



New Rochelle Aging



HUGH A. DOYLE SENIOR CENTER

94 Davis Avenue,
New Rochelle, NY 10805

HOURS

Monday thru Friday
8:30 am to 4:30 pm

By reservation only
(914) 235-2363



OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022



Staff

Executive Director OFA & H.A.D
Center Director

Phillis Maucieri.....235-2363

Recreation Supervisor II:

Sara J Furlong.....235-6447

Program Specialist:

Deborah McLeroy235-6463

Mirna S. Rodriguez.....235-2363

Customer Service Representative:

Mary Ellen Costa.....235-2364

A.M. Receptionist.....Maria Pagan

Transportation: 235-4459

.....Maria Sonia Arias

.....Caesar Randolph

Maintenance.....Michael Richards

Nutrition Program: 235-4377

Site Manager:.....Fran Campisi

Food Service:.....Elois Edwards

.....Alejandro Gomez





SENIOR EXERCISE PROGRAMS

Reservations required. No walk-ins. Call (914) 235-6447.

To take part in any class you must order lunch. (Menu on page 6).

A valid Park Passport required.

The **New Rochelle Office for the Aging** offers exercise classes @ the Hugh A. Doyle Senior Center. These classes are offered inside with the following Covid precautions:

- * limited class size
- * 3' distancing

Monday

BALANCE, CENTERING &

DANCE with Aszmara @

10:30a

QI GONG/TAI CHI @

1:00P with Avra Blieden.

Tuesdays

SENIOR EXERCISE

with James Robinson @

10:30a.

Wednesdays

STAY STRONG & FIT

with Offutt Porter @ 10:45a

Funded by **Mainstream**

Thursdays

DANCERCIZE with Linda @

10:30a.

FRIDAYS

CHAIR YOGA with Gina @

10:30a.



Walk With Ease

Your guide to walking for better health, improved fitness and less pain.

WWE group sessions meet three times per week (M, W&F) for 6 weeks. Trained group exercise leaders begin each session with a pre-walk discussion covering a specified topic related to exercise and arthritis, followed by a 10- to 40-minute walk that includes a warm-up and a cool-down.

Starting on May 2, 2022 @ 1:00p

Join Offutt Porter in this exciting new program which Will include walks in Joe Curtis 5 Island Park, Hudson Park, Glen Island Park and Davenport Park.

Register for the 6 week program at 914-235-6447.



WORKOUT AT HOME



When the center is closed or in-person classes are cancelled or if you are not ready to return,

We are also broadcasting

SENIOR CITIZENS ON THE MOVE:

Programming from NROFA

on local TV with the following classes:

- **BELLY DANCING** with Aszmara
Mon & Thu @ 6a & 11a
- **SENIOR EXERCISE** with James
Tue @ 6 & 11a,
Wed & Sat @ 6:15a & 11:15a
- **STAY STRONG & FIT** with Offutt
Mon, Tue, & Thu @ 6:15a & 11:15a,
Wed & Sat @ 6a & 11a
- **SEATED YOGA** with Oudi
Fri & Sun @ 6a & 11a

These are 15 & 30 minute classes that can be seen daily on **NRTV : Optimum Ch 75**
Verizon Ch 28

Announcements

STAY IN THE LOOP!

 INTERNET FOR ALL NOW



To celebrate

Older Americans Month

the Westchester Bee-Line Bus System is honoring seniors with **free rides every Wednesday in May**. Find your ride to recreation, shopping, parks, entertainment and more. Our buses are clean, comfortable and accommodating of seniors in wheelchairs.

Medicare

The Department of Senior Program and Services work year-round to help people with Medicare, Medicaid and other senior benefits. For individual counseling, please contact DSPS at 914-813-6100, Mon.–Fri., 8:30 am – 4:30 pm, or 1-800-MEDICARE (1-800-633-4227) at any time.

SCAM! Alert!

SOCIAL SECURITY has sent out the following alert: Scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action.

DO NOT BE FOOLED!

