



Mulberry House Senior Center



62-70 West Main Street-Middletown, NY 10940 (845)346-4073

<http://middletown-ny.com/community/senior-services.html>

<https://www.facebook.com/mulberry.house.12>

<http://ourseniorcenter.com/find/mulberry-house-senior-center> - [follow link to view other newsletters and sponsor information](#)

WI-FI AVAILABLE IN THE CENTER-PASSWORD:mhsenior62

MISSION STATEMENT: Committed to serving the retirees and senior citizens age 55 and older in our community. Our goal is to encourage, educate, assist, and enhance life in retirement. We aim to provide the tools necessary to live a quality-filled and healthier life as one ages; promoting interaction between generations by exchanging skills, values and experiences.

Wishing a healthy and happy new year to you and your families! Looking forward to a great 2022!! We strive to provide a wonderful and active center by practicing safety precautions, so we ask that all our friends and visitors continue using a mask or face covering. Please take note of changes in the calendar and follow City of Middletown School notice of closure during inclement weather, if schools are closed all activities are cancelled but with school delays we still operate on normal schedule.

“Behind you, all your memories. Before you, all your dreams. Around you, all who love you. Within you, all you need.”

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MEET THE STAFF

| | | |
|--------------------------------------|---------------|-----------------|
| Director | Julisa | Ext 4075 |
| Activities | Jean | Ext 4071 |
| Transportation Clerk | Jackie | Ext 4070 |
| Bus Driver | Kim | Ext 4070 |
| Receptionist (Notary Service) | Donna | Ext 4073 |
| Maintenance | Kevin | Ext 4073 |



**Got
Medicaid?**



**Got
Medicare?**



**Get
more benefits.**

Call **1-844-808-9268**, TTY 711
to learn more.



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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Dean W. Connell

Cornelius Dodd &
Connell, Inc.
FUNERAL HOME

26 Grove Street
Middletown, NY 10940
845-343-2142
www.connellfuneralhome.com

**Middletown
Pharmacy**

Gary Stopa, RPh.

Free Delivery

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Phone: 845-342-5566

Fax: 845-342-4986

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dbudelier@lpicommunities.com
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Thrive
Locally

MIDDLETOWN PARK
Rehabilitation and Healthcare

121 Dunning Road, Middletown, NY 10940
INFO@ParkManorRehab.com

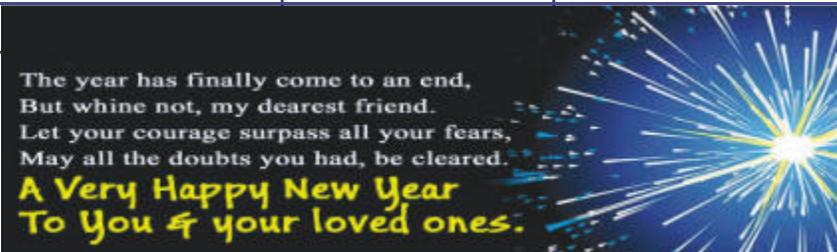
Post-Acute Rehabilitation • 24-Hour Skilled Nursing
Wound Care Services • Dialysis Services • Long Term Care
IV Therapy • Respite Care • Palliative/End of Life Care • Cancer Care
Stroke Rehabilitation • Post-Surgical Care • Pain Management
Hospice Care • Diabetes Management • Nutritional Care
Care Management • Pharmacy Services • Laboratory Services
Transportation Services • Recreation Services • Pet Therapy
Psychiatry Services • Psychology Services • Social Services
Physical Therapy • Occupational Therapy • Speech Therapy
Onsite Consultant Physician Services • HIV Related Care
Memory/Dementia/Alzheimer's Care • Huntington's Disease

**We're Here For You!
We're Here For Life!**

Phone: 845.343.0801
Fax: 845.343.6654

SUPPORT OUR ADVERTISERS!



