

PEEKSKILL SENIORS:

Newsletter for November, 2023

HOURS OF OPERATION

Monday to Friday
9:00 AM – 3:00 PM

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CONTACT INFORMATION

JOHNATHAN ZAMORA,
NUTRITION SITE MANAGER
(914) 734-4250 x2

ALISON della VECCHIA
SR. OFFICE ASSISTANT
(914) 739 - 6768

RHONDA GETTER,
FOOD SERVICE HELPER/
RECREATION ASSISTANT
(914) 734 – 4251

RAY GLASHOFF
SR. RECREATION LEADER
(914) 734-4254

GREGORY GILBERT, CHEF

WALTER DOMINGUEZ,
KITCHEN AIDE

BELDON JORDAN
HOMEBOUND DELIVERY

ELIJAH DABBS
HOMEBOUND DELIVERY

JOE TAYLOR
TRANSPORTATION

NEED A RIDE?

Round-Trip Bus Transportation is available for members of our lunch program and senior center.

We also provide round-trip shopping trips twice a week



\$1.00 is the suggested donation per round-trip. Reservations need to be made 24 hours in advance by calling Rhonda Getter: **(914) 734 – 4251**. Transportation services are funded by the Dept. of Health & Human Services, the Administration on Community Living, the NYS Office of the aging, Westchester County Dept. of Senior Programs & Services & the City of Peekskill

JOIN US FOR A MEAL!

We provide delicious hot meals from Monday to Friday, prepared by our chef Gregory Gilbert.

\$3.00 is the suggested donation per meal.

Please call Rhonda Getter @
(914) 734 – 4251 to reserve a spot.



WE DELIVER!

Seniors over the age of 60 who lack adequate support and the capability to prepare their own meals may qualify for the Homebound Delivered Meals Program.

The suggested donation per delivery is \$3.50/hot meal, \$2.50/cold meal. Call (914) 734-4251 to schedule a home visit.

TO RESERVE A MEAL, CALL 914-734-4251 AT LEAST 24 HRS. IN ADVANCE.



IF YOU HAVE FOOD ALLERGIES, PLEASE LET SITE MANAGER OR COOK KNOW

WHAT'S NEW IN NOVEMBER

MONTHLY FOOD BANK DISTRIBUTION: No food bank this month

RIDE CONECT: Free Shopping bus November 2nd & 16th to Walmart & Shop-Rite. For reservations, please call 914-242-7433.

ANNIE KIBRICK, a SNAP facilitated enroller, will be at the senior center on November 2, from 10am – 12 noon to assist seniors apply for SNAP (Supplemental Nutrition Assistance Program) benefits, answer questions and learn about other social service programs seniors may qualify for.

SPECIAL EVENTS/TRIPS...

THANKSGIVING MEAL: Thursday, November 16th. Please reserve by 11/10 with Rhonda. Fresh roasted Turkey, stuffing, sweet potatoes, green bean casserole, dinner rolls and pumpkin pie!

CLUB'S HOLIDAY PARTY: Thursday December 14 at the Cortlandt Colonial Restaurant. Please see Cynthia Anderson to sign up and for more details

WEST POINT MEN'S BASKETBALL GAME: Army will be playing Quinnipac College on Friday November 17 at 5 pm. Bus will leave at 3:30 pm. Fee: \$ (sandwich, drinks & snack provided) See Ray to sign up (tickets are limited)

WESTCHESTER KNICKS BASKETBALL GAME: Friday December 1 at 11 am. At the Westchester County Center Bus will leave at 9:45 am. Tickets are limited so sign up with Ray Early. Cost is

SHOPPING AT FAIR ACRE FARMS/LUNCH AT CRACKER BARREL: Friday December 8. Bus leaves at 10 am. Cost is \$3.00 and lunch is on your own. Limited to first 20 that pays. See Ray to sign up and register.

PIZZA & MOVIE: Friday December 15 at 11:45 am. Cost is \$3.00. Movie TBD. Sign up with Ray by Wednesday December 13.

CIRQUE DREAMS HOLIDAZE SHOW: Please join us and get in the holiday spirit with an exciting show at IKE Hall Theater at West Point. The show will be on Sunday, December 10th at 4 pm. Bus will leave at 2:30 pm. Tickets are \$50.00. See Ray. Waiting list only

WEST POINT MEN'S HOCKEY GAME: Saturday January 13 against Holy Cross. Bus will leave at 3 pm. Fee is \$ (sandwich, drinks and snack provided)

SENIOR CLUB, GENERAL INFO



Cynthia Anderson, Club President
Anita Long, Vice President
Monique Holman, Secretary
Juanita Jackson, Club Chaplain

Collection of Senior Club Membership Dues will begin in January 2024 on Mondays, & Thursdays from 10:00 to 12:00. See club members for payment. (Membership is an annual fee of \$20.00)

All Senior Club Members are encouraged to attend our monthly Business Meeting on the first Thursday of every month @ 12:45 PM. These meetings are highly informative as we come together to discuss the ongoing events in our community, and grant everyone a chance to make their voices heard on issues that matter to them.