If you receive a suspicious call:

- **HANG UP!**
- **DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION!**
- **REPORT THE SCAM AT *OIG.SSA.GOV***

Other scammers are using this technique for Hospital Bills, Doctor's Bills, etc. Do not send money or gift cards. If you need help or to report a suspicious phone call, please contact the NROFA @ 914-235-2363.

The **Federal Communications Commission** started a long-term program to help eligible families pay for Home Internet service. The Affordable Connectivity Program (ACP) includes up to \$30 a month discount on Home Internet Service.

Eligibility for affordable Home Internet Service if someone in your home participates in one of the following programs:

- FCC Lifeline
- SNAP
- SSI
- Or has a Household income of \$53,000 or less for a family of 4.

APPLY NOW:

Step 1: Check if you qualify

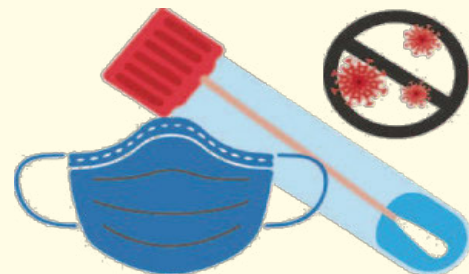
Step 2: Apply @ www.internetforallnow.org/applytoday or call 1-866-696-8748.

Step 3: Find a broadband provider near you: www.everyoneon.org/CETF

AT-HOME COVID TESTS & N-95 MASKS

Available at the
Hugh A. Doyle Center

WHILE SUPPLIES LAST



Information: 914-235-2363



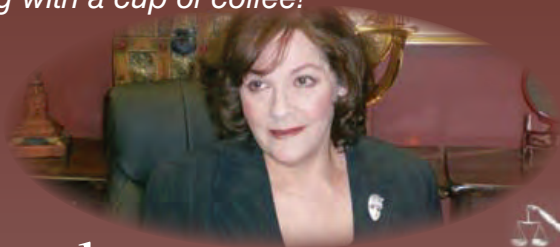
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Carol Carozza, Esq
Attorney at Law



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ROB COLANGELO, CSA

CERTIFIED SENIOR ADVISOR SPECIALIZING IN MEDICARE

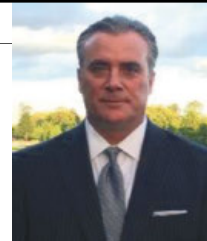
NEED MEDICARE?

HAVE A QUESTION ABOUT MEDICARE?

CALL TODAY FOR FREE CONSULTATION – 914-633-3333

2525 PALMER AVE., NEW ROCHELLE, NY 10801

914-633-3333 / 516-369-3166



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NEW ROCHELLE OFFICE FOR THE AGING



Information, Referral, Counseling & Case Assistance

Professional staff is available to discuss programs and benefits eligibility in the areas of income

maintenance, health, housing, nutrition and recreation by appointment only. Call 914-235-2363.



TRANSPORTATION SERVICES

by reservation for previously registered riders only. Limited

capacity. 914-235-4459.



PARK PASSPORT

is the picture ID for NR Parks & Recreation and is required for

participation in all center activities. The **Senior Resident Card** for those 62+ costs \$40.00 and is good for 5 years. **Non-Residents** pay a yearly fee of \$80.00. While current up-to-date, **Non-Resident Senior Park PassPorts** can be renewed before their expiration date, no new or lapsed cards will be issued this year. You may purchased **Park PassPorts** at the Hugh A. Doyle Center & at P & R Office @ City Hall. Renewal by mail, send check, payable to "City of New Rochelle" to: **Hugh A. Doyle Center, 94 Davis Ave.NR, NY 10805**
Att: Mary Ellen.

FUNDED BY:

- US Dept. of Health & Human Services
- Administration on Aging (AOA)
- US Dept. of HUD—Community Block Grant
- NY State Office for the Aging
- West. Dept. Senior Programs & Services
- City of New Rochelle
- Southeast Livable Communities

Nutrition Program

Reservations 914-235-4377

Both *Cold Lunch* which can be *Grab 'n Go/or eat-here* and **Hot Lunch which can only be eaten at the center**, are available Monday through Friday @ 12:00p . **Reservations must be made 2 days before service between 10:00a- 1:00p.** In case of cancellation, prompt notification would be appreciated. Call 914-235-4377.

