

GOSHEN NEWSLETTER

Senior Center



FEBRUARY
2022

SENIOR CENTER NEWS!

**** IMPORTANT INFORMATION ****

Just a reminder...that Senior Center closings and delays are no longer based upon the school system delays and closings. All closings and delay notifications will be done using our automated calling program and will also be posted on our website www.goshenseniorcenter.org. If you are currently not receiving messages regarding the senior center, please see Bonnie to get your phone numbers (text and or landline) added to our general information calling database.

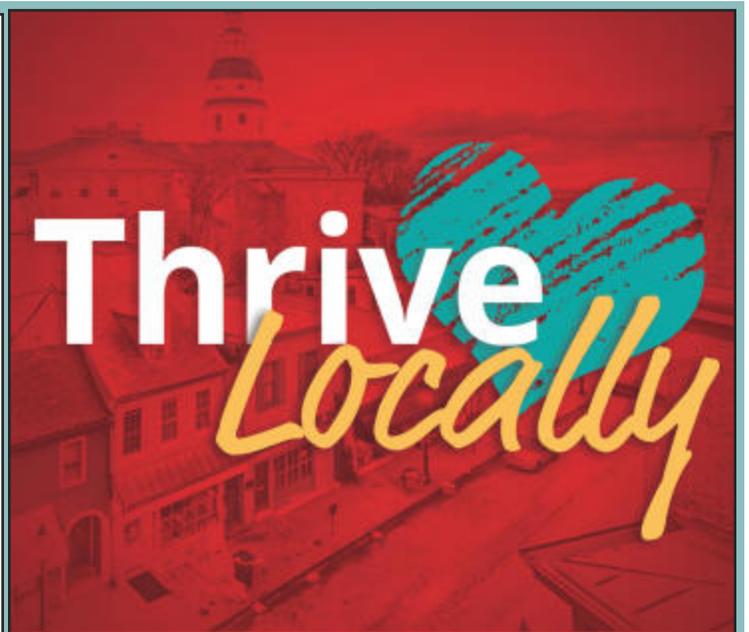
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SENIOR CENTER SAFETY PROTOCOLS

- 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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FEBRUARY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Marty Osteo 9:30 Elizabeth Yoga 10:30 Poker 12:00 Bridge 1:00	3 Line Dancing 10:30 Elizabeth Yoga 11:30 Mah Jongg 1:00 Pickleball 12:30	4 Marty Osteo 10 Marty Aerobics 11 Square dancing 12 *Chair Yoga 1 Pickleball 2:00
7 Robin Yoga 10:15 *Chair Yoga 11:30 Pickleball 12:30	8 Kelly Yoga 9:15 Kara Aerobics 10:30 Kara Happy Hips 11:30 Robin Yoga 12:30 Pickleball 1:30	9 Marty Osteo 9:30 Elizabeth Yoga 10:30 Poker 12:00 Bridge 1:00	10 Line Dancing 10:30 Elizabeth Yoga 11:30 Mah Jongg 1:00 Make N Take Crafts 1:30	11 Marty Osteo 10 Marty Aerobics 11 Square dancing 12 *Chair Yoga 1 Pickleball 2:00
14 Robin Yoga 10:15 *Chair Yoga 11:30 Goshen Senior Club Meeting 1pm	15 Kelly Yoga 9:15 Kara Aerobics 10:30 Kara Happy Hips 11:30 Robin Yoga 12:30 Pickleball 1:30	16 Marty Osteo 9:30 Elizabeth Yoga 10:30 Poker 12:00 Bridge 1:00	17 Line Dancing 10:30 Elizabeth Yoga 11:30 Mah Jongg 1:00 Pickleball 12:30	18 Marty Osteo 10 Marty Aerobics 11 Women's Book Discussion 11 Square dancing 12 *Chair Yoga 1 Pickleball 2:00
21 Senior Center Closed Washington's Birthday	22 Kelly Yoga 9:15 Kara Aerobics 10:30 Kara Happy Hips 11:30 Robin Yoga 12:30 Pickleball 1:30	23 Marty Osteo 9:30 Elizabeth Yoga 10:30 Poker 12:00 Bridge 1:00	24 Line Dancing 10:30 Elizabeth Yoga 11:30 Mah Jongg 1:00 Pickleball 12:30	25 Marty Osteo 10 Marty Aerobics 11 Square dancing 12 Chair Yoga 1 Pickleball 2:00
28 Robin Yoga 10:15 Chair Yoga 11:30 Goshen Senior Club Meeting 1pm	* Kara will be subbing for Chair Yoga till Feb 18th as Livia will be away.			

HOOKS & NEEDLES NEWS

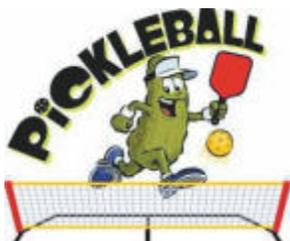
Despite the senior center being closed for many months, our Hooks & Needles group was busy working behind the scenes last year and knitted over 100 hats for the newborn infants and cancer patients at Garnet Medical Center. They also knitted 25 shawls, 40 baby blankets for Garnet Medical Center and created numerous lap blankets for the Valley View Nursing Home and for our local Veterans.