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| 3 | 4 | 5 | 6 | 7 |
| 9-10am: Line Dance-advance 9-10am: Blood Pressure Screenings With Sue Nichols 10-11am: Chair Exercise 11am: B-day Celebration 11am-12pm: Line Dance Plus (up) 12:30pm-3:30pm Open card & Mah jongg Games (downstairs) | 9:30-11:30 am Crafters 10:30am-2:30pm: Computers (By Appointment only) 11am-1pm: White Elephant Room 1-3pm: Bingo | 9-10am: Yoga 10:15-11:00am: Chair Exercise 11:15am-12:15pm: Line Dance beginner-up 12:30-1:30pm-downstairs Mulberry House Players | 9-11am: Art Class (Up) 10-11 am: Chair Yoga 10:30am-2:30pm: Computers (By Appointment only) 11am-1pm: White Elephant Room 1-3pm: Golden Age Seniors | 9-10am: Line Dance-advance 9-11am: TOPS Group (up) 10-10:45am: Chair Exercise 10:45-11:15: Osteo. Exercise 12:30pm-3:30pm Open card & Mah jongg Games (upstairs) |
| 10 | 11 | 12 | 13 | 14 |
| 9-10am: Line Dance-advance 10-11am: Chair Exercise 11am-12pm: Line Dance Plus (up) 12:30pm-3:30pm Open card & Mah jongg Games (downstairs) | 9:30-11:30 am Crafters 9:30-10:30 am: Breakfast Club 10:30am-2:30pm: Computers (By Appointment only) 11am-1pm: White Elephant Room | 9-10am: Yoga 10:15-11:00am: Chair Exercise 11:15am-12:30pm: Line Dance beginner-up 12:30-1:30pm-downstairs Mulberry House Players | 9-11am: Art Class (Up) 10-11 am: Chair Yoga 10:30am-2:30pm: Computers (By Appointment only) 11am-1pm: White Elephant Room 1-3pm: Golden Age Seniors | 9-10am: Line Dance-advance 9-11am: TOPS Group (up) 10-10:45am: Chair Exercise 10:45-11:15: Osteo. Exercise 12:30pm-3:30pm Open card & Mah jongg Games (upstairs) |
| 17 | 18 | 19 | 20 | 21 |
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| 24 | 25 | 26 | 27 | 28 |
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| 31 |  <p>The year has finally come to an end, But whine not, my dearest friend. Let your courage surpass all your fears, May all the doubts you had, be cleared. A Very Happy New Year To You & your loved ones.</p> | | | SUNDAYS |
| 9-10am: Line Dance-advance 10-11am: Chair Exercise 11am-12pm: Line Dance Plus (up) 12:30pm-3:30pm Open card & Mah jongg Games (downstairs) | | | |  <p>BUS AVAILABLE SUNDAYS 8AM-1PM</p> |

DATES OF INTEREST:

- 1/3/22:** *Blood Pressure Screenings 9:15am
*Birthday Celebration 11am
- 1/4/22:** Monthly Bingo 1-3pm
- 1/5/22:** Senior Dining @ St. Paul's 11:30am
must reserve by calling #845-615-3700
- 1/11/22:** Breakfast Club 9:30am

PLEASE SEE GREETER AT EACH ENTRANCE BEFORE ATTENDING CLASS/ACTIVITY. WE CONTINUE PRACTICING SAFETY PROTOCOLS TO ENSURE YOUR HEALTH AND WELL-BEING.

MASK OR FACE COVERINGS MUST BE WORN AT ALL TIMES WHILE IN THE BUILDING.

PLEASE RESPECT ONE ANOTHER'S PRIVACY AND SPACE.



Need some computer help?

Can't figure out how to use your new iPad?
Computer Classes are Tues and Thurs. They are ½ hour in length from 10:30am to 2:30pm.

MUST SIGN UP AHEAD

For more info, contact instructor,
Patrick McLaughlin at (845) 343-2634.

WI-FI Available, password: mhsenior62



Birthday Celebrations! This month's birthday celebration will be the first Monday. (unless noted otherwise)
Come and join us for cake and coffee.

Jan. 3rd @ 11:00 am

If we missed your birthday this month, let us know!



Have you updated your "pink sheet" lately?

Have you moved, changed phone number, changed emergency contact, please update your registration information and give us your current email.

ATTENTION: Let us know if interested in an activity we do not currently have. Monday & Fridays are open card or table games, please feel free to play checkers, dominoes or any board game with your friends.

BOOM MOVE & MUSCLE With Angele

Upstairs room on Tuesdays 10-11am

Developed with the needs of seniors in mind.

All ability levels are welcome!!! stretching in each class

\$3.00 Fee per class **NO CLASS FOR THIS MONTH**

WILL RESUME IN FEBRUARY



Mulberry House Activity and Sign-Up Desk

Check the desk in the main room for all the exciting activities that are frequently updated and planned for the month. Some are planned AFTER the newsletter is printed, so always CHECK the desk to keep current on all there is to do through Mulberry House and sign-up early!!

Limited space for Parties. Please call if you need to Cancel so someone else can take your place.



The shuttle runs Mon. through Fri. between 8:30 am and 4:30 pm. & Sundays Church Mass 8:30 am-12:30 pm
Please pick up SCHEDULE and GUIDELINES in the office. Appointment must be made 24 hours in advance between 8 am and 12 noon. "SAME DAY CALL" is NOT guaranteed. Call: 845-346-4070. We transport to doctors' appointment, shopping and more in the Middletown area.
The suggested donation is \$1.00 each way. See office staff if you have any questions about the program.

