

GOSHEN NEWSLETTER

Senior Center



JANUARY
2022

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SENIOR CENTER NEWS!

Registration for pickleball is first come first serve and must be made in advance thru Bonnie at [294-8545](tel:294-8545) until our new on line registration program is up and running! Each session can accommodate up to 6 players at a time for a 90 minute session.

Please note that all players must be registered in Senior Space and program participation is subject to the monthly program fitness fees which is \$10.00 per month for Goshen Residents and \$10.00 per week for Non-Residents. This fee is required to offset the on line registration fee that this program will be utilizing.

JANUARY CALENDAR

MONDAY

3
Robin Yoga 10:15
Chair Yoga 11:30
Pickleball 1:00

10
Robin Yoga 10:15
**Goshen Senior
Club Meeting 1pm**

17
**SENIOR CENTER
CLOSED**
**Martin Luther King
Day**

24
Robin Yoga 10:15
**Goshen Senior
Club Meeting 1pm**

31
Robin Yoga 10:15
Pickleball 12:00
Pickleball 2:00

TUESDAY

4
Kelly Yoga 9:15
Kara Aerobics 10:30
Kara Happy Hips
11:30
Robin Yoga 12:30
Pickleball 2:00

11
Kelly Yoga 9:15
Kara Aerobics 10:30
Kara Happy Hips
11:30
Robin Yoga 12:30
Pickleball 2:00

18
Kelly Yoga 9:15
Kara Aerobics 10:30
Kara Happy Hips
11:30
Robin Yoga 12:30
Pickleball 2:00

24
Kelly Yoga 9:15
Kara Aerobics 10:30
Kara Happy Hips
11:30
Robin Yoga 12:30
Pickleball 2:00

****Please note that our Chair Yoga class has been suspended from Monday January 10th until Friday February 25th as the instructor Liv-ia will be away.**

WEDNESDAY

5
Marty Osteo 9:30
Elizabeth Yoga 10:30
Poker 12:00
Bridge 2:00

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

19
Marty Osteo 9:30
Elizabeth Yoga 10:30
Poker 12:00
Bridge 2:00

25
Marty Osteo 9:30
Elizabeth Yoga 10:30
Poker 12:00
Bridge 2:00

THURSDAY

6
Line Dancing
10:30
Elizabeth Yoga
11:30
Mah Jongg 1:00
Pickleball 1:00

13
Line Dancing
10:30
Elizabeth Yoga
11:30
Mah Jongg 1:00
**Make N Take
Crafts 1:30**

20
Line Dancing
10:30
Elizabeth Yoga
11:30
Mah Jongg 1:00
Pickleball 1:00

26
Line Dancing
10:30
Elizabeth Yoga
11:30
Mah Jongg 1:00
Pickleball 1:00

FRIDAY

7
Marty Osteo 10
Marty Aerobics 11
Square dancing 12
Chair Yoga 1
Pickleball 2:00

14
Marty Osteo 10
Marty Aerobics 11
Square dancing 12
Pickleball 1:00

21
Marty Osteo 10
Marty Aerobics 11
Square dancing 12
Pickleball 1:00

27
Marty Osteo 10
Marty Aerobics 11
Women's Book
Discussion 11
Square dancing 12
Pickleball 1:00

SENIOR CENTER SAFETY PROTOCOLS

- **Wear a facemask while in the building at all times IF NOT FULLY VACCINATED!** If you are fully vaccinated be prepared to show your card as proof of vaccination!
- 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 next regularly scheduled meeting for the **Goshen Senior Club** will be on **Monday January 10th 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.

NEW YEAR'S RESOLUTIONS!



WOMEN'S BOOK CLUB

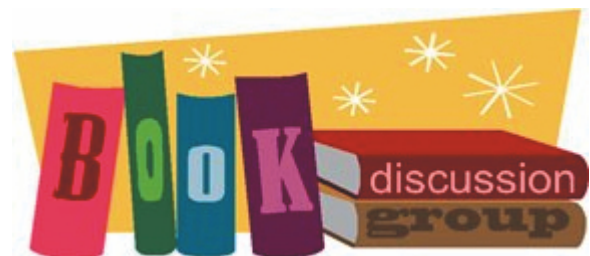
The Women's Book Club meets on the 4th Friday of each month in our library.

Jan 28th - "Nightingale" by Kristin Hannah

Feb 25th - TBA

March 25th - "The Four Winds" by Kristen Hannah

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



FUN & GAMES

Winter Olympics

W M A H H S C S G T E L E V I S I O N S
O O S O O C B E E N S A C B W I N T E R
R L F S C I A M R I I H V U O E R S L E
L A L T K P N H M E R T O S R B Y O N N
D L A D E M D L O G M T A R R L S S U N
R S W M Y Y H C R O T O N K T E I L D I
E M C N O L O H T A I B N U S T S N E W
C T U S P O R T S Y W A X I O D R O G D
O G N I T A K S E R U G I F E C E A L H
R A S L D S N E N O R D I C J S I E C G
D I K D B O Y B R O N Z E M E D A L P K
S G E P W G P C O M P E T I T O R S T S
C O L D W E A T H E R S E T E L H T A P
I O E S E T A T S D E T I N U A E L V M
E T T L A D E M R E V L I S D R O I P U
S N O W B O A R D I N G J Z Q U T T T J
A N N M H N A T I O N A L A N T H E M I
E E G U L S T R O P S M A E T M N N I K
R N U N O I P M A H C K S G A L F C O S
S L U G O M F R D O W N H I L L E C M B

Word List:

