

PEEKSKILL SENIORS:

Newsletter for February, 2024

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 DELLAVECCHIA
SENIOR OFFICE ASSISTANT
(914) 739 - 6768

RHONDA GETTER,
KITCHEN HELPER/
RECREATION ASSISTANT
(914) 734 - 4251

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

GREGORY GILBERT, CHEF

WALTER DOMINGUEZ,
KITCHEN AIDE

ELIJAH DABBS
HOMEBOUND DELIVERY

BELDON JORDAN
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 assessment.

If you have ANY food allergies, inform the Site Manager or Chef



WHAT'S NEW IN FEBRUARY

SPECIAL EVENTS...

COOKING CLASS: Thursday, February 8th, Cooking class at the Peter X. Kelly Teaching Kitchen, 11:15AM -12:45PM. Limited to 10 attendees. Sign up with Ray

RIDE CONNECT: Free bus shopping trips. Thursdays 2/1 & 2/15 to Cortlandt Town Center Walmart & Shop-Rite. Call 914-242-7433 for more information & reservations

AARP TAX PREPARATIONS: Fridays starting 2/2 and ending 4/12. Must call 914-440-3086 for an appointment. Call between 9:30 am – 2:00 pm and leave a message. (NO DROP-INS)

VALENTINE'S LUNCH: Thursday, February 15 @ 12:00 noon in the senior clubroom. See Rhonda for registration and details.

COFFEE WITH A COP: Enjoy delicious pastries, hot coffee and conversation with Peekskill police officers. Flyer to details follow

TOUR OF CENTRAL FIREHOUSE: Feb. 21st - Join us on a “behind the scenes” tour of the Central Firehouse, including apparatuses, training center and tech hub – guided by Peekskill FD members. Flyer to follow

PIZZA & A MOVIE: Thursday, Feb. 22nd at 11:30 am, Senior Club Room, register with Ray

HANDS-ON ART CLASS: Join Peekskill artist, Yunmee Kyong, explore various arts & crafts. Next class begins Feb. 23, 2024. Register with Ray

CARDIOLOGIST “HEART MATTERS” TALK: Join in a conversation with a NYP Cardiologist as he discusses heart matters. Flyer and details to follow.

STEM ALLIANCE COMPUTER CLASSES: Next classes start in spring, 2024. Register with Johnathan. Details and flyer to follow

PLANT BASED COOKING CLASSES: Sign up for an informative and delicious cooking class with a focus on the nutrient benefits of plant based foods. Attendees who complete 6 classes receive a free 6 Qt. Instant Pot at no charge!

TRIPS

COMING SOON: Walkway Across the Hudson, Yankee Games, Shopping Trips, Senior Picnic, barbecues and more!

SENIOR CLUB, GENERAL INFO



Cynthia Anderson, Club President
Anita Long, Vice President
Evelyn Lovette, Secretary
Judy Gibbs, Treasurer
Geri Kearse, Asst. Treasurer

**Collection of Senior Club Membership Dues are on
Mondays, & Thursdays from 10:00 to 12:00.**

See club officers 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 now 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 – 11:30AM Tai-Chi (Youth Bureau – March 2024)

THURSDAYS: Chair Yoga (15 Wks.) 10:30 – 11:30 (Exercise Room)

** QUILTING IS ON WEDNESDAYS from 10am – 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 Rhonda (914) 734-4251 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), Nettie Banks, Dorothy Klapatch, Marguerite Sharpe (Cortlandt) Dorothy Sims (Cortlandt)

Thinking of you: Lai Citron, James Brown, Juanita Jackson, Regina Kinnerly, Millie Fereca, Eva Gaston

Get well soon: Mary D’Angelo, Gerrie Kears, Anita Long, and Karen Santos

New Members: Major Cheatum, Lynn Edling, Irene Plunkett, Elizabeth Garvey, Gary Paul Vaccarella

Condolences: Our deepest sympathy goes to Marino Lopez family on the passing of Marino.



And a very happy birthday to.....