Bingo is held on Mondays and Thursdays from 10-12 noon. Pokeno is held on Wednesdays @ 1:00 pm in the senior room



And if all you want is a cup of coffee, a pastry, televised news, and some friendly faces to see every day, you are always welcome to hang out in our Senior Club Room downstairs. **** Kitchen help is needed.**

HEALTH SERVICES

T.I.P.S program on
Wednesdays 11 am – 1 pm in
Nutrition Room



INFO SERVICES

LEGAL SERVICES OF HUDSON VALLEY
(NON-CRIMINAL)

1 PARK PLACE
(SOCIAL SECURITY BLDG)
PAT ANGLE, ATTORNEY
(914-949-1305)



EXERCISE WITH US!



MONDAYS & WEDNESDAYS - 10:30 (EXERCISE)

TUESDAYS- 10:00 (WATER COLOR CLASS)

TUESDAYS- 10:30-11:30 TAI-CHI WILL BE AT THE YOUTH BUREAU

THURSDAYS - CHAIR YOGA (15 Wks) 10:30 – 11:30 IN THE
EXERCISE ROOM STARTING SEPT. 7

** QUILTING IS ON WEDNESDAYS 10-12 NOON

Congregate attendees: Please notify Rhonda (914) 734-4251 at least 24 hours in advance for days that you wish to attend our lunch program or need to be picked up.

Homebound Delivery Recipients: If you are not available to receive your meal during delivery hours, you must notify Johnathan (914) 734-4250 option 2 at least 24 hours in advance.



Senior Shout-Outs

“Teamwork makes the dream work!”

Recovering in Nursing/Rehab Homes: Delores Mosley Field Home; Marguerite Eichler (Cortlandt), Mary Wortham, Nettie Banks, Dozier Wilson, Dorothy Klapatch, Pat Martin (Emerald Peek).

Thinking of you: Lai Citron, Barbara Goldberger, Latea Shelton, James Brown, Juanita Jackson, Regina Kennerly

Get well soon: Millie Fereca, Eva Gaston, Mary Ann D’Angelo, Mary Simone, Theo Fraizer

New Members: Julia Jackson, Aretha Miller, Quessie Carr, Melody Gioia, Ignazio Red.

Condolences: Our Deepest Condolences & Prayers go out the Family Members of Mary Calabrese and Edith Konzen. Pray for the family of Eulah Smith on the passing of her brother.



And a very happy birthday to.....

Algloria Florenz	11/3	Susan Mithchell Powell	11/20
Anthony Williams	11/6	Tonida Carchi (Lady Bug)	11/24
Michele Wiggs	11/8	Bernice Colon	11/24
Eileen McMutchen	11/9	Frances Berry	11/26
Ali Kausar	11/10	Doreen McQuillan	11/27
Sandra Roake	11/14	Millie Fereca	11/30
Bobbi McClean	11/15	Francisco Giler	11/30

Peekskill Seniors: Shopping Schedule (Bus leaves the center @ 12:45 PM) November, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 NO SHOPPING BUSINESS MEETING	3
6	7 CLOSED	8	9 SHOP-RITE	10
13	14 BEACH SHOPPING CENTER	15	16 CORTLANDT TOWN CENTER	17
20	21 SHOP-RITE	22	23 CLOSED THANKSGIVING	24
27	28 BEACH SHOPPING CENTER	29	30 NO SHOPPING BIRTHDAY PARTY	

PEEKSKILL SR CENTER: NOVEMBER, 2023 ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	1 9 am Club Open 10 Am Quilting 11-1 pm T.I.P.S. 12:00 noon: Lunch 1:00 Pokeno	2 9 am Club Open <u>10:00-12:00 SNAP</u> 10:00 – 12 noon: Bingo 10:30: Chair Yoga 12:00 noon: Lunch <u>1:00: Business Meeting</u>	3 9 am Club Open 12 noon: Lunch
6 9 am Club Open 10-12 Bingo 10:30-11:30 Exercise 12 noon: Lunch	7 CLOSED ELECTION DAY	8 10:00 am Quilting 11-1 pm T.I.P.S. 12:00 noon: Lunch 1:00 Pokeno	9 9 am Club Open 10:00 – 12 noon: Bingo 10:30: Chair Yoga 12:00 noon: Lunch 1:00: Shopping	10 CLOSED VETERAN'S DAY
13 9 am Club Open 10-12 Bingo 10:30-11:30 Exercise 12 noon: Lunch	14 am Club Open 10:00 Art Class 10:30 Tai-Ci (YB) 12 noon: lunch 1:00 Shopping	15 10 am Quilting 11 am – 1 pm T.I.P.S. 12 noon: Lunch 1:00 Pokeno	16 9 am Club Open 10:00 – 12 noon: Bingo 10:30: Chair Yoga 12:00 noon: Lunch 1:00: Shopping/Trader Jo	17 9am Club Open 12:00 Lunch <u>3:30: ARMY Basketball</u>
20 9 am Club Open 10-12 Bingo 10:30-11:30 Exercise 12 noon: Lunch	21 9 am Club Open 10:00 Art Class 10:30 Tai-Chi (YB) 12 noon: Lunch 1:00: Shopping	22 10 am Quilting 10:30-11:30 Exercise 11 am – 1 pm T.I.P.S. 12 Noon: Lunch 1 pm: Pokeno	23 CLOSED THANKSGIVING	24 CLOSED THANKSGIVING
27 9 am Club Open 10-12 Bingo 10:30-11:30 Exercise 12 noon: Lunch	28 9 am Club Open 10:00 Art Class 12 noon: Lunch	29 10 am Quilting 10:30-11:30 Exercise 11 am – 1 pm T.I.P.S. 12 Noon: Lunch 1 pm: Pokeno	30 9 am Club Open 10:00 – 12 noon: Bingo 10:30: Chair Yoga 12:00 noon: Lunch 1:00: Shopping	

