



# Mulberry House Senior Center

# Hello February



**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.*

“A true friend is someone who will always love you; the imperfect, the confused, the wrong you—because that is what people are supposed to do.”—R.J.L

We wish you all a very Happy Valentine’s Day and hope you all know how much we care about all of you being part of our family. Please continue to practice safety precautions and stay safe during inclement weather if in doubt contact our office, we are always available to take your call Monday –Friday 8:30am-4:30pm. Please wear mask or face covering while visiting and participating in our programs.

We continue to offer a full schedule and would like to welcome all Pinochle Players on Mondays 12:30-3:30. Stay tuned to changes or additions to our programs.

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### MEET THE STAFF

<b>Director</b>	<b>Julisa</b>	<b>Ext 4075</b>
<b>Activities</b>	<b>Jean</b>	<b>Ext 4071</b>
<b>Transportation Clerk</b>	<b>Jackie</b>	<b>Ext 4070</b>
<b>Bus Driver</b>	<b>Kim</b>	<b>Ext 4070</b>
<b>Receptionist (Notary Service)</b>	<b>Donna</b>	<b>Ext 4073</b>
<b>Maintenance</b>	<b>Kevin</b>	<b>Ext 4073</b>



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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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We're Here For Life!**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SUNDAYS</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><b>BUS AVAILABLE SUNDAYS 8AM-1PM</b></p>	9:30-11:30 am Crafters 10-11am: Boom Move & Muscle w/ Angele \$3fee(UP) 10:30am-2:30pm:Computers (By Appointment only) 11am-1pm:White Elephant Room <b>1-3pm: Bingo</b>	9-10am: Yoga 10:00-11:00am: Chair Exercise 11:15am-12:15pm: Line Dance beginner-up <b>GROUNDHOG DAY</b>	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)
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
9-10am: Line Dance-advance <b>9-10am: Blood Pressure Screenings With Sue Nichols</b> 10-11am:Chair Exercise <b>11am: B-day Celebration</b> 11am-12pm: Line Dance Plus (up) 12:30pm-3:30pm Open card & Mah jongg Games (downstairs)	9:30-11:30 am Crafters <b>9:30-10:30 am: Breakfast Club</b> 10-11am: Boom Move & Muscle w/ Angele \$3fee(UP) 10:30am-2:30pm:Computers (By Appointment only) 11am-1pm:White Elephant Room	9-10am: Yoga 10:00-11:00am: Chair Exercise 11:15am-12:15pm: Line Dance beginner-up	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	<b>Lincoln's B-day Observed CENTER CLOSED NO SHUTTLE BUS</b> 
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
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) <b>HAPPY VALENTINE'S DAY</b>	9:30-11:30 am Crafters 10-11am: Boom Move & Muscle w/ Angele \$3fee(UP) 10:30am-2:30pm:Computers (By Appointment only) 11am-1pm:White Elephant Room	9-10am: Yoga 10:00-11:00am: Chair Exercise 11:15am-12:15pm: Line Dance beginner-up <b>1pm: Valentine's Party</b>	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) 10-10:45:Chair Exercise 10:45-11:15:Osteo. Exercise 12:30pm-3:30pm Open card & Mah jongg Games (upstairs)
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>CENTER CLOSED NO SHUTTLE BUS</b> 	9:30-11:30 am Crafters 10-11am: Boom Move & Muscle w/ Angele \$3fee(UP) 10:30am-2:30pm:Computers (By Appointment only) 11am-1pm:White Elephant Room	9-10am: Yoga 10:00-11:00am: Chair Exercise 11:15am-12:15pm: Line Dance beginner-up	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) 10-10:45:Chair Exercise 10:45-11:15:Osteo. Exercise 12:30pm-3:30pm Open card & Mah jongg Games (upstairs)
<b>28</b>				
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><i>"There is nothing on this earth more to be prized than true friendship."</i>  <i>- Thomas Aquinas</i>  <b>Happy Valentine's Day, my friend!</b></p>			