2022 AARP SCHEDULE FOR
"SMART DRIVER" COURSE
Contact Instructor: Tom Barone
845-343-6110 to reserve class date
9am-4pm and Bring own bagged Lunch
January 15th February 19th March 19th
Other dates TBA

- **Friendly Services** – please let Julisa know of anyone we should send a greeting
 - **Notary Services** - please see Donna in office
 - **Check www.middleton-ny.com** and look under Community – Senior Services for calendar
 - Like us on our Facebook page <https://www.facebook.com/mulberry.house.12>
- ALL GROUPS ARE RESPONSIBLE FOR THEIR SET UP AND CLEAN UP**



Do you like to have fun? Do you enjoy acting, meeting new people and making new friends? Then we are looking for you!

We are "The Mulberry House Players." We have been functioning here at Mulberry House Senior Center for the past 23 Years. We are looking for men and women who fit the description above. If you are one those people, please join us on Wednesdays at noon(12:00pm) We do not memorize script but read from scripts during performance (Improv group)

Acting is believing in yourself and in your craft. Become a believer.

Bring your sense of humor and your desire to work with a GREAT group of people.

Interested, call Yvonne at (845)-343-1216



NON PROFIT, NON COMMERCIAL
WEIGHT LOSS SUPPORT GROUP
SINCE 1948– FOCUS ON HEALTH

9:15 am-11am (Weigh in 9:15 to 9:40am)

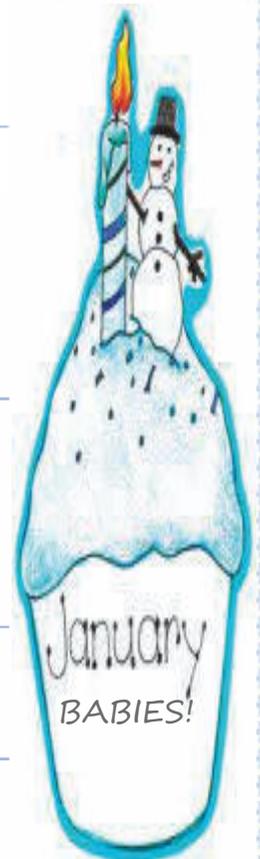
Meeting @ 9:45-11am

May attend 1st meeting free.

Annual dues: \$34.60 & \$2.00 weekly

See tops.org for more info about club.

| | | | | | | | | | |
|----------|--|-----------|---|-----------|--|-----------|--|-----------|---|
| 1 | Harry Brady Juan Luna Julie Southwick Kathy Weiss Patricia Moran Wendel Wahren Willa Wilson | 8 | Kathleen Cooper Vivian McGaw | 15 | Edith Geagley Frances McGarvey Isidora Lopez-Marté John Myers Margaret Davis Nancy Minano Patricia Campbell Ruth Doetsch Ujkan Kolenovic Vivian Rodriguez | 22 | Diane Simmons Elly Epstein Janet Markiewicz Margaret Hassler Robert Kelly Sigfrid Kokoszka Walter Grovell | 31 | Arbia Swindell Bonnie Law Cecilia Bell Ellen Rice Esther Masih Judy Hamill Rose Crofoot Yvette Naniguet |
| 2 | Abbe Distelburger Elaine Barnes Eltra Holt Estela Campbell Joy Kissane Jusith Pisapia Warren Washinton | 9 | Admita Lorenzi Erskine Keary Howard Avery Keta Deloach Kieta Gents Luis Montes Pamela McRae-Redd Pat Hyzer Robert Francis | 16 | Ann Muller Carlos Mercado Frances Giannone Francine Lamb Ginger Durkin Gloria Hernandez Nora Gray | 23 | Emily Galu Marie Waugh | 24 | Cecilia Walsh Christine Samartino Clare Neuberger Dorothy Free Elisabeth Massigno Lewis Banks Lois Scales Maria Calderon-Burgos |
| 3 | Betty Knight Clare Popiel Colleen Roche Gregory Nesterok John Mansfield William Osborne Yeungia Kim | 10 | Ada Bomilla Beverly Lacher Janey Xiong Magdalena Larroy Mark Long Sandra Strohsaul | 17 | Alyssa Panagakos Barbara Davis Barbara Santan Carole Best Edris Green Ielda Goode Jean Tunley Valerie Stelle Walter Wontz | 25 | Debra Friedman Harriet Edmunds Linda Finnin Susan Miller | 26 | Carmen Bell Eileen Haskell Eileen Rowe Ingeborg Hendrickson John Ross Katherine Kelly Louise Williams Marlene Ferrara Norina Olivo Patricia Rollescauld Rose Samiola Zenaida Ampil |
| 4 | Betty Lewis Beverly Bayse Cecily Ismaeil Constance McDonald Joan Mahoney JoAnne Maraglino Marilyn Marchio | 11 | Claudia Stules Frances Ivey Grace Derubeis Josephine Labarbera Kathryn Knight Laura Giannino Loretta Lynn Marcie Tackney Rachel Arazi Roger Todd Ruth Konefal Sandra Burridge Wilbert Colbert | 18 | Gary D'Amato Joan O'Heir Judy Raymond Mariette Pickell Theresa Olaverrea | 27 | Donna Prevost Irma Herrera Mary McCormack Phyllis Kartzell Renee Miller Robert Bartha Rosa Solis Stacy Whitlow- | 28 | Anne Watkins Bruce Johnson Mary Hossann Paul Herman Sara Santos Steve Turner Virginia Austin |
| 5 | Barbara Martindale Beverly Matter Fran Bernard Ida Mitchell Joseph Long Patricia Smith Rita Kehrl Rose Marie Esposito Stacey Finkelstein | 12 | Arthur Barlow Beverly Mills Cheryl Velie Sophia Suffern William Mosher | 19 | Carol Wilson Colette Paulo Edward Novak Sr. Gladys Brexton Gregory Clarke Kathleen Lunham Patricia Leo Richard Kiuler Susan Wierzbicki | 29 | Carmen Calcano Carol Cullen Deanna Neiger Lorna Lalli | 30 | Carol Norris Elaine Heinsmann Joyce McGill Wendell Forbes |
| 6 | Claudette Jordan Dorothy Korn Edward Fegya Elaine Turi Grace Reardon Helen Quick Mary Simmons Nora McCaffrey | 13 | Derek Sarauw Donald Murphy Doris Bostock Elizabeth Blaszczyel James Kavanaugh Jean Kerr Joyce Curabba Kelvin Hancock Margarita Ostrgaard Nicholas Candito Sylvia Peters Warren Cuddeback | 20 | Christine Mayer Dnna Dutton Donna Morely Evelyn Noelle James Palmatier Joe Stricko Sophia Sardella | 29 | Carol Norris Elaine Heinsmann Joyce McGill Wendell Forbes | | |
| 7 | Alice (Dana) Giro Carole Stare Douglas Clark Jeannette Gonzales Lucrecia Ramirez Marguerite Rossi MaryAnn McDonough | 14 | Anne Ferrara Gail Schulman Kevin Maher Margaret Hoffman Rose Lee Hayward Sally Novak Susan Maxwell William Goetschius | 21 | Joan Harris Joseph Gallo Lilia Garcia | | | | |
| 8 | Bernice Fernandez Charlotte Sheehan Cynthia Weintrub Deborah Darder | | | | | | | | |