Anyone taking part in any recreation program at the Hugh A. Doyle Center **must also order lunch.** (Menu on page 6) Please make lunch choice when you call Sara @ 914-235-6447 to make reservations for classes.

NATIONAL SENIOR HEALTH & FITNESS & DAY

Wednesday, May 25

10:30 Stay Strong & Fit

12:00 Lunch: Chef Salad

1:00 Healing Sounds



This Healing Class uses sounds, gentle movements, colors, visualization & energy work to encourage balance of body/emotions. It helps alleviate stress & increase vitality.

Reservations: 914-235-6447

Suggested

Contributions: There is a suggested \$3 contribution for each meal for people 60 or older. If your monthly income is 185% of poverty level (\$1926 single/ \$2607 couple) suggested donation is \$5.00 per meal. Participants will be billed by mail at the end of each month.

HUGH A. DOYLE SENIOR CENTER

This multi-service center is

open by appointment only.

No walk-ins, reservations: 914-235-2363

Current programs include: **Bingo, Monday Matinee Videos, Card Games and Exercise Classes** for people 60 years and older. A valid Park Passport and lunch reservation is required to participate in all activities **Parking is free.**



MENU



MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. HOT: Crispy Baked Fish, Baked Beans, Coleslaw</p> <p>COLD: Egg Salad on 12 Grain Bread with Carrot Raisin Salad</p>	<p>3. HOT: Beef/Pepper Steak, Rice Pilaf, Glazed Carrots, Tossed Salad</p> <p>COLD: Salmon Salad on Potato Bread with 3 Bean Salad</p>	<p>4. HOT: *Breaded Pork Chop/Gravy, Sweet Potato, Green Beans</p> <p>COLD: Turkey on Whole Wheat with Beet Salad</p>	<p>5. HOT: Mexican Lasagna, Spinach</p> <p>COLD: Chicken Salad on Rye with Cucumber Salad</p>	<p>6. HOT: Chicken Cutlet Marsala, Roasted Potatoes, Broccoli</p> <p>COLD: *LS Ham/Cheese on Pumpernickel with Marinated Mix Veggie Salad</p>
<p>9. HOT: Salisbury Steak/Gravy, Sweet Potatoes, Mixed Veg.</p> <p>COLD: Tuna Salad on Potato Bread with Beet Salad</p>	<p>10. HOT: *Chicken Cordon Bleu/Gravy, Scalloped Potatoes, Asparagus</p> <p>COLD: Roast Beef on Pumpernickel with Carrot Raisin Salad</p>	<p>11. HOT: Stuffed Shells/ Tomato Sauce, Tossed Salad with Chickpeas, Spinach</p> <p>COLD: Chicken Salad on Whole Wheat with Cucumber Salad</p>	<p>12. HOT: Turkey a la King, Buttered Noodles, Green Beans</p> <p>COLD: *LS Ham on Multi-grain with Coleslaw</p>	<p>13. HOT: Sole Florentine/Lemon Butter Sauce, Baked Potato, Honey Citrus Carrots</p> <p>COLD: Egg Salad on 7 Grain Bread with 3 Bean Salad</p>
<p>16. HOT: Mac & Cheese, Stewed Tomatoes, Spinach</p> <p>COLD: Chicken Salad on Multigrain with Carrot Raisin Salad</p>	<p>17. HOT: Salmon Patty/Caribbean Peach Sauce, Lentil Pilaf, Green Beans</p> <p>COLD: *L.S. Ham on Pumpernickel with Pasta/Veg Salad</p>	<p>18. HOT: Meatloaf/Gravy, Sweet Potato, Peas & Onions</p> <p>COLD: Swiss Cheese on Rye with Beet Salad</p>	<p>19. HOT: Herb/Lemon Chicken/Gravy, Pesto Pasta, Spinach</p> <p>COLD: Egg Salad on Whole Wheat with Cucumber Salad</p>	<p>20. HOT: *Quiche Lorraine, Tater Tots, Broccoli</p> <p>COLD: Turkey on Whole Grain Bread with Green Bean Salad</p>
<p>23. HOT: Italian Chicken Sausage & Onions/Peppers, Mushrooms</p> <p>COLD: Egg Salad on Whole Wheat with German Potato Salad</p>	<p>24. HOT: Baked Fish with Lemon Sauce, Baked Potato, Green Beans</p> <p>COLD: Roast Beef on Rye with Carrot Raisin Salad</p>	<p>25. HOT: *Chef Salad, Ham/Turkey/Cheese, 3 Bean Salad</p> <p>COLD: Salmon Salad on Potato Bread with Garden Salad</p>	<p>26. HOT: *Pork Chop/Sauerkraut, Roasted Potatoes, Carrots</p> <p>COLD: Mozzarella Cheese on Italian Bread, Italian Rice/Veg Salad</p>	<p>27. HOT: Baked Ziti/ Ground Beef, Mixed Mediterranean Vegetables</p> <p>COLD: Curried Chicken Salad on Whole Wheat with Cucumber Salad</p>
<p>30</p>  <p>Center Closed</p>	<p>31. HOT: Spaghetti & Meatballs/ Tomato Sauce, Zucchini</p> <p>COLD: Chicken Salad on Rye with Corn & Black Bean Salad</p>			