**DATES OF INTEREST:**

- 2/1/22: Monthly Bingo 1-3pm
- 2/7/22: \*Blood Pressure Screenings 9:15am
- \*Birthday Celebration 11am
- 2/8/22: Breakfast Club 9:30am
- 2/11/21: Center Closed & No Bus observing Lincoln's Birthday
- 2/16/11: Valentine's Party 1-3pm
- 2/21/21:Center Closed & No Bus – President's Day

**TAX HELP**

**AARP TAX ASSISTANCE IS AVAILABLE OFFERING FREE TAX PREPARATION JAN. 31-April 14. BY APPOINTMENTS ONLY. PLEASE CONTACT 2-1-1 FOR SCHEDULING. DUE TO COVID RESTRICTIONS NO WALK-INS OR PUBLIC GATHERINGS ARE PERMITTED. THE PROGRAM HAS BEEN REVAMPED FOR THE SAFETY AND WELL-BEING OF THE COMMUNITY.**



**\*Paused until further notice\***

**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: mhseior62**



**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**



**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.

**ATTENTION: New Activity ideas, Let us know!!!**



**Senior Shuttle**

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.

**tops** CLUB INC. **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.**

**Birthday Celebrations!** This month's birthday celebration will be **The 1st Monday, Feb. 7th @ 11:00 am**  
Come and join us for cake and coffee. 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.

**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  
**Classes Cancelled —future dates TBA**

- **Friendly Services** – please let Julisa know of anyone we should send a greeting
  - **Notary Services** - please see Donna in office
  - **Check [www.middletown-ny.com](http://www.middletown-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! March thru December**

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)

Bring your sense of humor and your desire to work with a GREAT group of people.  
**Interested, call Yvonne at (845)-343-1216**

