

GOSHEN NEWSLETTER

Senior Center



**DECEMBER
2021**

SENIOR CENTER NEWS!

To quote Charles Dickens:
“The year end brings no greater pleasure than the opportunity to express to you season’s greetings and good wishes. May your holidays and new year be filled with joy.”

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DECEMBER CALENDAR

MONDAY

** sub instructor

6
** Kelly Yoga 10:15
Chair Yoga 11:30

13
Robin Yoga 10:15
Chair Yoga 11:30
Goshen Senior
Club Meeting 1pm

20
Robin Yoga 10:15
Chair Yoga 11:30

27
Robin Yoga 10:15
Chair Yoga 11:30
Goshen Senior
Club Meeting 1pm

TUESDAY

7
Kelly Yoga 9:15
Kara Aerobics 10:30
Kara Happy Hips
11:30
** Elizabeth Yoga
12:30

14
Kelly Yoga 9:15
Kara Aerobics 10:30
Kara Happy Hips
11:30
Robin Yoga 12:30

21
Kelly Yoga 9:15
Kara Aerobics 10:30
Kara Happy Hips
11:30
Robin Yoga 12:30

28
Kelly Yoga 9:15
Kara Aerobics 10:30
Kara Happy Hips
11:30
Robin Yoga 12:30

WEDNESDAY

1
Marty Osteo 9:30
Elizabeth Yoga 10:30
Poker 12:00
Bridge 2:00

8
Marty Osteo 9:30
Elizabeth Yoga 10:30
Poker 12:00
Bridge 2:00

Senior Club Holi-
day Party - Doors
open at 11:45



15
Marty Osteo 9:30
Elizabeth Yoga 10:30
Poker 12:00
Bridge 2:00

22
Marty Osteo 9:30
Elizabeth Yoga 10:30
Poker 12:00
Bridge 2:00

29
Marty Osteo 9:30
Elizabeth Yoga 10:30
Poker 12:00
Bridge 2:00

THURSDAY

2
Line Dancing
10:30
Elizabeth Yoga
11:30
Mah Jongg 1:00

9
Line Dancing
10:30
Elizabeth Yoga
11:30
Mah Jongg 1:00
Make N Take
Crafts 1:30

16
Line Dancing
10:30
Elizabeth Yoga
11:30
Mah Jongg 1:00

23
Line Dancing
10:30
Elizabeth Yoga
11:30
Mah Jongg 1:00

30
Line Dancing
10:30
Elizabeth Yoga
11:30
Mah Jongg 1:00

FRIDAY

3
Marty Osteo 10
Marty Aerobics 11
Square dancing 12
Chair Yoga 1

10
Marty Osteo 10
Marty Aerobics 11
Square dancing 12
Chair Yoga 1

17
Marty Osteo 10
Marty Aerobics 11
Women's Book
Discussion 11
Square dancing 12
Chair Yoga 1

24
Marty Osteo 10
Marty Aerobics 11
Square dancing 12
Chair Yoga 1

31
Marty Osteo 10
Marty Aerobics 11
Square dancing 12
Chair Yoga 1

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.**
- **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.
- **EXIT the bldg. from the side of the bldg. in the banquet room!** This is to avoid congestion in the lobby and foyer.

Please remember that COVID is still a threat even for those who are fully vaccinated!!!

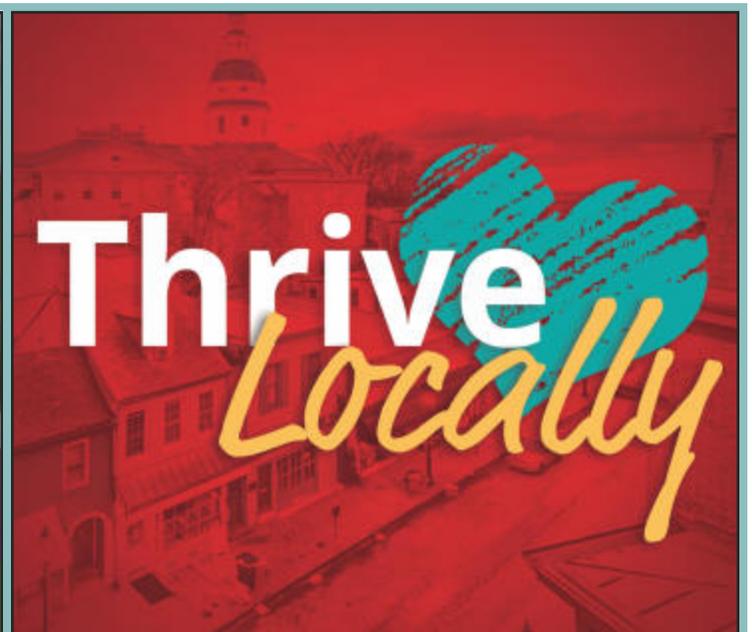


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SENIOR CLUB NEWS

The Senior Club Holiday Party will be held at the Villa Venezia on Wednesday December 8th and doors will open at 11:45! Advance Reservations are Required!!!!

