

GOSHEN NEWSLETTER

Senior Center



OCTOBER
2021

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SENIOR CENTER NEWS!

For those of you who have been inquiring about the holiday luncheon that we normally offer for Thanksgiving...in light of the current Covid Delta variant dramatic increase, we will not be having any large social gatherings for the rest of this year. It is not worth taking any chances as some folks that are fully vaccinated are getting sick with the Covid Delta variant.

Please stay safe and stay healthy and we will look forward to resuming all of our delightful luncheon social gatherings in 2022!

OCTOBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Marty Osteo 10 Marty Aerobics 11 Square dancing 12
4 Robin Yoga 10:30	5 Kara Aerobics 10:30 Body Grace 11:30 Robin Yoga 12:15	6 Marty Osteo 9:30 Kara Happy Hips 10:30 Kelly Yoga 11:30 Poker 12:00	7 Line Dancing 10:30 Kelly Yoga 11:30 Make & Take Crafts 1pm Mah Jongg 1:00	8 Marty Osteo 10 Marty Aerobics 11 Square dancing 12
11 SENIOR CENTER CLOSED COLUMBUS DAY	12 Kara Aerobics 10:30 Body Grace 11:30 Robin Yoga 12:15	13 Marty Osteo 9:30 Kara Happy Hips 10:30 Kelly Yoga 11:30 Poker 12:00	14 Line Dancing 10:30 Kelly Yoga 11:30 Mah Jongg 1:00	15 Marty Osteo 10 Marty Aerobics 11 Square dancing 12
18 Robin Yoga 10:30	19 NO KARA CLASSES Robin Yoga 12:15	20 Marty Osteo 9:30 NO KARA CLASSES Kelly Yoga 11:30 Poker 12:00	21 Line Dancing 10:30 Kelly Yoga 11:30 Mah Jongg 1:00	22 Marty Osteo 10 Marty Aerobics 11 Women's Book Discussion 11 Square dancing 12
25 Robin Yoga 10:30 Goshen Senior Club Meeting 1pm	26 Kara Aerobics 10:30 Body Grace 11:30 Robin Yoga 12:15	27 Marty Osteo 9:30 Kara Happy Hips 10:30 Kelly Yoga 11:30 Poker 12:00	28 Line Dancing 10:30 Kelly Yoga 11:30 Mah Jongg 1:00	29 Marty Osteo 10 Marty Aerobics 11 Square dancing 12

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.

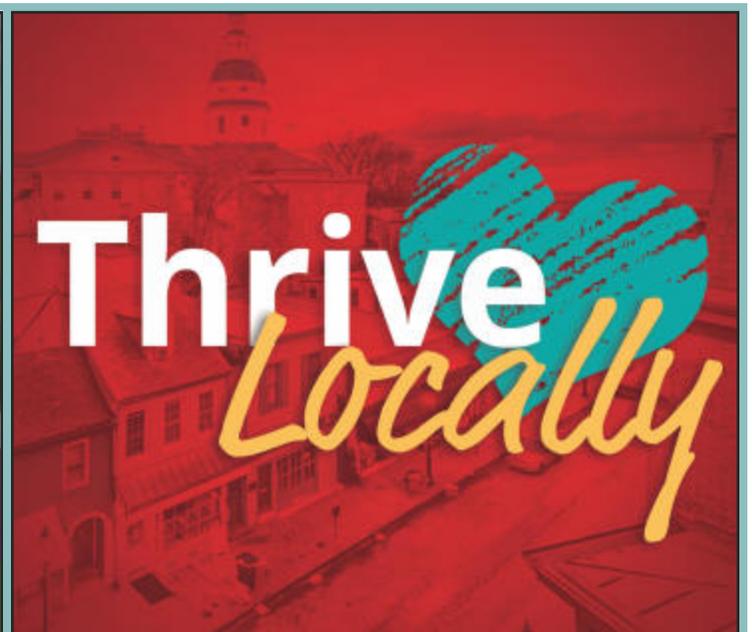


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SENIOR CLUB NEWS

The next scheduled meeting for the **Goshen Senior Club** will be on **Monday September 27th at 1PM** here at the senior center. Please note...that all COVID safety protocols remain in place:

- NO food or beverages will be served ...however you are allowed to bring in a bottle of water.
- Chairs will be set up socially distanced and should not be moved.
- Please check in on senior space and for the meeting (table now located near the kitchen).
- DO NOT socialize or congregate in the lobby and maintain social distancing at all times while in the building.
- Masks are not mandatory for those who are fully vaccinated, however it is highly recommended based upon the number of people that are expected.

