

GOSHEN NEWSLETTER

Senior Center



JUNE
2021

WELCOME BACK!

Because of on going concern for your health and safety we have implemented some **new safety standards which everyone must abide by.** They are spelled out **on page 3** in this newsletter and I ask that everyone please read them carefully!

I would also ask that you please be vigilant in using the hand sanitizer before checking in on senior space and before going into the banquet room, library or restrooms! We don't want anyone getting sick or getting Covid!

WHAT'S INSIDE

- 02 Monthly Calendar
- 03 In the Know
- 04 Announcements
- 05 Crossword and Recipe
- 06 Senior Club Trips
- 08 Staff & Contacts

JUNE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Kara Aerobics 10:30 Body Grace 11:30 Robin Yoga 12:15	2 Marty Osteo 9:30 Kara Happy Hips 10:30 Kara Move to be Fit 11:30 Elizabeth Yoga 12:30	3 Line Dancing 10:30 Robin Yoga 11:30	4 Marty Osteo 10 Marty Aerobics 11
7 Robin Yoga 10:30	8 Kara Aerobics 10:30 Body Grace 11:30 Robin Yoga 12:15	9 Marty Osteo 9:30 Kara Happy Hips 10:30 Kara Move to be Fit 11:30 Elizabeth Yoga 12:30	10 Line Dancing 10:30 Robin Yoga 11:30 Make & Take Crafts 1pm	11 Marty Osteo 10 Marty Aerobics 11
14 DIGITAL DEFENSIVE DRIVING CLASS 9AM—4PM	15 Kara Aerobics 10:30 Body Grace 11:30 Robin Yoga 12:15	16 Marty Osteo 9:30 Kara Happy Hips 10:30 Kara Move to be Fit 11:30 Elizabeth Yoga 12:30	17 Line Dancing 10:30 Robin Yoga 11:30	18 Marty Osteo 10 Marty Aerobics 11
21 Robin Yoga 10:30	22 Kara Aerobics 10:30 Body Grace 11:30 Robin Yoga 12:15	23 Marty Osteo 9:30 Kara Happy Hips 10:30 Kara Move to be Fit 11:30 Elizabeth Yoga 12:30	24 Line Dancing 10:30 Robin Yoga 11:30	25 Marty Osteo 10 Marty Aerobics 11 Women's Book Discussion 11
28 Robin Yoga 10:30	29 Kara Aerobics 10:30 Body Grace 11:30 Robin Yoga 12:15	30 Marty Osteo 9:30 Kara Happy Hips 10:30 Kara Move to be Fit 11:30 Elizabeth Yoga 12:30		

NEW SENIOR CENTER SAFETY PROTOCOLS

- Wear a facemask while in the building at all times!
- Upon entering the senior center use the hand sanitizer provided in the lobby before entering the banquet room or library/computer room.
- Immediately check in on Senior Space so we have a record for contact tracing if needed.
- Practice social distancing by keeping at least 6 feet — about two arm lengths — away from others. Markings on the banquet room floor will help you in judging the appropriate distance needed for proper social distancing.
- Only 2 persons permitted in the rest rooms at a time to ensure social distancing.
- **Wash your hands often** with soap and water for at least 20 seconds, especially after using the restrooms, or after blowing your nose, coughing or sneezing.
- You must now EXIT the bldg. from the side of the bldg. in the banquet room! This is to avoid congestion in the lobby and foyer.