ATHLETES
CEREMONIES
COUNTRIES
FLAGS
ICE
NATIONALANTHEM
SHORTTRACK
SLALOM
SPORTS
UNITEDSTATES

BIATHOLON
CHAMPION
CURLING
GOLDMEDAL
LOSERS
NORDIC
SILVERMEDAL
SNOW
TEAMSPORTS
WINNERS

BOBSLED
COLDWEATHER
DOWNHILL
HOCKEY
LUGE
OLYMPICS
SKELETON
SNOWBOARDING
TELEVISION
WINTER

BRONZEMEDAL
COMPETITORS
FIGURESKATING
HOST
MOGULS
PODIUM
SKIJUMP
SPEEDSKATING
TORCH
WORLDRECORDS

How to Tell If Your Phone Has Been Hacked

There are a number of telltale signs that you've been hacked or you're about to be hacked, and it is absolutely vital for individuals to stay aware and vigilant. That's as frightening and as dangerous as it sounds. Here's what you need to know to protect yourself, your finances, and more.

Your battery drains fast - If you find that your phone's battery quickly loses power no matter how much you've charged it, that could be a sign that your iPhone or Android has been hacked. Phone spyware is on all the time, so it uses a lot of power and drains your battery in the process.

Your phone is hot - As well as the phone's charge going down more quickly, a device feeling hot even when it hasn't been in use is a possible sign that Internet data is being consumed more quickly than usual.

You're experiencing poor overall performance - Is your phone suddenly loading pages much more slowly or crashing all the time? First, try shutting it down phones that have been hacked often won't shut down correctly or never shut down, even though you tell them to. Also, note if the timing in other functionalities on your iPhone or Android seems off. Delays in sending and receiving texts, making phone calls, checking voicemails—all of these things should not take too long and may be a sign that you've been hacked.

You learn about calls/texts you didn't make - You might also notice calls and texts that you haven't sent to numbers in your list of contacts. Ensure that you monitor this activity closely, as some of these could be premium-rate numbers that malware is forcing your phone to contact—with all the proceeds landing in the pocket of the person who has compromised your phone.

You get spammy pop-ups - Another sign of a compromised smartphone is spammy pop-ups or weird screensavers. While not all pop-ups indicate that your phone has been infiltrated, an increasingly high number of pop-ups could be a sign that your phone has been infected with a form of malware called adware.

You notice unusual activity with your accounts - Weird behavior on your Gmail or iCloud is a very common sign of a malicious hack and presents a very serious risk to your data. So, what qualifies as weird behavior? Watch for emails about password resets you didn't make, or security messages notifying you that your email or social media account has been accessed using a new device, or verification emails saying that you have signed up to new accounts that you are unfamiliar with.

You've lost your signal - This is a scary one. You receive a text message or an email notification from your mobile carrier about an account change you didn't make, and 30 minutes later, your cell phone has no signal, even after a reboot. You also can't log into your email, and you're locked out of your bank account...this is called a number porting attack, and it's effective against Androids and iPhones on all mobile carriers. If you think you're a victim of a number porting attack, you should immediately call the police and let them know that your mobile number has been ported out and that you're a victim of identity theft. You must call your mobile provider, of course, and may need to show them a police report to prove that you are a victim of identity theft."

Ways your phone can be hacked

- You clicked a weird link in a text
- You used a public charging station
- You downloaded a malicious app
- Your phone was left unattended in public
- You've been lazy with passwords
- You've used free WiFi

What to do if your phone has been hacked

1. Change important passwords. However, the key point here is to *not* do it from the device you believe to be compromised or you could give the bad guys your new password.
2. Enable multi-factor authentication. Actually, everyone should do this now, wherever they can, and not wait for a compromised device. Many popular apps and services allow this (including Facebook, Google, and major banks). The steps will vary on different apps and devices, but the best starting point is to look in Settings or System Preferences for Security. On the iPhone, if you're using iOS 10.3 or later, enable 2FA for your Apple ID by going to Settings > [Your Name] > Password & Security.
3. Restore your device. This process allows you to wipe your device clean, then restore your data from Cloud storage. It can be a challenge, but it's far easier today than it has ever been. The exact steps depend on your device, but Apple and Google have straightforward and easily discovered directions for backing up (something else you should do regularly!) and restoring your iPhone or Android.

Aside from these security protocols, you'll need to check your bank accounts and credit cards. If you see suspicious activity, contact your financial institution immediately. Alert them to lock your account, and learn the necessary steps to recoup your losses. Most major institutions will cover fraudulent charges if reported within 60 days of the attack.

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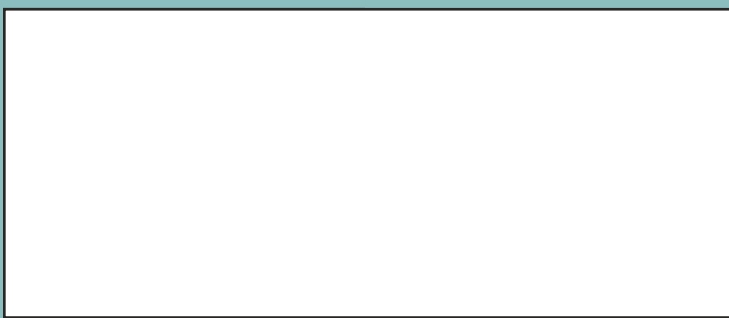
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CONTACTS & OFFICE INFORMATION

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

SCOTT WOHL-MAYOR

Commissioner –Village Liaison

LOUISE HINGUL

Commissioner - Village Appointee

GOSHEN SENIOR CLUB

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