

GOSHEN NEWSLETTER

Senior Center



NOVEMBER
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!

NOVEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ASI DEFENSIVE DRIVER CLASS 9:00AM-4PM <u>NO YOGA</u> <u>TODAY</u>	2 Kara Aerobics 10:30 Kara Happy Hips 11:30 Robin Yoga 12:30	3 Marty Osteo 9:30 Elizabeth Yoga 10:30 Poker 12:00 Bridge 2:00	4 Line Dancing 10:30 Elizabeth Yoga 11:30 Mah Jongg 1:00	5 Marty Osteo 10 Marty Aerobics 11 Square dancing 12 Chair Yoga 1
8 Robin Yoga 10:15 Chair Yoga 11:30 Goshen Senior Club Meeting 1pm	9 Kara Aerobics 10:30 Kara Happy Hips 11:30 Robin Yoga 12:30	10 Marty Osteo 9:30 Elizabeth Yoga 10:30 Poker 12:00 Bridge 2:00	11 SENIOR CENTER CLOSED VETERANS DAY 	12 Marty Osteo 10 Marty Aerobics 11 Square dancing 12 Chair Yoga 1
15 Robin Yoga 10:15 Chair Yoga 11:30	16 Kara Aerobics 10:30 Kara Happy Hips 11:30 Robin Yoga 12:30	17 Marty Osteo 9:30 Elizabeth Yoga 10:30 Poker 12:00 Bridge 2:00	18 Line Dancing 10:30 Elizabeth Yoga 11:30 Mah Jongg 1:00	19 Marty Osteo 10 Marty Aerobics 11 Square dancing 12 Chair Yoga 1
22 Robin Yoga 10:15 Chair Yoga 11:30 Goshen Senior Club Meeting 1pm	23 Kara Aerobics 10:30 Kara Happy Hips 11:30 Robin Yoga 12:30	24 Marty Osteo 9:30 Elizabeth Yoga 10:30 Poker 12:00 Bridge 2:00	25 SENIOR CENTER CLOSED THANKSGIVING DAY 	26 Marty Osteo 10 Marty Aerobics 11 Women's Book Discussion 11 Square dancing 12 Chair Yoga 1
29 Robin Yoga 10:15 Chair Yoga 11:30	30 Kara Aerobics 10:30 Kara Happy Hips 11:30 Robin Yoga 12:30			

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.

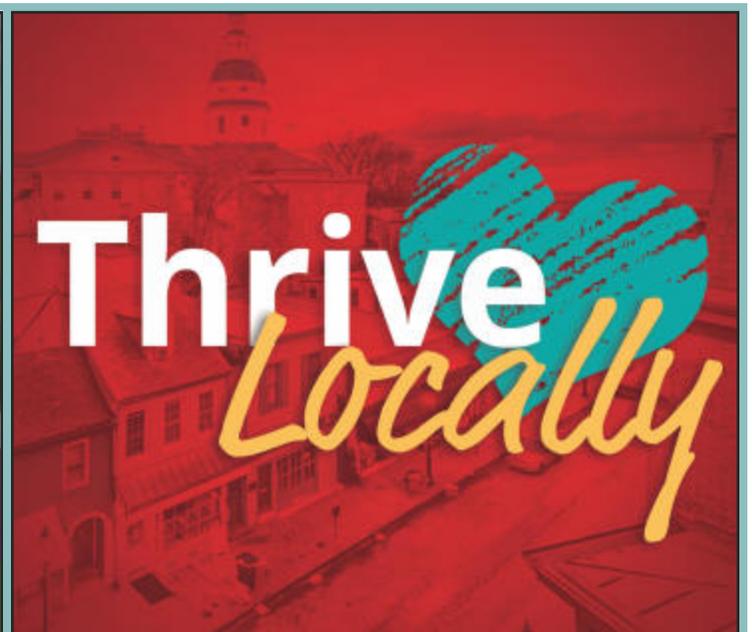


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SENIOR CLUB NEWS

The next scheduled meeting for the **Goshen Senior Club** will be on **Monday November 8th 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:

- **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 845-928-9225 ext 9 for more details.

JOY'S OF SQUARE DANCING

If music moves you to get up and dance, join the millions of Americans who have discovered that square dancing is an enjoyable way to get into shape.

Square dancing is a combination of rhythmic movements and dance steps that can improve and maintain cardiovascular and physical fitness. That's why the American Heart Association supports square dancing as a lifelong activity.

Any exercise program should provide pleasure and enjoyment. Square dancing is gaining popularity because it emphasizes fun and fitness rather than competition. At the very least, it should be rewarding, so you'll want to continue. Participation is not limited by age, gender or shape – so try it. Our square dance class is offered Friday's from 12pm-1pm and best of all ...it's FREE!!

