

# GOSHEN NEWSLETTER

Senior Center



## 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!**

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# JULY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>** If anyone is interested in playing poker, they will be playing on Wednesday afternoons from 12pm -3pm in the library/computer room. They play for nickels and always welcome new players!!</b></p>			<p><b>1</b> Line Dancing 10:30 Robin Yoga 11:30</p>	<p><b>2</b> Marty Osteo 10 Marty Aerobics 11 Beginners Square Dancing 12</p>
<p><b>5</b> Robin Yoga 10:30</p>	<p><b>8</b> Kara Aerobics 10:30 Body Grace 11:30 Robin Yoga 12:15</p>	<p><b>9</b> Marty Osteo 9:30 Kara Happy Hips 10:30 Kara Move to be Fit 11:30 Elizabeth Yoga 12:30 Beginners Bridge 2:00</p>	<p><b>10</b> Line Dancing 10:30 Robin Yoga 11:30 Make &amp; Take Crafts 1pm</p>	<p><b>11</b> Marty Osteo 10 Marty Aerobics 11 Beginners Square Dancing 12</p>
<p><b>12</b> Robin Yoga 10:30</p>	<p><b>15</b> Kara Aerobics 10:30 Body Grace 11:30 Robin Yoga 12:15</p>	<p><b>16</b> Marty Osteo 9:30 Kara Happy Hips 10:30 Kara Move to be Fit 11:30 Elizabeth Yoga 12:30 Beginners Bridge 2:00</p>	<p><b>17</b> Line Dancing 10:30 Robin Yoga 11:30</p>	<p><b>18</b> Marty Osteo 10 Marty Aerobics 11 Beginners Square Dancing 12</p>
<p><b>29</b> Robin Yoga 10:30</p>	<p><b>22</b> Kara Aerobics 10:30 Body Grace 11:30 Robin Yoga 12:15</p>	<p><b>23</b> Marty Osteo 9:30 Kara Happy Hips 10:30 Kara Move to be Fit 11:30 Elizabeth Yoga 12:30 Beginners Bridge 2:00</p>	<p><b>24</b> Line Dancing 10:30 Robin Yoga 11:30</p>	<p><b>25</b> Marty Osteo 10 Marty Aerobics 11 Women's Book Discussion 11 Beginners Square Dancing 12</p>
<p><b>26</b> Robin Yoga 10:30</p>	<p><b>27</b> Kara Aerobics 10:30 Body Grace 11:30 Robin Yoga 12:15</p>	<p><b>28</b> Marty Osteo 9:30 Kara Happy Hips 10:30 Kara Move to be Fit 11:30 Elizabeth Yoga 12:30 Beginners Bridge 2:00</p>	<p><b>29</b> Line Dancing 10:30 Robin Yoga 11:30</p>	<p><b>30</b> Marty Osteo 10 Marty Aerobics 11 Beginners Square Dancing 12</p>

## NEW SENIOR CENTER SAFETY PROTOCOLS

- **Wear a facemask while in the building at all times IF NOT FULLY VACCINATED!**
- Upon entering the senior center **immediately 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 when possible.** Markings on the banquet room floor will help you in judging the appropriate distance needed for proper 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.