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

<b>1</b>	Agnes Stein Barbara Frey Cecilia Curbelo Elvira Cordero Eva Spezio Evelyn Gaylor Lay So Marcia Clawson Margaret McDermott Patricia Stuart Pedro Navarra	<b>6</b>	Ann Cammarano Antulio Martinez Harriet Goldsmith Jean Budd Pauline Johnson Vicky Rykowski Willaim Elliott	<b>12</b>	John Kavallen June Lee Mary Ellen Colombo	<b>19</b>	Bessie Freundlich Birdell Chandler James Kirby Larry DeGroate Rose Fuchs Darren Riordan	<b>26</b>	Carol Bianchi Gladys Hawkins Jean Selmon Magdalena Ilkow Modesto Bristol Richard Lieberson Ruth Porter Stanley Selmon Violeta Rendon
<b>2</b>	Barbara Gendron Barbara Pierson Bette Mecì Dennis Ward Gail Goodman Jean Freer  Larry Russo Marie McKowen	<b>7</b>	Bill Patrick Eunice Ledesma Frances Schultz Klaus Schmidt Lucy Stasko Patricia Mastromarino Shinji Funada	<b>13</b>	Charles Paduch Cynthia Snyder Hilda Folchi Josephine Buck Julia Pulido Rosa Justinano Thomas Lewis Winifred Clarke	<b>20</b>	Vita Tarone Layla Singh Marie Leone Marie Williams Priscilla Griffith Rita Solomon Sigrid Sardeson Yvonne Bigney	<b>27</b>	James Murray Janice Benedict Joan Noonan Joseph Provost Lucia Ragin Diane Stebbins Doris Brink
<b>3</b>	Alice Frambach  Dorothy Wieboldt Gary Marrero Patricia Johnson Philip Dusenburg Susan Coppola Tom Raab Valerie Elliott	<b>8</b>	Diane Brielman Evelyn Donohue  Grace Cannetti Helen Santos  Jearline Santos Juan Rodriguez	<b>14</b>	Adrienne Vavricka Andrea Paquette Anke Wieringa Joann Lawson Joy Petrocelli  Laura Petermann Linda Blosser  Margaret Falkenberry Marie Wickman	<b>21</b>	Olga Zelaya Richard Pellegrino Toby Schomberg	<b>28</b>	Charleen Crummenau- Evelyn Halper  Iris Montes Jan Groszek  Kathleen Eschenberg Marsha Santana Teresa Gainza
<b>4</b>	Audrey Thom Barbara Palinkas Carmen Martinez Carolyn Squittieri Florence Pedro Janet Duffy Janet Psychas Joyce Reed Marion Saccardi Norma Cesaratto Phyllis Emanuele Sandra Mahbourian	<b>9</b>	Arromand Durcamel Carolyn Croker Doris Riggs Margaret Bernard Smilja Abazi	<b>15</b>	Eileen Bagge Janet Small Sarah Omeally	<b>22</b>	Amalia Morales  Armando Curbelo Avahlee Mitchell  Brad Scribner Irma Martines JoAnn Marino Jorge Figueroa Joyce Chess William Itzla	<b>29</b>	Maria Morales Sharon DeRiso
<b>5</b>	Beverly Taylor Donna McGuire George Swann Hilario Marte James Wolfe Noreen Listwon Owen Miller Paula Sisilli Ralph Tavino	<b>10</b>	Arnold Weintraub Barbara Carroll Charles Cosh Helen Bolvolchauski Joan Gaffney Lawrence Weiss Maryann Valentia Mildred Canonico Peter McLarnon	<b>16</b>	Ellen Carter Gary Watson Josephine Stalter Karen Weren Lynn Knepf Robert Seekamp Sherry Payne-Lewis Thomas Benjamin Virginia Cassidy	<b>23</b>	Anna Roman Anna Mae Hollock Elizabeth Schettkoe Jacquelyn Ford Kathryn Campilonga Linda Scheifelbein Luis Carrasco Thomas Zolnoski Willaim Keller		
		<b>11</b>	Simone Woodson Cathleen Sullivan Charles Gunderson Katherine DeTorres Lucy Rodriguez	<b>17</b>	Charles VanGelder Constance Long Gerald Silver Joan Henderson Johnny Hogan June Mayer Mary Bloom Mary Lechie-Gould Robert Yustein Susan Pfeffer	<b>24</b>	Blanche Norris Irvin Weber John Jashembowski Laya Delilo Mildred Murtagh Rosetta Chambers		
		<b>12</b>	Anna Soto Carlos Delgado Carmen Martinez Florence Fontana Joan Vorbach	<b>18</b>	Adair Santoro Barbara Albanese Cyril Lynch Edamae Long Ellen Voss Lorraine Hawkins Norma Stephens	<b>25</b>	Anna Bernardo Delvis Reyes Joel Weintraub Loretta Sally Paul Franco Peter Vando Vicki Blatt		

## 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.

## 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](mailto: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** For more info-[ioccnysaa@gmail.com](mailto:ioccnysaa@gmail.com)

**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/>



S	T	E	R	E		S	O	M	E		D	I	S	H
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**Mulberry House Celebration Tree**

### ACROSS

1. Cubic meter
6. A few
10. Plate
14. Poison
15. Found in a cafeteria
16. Ancient Peruvian
17. Go-between
18. Chills and fever
19. WW1 plane
20. The B in the NBA
22. Medical breakthrough
23. Bridle strap
24. Acts
26. Border
30. Former boxing champ
31. Buff
32. Legume
33. Flexible mineral
35. Burn with hot water
39. Used to stabilize a ship
41. Entryway
43. Escargot
44. Tale
46. Relative status
47. Mayday
49. Japanese apricot
50. Kid
51. 7 member group

54. Plateau
56. Snip
57. Muscle-building exercises
63. Part in a play
64. Not a single one
65. Fine thread
66. Biblical garden
67. Acquire
68. Bestow
69. Toward sunset
70. Petty quarrel
71. Sows