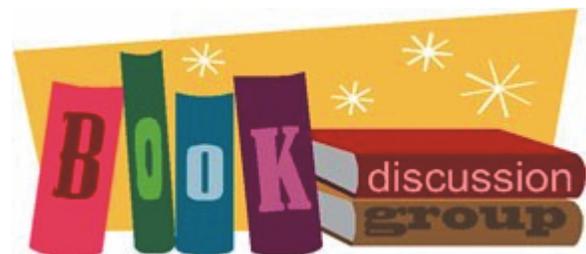
WOMEN'S BOOK CLUB

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.



CROSSWORD PUZZLE

ACROSS

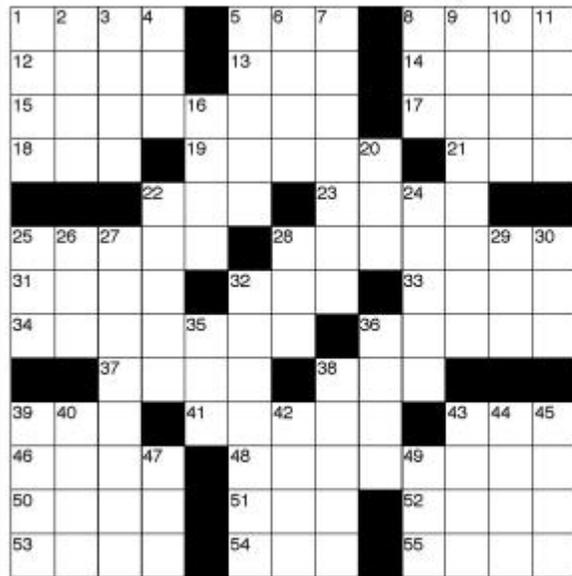
- 1 Noun-forming (suf.)
- 5 Cry
- 8 Languish
- 12 "Arabian Nights" dervish
- 13 Harem room
- 14 Swami
- 15 Anta
- 17 Adjective-forming (suf.)
- 18 Cheer
- 19 Afr. gazelle
- 21 Agent (abbr.)
- 22 Irish church
- 23 Misplaced
- 25 Card-reader's card
- 28 Lead telluride
- 31 Heb. measure
- 32 Federal Aviation Admin. (abbr.)
- 33 Letters sound
- 34 Two-footed
- 36 Ionian island
- 37 Track

DOWN

- 38 Ten decibels
- 39 Fetish
- 41 State (Ger.)
- 43 Storage place
- 46 Onionlike plant
- 48 Cuban dance
- 50 Jewelry setting
- 51 Poetic contraction
- 52 City in Judah
- 53 Eng. statesman
- 54 Electric reluctance unit
- 55 Love of Abie

ANSWER TO PREVIOUS PUZZLE

UNCAS HBO LIE
 GEODE ELM UNS
 LIMAN DEA AIN
 INBRED ASTUTE
 CACTUS
 CBS ADA MACAW
 ARIA ABE RAGA
 BOCCA EYE BAC
 EGERAN
 LEVANT STAPLE
 ALA EAN ELIOT
 WBN AAR NANNA
 NAE UCA TEKEL



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EDEN REL ROSE
 PAVE ERE ENAM
 LEK HABANER
 OBI STAAT BIN
 RAIL BEL
 BIPEDAL ZANTE
 OMER FALA BOOM
 TAROT ALTAITE
 KILL LOST
 OLE KORIN AGT
 PILASTER ICAL
 AGIB ODA YOGI
 MENT SOB FLAG



Pasta and Chicken in Garlic Cream Sauce

Prep time: 30 minutes
 Cook time: 10 minutes
 Servings: 8

- 4 slices bacon, cut crosswise into 1/2-inch-wide pieces
- 3/4 pound boneless, skinless chicken breasts, cut into 3/4-inch pieces
- 10 ounces (about 4 cups) farfalle (bow tie) pasta
- 2 1/2 cups reduced-sodium chicken broth
- 4 cloves garlic, minced
- 1 1/2 teaspoons dried Italian seasoning
- 1/2 teaspoon coarsely ground black pepper
- 1 cup heavy cream
- 1 cup grated Parmesan cheese
- 3 cups baby spinach leaves
- 1 cup halved cherry tomatoes, for garnish

Place removable pan inside programmable pressure cooker. Using saute function, cook bacon, uncovered, until crisp. Use slotted spoon to remove bacon from pan. Drain bacon on paper towels. Leave 1 tablespoon drippings in pan; discard remaining.

