



From September 15th through October 15th, we recognize **National Hispanic Heritage Month**. During the four weeks, celebrations honor the heritage and contributions made by members of the Hispanic community. With great fanfare, celebrations sweep across Latin America,

Central American, Mexico, and Chile commemorating each country's independence from week to week!

This years theme is:

Unidos: Inclusivity For A Stronger Nation.

history they share. From coast to coast, we celebrate Hispanic

U.S. Senate. **Sonia Sotomayor** is the first Hispanic to sit as a U.S.

fashion, and every aspect of business. Pop culture contributions by the Hispanic community flourishes thanks to many talented

Supreme Court Justice. Representation from the Hispanic

community is also found in schools, public offices, medical,

artists, such as Salma Hayek, George Lopez, Carlos Santana,

heritage every day in mainstream society. It is not only reflecting our cultural differences; it adds a different perspective to our lives for us to enjoy. Hispanic people across the country contribute to society in unprecedented ways. Historically, Alberto Gonzales is credited as being the first Hispanic U.S. Attorney General, while Mel Martinez is considered the first Cuban-American U.S. Senator. Ted Cruz and Marco Rubio, both members of the Hispanic community, served as members of the

CONTRIBUTIONS As the Hispanic population grows, more opportunity presents itself to embrace the rich culture and vast











HISPANIC

and Jennifer Lopez.

Hispanic food has increasingly become a part of mainstream Americana. We relish the flavor and spice deeply infused into the traditions. Dishes ranging from tacos and tamales to Cuban sandwiches, tequila, and Mojitos, entice us to enjoy the

Hispanic heritage, one bite at a time. It's as easy as strolling down Main Street. In a 2 block radius you will find just a few of New Rochelle's many excellent Hispanic eateries: Rebecca's Café (Mexican), Olibar (Peruvian), Columbian House, Little Mexican Café & La Esquiña Salvadoreña (Salvadorian). Get out and try something new!



Celebrate with us at **cina español** (Spanish language films) shown on our big screen TV. Titles & dates on back cover.

HUGH A. DOYLE **SENIOR CENTER**

94 Davis Avenue, New Rochelle, NY 10805

HOURS

Monday thru Friday **OFA OFFICE HOURS:** 8:30A-4:30P

(For Appointments)

CENTER HOURS: 9:30A-3:30P

By reservation only (914) 235-2363



Staff

Executive Director OFA & H.A.D Center DirectorPhillis Maucieri......235-2365

Recreation Supervisor II:

Sara J Furlong......235-6447

Program Specialist:

Deborah McLeroy235–6463 Mirna S. Rodriguez235-2363

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 Alejandro Gomez



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



Masks are recommended.

SENIOR EXERCISE PROGRAMS

Reservations required. No walk-ins. Call (914) 235-6447. **To take part in any class you <u>must order lunch.</u> (**

A valid Park Passport required.

Monday___

BALANCE, CENTERING &

DANCE with Aszmara @

10:30a

QI GONG/TAI CHI @

1:00P with Avra Blieden.

<u>Tuesdays</u>

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.



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





Great exercise & fun.

Make use of our new Bocce
Court in the back yard.

Equipment and rules are
available.

See Sara, 914 235-6447



Walk With Ease

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

WWE group sessions meet three times per week (Mondays, Wednesdays & Fridays)

for 6 weeks. Trained group exercise leader will 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.

New session starts on September 19 @ 1:00p

Registration required: 914 235-6447

For all abilities

Join **Offutt Porter** in this exciting program which will include walks to:

♦ Mondays: Joe Curtis 5 Island Park

Wednesdays: Hudson ParkFridays: Glen Island Park

Transportation for those who don't drive will be provided from Hugh A. Doyle Senior Center for **Lunch participants only.**

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







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

Wednesday, September 14 @ 12:15p

WARTBURG ADULT DAY SERVICES

With Alicia James

Wartburg's Adult Day Care provides a safe, stimulating environment for seniors – with special supports for those with Alzheimer's or dementia – and a muchneeded break for the caregivers who love them. Our programs are designed specifically to meet the needs of both reasonably healthy and medically frail seniors

Wednesday, September 28 @ 12:30p

KNOW BETTER, LIVE BETTER

A community program for Health Promotion and Education with special focus o protecting Westchester residents during COVID-19 Pandemic

Gift Cards for people who attend.



Will be distributed Mondays—Thursdays 9:30 –11:30a & 1:00-3:00p For New Rochelle Seniors only.

