

**Town of New Castle**  
**Senior Citizens Program**

**SENER STREET SPOTLIGHT**

2020

**Welcome to the Town of New Castle Community Center**

For July and August we are offering a few Recreation and Social Service Programs, hopefully to start “The Ball Rolling & Get in the Swing” of coming to the Center again. We miss you and we look forward in seeing you. The Center has been too quiet. However, before we open our doors we must present “A Safe & Caring Plan” to all who enter.

**Everyone who comes to the Community Center, Upstairs Only, will be adhering to the following guidelines for everyone’s health and safety:**

1. All participants must register in advance for an activity they are attending, by calling the **Center at 914-238-8888 during 9am-4pm hours**, only.
2. All participants and staff must wear masks, practice social distancing, wash their hands, agree to have their temperature taken by a Center staff, provide their contact information, and stay home if feeling unwell or if someone in their household has had Covid-19 in the previous 14 days.
3. All activities will be limited to 10 people (including the facilitator).
4. No food nor beverage will be served at the Center, but participants may bring their own.
5. No-one is allowed in the Center unless attending a scheduled activity.
6. All Senior Programs will be held upstairs, only.

We hope to also offer some outdoor discussions. We shall start resuming Exercise Classes, Bridge, Mah-Jongg, Children & Adult Programs, as Soon as it is Safe.

**Connect to Our Website!**

For those who wish to view our most recent Newsletter online, please take the following steps:

- Go to: [www.mynewcastle.org](http://www.mynewcastle.org)  
Scroll to “Departments”  
Click on “Recreation & Parks”  
On left, click on “Programs & Camps”  
On left, click on “Senior Programs”  
Toward bottom, click on “Most Recent Newsletter”

**SENIOR CITIZENS PRGRAM**  
**SENIOR STREET SPOTLIGHT**  
**TOWN OF NEW CASTLE COMMUNITY CENTER MAIN FLOOR**  
**MONDAY, JULY 20 – THURSDAY, AUGUST 27, 2020**

**MONDAYS**

**Comprehensive Music Program w/Joe**

11:00 A.M. – 12:00 P.M.

Instructor: Joe Lane

An informal understanding of music (**No Fee**)

**Mondays:** July 20, 27, August 3, 10, 17, 24

**RUG ROOM/UPSTAIRS**

**Free Afternoon Movies**

**1:00 P.M. IN THE RUG ROOM/UPSTAIRS**

Come join us and spend a relaxing afternoon watching a pleasant movie well-known by many.

**Movies in July:**

- July 20 "OVERBOARD"  
with Goldie Hawn & Kurt Russell
- July 27 "KISS ME GOODBYE"  
with Sally Field, Jeff Bridges,  
James Caan & Claire Trevor

**Movies in August:**

- August 3 "GRUMPY OLD MEN"  
with Jack Lemon & Walter Matthau
- August 10 "GRUMPIER OLD MEN"  
with Jack Lemon & Walter Matthau
- August 17 "RETURN TO ME"  
with Carroll O'Connor,  
Robert Loggia, Bonnie Hunt,  
Jim Belushi & Minnie Driver



**TUESDAYS**



**"Words" with Vernon Ford**

1:00 P.M. – 2:30 P.M. (**No Fee**)

Instructor: Vernon Ford

Everyone is welcome whether you write, recite, read or listen. Format of this group will be determined by the members!

**Tuesdays:** July 21, 28, August 4, 11, 18, 25

**MIRROR ROOM/UPSTAIRS**

**Fun Craft Projects!!**

12:45 P.M – 3:00 P.M. (**No fee**)

Instructor: Charlynn Willis

In this class you will learn how to make a "No-Sew Pillow" for yourself, and also other interesting and fun individual projects. These crafts are designed for all abilities and the supplies are free.

**Tuesdays:** July 21, 28, August 4, 11, 18, 25

**RUG ROOM/UPSTAIRS**



## WEDNESDAYS

### **July 22 12:30 P.M. Welcome Back!**

Set this valuable time aside to talk and share about how we experienced the past few months with Bess and Donna.