Add chicken to bacon drippings in pan in two batches. Using saute function, stir-fry chicken 2-3 minutes, or until cooked through. Use slotted spoon to remove chicken from pan. Repeat until all chicken is cooked. Press cancel.

Stir pasta, broth, garlic, Italian seasoning and pepper into drippings in pan. Secure lid and set pressure release to sealing function. Select high pressure setting and cook 5 minutes. Press cancel.

Allow pressure to release naturally 5 minutes. Move pressure release to venting function to release any remaining steam. Remove lid.

Stir cream into pasta mixture. Using saute function, cook and stir, uncovered, until boiling. Boil, uncovered, about 4 minutes, or until sauce generously coats pasta, stirring frequently. Press cancel. Stir in chicken and Parmesan cheese.

Place spinach and bacon in large bowl. Pour pasta mixture over top. Toss until combined. Ladle into serving bowls. Top each serving with tomatoes.

Enjoy!

Never Too Old to Inspire

By Kelly Swierski-Loiodice

Can you think of someone who effortlessly makes you smile as soon as you see them? A person who has that way of exuding such positive energy that you begin to feel joyful before a word is even uttered? Maybe that sweet sensation begins when you catch a glimpse of them and recognize their stance or the color of their hair—or better yet, you hear their familiar laugh. These bubbles of happiness in human form offer contagious hugs to the heart! And unbeknownst to us, some of those same people may be facing difficult times even as they spark your smile; they've just figured out how to embrace life to the fullest. Let me share a couple of bubbles of joy with you.

Recently, I had the pleasure of substitute teaching for a friend who was unable to teach her regular yoga class at a local senior center. My friend told me that I would be familiar with some of the cast of characters in this class from previous groups I had taught for her. I was happy to find out that one of the people she was referring to was an eighty-year-old gentleman named Frank. Frank reminds me of a skinny Santa Claus—lively, cheerful, and probably an avid lover of cookies and milk. He has white hair and a white beard but lacks the bowl full of jelly. He also has an earring in one ear, so he's probably more in line with a Santa Claus from the other side of the tracks—a South Pole Santa Claus, if you will.

When I bumped in to Frank in the parking lot, he met me with a glimmer in his eye, a grin from ear to ear, and a quick suggestion for me to lead the entire class in one specific pose: *shivasana*. (For those of you new to yoga, this effortless pose involves lying flat on the Earth with your eyes closed. It's referred to as the "corpse" pose, so imagine the relaxation.) After I shot down his idea with a few laughs, Frank shared with me that he had recently had over forty radiation treatments for cancer. I was astounded. His eyes didn't show it. His smile and happy demeanor didn't let on. His heart didn't seem torn apart from any pain or anguish he faced. His life still exuded cheerfulness. He took the yoga class, and like the mayor of the South Pole, even welcomed a new participant who had come for the first time. I never saw him without a smile.

Frank has found a way to embrace each day, each moment. He's a reminder to not allow life's challenges to taint the moments we have left on this planet nor to let them drain the life out of us. I'm sure Frank has difficult moments as we all do, but his heart continues to shower those around him with love.

The reason I know Frank is thanks to my friend Elizabeth, the yoga teacher and another bubble of joy. Elizabeth is a seventy-ish-year-old woman who looks like a petite flower but who has the spirit of a strong lioness. A couple years ago, Elizabeth found out that her young granddaughter had never climbed a tree. Upon hearing this, Elizabeth strutted over to a nearby peach tree and climbed it. She encouraged her granddaughter to follow. For a few moments, deep within the peach tree, they shared time that usually only occurs between school-aged children. What happened next may put a small damper on the story for some, but it actually only lends a different light. After the climb, my determined friend accidentally fell out of the tree and broke her wrist. The moral here goes beyond the fall; it is linked to a space deep in Elizabeth's heart. The lesson is that following your heart—no matter the outcome—makes your insides sing. Not everything works out as planned, but it shouldn't stop us from taking risks and making the most out of every moment. Elizabeth's granddaughter isn't scared to climb trees thanks to her grandmother; her granddaughter still reminds people that it was her *grandmother*, and not her, who actually fell (and what a great story this little love has to share for the rest of her life). Life is worth living, and sometimes a little risk is worth the adventure.

Make the most out of each day or at least hang out with people who do and let their contagious hugs invigorate you—because you're never too old to inspire and you never know who your own heart may hug next!

Kelly Swierski-Loiodice is a local author and yoga instructor. For more information: www.FindBalanceWithKelly.com.

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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

TBA

Commissioner –Village Liaison

LOUISE HINGUL

Commissioner - Village Appointee

GOSHEN SENIOR CLUB

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