ALEXANDER DAVIS	2/4	MARSHA BAILEY	2/21
FRED AMERINO	2/8	LEONARD BENSKY	2/22
NORA KOVACS	2/13	DOREEN HODGE	2/23
IRIS PELLIGRINO	2/15	NESTOR SANTOS	2/26
LINDA JACKSON	2/16		
ROSE HODGES	2/18		
HELEN FERRER	2/19		

HAPPY BIRTHDAY TO OUR NUTRITION PROGRAM MEMBERS

GEORGE BAILEY	2/1	ANDREW CARNAN	2/19
BRUNI LINDHOLM	2/2	JOSE FERRAN	2/19
DEAN ZACEK	2/3	FRANCESCO RICCI	2/21
BETH GILLO	2/3	JAMES SABATINO	2/24
ALEX DAVIS	2/4	JOANNE HEADY	2/24
KAZI OLIVER	2/9	CECILE FISHER	2/26
BRENDA BRADSHAW	2/9	BEATRIZ VALLEJO	2/29
TERRI MATRA	2/9		
LESLIE DAVIS	2/15		

PEEKSKILL SENIORS: February Shopping Schedule

* *Bus leaves the Center @ 1pm*

Monday	Tuesday	Wednesday	Thursday	Friday
			1 NO SHOPPING <u>BUSINESS MEETING</u>	2
5	6 SHOP RITE	7	8 CORTLANDT TOWN CENTER	9
12 CLOSED FOR LINCOLN'S BIRTHDAY	13 BEACH SHOPPING CENTER	14	15 SHOP RITE	16
19 CLOSED FOR PRESIDENTS DAY	20 CORTLANDT TOWN CENTER	21	22 BEACH SHOPPING CENTER	23
26	27 SHOP-RITE	28	29 NO SHOPPING <u>BIRTHDAY PARTY</u>	3

PEEKSKILL SR CENTER: FEBRUARY 2024 ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9 am Club Open 10:00 – 12 noon: Bingo 10:30 – 11:30 Chair yoga 12:00 noon: Lunch <u>1:00 BUSINESS MEETING</u>	2 9 am Club in Dining room 12 noon: Lunch TAX APPTS. 9-2
5 9 am Club Open 10-12 Bingo 10:30-11:30 Exercise 12 noon: Lunch	6 9 am Club Open 10-11:45 Water Color 12 noon: Lunch 1:00 Shopping	7 9 am Club Open 10:00 Quilting 10:30-11:30 Exercise 11 am – 1 pm T.I.P.S. 12 noon: Lunch 1 pm Pokeno	8 9 am Club Open 10:00 – 12 noon: Bingo 10:30 – 11:30: Chair yoga 11:15 – 12:45: Cooking class (NYP Teaching Kitchen) 1:00: Shopping	9 9 am Club in Dining room 12 noon: Lunch TAX APPTS. 9-2
12 CLOSED LINCOLN'S BIRTHDAY	13 9 am Club Open 10-11:45 Water Color 12 noon: Lunch	14 9 am Club Open 10 am Quilting 10:30-11:30 Exercise 11 am – 1 pm T.I.P.S. 12 noon: Lunch 1:00 Pokeno	15 9 am Club Open 10:00 – 12 noon: Bingo 10:30 – 11:30: Chair yoga 12:00 Valentines Lunch 1:00 - Shopping	16 9 am Club in Dining room 12:00 Lunch TAX APPTS. 9-2
19 CLOSED PRESIDENTS DAY	20 9 am Club Open 12:00 Lunch 10-11:45: Water color 12 noon: Lunch 1:00 Shopping	21 9 am Club Open 10 am Quilting 10:30-11:30 Exercise 11 am – 1 pm T.I.P.S. 1 pm: Pokeno	22 9 am Club Open 10:30 – 11:30: Chair yoga 11:30: Pizza and Movie 12 noon: Lunch	23 9 am Club in Dining room 12 noon: Lunch TAX APPTS. 9-2
26 9 am Club Open 10-12 Bingo 10:30-11:30 Exercise 12 noon: Lunch	27 9 am Club Open 10-11:45 Water Color 12 noon: Lunch 1:00 Shopping	28 9 am Club Open 10 am Quilting 10:30-11:30 Exercise 11 am – 1 pm T.I.P.S. 1 pm: Pokeno	29 9 am Club Open 10:00 – 12 noon: Bingo 10:30 – 11:30: Chair yoga 12 noon: Lunch <u>1:00 BIRTHDAY PARTY</u>	1 9am Club in Dining room 12 noon: Lunch TAX APPTS. 9 - 2