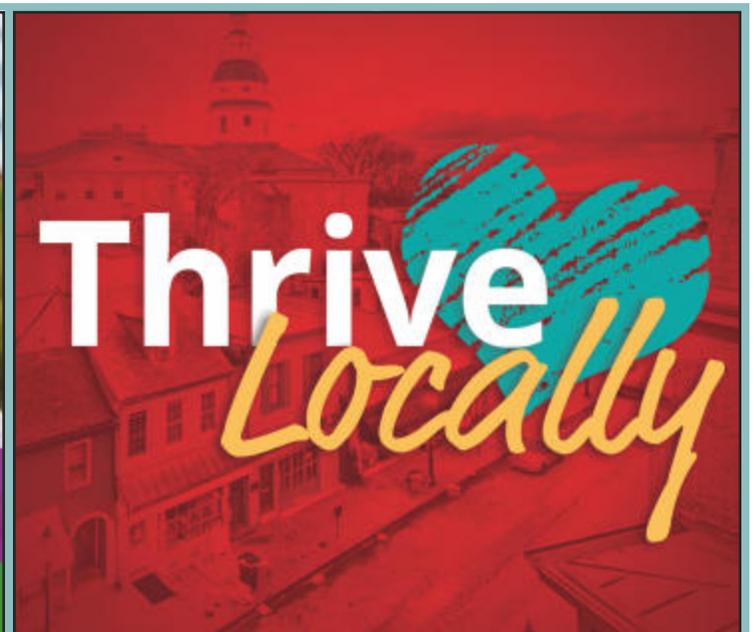


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### Sweet cherries: Your on-the-go, healthy summertime snack

Sweet cherries are an ideal grab-and-go summer snack, with high concentrations of nutrients and bioactive components like fiber, polyphenols, carotenoids, vitamin C, and potassium. Read on to learn how this snack can help you manage five common health concerns.

#### Oxidative stress

Oxidative stress occurs when free radicals and antioxidants are out of balance in your body. Once compromised, the body becomes more susceptible to various diseases over time, such as heart disease, diabetes, and hypertension, to name a few.

Sweet cherries are rich in polyphenols and vitamin C, which have powerful antioxidant properties. Studies have shown that eating sweet cherries can increase antioxidant capacity and reduce oxidative stress, bringing the body back into a healthy balance.

#### Inflammation

If you're among the 54 million Americans who suffer from arthritis or another rheumatic disease, sweet cherries may be able to provide some relief. Research shows that their anti-inflammatory properties can have the same effect as ibuprofen.

#### Gout

Gout is a form of arthritis, and sufferers tend to experience severe pain, redness, and tenderness in their joints. The condition is associated with elevated levels of uric acid in the blood, levels that have been reduced with a diet incorporating sweet cherries.

#### Blood pressure

Finally, studies point to a link between the consumption of sweet cherries and lower blood pressure, both systolic and diastolic measures. The fruit is also associated with increased effectiveness of vasodilators, which help widen blood vessels and reduce blood pressure.

The addition of sweet cherries to your diet can reduce common health concerns and minimize the risk for developing illnesses such as cardiovascular disease and diabetes. Best of all, they are delicious! They are only in season for a short time, so grab them while they're at their freshest, then freeze, dry or preserve them to enjoy throughout the year.

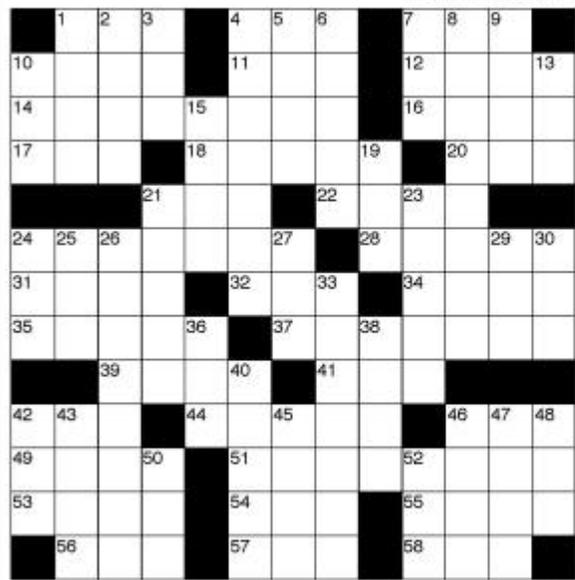
## PROPER USE OF SENIOR SPACE

**Senior Space (the kiosk terminal in the lobby that you use to check in)** is a member management tool that allows me to keep track of everyone that uses the senior center for our various programs. It could also be utilized if needed for COVID "contact" tracing.

What's important however, it that you use the program correctly! If you have been issued a Senior Space key fob or card, please use that to check in each time as that logs you in as a "registered" member of the senior center. If you do not have your card or key fob or have lost it...please see Bonnie and she will issue you a new one...**PLEASE DO NOT CHECK IN AS A GUEST!!!** Checking in as a guest messes up our program participation numbers which are used for program funding through the Village and the Town of Goshen.