PLEASE DO NOT ARRIVE FOR LUNCH BEFORE 11:30A (unless you are registered for an AM program.)

*Contains Pork

Hot Meals are now served at the center Mondays through Fridays and must be eaten there.

Cold Meals are available Mondays– Fridays and can be taken out.

Reservations: 914-235-4377 between 10:00a –1:00p– 2 days prior to service.

menu is subject to change.



WHAT'S HAPPENING

At Hugh A. Doyle

Senior Sing A-Long With Eric

Wednesday, May 11 @ 1p

Lunch participants only

Reservations: 924-235-4377 (Menu on page 6)

Lunch & Learn

Join us for discussion
after lunch
Reservation :
914-235-4377



Thursday, May 5 @ 1p

A Community Program for Health Promotion and Education
with special focus on protecting Westchester
Residents during the COVID-19 Pandemic.



HUGH A. DOYLE LIBRARY

is not accepting book donations
at this time as we are at capacity.
Seniors are welcomed to come
and take a book.



BINGO

Tuesdays & Fridays following lunch
@ 12:30p —2:30p at Hugh A. Doyle
Senior Center.

Reservations required call 914-235-
6447

- * Disposable Cards only, markers available for \$1.00.
- * Valid Senior Park PassPort necessary.
- * social distancing practiced.
- * Limited capacity-No Walk-ins.
- * Lunch participants only



TECH HELP DROP-IN

LEARN TO USE YOUR LAPTOP, I-PAD, TABLET AND SMART PHONE

Our Computer Instructor, Lily Ciacci will help you
get the most out of these devices from **ZOOM**
Classes, meetings and family gatherings; to
Tele-medicine such as the **TIPS & HeLP** programs
and virtual doctors visits.

These one-on-one, one hour workshops are offered on:

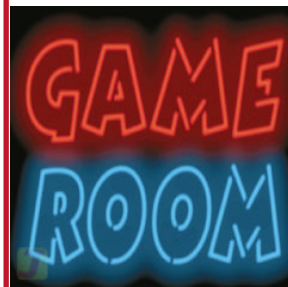
Tuesdays, Wednesdays & Thursdays
@ 1:00 & 2:00

For reservations call 914-235-6447.

You must bring your own smart phone,
laptop and/or tablet.

Valid Park Passport required

The Game Room is open. Three (3) Tables of 4 –
5 people may be reserved from 12:30-3:30p @ 914-
235-4377.



- **Cards: Mon, Tues & Thu**
- **Mahjong: Wed**
- **Canasta: Fri**
- **Scrabble: Tues & Wed**

The person making reservations
needs the names of
all participants and lunch orders
at time of sign-up.

All participants must sign-up for lunch
And have a valid Park PassPort.