Down-to-Earth Farmers Market @ Thomas Paine Cottage Museum, 20 Sicard Ave Open Fridays 9:00a—2:00p until Oct. 28



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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. OFA hours: 8:30a-4:30a.



TRANSPORTATION SERVICES

by reservation for previously registered riders only. Limited capacity. 914-235-4459.

Masks required

Please note Pick/up times are
estimates due to traffic
considerations and other
passengers' p/u locations.



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 \$90.00. While <u>current up-to-date</u>, **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, New Rochelle, NY 10805

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 <u>must also order lunch</u>. (See Menu) Please make lunch choice when you call Sara @ 914-235-6447 to make reservations for classes.



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
Center Hours: 9:30a-3:30a

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

SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
SISTRO 94			1. HOT: *Breaded Pork Chop/Gravy, Mashed Potatoes, Creamed Spinach COLD: Hummus/Pita with Marinated Mixed Veggie Salad	2. HOT: BBQ Chicken Baked Beans, Coleslaw COLD: Egg Salad on Pumpernickel with Cucumber & Tomato Salad
LABOR DAY Center Closed	6. HOT: Stuffed Pepper/ Gravy, Mashed Potatoes, Mixed Veg COLD: Chicken Salad on Whole Wheat with Cucumber Salad	7. HOT: Cheese Lasagna Tossed Salad/Chickpeas, Broccoli SENIOR DAY @ 5 ISLANDS COLD: Turkey on Whole Wheat with Carrot Raisin Salad.	8. HOT: Turkey/Gravy, Sweet Potato, Peas & Onions COLD: Muenster Cheese/ Tomatoes on Multigrain Bread, Pasta Vegetable Salad	9. HOT: Flounder Oreganato, Baked Potato, Tuscan Vegetables COLD: Roast Beef on Whole Wheat with Coleslaw, 3 Bean Salad
12. HOT: Macaroni & Cheese, Stewed Tomatoes, Spinach COLD: Chicken Salad on Multigrain with 3 Bean Salad	13. HOT: *Breaded Pork Chop/Gravy, Scalloped Potatoes, Red Cabbage COLD: Egg Salad on Rye with Beet Salad	14. HOT: Chicken Chow Mein, Brown Rice, Carrots COLD: Shrimp Salad on Whole Wheat with Cucumber Salad	15. HOT: Sole Florentine/ Lemon Butter Sauce, Roasted Potatoes, Mixed Vegetables COLD: Turkey on Whole Wheat with Carrot Raisin Salad	16. HOT: Eggplant Parmigiana, Broccoli with Garlic COLD: *LS Ham on Whole Wheat with 3 Potato Salad
19. HOT: Crispy Baked Fish, Corn, Kale & Onions COLD: Egg Salad on Whole Wheat with Beet Salad	20. HOT: Honey Mustard Chicken, Lemon Potatoes, Med. Vegetables COLD: Mozzarella Cheese on Whole Wheat Bread with Garbanzo Bean Salad	21. HOT: *Pork Piccata, Creamed Spinach, Cauliflower COLD: Salmon Salad on Rye with German Potato Salad	22. HOT: Beef Chili, Brown Rice & Peas, Green Beans COLD: Chicken Salad on Whole Wheat with Carrot Raisin Salad	23. HOT: Ravioli/ Tomato Sauce, Tossed Salad/Chickpeas, Broccoli COLD: Roast Beef on Whole Wheat with Coleslaw and Cucumber Salad
26. HOT: Veg/Cheese Frittata, Couscous, Harvard Beets COLD: Chicken Salad on Pumpernickel with Green Bean Salad	27. HOT: Beef Brisket/ Gravy, Potato Pancakes, Carrot Tzimmes COLD: Egg Salad on Whole Wheat Pita with Cucumber/Tomato Salad	28.HOT: Baked Chicken/ Gravy, Succotash, Collard Greens COLD: Swiss Cheese on Whole Wheat with Three Potato Salad	29. HOT: Manicotti/ Tomato Sauce, Tossed Salad with Chickpeas, Zucchini COLD: *LS Ham on Whole Wheat with Carrot Raisin Salad	30. HOT: Meatloaf/ Gravy, Mashed Potatoes, Peas & Carrots COLD: Hummus on Pita with Marinated Mixed Veg Salad



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 <u>must be eaten there.</u>

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.



September 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

Porter@ 10:45a

Card Games, Scrabble &

Mah-jong 12:30— 3:30p

Walking Program @ Hudson Park

1:00-2:00p

Sing-Along with Eric @ 1p on the

3rd Wednesday of the month

Computer Help with Lilly

Appointments @ 1 & 2p

Thursdays Dancercize with Linda @ 10:30a

TIPS (Teleheath 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



Masks are recommended.