### DOWN

1. Knife
2. Roman robe
3. X X X X
4. A building for skating
5. Go in
6. Steadiness
7. Not artificial
8. Mangle
9. Shoelace hole
10. Bewilder
11. Enter data
12. Frighten
13. God of the underworld
21. League members
25. Spar
26. Wanes
27. University administrator
28. Big party
29. Tour of duty
34. Concord
36. On the road
37. Lean
38. Dam
40. Found in some lotions
42. Licoricelike flavor
45. A gas of nitrogen and hydrogen
48. Insect wounds
51. Scatter
52. Wear away
53. Heaps
55. Collection of maps
58. A cleansing agent
59. Anger
60. Small island
61. LummoX
62. Collections



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# February Birthstone

Amethyst



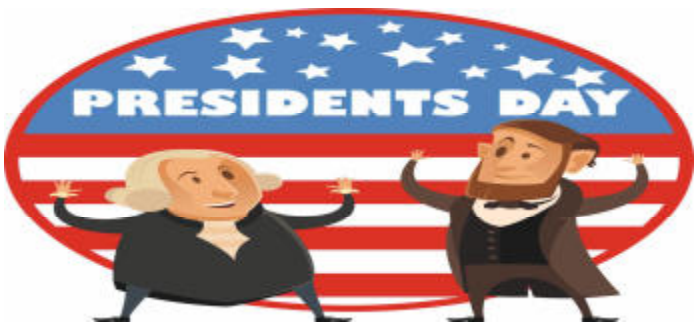
It has long been said that the **Amethyst** can guard against drunkenness and has a sobering effect for those excited by passion and love. It symbolizes peace, protection, tranquility, and sincerity.

## Fun Facts about February

- It is the shortest month of the year.
- The Welsh call February "y mis bach" which means "little month".
- It is the third month of winter.
- In the Southern Hemisphere February is a summer month the equivalent of August.

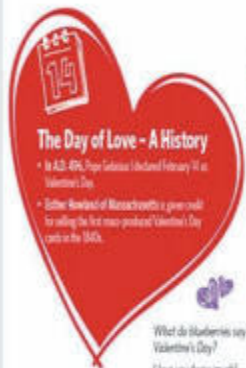


Monday, February 21, 2022



It was not until 1879, under President Rutherford B. Hayes, that Washington's Birthday became a legal holiday, to be observed on his birthday, February 22.

## Fun Facts: Valentine's Day - February 14



**Walking Down the Aisle**  
 • In 2019, the median age at which men in the United States first got married was about 30 years old.  
 • In 2019, the median age at which women in the United States first got married was about 29 years old.

**Cities and Towns With the Loveliest Names\***

• Approximately 66 percent of people aged 15 and older in the United States have been married. Of those people...  
 • 7 out of 8 had been married once  
 • Nearly 1 out of 5 (19%) had been married twice  
 • 1 out of 20 had been married three or more times

- Loveland, Colorado (Population - 78,871)
- Roseville, Illinois (Population - 39,744)
- Love Valley, North Carolina (Population - 123)
- Valentine, Texas (Population - 100)

**Sugar, Sugar (of the Chocolate Variety)**

In 2018, California and Pennsylvania had the most chocolate makers per state.

California: 139  
 Pennsylvania: 120

**Finding Gifts for Your Valentine**

In the United States in 2018, there were...  
 • 21,040 jewelry stores  
 • 12,362 flower shops  
 • 1,671 candy and nut stores  
 • 1,123 chocolate makers  
 • 578 merchandise candy makers

**Thanks a Bunch**

• Nearly 750 million: The value of imports of all bouquet cut flowers in February 2020.  
 • About 500 million: The value of imports of fresh cut roses and buds, specifically in February 2020.

## Famous Birthdays in addition to Washington & Lincoln:

- ◇ February 4, 1913-Rosa Parks
- ◇ February 11, 1846- Thomas Edison
- ◇ February 12, 1809-Charls Darwin
- ◇ February 27, 1932-Elizabeth Taylor