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Are you 62+?



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- Tom Selleck, AAG Paid Spokesperson

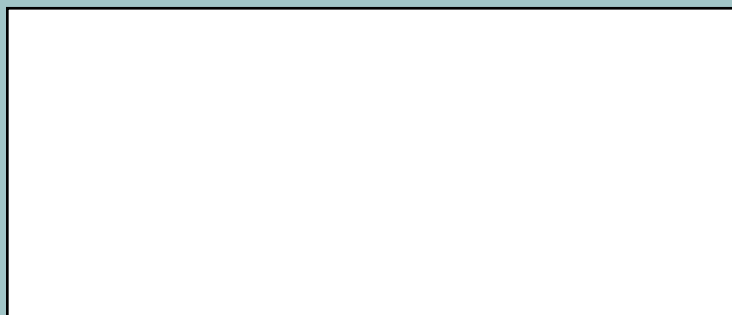


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Jennifer Feliciano, NMLS ID: 485920, JFeliciano@aag.com

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NMLS# 9392 (www.nmlsconsumeraccess.org). American Advisors Group (AAG) is headquartered at 18200 Von Karman Ave., Suite 300, Irvine, CA 92612. AAG conducts business in NY - 58 South Service Rd., Melville, NY 11747 (Licensed Mortgage Banker-NYS Department of Financial Services; American Advisors Group operates as American Advisors Group, Inc. in New York.). AAG is an equal housing lender. These materials are not from HUD or FHA and were not approved by HUD or a government agency. For full legal disclosure, please visit: www.americanadvisorsgroup.com/disclosure.



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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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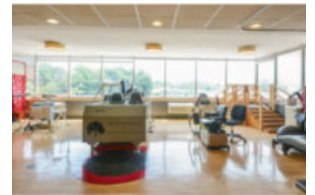
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- Secure Unit For The Cognitively Impaired Secured Dementia and Alzheimer's Unit**



Visit Our Website For A Virtual Tour: DumontCenter.com

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daytrip

MAY CENTER SCHEDULE

Mondays **Balance, Centering & Dance** with Aszmara @ 10:30a

Video @ 1:00p (titles on back page)

QI GONG/TAI CHI with Avra Blieden @ 1:00p

Card Games 12:30—3:30p

Tuesdays **Senior Exercise** with James Robinson @ 10:30a

Bingo -12:30p-2:30p

Computer Help with Lilly Appointments @ 1 & 2p

Wednesdays **Stay Strong & Fit** with Offutt @ 10:45a

Card Games, Scrabble &

Mah-jong 12:30—3:30p

Computer Help with Lilly Appointments @ 1 & 2p

Thursdays **Dancercise** with Linda @ 10:30a
TIPS (Telehealth Program) 10:30a-12:30p

Card Games & Scrabble 12:30—3:30p

Computer Help with Lilly Appointments @ 1 & 2

Fridays **Seated Yoga** with Gina @ 10:30a

Bingo -12:30p-2:30p

Canasta & Scrabble—12:30-3:30p


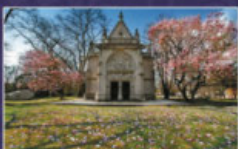

Reservations required: 914-235-6447

All events subject to change or cancellation

KOHL'S * TARGET * WHOLE FOODS
Port Chester Shopping Center
Wednesday, May 11, 2022
10:30a—2:30p
Cost: \$5.00
Sign up with Mary Ellen



Woodlawn's Great Gilded Age

Trolley Tour

Vanderbilt, Gould, Belmont are names of Notable New Yorkers but other names on Mrs. Astor's 400 are also resting at Woodlawn. Hop aboard the Woodlawn Trolley and explore New York's Gilded Age.