The next regularly scheduled meeting for the **Goshen Senior Club** will be on **Monday December 13th at 1PM** here at the senior center. Please note...that all COVID safety protocols remain in place:

- You are allowed to bring in a bottle of water and coffee will be served.
- Chairs & tables 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.

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-12:45pm and best of all ...it's FREE!!

WOMEN'S BOOK CLUB

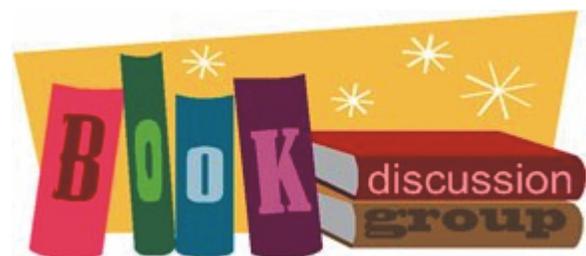
The Women's Book Club meets on the 3rd Friday of each month in our library.

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

Dec 17th - "The Women of Christmas" by Liz Curtis Higgs

Jan 21st - "Nightingale" Kristin Hannah

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



CROSSWORD PUZZLE

ACROSS

- 1 Jackfruit
- 5 Ten (pref.)
- 8 Dayak people
- 12 Original sinner
- 13 Devon river
- 14 Wings
- 15 Air
- 17 Byron poem
- 18 Compass direction
- 19 Chin. duck eggs
- 21 Wool cluster
- 22 Loose woman
- 23 Fermented honey drink
- 25 Chateaubriand heroine
- 28 Golf club
- 31 Polish rum cake
- 32 Women's Army Corps (abbr.)
- 33 Munich's river
- 34 Annona
- 36 Pers. carpet
- 37 Close
- 38 Guest house
- 39 Trend

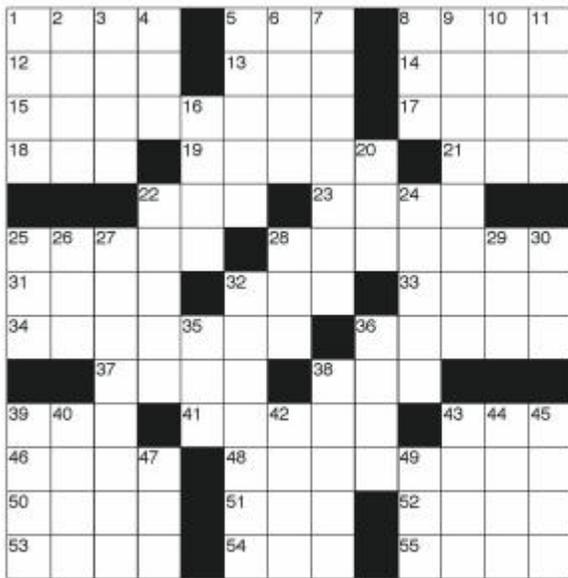
- 41 Former Turk. president
- 43 Pother
- 46 Amalekite king
- 48 Riot
- 50 Wool (Lat.)
- 51 Exploit
- 52 Aoudad
- 53 High (pref.)
- 54 Three (pref.)
- 55 Concur

DOWN

- 1 Green
- 2 Arabian Sea gulf
- 3 Window lead
- 4 Soul or spirit (Fr.)
- 5 Cotton fabric
- 6 Exodus (abbr.)
- 7 Of pottery
- 8 Adjective-forming (suf.)
- 9 Flatter
- 10 Rhine tributary

- 11 Wagon tongue
- 16 Samoan port
- 20 Beak
- 22 Sound loudly
- 24 Foreign in origin
- 25 Absolute (abbr.)
- 26 Truth: Chin.
- 27 Substantial
- 28 Siesta

- 29 Canadian (abbr.)
- 30 Crab-eating macaque
- 32 Effete (2 words)
- 35 Monkey
- 36 Neglect
- 38 Bury
- 39 FDR's dog
- 40 Bedouin headband cord
- 42 River into the Humber
- 43 Air (pref.)
- 44 Smear on
- 45 Migratory worker
- 47 Lively (Fr.)
- 49 King in India



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A56



Chocolate Cake Mix Cookies

Prep time: 10 minutes
 Total time: 10 minutes
 Servings: 18

Ingredients

- 1 15-to 16-ounce box devil's food cake mix
- 1 tsp. baking powder
- 2 large eggs
- 1/3 c. vegetable oil
- 2 tsp. vanilla extract
- 3/4 c. red and green sprinkles

Directions

Preheat the oven to 350°. Line 2 baking sheets with parchment paper. Whisk the cake mix and baking powder in a large bowl to get rid of any lumps. Add the eggs, vegetable oil and vanilla and mix well to combine. Cover and refrigerate until the dough just begins to firm up, about 30 minutes.