Trips are not currently being planned by the Goshen Senior Club, however the Woodbury Golden Age Club has graciously invited all Goshen seniors to participate in their trip program if space is available. Current trips being offered include:

- Amishlands of Pennsylvania - October 20–22 \$425. PP double, \$525. PP single
- Savannah, GA & Charleston, SC– November 11–17 \$855. PP double, \$1154. PP single

Trip details are located on the bulletin board at the senior center and you can also contact Sheila Keenan at 845-294-8427 or Dolores Currao at the Woodbury Golden Age Club for more details.

DEFENSIVE DRIVING CLASS

Our next Defensive Driving class will be on Monday November 1st at the center. This 6–Hour Defensive Driving Course through the American Safety Institute will be taught by Paul L. Odendahl.

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. The cost to attend is \$26.00 per person.



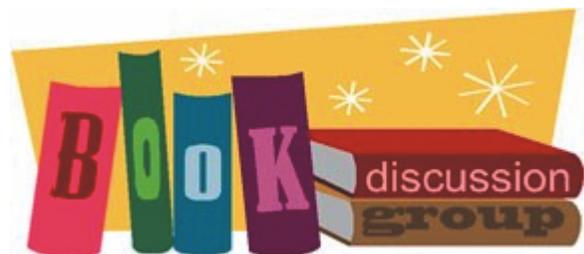
WOMEN'S BOOK CLUB

The Women's Book Club meets on the 4th Friday of each month in our library.

Oct 22nd - "We Begin at the End" by Chris Whitaker

Nov 19th - "In Order to Live" by Yeonmi Park

This list will be updated as soon as it is passed on to me for publication.



IN THE KNOW

Exercise may stave off Alzheimer's by regulating iron levels in the brain

According to an article recently published in Medical News Today, New research in mice suggests that exercise may keep the brain healthy by improving iron metabolism. Regular exercise reduces circulating levels of a protein called interleukin-6 that promotes inflammation. This protein may also change the way in which the brain stores iron.

Regular physical activity has a wide range of health benefits. These include a reduced risk of cardiovascular disease, type 2 diabetes, various mental health conditions, and dementia.

Keeping physically active helps maintain the brain's flexibility and improve memory. It also minimizes the decline that can occur in nerve cell growth and connectivity as people age.

Previous research in a mouse model of Alzheimer's disease showed that exercise might even reverse some of the cognitive impairments that characterize this form of dementia.

Alzheimer's disease, the most common form of dementia, causes the degeneration of parts of the brain that play a role in thinking, memory, and language.

In 2020, up to 5.8 million people in the United States were living with Alzheimer's.

Most cases are associated with age-related disease and genetic risk factors, but lifestyle factors — such as physical inactivity and a non-nutritious diet — play important roles.

Exactly how physical activity protects the brain against the effects of Alzheimer's has been unclear, however...**one clue is that both the normal aging process and Alzheimer's are associated with changes in the way the brain handles iron.**

Research has linked the accumulation of iron in the brain and changes in iron metabolism to the formation of plaques of a toxic protein called beta-amyloid that characterize the disease.

Regular exercise can improve iron metabolism and prevent the buildup of this mineral in the brain, but the mechanisms behind this effect are uncertain.

So their advice to everyone ...is to get out those sneakers and exercise! Whether it be for brisk walk or participating in one of our fun fitness class at the senior center...just do it!

THE LIGHTER SIDE

Losing His Memory

The man looked a little worried when the doctor came in to administer his annual physical, so the first thing the doctor did was to ask whether anything was troubling him.

"Well, to tell the truth, Doc, yes," answered the patient. "You see, I seem to be getting forgetful. No, it's actually worse than that. I'm never sure I can remember where I put the car, or whether I answered a letter, or where I'm going, or what it is I'm going to do once I get there — if I get there. So, I really need your help. What can I do?"

The doctor mused for a moment, then answered in his kindest tones, "Pay me in advance.

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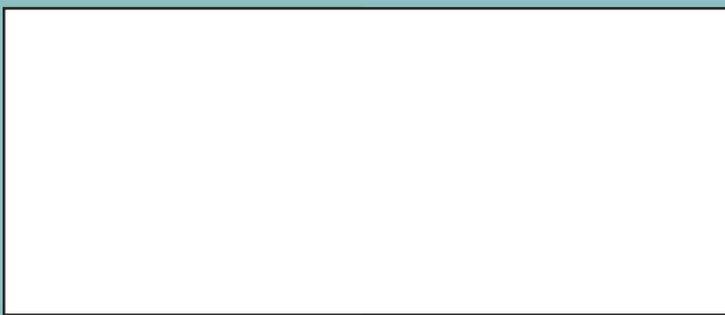


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CONTACTS & OFFICE INFORMATION

BONNIE MAYEFSKY

Program Coordinator

Phone: 845-294-8545

email: 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

TBA

Commissioner –Village Liaison

LOUISE HINGUL

Commissioner - Village Appointee

GOSHEN SENIOR CLUB

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