PICKLEBALL FOR SENIORS

If you're looking for some indoor fun this winter...pickleball is just what the doctor ordered! The benefits of pickleball are many. It is light, aerobic exercise without much risk of injury. Research has shown that seniors who play pickleball three times a week for an hour each time saw **improved blood pressure and cardiorespiratory fitness.**

Check out the various offerings on our monthly schedule and reserve your day and time with Bonnie at 294-8545 or on line once it becomes available!



WOMEN'S BOOK CLUB

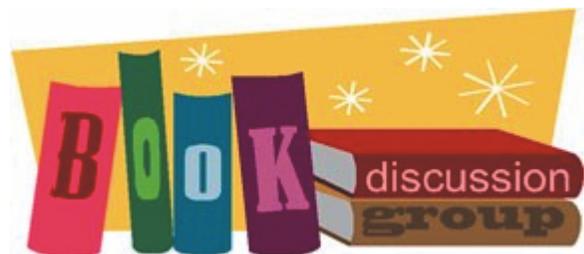
The Women's Book Club meets on the 4th Friday of each month in our library.

Feb 25th - "Harry's Trees" by John Cohen

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

April 22nd

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



CROSSWORD PUZZLE

ACROSS

- 1 Antiballistic Missile (abbr.)
- 4 Son of Ruth
- 8 Heddles of a loom
- 12 Shaft
- 13 Dismiss
- 14 US dam
- 15 Tier
- 17 Winglike
- 18 Chateaubriand heroine
- 19 Delirium tremens (abbr.)
- 21 Variation (pref.)
- 24 Blaubok
- 28 Time period
- 31 Ecclesiastic box
- 33 Abridged (abbr.)
- 34 Atl. Coast Conference (abbr.)
- 35 Dismal
- 36 Beam
- 37 Before

DOWN

- 38 Burden
- 39 Middle (pref.)
- 40 Eradicate
- 42 P.I. tree
- 44 Gelderland city
- 46 Viper
- 50 E. Indian fiber plant
- 53 Can
- 56 Open
- 57 Initial (abbr.)
- 58 Bronze (Lat.)
- 59 Languish
- 60 Rattan
- 61 Bacon, lettuce, and tomato (abbr.)

ANSWER TO PREVIOUS PUZZLE

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

DOWN

- 8 Shore
- 9 Mulberry of India
- 10 Exclamation
- 11 Sea (Fr.)
- 16 Axillary
- 20 Tree
- 22 New sugarcane shoot
- 23 Mountain nymph
- 25 Berne's river
- 26 Down with (Fr., 2 words)
- 27 Freezing (pref.)
- 28 Bookbinding style
- 29 Pale brown
- 30 Maple genus
- 32 Arabian judge
- 35 Ran
- 39 Created
- 41 Kind
- 43 Sip
- 45 Heroic
- 47 Dull yellowish brown
- 48 Daredevil Knieval
- 49 Peace of mind
- 50 Weaken
- 51 Silkworm disease
- 52 Bobbsey twins
- 54 Genetic letters
- 55 A (Ger.)

1	2	3	4	5	6	7	8	9	10	11	
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Chocolate-Dipped Phyllo Sticks

Ingredients

- 4 sheets phyllo dough (14x9-inch size)
- 2 tablespoons butter, melted
- 1 tablespoon sugar
- 1/4 teaspoon ground cinnamon
- Cooking spray
- 2 ounces semisweet chocolate, finely chopped
- 1/2 teaspoon shortening
- 1/2 ounce white baking chocolate, melted

Directions

Preheat oven to 425°. Place 1 sheet of phyllo dough on a work surface; brush with butter. Cover with a second sheet of phyllo; brush with butter. (Keep remaining phyllo dough covered with plastic wrap and a damp towel to prevent it from drying out.) Cut phyllo lengthwise in half; cut each half crosswise into 5 rectangles (4-1/2x2-3/4 in.). Tightly roll up rectangles jelly-roll style, starting with a long side.

Mix sugar and cinnamon. Lightly coat sticks with cooking spray; sprinkle with 1-1/2 teaspoons sugar mixture. Place on an ungreased baking sheet. Bake until lightly browned, 3-5 minutes. Remove to a wire rack to cool. Repeat with remaining ingredients.

In a microwave, melt semisweet chocolate and shortening; stir until smooth. Dip 1 end of each phyllo stick into chocolate; allow extra to drip off. Place on waxed paper; let stand until set. Drizzle with white chocolate.

Enjoy!

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

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.

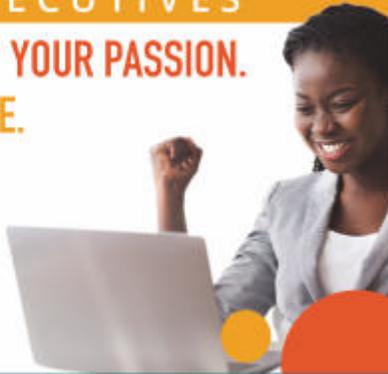
Hopefully, some of these tricks can help if you find yourself locked in a battle with the elements this season.

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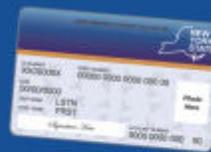
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CONTACTS & OFFICE INFORMATION

BONNIE MAYEFSKY

Program Coordinator

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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