#### **Outside Senior Patio or Rug Room**

(Depending on the weather)

### **July 29 12:30 P.M. WORD GAMES**

Spend a fun afternoon playing "oldie but goodie" favorite word and puzzles games: "Password, You Don't Say, CrossWits, Hang Man" and more.

#### **Outside Senior Patio or Rug Room**

(Depending on the weather)

### **August 5 12:30 P.M. Election 2020!**

Meet with Bess to discuss the important new changes for voting and what we need to know and do.

#### **Outside Senior Patio or Rug Room**

(Depending on the weather)

### **August 12 12:30 P.M. Patio Chat Time!**

Join Bess and Donna for another relaxing afternoon on the Outside Senior Patio for a safe and enjoyable day talking about a variety of "Your Favorite Things".

#### **Outside Senior Patio or Rug Room**

(Depending on the weather)

### **August 19 12:30 P.M. Vacation Days!**

A fun afternoon sitting outdoors on the Senior Patio recalling vacation days of yesterday and bringing up new ideas for vacation days of today.

#### **Outside Senior Patio or Rug Room**

(Depending on the weather)

---

### **For Monday-Friday Transportation**

Individual Doctor/Dentist appointments, ONLY

**ONE PERSON PER DAY**

**Call 238-8888 between 9:00 A.M. to 3:00 P.M.**

See In **Supportive Service News**  
**Under Senior Transportation**

## THURSDAYS

### **OPEN ART STUDIO WITH PAINTING & DRAWING**

**With Instructor: Joan Lang**

**10:00 A.M. – 12:00 P.M.**

All abilities welcome! No charge for class.

**Call 238-8888 to sign up!**

**Dates: July 23, 30 & August 6, 13, 20, 27**

**MIRROR ROOM/UPSTAIRS**



### **Current Events Group Discussion Politics, Government & More**

**1:30 P.M. – 2:30 P.M.**

This weekly group will focus on major domestic and foreign issues. We encourage you to take part in these lively discussions, where all opinions are appreciated and all are welcome!

**Dates: July 23, 30 & August 6, 13, 20, 27**

**MIRROR ROOM/UPSTAIRS**



## **FRIDAYS AT THE CENTER**

(Please Call 238-8888 & Sign Up for the Following Programs)

- July 24**      **12:30 P.M.**    **Patio Chat Time**  
Join Bess and Donna for a relaxing afternoon on the Outside Senior Patio for a safe and enjoyable day talking about *"New & Past Summer Memories"* with family, friends and acquiesces. **(Outside Senior Patio or Rug Room Upstairs)**
- July 31**      **12:30 P.M.**    **The History of Vacations**  
A wonderful and fun topic presented by Dr. Marilyn Glasser. Dr. Glasser will share enjoyable stories and explain the various types of vacations from the early days of our country's history to today's times of vacationing. An opportunity for everyone to sit back and relax and discuss what vacations are all about and how important they are in our lives. Vacations are not just for the Griswold family! **(Rug Room Upstairs)**
- 
- August 7**      **12:30 P.M.**    **Topic: "NY Tough: How to Build Resilience in Ourselves".**  
**Presented by Bess Steiger, LCSW**  
These difficult times challenge our ability to be positive. In this workshop we will learn **the 5 key skills** and various sources of help needed to bolster resilience. **(Rug Room Upstairs)**
- August 14**      **12:30 P.M.**    **Topic: "The Older and Wiser Driver"**  
**Anna Wyganowska of the Westchester County Department of Public Works & Transportation** will offer an educational presentation. The presentation will cover typical changes in drivers as we get older and offer tips on how to adjust driving accordingly. Information will be provided on most popular adaptive equipment (seat belt handles, wedge cushions, extended rearview mirrors etc.), on driver evaluation and rehabilitation programs and on available alternative transportation options. **(Rug Room Upstairs)**
- August 21**      **12:30 P.M.**    **End of the Summer Program**  
An afternoon to enjoy a dish of ice cream (in a paper cup with a plastic spoon) as we say goodbye to the summer. All are welcome to bring their favorite "Show and Tell" things. As others look but not touch, listening to people sharing their fond memories of their special belongings. **(Rug Room Upstairs)**

