	A	N	E		43	A	C	I	D	S
					44	F	E	Y			45	A	P	O	G	E	E	
46	C	H	I	S	E	L		50	M	E	L			52	I	D	S	
53	H	I	S	T	E	E		54	N	A	G	E	S	S	O	N		
57	A	N	T	I			58	L	U	N	G		59	E	N	A	C	T
62	O	G	L	E			63	E	L	S	E		64	A	C	T	O	R
65	S	E	E	D			66	S	L	E	D		67	N	E	E	D	Y

Handy Contacts

At Town of 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

William H. Beale- 764-0729
William Ciccarelli- 204-5256
Lori Jiava- 297-2744
John J. Fenton- 391-6850
Michael Kuzmicz-764-0983

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 Dutchess County- 452-2932 ext. 9717
Community & Family Services-486-3701
County Community Action Partnership, Inc.-452-5104
Dial-A-Ride- 473-8424
Dutchess Outreach, Inc.- 454-3792
Hudson River Housing-454-5176
Meals On Wheels- 452-2245
Mental Health America of Dutchess County, Inc.-473-2500
Office for the Aging-486-2555
Salvation Army, Poughkeepsie- 471-1210
SPCA-452-7722
United Way, Dutchess County-471-1900

Jessica's Corner



Your Monthly update on crafts I've tried to make, food I've burned, things I've learned, and how my garden grows...



Crafts I've Tried To Make...



Wire Jewelry! I didn't make the ring in the photo, but I'm trying to! I can get the shape right, but I'm having trouble finishing it off. There is this process that they call "hardening" wire. You beat it with a rubber mallet and apparently that makes it firm up so once you're finished the wire doesn't bend anymore and the item becomes a nice, finished, not bendy, piece of jewelry. I keep banging away on this wire and it is still bendy! Any tips folks? Know any amateur jewelry makers who might be able to steer me in the right direction?

Food I've Burned

Spinach Squares Recipe Courtesy of Patsy Moran! Thanks Patsy!

2 Pks Chopped Spinach-10oz grated Cheese-3 eggs-1 1/2 cup low fat milk-1 cup flour-1 tsp baking powder- 1/2 tsp salt

Cook Spinach. Strain the spinach and place in 9x13 pan. Add mixture of all of the other ingredients and bake for 30 minutes.

This is so easy, I might not even burn it! 😊

Things I've Learned...

Cucumbers contain organic compounds called cucurbitacins that can cause fruit to taste bitter. Low levels of cucurbitacins are not detectable, but high levels make fruits taste bitter. Cucurbitacin levels may increase with environmental stress during the growing season

How my garden grows...

Helloooooo Radicchio!

I've got leafy greens coming out of my ears! However, the things I've learned for this month should give you an idea about how my cucumbers are coming along! Bleh. So bitter. We had a really early spell of hot weather at the beginning of the season and I have a feeling that stressed my cucumbers out. I tried to dress them up in a salad and hoped it would cut back on that bitter taste. But, no success. Oh well. I'll have to pick up some cucumbers for my salad at the grocery store!





TOWN OF WAPPINGER SENIOR CENTER **BAD WEATHER POLICY**



Tune to Radio WHUD Q92.1, or
www.poughkeepsiejournal.com (click "Closings")
for school closings and delays.

Please use discretion and do not travel if the roads are bad.

If Wappinger Schools have a 1-hour or 2-hour delay:

The Center is open at 9:30 am as usual with programs.

If Wappinger Schools are closed:

The Center is closed.

Seniors using Dial-A-Ride remember to phone in to cancel service.

If Town Hall is closed, but the Schools are not:

The Center is closed.

Seniors using Dial-A-Ride remember to phone in to cancel service.

**If a special event must be cancelled,
you will be notified by phone.**

Dial-A-Ride Winter Cancellation Policy

- * Cancellations due to poor driving conditions will be announced on all local radio stations between 7:00 and 8:00 am. If the weather changes during the day, radio announcements will be ongoing.
- * If it is necessary to delay Dial-A-Ride service, all pick-ups scheduled before 11:00 am will be cancelled for the day.
- * If road conditions do not improve by 11:00 am, Dial-A-Ride service will be canceled for the remainder of the day. Local radio stations will announce the cancellation between 11:00 am and 12:00 pm.



Help us Stay Healthy!

Please be considerate of your fellow center members. If you are sick or not feeling well please stay home to rest and get better so we don't get one another ill.



1. Avoid close contact.-Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. **2. Stay home when you are sick.**-If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. **3. Cover your mouth and nose.**-Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. **4. Clean your hands.**-Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub. **5. Avoid touching your eyes, nose or mouth.**-Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. **6. Practice other good health habits.**-Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food