EXERCISE/WATER COLOR/ QUILTING SCHED. (FEB., 2024)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:30 – 11:30 Chair yoga w/ Marta	2
5 10:30 – 11:30: Exercise w/Pat	6 10:00 – 11:45 Water Color: w/ Diane	7 10:00 Quilting 10:30 – 11:30: Exercise w/Pat	8 10:30 – 11:30 Chair Yoga w/ Marta	9
12 CLOSED LINCOLN'S B'DAY	13 10:00 – 11:45 Water Color: w/ Diane	14 10:00 Quilting 10:30 – 11:30: Exercise w/Pat	15 10:30 – 11:30 Chair Yoga w/ Marta	16
19 CLOSED PRESIDENTS DAY	20 10:00 – 11:45: Water Color w/ Diane	21 10:00 Quilting 10:30 Exercise w/Pat	22 10:30 – 11:30 Chair Yoga w/ Marta	23
26 10:30 – 11:30: Exercise w/Pat	27 10:00 – 11:45 Water Color: w/ Diane	28 10:00 Quilting 10:30 Exercise w/ Pat	29 10:30 – 11:30 Chair Yoga w/ Marta	

Peekskill Nutrition: February, 2024 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>IF YOU HAVE <u>ANY</u> FOOD ALLERGIES, CONTACT THE SITE MANAGER OR CHEF AT (914) 734 – 4250</p>			<p>1 POTATO & CHEESE FRITTATA STEWED TOMATOES GREEN BEANS MULTIGRAIN MANDARIN ORANGES</p>	<p>2 JAMBALAYA CREAMED SPINACH COLLARD GREENS CORNBREAD PUDDING</p>
<p>5 CHICKEN SAUSAGE ONIONS & PEPPERS ZUCCHINI HOT DOG ROLL PINEAPPLE CHUNKS</p>	<p>6 BEEF BURGANDY ROASTED POTATOES MIXED VEGETABLES SEEDLESS RYE SLICED PEARS</p>	<p>7 BAKED FLOUNDER RED BEANS & RICE GREEN BEANS WHOLE WHEAT SLICED PEACHES</p>	<p>8 ROASTED TURKEY MUSHROOM STUFFING CAULIFLOWER & PEAS CORNBREAD FRESH FRUIT</p>	<p>9 PORK TENDERLOIN BAKED POTATO RED CABBAGE MULTIGRAIN MANDARIN ORANGES</p>
<p>12 CLOSED LINCOLN'S BIRTHDAY</p>	<p>13 CHICKEN GUMBO RED BEANS & RICE COLLARD GREENS CORNBREAD CAKE</p>	<p>14 EGGPLANT ROLLATINI WHOLE WHEAT PENNE BROCCOLI ITALIAN MANDARIN ORANGES</p>	<p>15 MEATLOAF AU GRATIN POTATOES PEAS & CARROTS MULTIGRAIN COOKIES</p>	<p>16 BAKED FISH BLACK BEANS & CORN SPINACH 12 GRAIN PINEAPPLE CHUNKS</p>
<p>19 CLOSED PRESIDENTS DAY</p>	<p>20 SOLE FLORENTINE LEMON POTATOES CARROTS WHOLE WHEAT SLICED PEARS</p>	<p>21 CHICKEN CHOW MEIN WHITE RICE BROCCOLI MULTIGRAIN MANDARIN ORANGES</p>	<p>22 PORK TENDERLOIN MASHED POTATOES GREEN CABBAGE PUMPERNICKEL COFFEE CAKE</p>	<p>23 CHEESE LASAGNA TOSSED SALAD ZUCCHINI ITALIAN BIRTHDAY CAKE</p>
<p>26 BEEF CHILI BROWN RICE GREEN BEANS MULTIGRAIN FRUIT COCKTAIL</p>	<p>27 COUNTRY CHICKEN BOWTIE PASTA SPINACH 12 GRAIN MANDARIN ORANGES</p>	<p>28 GERMAN PORK CHOP ROASTED POTATOES MIXED VEGETABLES PUMPERNICKEL PIE</p>	<p>29 ITALIAN MEATBALLS SPAGHETTI BROCCOLI ITALIAN FRESH FRUIT</p>	