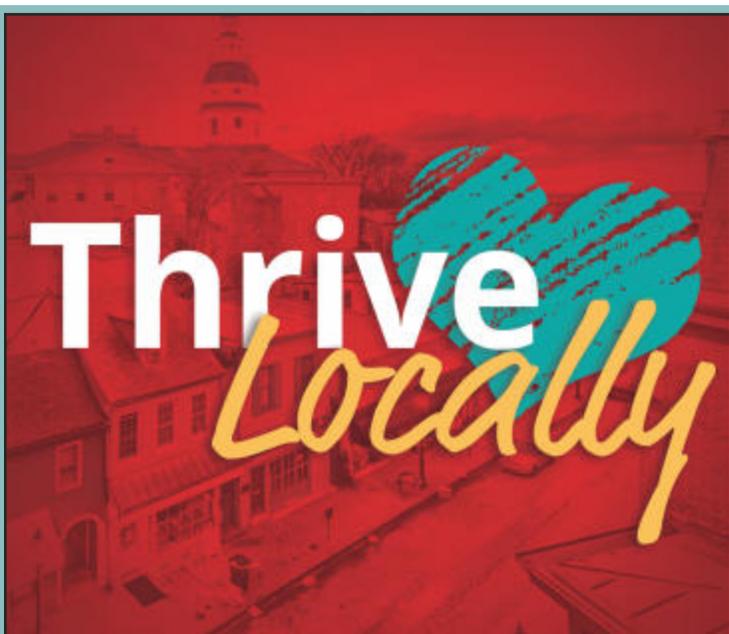


Relief • Relaxation • Sleep

CBD SOURCE

10% OFF
All Goshen Senior Center Members
(Show your membership at checkout)

299 NY-211, Middletown, NY 10940 (Crossed Pizza Hut)
(845) 467-4077



Thrive
Locally

SUPPORT OUR ADVERTISERS!



Motivated to Move

Movement is an essential part of every function and process within our bodies. Movement is not only about losing or maintaining a healthy weight, but strength, endurance, even our thought processes, emotions, understanding, and decision making are affected by lack of movement. Just 15 - 30 minutes of continuous movement a day can improve your overall health, helping to reduce the risks of heart disease, high blood pressure, diabetes, and other diseases.

If 15 to 30 minutes seems challenging, don't fret. Even just a few minutes of physical activity is better than none at all. Start with 5- or 10-minutes and slowly increase your time. The more you exercise, the more energy you'll have, building on those small successes will have you reaching your goal before too long. The key is to commit to some type of physical, daily activity. As moving becomes a habit, you can slowly add extra minutes and try different kinds of activities.

Studies show, even a small amount of movement each day, can:

- Boost your mood
- Improve your sleep
- Sharpen your focus
- Reduce your stress
- Enhance memory
- Help maintain a healthy weight
- Give you more over-all energy

The benefits of being active are far too good to pass up. With a small investment of your time and the willingness to make it a priority, and a habit, in your daily life, you will reap great rewards. Exercise has been shown to prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties, and improve cognitive function. The case for getting up and moving the body is strong, and hopefully, it has motivated you to integrate more movement into your life.

DEFENSIVE DRIVING COURSE

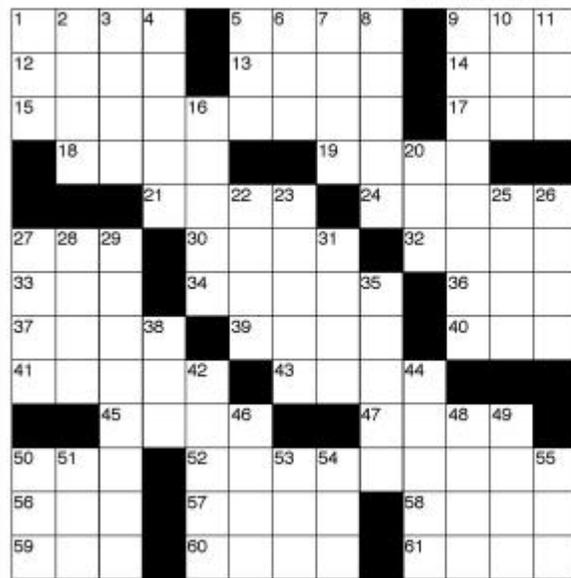
Save Money on Your Auto Insurance and Qualify for Point Reduction

Digital Defensive Driving offers New York state-approved defensive driving courses that drivers can take to reduce insurance rates and improve driver safety. This **six-hour Defensive Driving Course can earn you (the principal vehicle operator) a 10 percent discount on collision, liability and no-fault insurance.** The discount is good for three years. **Next class is June 14th from 9am to 4pm**

**See Bonnie to reserve your spot as the class limited to 40 people!
Cost is \$25.00 for seniors and \$35.00 for non-seniors. Please make checks payable to: Digital Defensive Driving.**