## CROSSWORD PUZZLE

- ACROSS**
- 1 Sea (Fr.)
  - 4 Amer. Standard Version (abbr.)
  - 7 Inlet
  - 10 Pledge
  - 11 Social affair
  - 12 Old-fashioned oath
  - 14 Vega (2 words)
  - 16 Concerning (2 words)
  - 17 3 (Rom. numeral)
  - 18 Pueblo Indian
  - 20 Office of Economic Development (abbr.)
  - 21 Feminine (abbr.)
  - 22 Universe (pref.)
  - 24 King of Athens
  - 28 Plant slip
  - 31 Wings
  - 32 Twitch
  - 34 In the past
  - 35 Brain ridge
  - 37 Hunting cry
  - 39 Polish border river
  - 41 Family member
  - 42 Hawaiian fish
  - 44 Tag
  - 46 Uncle (Scot.)
  - 49 Disease (pref.)
  - 51 Immense
  - 53 Joyous
  - 54 Former cloth measure
  - 55 Poultry
  - 56 According to (2 words)
  - 57 Female ruff
  - 58 Guldo's note (2 words)
- DOWN**
- 1 Gardener caste
  - 2 Case or box (Fr.)
  - 3 Fluidity unit
  - 4 Endeavor
  - 5 Wither
  - 6 Seaweed
  - 7 Portuguese coin
  - 8 Shame
  - 9 Rhine tributary
  - 10 Fetish
  - 13 Month abbr.
  - 15 Orkney fisherman's hut
  - 19 Distress signal
  - 21 Noted psychiatrist
  - 23 Admonish
  - 24 Insult
  - 25 Eng. cathedral city
  - 26 Orgy
  - 27 Pose
  - 29 Alas
  - 30 New (pref.)
  - 33 Grain beetle larva
  - 36 Salt (Fr.)
  - 38 New sugarcane shoot
  - 40 Blacksnake
  - 42 Angola (abbr.)
  - 43 Nut
  - 45 Tree stump
  - 46 Ass or donkey (Ger.)
  - 47 Polynesian spirit
  - 48 Loop trains
  - 50 Harem room
  - 52 Pronoun



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### Healthy Mocktails

Why not add a little excitement to your summer by choosing something to drink that's fun and colorful, super healthy and delicious, too? **Servings: 2 each**

#### Tropical Banana Colada Shake with Coconut Water

- 2 Chiquita bananas
- 2 cups coconut water
- 2 cups mango juice
- 3 sprigs fresh mint
- 2 limes

Chop the Chiquita bananas in pieces and blend them together with the coconut water, mango juice and the juice of one lime. Pour the juice into the glasses and garnish with the other lime (sliced or quartered) and the sprigs of mint.

#### Pink Sunrise Mocktail with Bananas and Watermelon -

- 2 Chiquita bananas
- 1 grapefruit
- 3 slices watermelon
- 2-1/2 cups sparkling water
- 1 lemon

Fresh mint to garnish

Mix the two Chiquita bananas with half of the grapefruit, ¾ cup sparkling water and one squeezed lemon. Set this mixture aside.

Using another bowl, blend 1-1/2 cups sparkling water with the 3 slices of watermelon and the other half of the grapefruit.

Fill half of the glass with the red juice (with the watermelon in it) and pour the other juice (containing the blended bananas) on top.

Garnish with a piece of watermelon and mint.



# 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

### Better for Business

When a man's printer type began to grow faint, he called a local repair shop, where a friendly employee informed him that the printer probably only needed to be cleaned.

Because the store charged \$50 for such cleanings, the worker told him he might be better off reading the printer's manual and trying the job himself.

Pleasantly surprised by his candor, the man asked, "Does your boss know that you discourage business?"

"Actually, it's my boss's idea," the employee replied sheepishly. "We usually make more money on repairs if we let people try to fix things themselves first."

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# CONTACTS & OFFICE INFORMATION

**BONNIE MAYEFSKY**

Program Coordinator

Phone: 845-294-8545

email: [gsc@goshenseniiorcenter.org](mailto:gsc@goshenseniiorcenter.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

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