ORANGE COUNTY SENIOR DINING PROGRAM

For those eligible people aged 60 and over who cannot attend a congregate site, offers a Home-Delivered Meal Service. Nutrition education and counseling with a registered Dietitian is provided as needed. Arrangements can be made for weekend service and limited diet modifications. A prescreening process as well as an in-home assessment is required to determine eligibility for this service.



Call (845) 615-3703 to complete a referral for Home Delivered meals. A \$3.50 confidential voluntary contribution per meal is suggested for either program.

St. Paul's Methodist Church
58 West Main St
Middletown, NY 10940

Will begin hosting a sit-in dining 1st Wed. of each month beginning January 5th

EVENING ACTIVITIES

No Classes in June, July or August!!! Starting again in September

The Dazzling Dancing Divas (Tap Class) – Instructor Darlene Garland - contact #(845) 342-4303 PGARLAND@HVC.RR.COM has three different classes available at the Mulberry House. Classes held on **Mondays**. *Classes commence in September to May and performance is 1st Sunday in May.*

- Beginner/Adv. Class from 3:00 to 3:50 PM
- Intermediate Class from 4:10-5:00 PM
- Advanced Class from 5:15 to 6:05 PM

There is a fee and a registration form must be filled out the first night of class. **\$8 for 1 Class or 2 for \$11. CLASSES PAUSED- DATE TBA**



Business Professional Women's Club (BPW) -1st Thursday of every month Board meeting-6-9pm Dues apply to members. Community enrichment, Scholarships dinner etc.

Orange County Archeology – Third Friday of the month – 7-10 pm

The Ontario & Western Railway Historical Society - 1st Friday of the month (except July, Aug & Nov) from 7 to 10pm.

Dues apply to members, but they hold many free programs. For more information check their website <http://owrhs.org/>



January GARNET



Peace, good health, friendship and prosperity.

The name 'garnet' is from the latin 'granatum', meaning pomegranate.

The most valuable variant of garnet, Demantoid, is green!

In medieval times garnets were thought to protect the wearer from poison.

If you're a nervous traveller wear garnet to keep you calm and ensure you arrive safely at your destination.

JANUARY BIRTH FLOWER

Meanings:

PURITY
GRATITUDE
ADMIRATION
AFFECTION
DEEP LOVE
LUCK



HAPPY NEW YEAR!!

Mulberry House
Celebration Tree



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



8 FUN ZONE & MORE PICTURES