EXERCISE/WATER COLOR/ QUILTING SCHED. (NOVEMBER, 2023)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Quilting	2 10:30-11:30 CHAIR YOGA	3
6 10:30 – 11:30: Exercise w/Pat	7 CLOSED ELECTION DAY	8 10:00 Quilting	9 10:30-11:30 CHAIR YOGA	10
136 10:30 – 11:30: Exercise w/Pat	14 10:00 Water Color 10:30 Tai-Chi (YB)	15 10:00 Quilting 10:30 – 11:30: Exercise w/Pat	16 10:30-11:30 CHAIR YOGA	17
20 10:30 – 11:30: Exercise w/Pat	21 10:00 Water Color 10:30 Tai-Chi (YB)	22 10:00 Quilting 10:30 Exercise w/Pat	23 CLOSED THANKSGIVING	24
27 10:30 – 11:30: Exercise w/Pat	28 10:00 Water Color	29 10:00 Quilting 10:30 Exercise w/Pat	30 10:30-11:30 CHAIR YOGA	

Peekskill Nutrition: November, 2023 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 VEGETABLE LASAGNA TOSSED SALAD BROCCOLI ITALIAN FRESH FRUIT	2 GINGER CHICKEN BROWN RICE ORIENTAL VEGETABLES WHOLE WHEAT TROPICAL FRUIT	3 GERMAN PORK CHOP HARVARD BEETS GREEN BEANS SEEDLESS RYE FRESH FRUIT
6 CHICKEN SAUSAGE PEPPERS & ONIONS TATER TOTS HOT DOG BUN MANDARIN ORANGES	7 CLOSED FOR ELECTION DAY	8 BROCCOLI QUICHE SWEET POTATOES WAX BEANS PUMPERNICKEL SLICED PEACHES	9 YANKEE POT ROAST MASHED POTATOES PEAS & CARROTS ROLL FRESH FRUIT	10 CLOSED FOR VETERAN'S DAY
13 MACARONI & CHEESE STEWED TOMATOES GREEN BEANS WHOLE WHEAT SLICED PEARS	14 CURRY LAMB/RICE CREAMED SPINACH CUCUMBER SALAD MULTIGRAIN DINNER ROLL	15 BAKED FLOUNDER QUINOA & KALE CARROTS WHOLE GRAIN ROLL MANDARIN ORANGES	16 TURKEY/STUFFING SWEET POTATOES GREEN BEAN CASSEROLE DINNER ROLL PUMPKIN PIE	17 ROASTED CHICKEN CORN MIXED VEGETABLES DINNER ROLL BIRTHDAY CAKE
20 BAKED FISH CORN KALE & ONIONS WHOLE WHEAT FRUIT BLEND	21 ITALIAN MEATBALLS SPAGHETTI BROCCOLI ITALIAN SLICE PEACHES	22 CHEESE LASAGNA TOSSED SALAD SPINACH ITALIAN FRUIT	23 CLOSE THANKSGIVING DAY	24 CLOSED
27 SALISBURY STEAK ROASTED POTATOES RED CABBAGE TOLL TROPICAL FRUIT	28 EGGPLANT PARMIGIAN WHOLE WHEAT PENNE BROCCOLI ITALIAN FRESH FRUIT	29 PORK CHOP SWEET POTATO BRUSSEL SPROUTS PUMPERNICKEL APPLESAUCE	30 CHICKEN PAPRIKA HARVARD BEETS TUSCAN VEGETABLES WHOLE WHEAT PUDDING	** IF YOU HAVE ANY FOOD ALLERGY, PLEASE INFORM THE SITE MANAGER OR THE CHEF (914-734-4250)