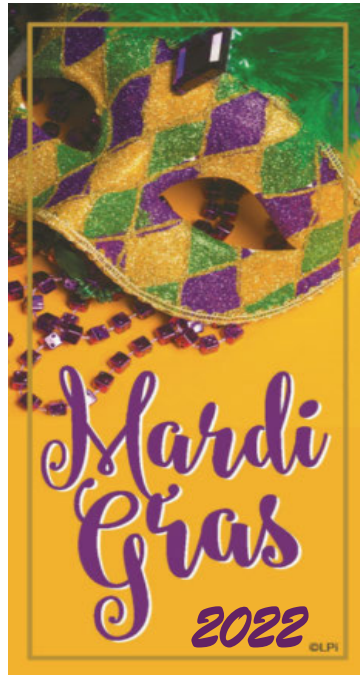
SUNDAY, MAY 15, 2022 DEPARTS: @ 11:00a
COST: \$30.00 includes boxed lunch
 Signup with Mary Ellen
 Mask required

SALUTE TO SENIORS @ GLEN ISLAND
Wednesday, May 25
10A-12:30P

This is an information Expo
 To make a reservation call (914) 218-3968
 One box lunch provided with each reservation.
 Please respond by May 17
 Seniors ride FREE on Bee-Line buses May 25.

Limited Space with reservations on Center Van available. Register with Sara @ 914-235-6447.
 Masks required on van





Photos by Reiner Lubge



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MONDAY MATINEE

Current "Movies for Grown-ups" are shown on our big screen TV on Monday afternoons at 1p. **Admission is by reservation only.** Call 914 235-6447. Lunch reservations required, Suggested donation : \$1.00.

MAY 2—FOR LOVE OF MONEY with Katt Williams & Keri Hilson. Gigi Davis is a strong, determined woman who insists on living her life on her terms. So when she got pregnant and walked away from a billion-dollar family business to chart her own path, it surprised no one. She went on to build a shockingly unremarkable life for herself and her daughter ASHLEY. Her days were filled with piano recitals, basketball games, and everything else you would expect of a single mom living in the city. Gigi was broke but happy. Her little girl was healthy. Nothing else mattered. Until shadowy figures make the mistake of threatening her daughter's life and she shows them that gangsters come in all shapes and sizes. Unfortunately for Gigi, it doesn't end there and she finds herself being pulled back into a life she never wanted. **Running time:** 2h 40m **Rated:** R

MAY 9—REDEEMING LOVE with Abigail Cowen & Tom Lewis Based on the bestselling novel by Francine Rivers, Redeeming Love is a powerful story of love and perseverance as a young couple's relationship clashes with the harsh realities of the California Gold Rush of 1850. Angel, facing demons that seem unsurmountable, meets Michael, a farmer who wants her for his wife. As Angel experiences love for the first time, feelings of unworthiness cause her to run from the new life she doesn't think she deserves. When Michael sets out to find her, Angel discovers that she has the power to choose the life she wants. **Running time:** 2h 14m **Rated:** PG-13

MAY 16--COMING TO AMERICA 2 with Eddy Murphy. Upon taking his place on the throne, King Akeem discovers he fathered a son back in the United States on his previous visit. Accompanied by his loyal pal Semmi, Akeem ventures back to New York to connect with his heir. **Running time:** 1h 48m **Rated:** PG-13

MAY 23—HOUSE OF GUCCI

House of Gucci' is inspired by the shocking true story of the family behind the Italian fashion empire. When Patrizia Reggiani, an outsider from humble beginnings, marries into the Gucci family, her unbri-dled ambition begins to unravel the family legacy and triggers a reckless decades long spiral of betrayal, decadence, revenge, and ultimately...murder. See what a name means, what it's worth, and how far a family will go for control. Lady Gaga, Adam Driver, Jared Leto, Jeremy Irons, Jack Huston, Salma Hayek, and Al Pacino star in a film directed by Ridley Scott. **Running time:** 2h 38m **Rated:** R

MAY 30— MEMORIAL DAY, center is closed.



Hugh A. Doyle Senior Center

IN MEMORIAM



Ginny DiFalco



Vincent Cassara, Sr.
"Jim" 105 years



Patricia A. Eaton



Gioconda Funicello



Garden Club

VOLUNTEER GARDENERS WANTED

To water, weed and harvest our backyard garden. Meet Friday, May 13 10:00a



www.newrochelleny.com/seniors