# Supportive Service News



## Town of New Castle Senior Citizens – JULY/AUG 2020

### Hello from Bess Steiger, Social Worker for Seniors

It has been almost 4 months since the Community Center closed due to the Corona Virus pandemic. This has, and continues to be a challenging time. We have all been impacted, whether by illness, bereavement, financial difficulties, social isolation, loss of our usual routines and activities, and the uncertainty of what the future will bring. I have reached out to many of our seniors and am so impressed with your strength and resilience. I am so grateful to the many people in New Castle who have offered to shop, run errands, or provide food or phone support to Seniors. Those services continue to be available, for as long as needed. Please contact me to access this help, or if we can help in any other way. I hope you and your families are safe. Bess. Tel (914) 238-2093 or (914) 671-0041, or email [bsteiger@mynewcastle.org](mailto:bsteiger@mynewcastle.org).

### When will the Community Center reopen?

We are looking towards a “soft” reopening of the Community Center the week of July 20, when NYS is expected to be in Phase 4 of Governor Cuomo’s plan. Our initial program schedule is listed in this newsletter. Anyone interested in attending an activity has to pre-register by calling the Rec Dept. at 238-8888 M-F 9am-4pm.

### Senior Programs from Home

Not quite ready to venture out to a group activity, but not sure about Zoom? No worries! We will be offering programs this summer via Conference Call. Some up-coming topics are:

Elections 2020: Understanding the changes and challenges to how we can vote  
Mindfulness  
Meditation and Stress Reduction  
Covid 19: Where We Are Now

The schedule will be posted on the Town website.

## Can You Zoom?

You've probably been hearing a lot about Zoom these days. It's a great way to visit with family and friends without having to leave home. You can also participate in many free courses, find new hobbies and continue to develop your current ones.

If you're not set up to use Zoom, you may be feeling left out – but we can help! As long as you have a laptop computer, iPad, tablet or smartphone, we can work with you and make Zoom as easy as clicking on this link.

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

For more information and one-on-one help, call Sylvia Russakoff at 914-241-0176 or Pam Rosman at 914-238-3153. In the meantime, here's a selection of the many great things that Zoom will enable you to try – while sitting in your garden or kitchen!

<http://coursehorse.com/nyc/classes?kw=classes%20on%20zoom&suggest=true>

<https://yivo.org/YCLS2020-Jochnowitz>

<https://time.com/5809322/social-distancing-book-clubs/>

## Senior Transportation

We hope to restart transportation for seniors in mid-July. This will initially be for transportation to a doctor or dentist appointment, and will be on a one person (or family unit) per day. Other transportation is still on hold for now. Call Bess for other transportation resources. Call the Center for to request a ride 238-8888.

## Medicare Updates

Due to the closure of the Community Center we have not been able to run our Medicare Updates program with Ginny Bender. We hope to restart as soon as possible.

Here are the links spring Medicare Updates Handouts:



April\_Medicare\_rights\_Color.pdf



May\_Medicare\_rights\_COLOR.pdf



June-2020-Handout-5.11.pdf

Julie Woodward is offering her “Demystifying Medicare” workshop online, for you to access on your own time:

<https://wikis.westchesterlibraries.org/sbic/demystifying-medicare/>

Here are other resources for Medicare help:

## Medicare Rights Center Hotline

Call 1-800-333-4114,  
Mon-Fri, 9-5 PM

## Center for Medicare & Medicaid Services (CMS)

Call 1-800-633-4227

## Alzheimer's Association

For more information on support groups and resources call 914-253-6860.