KOHL'S * TARGET * WHOLE FOODS

Port Chester Shopping Center

Wednesday, Oct. 5, 2022

10:30a—2:30p

Cost: \$5.00

Sign up with Mary Ellen



Wednesday, October 12, 2022

12:00p Lunch: Stuffed Shellls, Tossed Salad

with Chickpeas & Broccoli

Entertainment: Mary Mancini &

Mario Tacca

Cost: \$5.00—reservations & Valid Park

PassPort required

READY TO TRY TRAVEL AGAIN?



TUSCANY, ITALY for 9 days, 10

Meals, Hotel & airfare and transportation to/from JFK—**Single hotel stay**. Unpack once in famous spa town of Montecatini Terme.

Highlights: Florence, Lucca, Pisa,

Siena & San Gimignano.

Tour includes cooking class, winery & cheese farm tours.

This is the trip we had scheduled when Covid-19 closed the world down.

Information meeting

with Tracy O'Neil our Collette rep

Thursday, Sept. 29 @ 1p.

Reservation required 914-235-6447





Are you 62+?



Discover how homeowners 62 and better are using FHA-insured reverse mortgage loans.

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- Tom Selleck, AAG Paid Spokesperson



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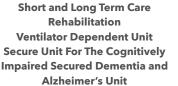
Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. Y0066_180904_013343_M

CST26865



DUMONT CENTER

Dumont Center is your home away from home. Situated in a residential neighborhood on the long island sound, Dumont is a newly renovated skilled nursing facility with rooms overlooking the water. Step through the doors and you will feel calm and tranquil as your embark on the road to health, wellness and superior care!







Visit Our Website For A Virtual Tour: DumontCenter.com





WE ARE PROUD TO BE A CMS RATED



















Photos by Reiner Lubge





Hugh A. Doyle Senior Center





Lunch participants only Reservations: 924-235-4377



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

Reservations required call 914-235-6447

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

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 <u>valid Park PassPort</u>,



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





Bee-Line is transitioning to a **Rider Smart Phone App**. This online reservation portal will allow you to manage your trips & book future trips. **We will be offering Tech workshops to help Seniors download and use this new app.** You Must have a smart phone.

WORKSHOPS

Monday, September 12 Monday, September 19 1:00 —3:00pm

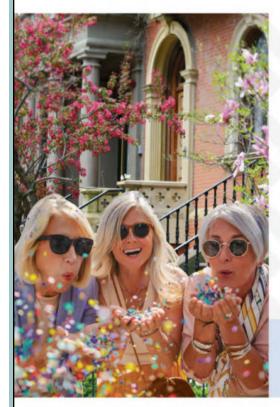
Valid Park PassPort &

Reservations required: 914-235-6447

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.



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MATINEE

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.

SEPT 5—LABOR DAY, holiday center closed

SEPT 12—THE LOST CITY with Sandra Bullock &

Channing Tatum. After being kidnapped by a villainous treasure hunter, a successful romance novelist is forced to team up with her cover model as they are swept into a cutthroat jungle adventure that proves stranger than fiction.

Running time: 1h 52m PG-13

SEPT 19—FAMILY CAMP with Tommy Woodward &

Eddie James. Two polar-opposite families find themselves sharing a cabin for a week away at camp. With the highly coveted camp trophy at stake, dads Tommy and Eddie end up lost in the woods after a comedy of errors and mishaps.

Running time: 1h 51 m PG

SEPT 26—DOWNTON ABBEY - NEW ERA. The worldwide phenomenon continues in 'Downton Abbey 2,' the follow-up to 2019's hit feature film extension of the globally popular television series. The sequel reunites the original principal cast, who are joined by Hugh Dancy, Laura Haddock, Nathalie Baye and Dominic West. The film's screenplay is written by 'Downton Abbey' creator and Academy Award winner Julian Fellowes, who produces once again with Emmy and BAFTA Award winner Gareth Neame and Emmy Award winner Liz Trubridge. The film is directed by Emmy and BAFTA nominated director Simon Curtis ('My Week with Marilyn'). Running time: 2h 05m PG



cina español

Thursday September 15: ENCANTO

Academy Award winner & Golden Globe Best Animated Film

Thursday, September 22: ROMA

Academy Award winner Best Foreign Language
Film

All movies in Spanish with English Subtitles.

Todas las peliculas en español con subtitulos en ingles



Our new intern:

KYASIA MCGHEE

From the New Rochelle Youth Bureau