CROSSWORD PUZZLE

- ACROSS**
- 1 Game fish
 - 5 Gr. Mars
 - 9 Sheep's cry
 - 12 Voucher
 - 13 Jaguarundi's color phase
 - 14 Compass direction
 - 15 Otary (2 words)
 - 17 Girl Scouts of America (abbr.)
 - 18 Handwriting on the wall
 - 19 Broad structural basin
 - 21 Old Gr. coin
 - 24 Baptism font
 - 27 Political action committee (abbr.)
 - 30 Dayak people
 - 32 Cost-of-living adjustment (abbr.)
 - 33 Guido's note (2 words)
 - 34 River of Rome
 - 36 "___ Abner"
 - 37 Needle case
 - 39 Irish nobleman
 - 40 To (Scot.)
 - 41 Cubic decimeter
 - 43 Moselle tributary
 - 45 "Dies ___"
 - 47 Stall
 - 50 Chief executive officer (abbr.)
 - 52 Ramadan (2 words)
 - 56 Pointed (pref.)
 - 57 Detonator
 - 58 Yemen capital
 - 59 Public vehicle
 - 60 Executive (abbr.)
 - 61 Trolley
 - 3 Father
 - 4 Office worker's skill
 - 5 Bronze Roman money
 - 6 Cereal grain or grass
 - 7 Part of QED
 - 8 Amer. shrub
 - 9 Electric unit
 - 10 Able-bodied seaman (abbr.)
 - 11 Literary collection
 - 16 Account entry
 - 20 Resin
 - 22 Fetish
 - 23 Eucharist spoon
 - 25 Lamb
 - 26 Death rattle
 - 27 External covering
 - 28 High (pref.)
 - 29 Wary
 - 31 Tiber tributary
 - 35 Arena
 - 38 Comparative ending
 - 42 Triangular topsail
 - 44 Perch
 - 46 Water (Fr.)
 - 48 Groll
 - 49 Old heating apparatus
 - 50 Civil Aeronautics Board (abbr.)
 - 51 Five-franc piece
 - 53 Compass direction
 - 54 Detective
 - 55 Brother of Shem
- DOWN**
- 1 Before common era (abbr.)
 - 2 King of Israel



©2021 Satori Publishing

A48



No Eek, No Squeak Cookie Cuties

3 cups all-purpose flour

1/2 teaspoon salt

1 cup (2 sticks) unsalted butter

3/4 cup sugar

2 teaspoons vanilla extract

1 large egg

1/2 cup California raisins, chopped finely

1/4 cup sliced natural almonds, for the ears

4 30-inch black licorice laces, cut into 4-inch lengths, for the tails

3 ounces semisweet chocolate mini chips, for the eyes

In a small bowl, whisk together the flour and salt, set aside. In another bowl, beat butter with an electric mixer on medium-high speed until creamy, about 2 minutes. Gradually, add sugar, beating until mixture is pale and fluffy, about 3 minutes. Beat in vanilla extract, then the egg.

Reducing the speed, gradually add one-third of the flour, until mixed, add another third and another third until blended. Knead in the finely chopped California Raisins. Half the dough, flatten into two disks, wrap in plastic wrap, chill for 2 hours.

Pre-heat oven to 350 degree F. Roll about 1 tablespoon, shaping the dough in an oval. Gently pinch bridge of the nose to form eye sockets. Place two sliced almonds at top of each piece of dough, and place two mini chocolates for the eyes below the ears, pressing them gently into the dough. Place the mice on parchment-lined baking sheets, spacing the mice 2 inches apart.

Bake until the cookies are light golden brown, about 15-20 minutes. Insert a wooden skewer about 1/2-inch into mouse's round end. Remove the skewer and insert the curved length of licorice for tail. Cool on rack. When the cookies are cool, they can be stored in an airtight container at room temperature up to one week.



SENIOR CLUB TRIPS & TOURS

Activity	DESCRIPTION	SIGN UP	PRICE	TRIP DATE

Make checks payable to the Goshen Senior Club

Mark O'Hara - 845.772.1088 | Ana Santos - 718.496.3707 | Diane Pavia - 845.294.9485

1. Sign up time 12 noon to 1 p.m. prior to meeting on designated sign up day. Any changes in sign up time will be announced at a previous meeting.