Spread the sprinkles in a shallow bowl. Scoop and roll the dough into balls (about 2 tablespoons each), then roll the balls in the sprinkles. Place on the baking sheets, about 2 inches apart. Bake until the tops of the cookies are slightly puffed and cracked and the edges are set, 10 to 12 minutes. Let cool 5 minutes on the baking sheets, then remove to racks to cool completely.

Enjoy!



5 cold-weather hacks for winter driving

As drivers bundle up to take on Old Man Winter this season, having a few tricks up your sleeve can be a big help in keeping your cool on the road. Here are five hacks for battling the elements and staying safe on the roads.

Got stuck? Snow problem!

Hazardous winter weather requires that drivers take additional precautions. According to the latest Hankook Tire Gauge Index, 72% of drivers indicated they would not want to drive in icy conditions. Further, 84% of Americans recognize the dangers of black ice, the most dangerous weather condition for driving.

If you find yourself stuck in the snow and ice, apply a bag of cat litter or sand under your wheels to provide much-needed traction to get out of a snowy situation. As an added bonus, the additional weight over the rear axle (especially for trucks and rear-wheel-drive cars) will further add traction. Floor mats can also come in handy. Place them under your tires in the direction you're looking to travel. The mats create a mini runway of traction for your vehicle.

Here comes the sun

When the snow starts to pile on the driveway, nearly a quarter of Americans (24%) rely on someone else to dig their vehicles out of the snow, according to the Gauge Index. In fact, 18% simply wait for the snow to melt! To help with the back-breaking chore, park your vehicle overnight facing east. The rising sun can help melt the snow before you even get out of bed.

Raid the pantry

By using some items commonly found in your pantry, you can make your morning routines that much easier. For example, fit resealable freezer bags over your side-view mirrors to help prevent ice from forming. Other household items like cooking spray can also help melt ice. Spray it on your mirrors, let it sit for a few minutes, then wipe off the ice. You also can apply the spray to the rubber seals of your door on particularly cold nights. This will help keep your door from freezing shut or damaging the rubber seals if you force open the door.

Right tools for the job

When the going gets rough, it's important to make sure your car is well equipped for the conditions you're driving in. As temperatures drop, so can your tire pressure, decreasing about one PSI for every 10-degree drop in temperature. If your car was built after 2000, you likely have a Tire Pressure Monitor System that will alert you when pressure drops below the manufacturer's recommended levels for your vehicle. It's also important to be able to identify the TPMS symbol, as the Hankook Gauge Index found that 1 in 3 (35%) Americans do not know what the warning symbol means.

With 13% of drivers unsure of what category tire is on their car, understanding the difference in how a snow tire performs in relation to its summer and all-season relatives can go a long way in terms of safety and performance. For enhanced traction in low-grip situations, tire chains can be very useful, but as indicated in the Gauge Index, 65% of drivers are unsure how to install them. Be sure to practice once or twice at home before venturing out on wintry roads. And when you have chains on your tires, drive slowly — generally no more than 30 mph.

Always carry a spare ... pair of socks!

Packing emergency clothes in your trunk is always a great idea should you find yourself stranded and in need of extra warmth. Interestingly, your socks may be your most versatile piece of clothing, and drivers can benefit from carrying an extra pair in the glove compartment. When expecting snow, simply lift your windshield wipers off the glass and place a sock over each blade to help keep snow off the blades and ice from forming. Additionally, when socks are put over your shoes (yes, that's right) they can provide an added level of traction when walking on ice.

Hopefully, some of these tricks can help if you find yourself locked in a battle with the elements this season.

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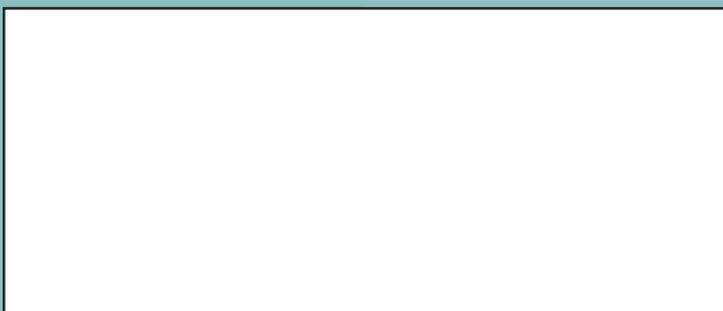


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CONTACTS & OFFICE INFORMATION

BONNIE MAYEFSKY

Program Coordinator

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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

SCOTT WOHL-MAYOR

Commissioner –Village Liaison

LOUISE HINGUL

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GOSHEN SENIOR CLUB

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