2. In case of inclement weather and a meeting is cancelled, sign up will be re-scheduled for the next meeting.

3. Members not in attendance, wishing to sign up, will be placed on a standby list.

4. Cancellations:
-Day Trips. Refunds will be subject to the

policies of Venues or Tour Agencies. In the event of a cancellation the committee should be contacted first. If the standby list has been exhausted, it will be the individual's responsibility to find a replacement or forfeit the trip cost.

-Multi-Day Trips. Refunds will be subject to Motor Coach Co., and Tour Agency policies.

5. In the event a trip cannot be filled by Senior Club members, non-members, will given an opportunity.

6. New Club members who join the Club on a trip sign up day shall be placed on the stand by list, until all existing members present have had the opportunity to sign up.

LIGHTER SIDE

The Most Dangerous Food

A dietitian was once addressing a group at the local senior center.

“Many things we eat aren't good for us,” she said. “Red meat is awful. Soft drinks erode your stomach lining. Processed foods are loaded with MSG.

“But there is one thing that is the most dangerous of all and most of us have eaten it,” she continued. “Can anyone tell me what food causes the most grief and suffering for years after eating it?”

An elderly gentleman in the front row stood up and said, “Wedding cake.”

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

LPI is Hiring Ad Sales Executives

Full-Time with Benefits | Paid Training
Expense Reimbursement | Travel Required



Contact us at: careers@4lpi.com
www.4lpi.com/careers

NEVER MISS A NEWSLETTER!

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



ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251

**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**

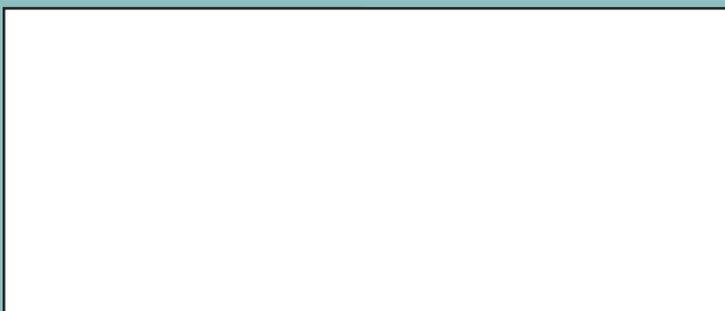


\$29.95/MO
BILLED QUARTERLY

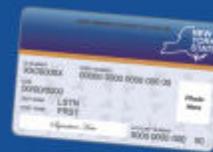
- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



**support our
ADVERTISERS**



**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.

Y0066_180904_013343_M

CST26865



CONTACTS & OFFICE INFORMATION

BONNIE MAYEFSKY

Program Coordinator

Phone: 845-294-8545

email: gsc@goshenseniorcenter.org

GEORGE LYONS

Commissioner -Town Liaison

SHELIA KEENAN

Commissioner - Town Appointee

OFFICE HOURS :

Monday—Friday 9:30am to 1:30pm

CARMEN WOOLEY

Commissioner - Senior Club Representative

PETER SMITH

Commissioner –Village Liaison

LOUISE HINGUL

Commissioner - Village Appointee

GOSHEN SENIOR CLUB

Meets 2nd & 4th Monday's here at the senior center at 1PM.

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Jules Rosenman**
to place an ad today!
jrosenman@4LPi.com
or **(800) 477-4574 x6421**

NEVER MISS A NEWSLETTER!

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



Lynelle Alessi

ABR | CRS | CNE | GRI | SRES | NAR GREEN

*The Realtor that
Keeps You in the Know*

*13 Years
Experience*

cell: 845-800-8576 office: 845-610-6065

email: lynellealessi@gmail.com



kw HUDSON
VALLEY UNITED
KELLERWILLIAMS REALTY

"With Over 200 Agents, Still in
the Top 5 in Sales and Units
Five Years in a Row" SRES[®]

www.LynelleAlessiHudsonvalleyHomes.com

