

Town of New Castle
Senior Citizens Program

SENER STREET SPOTLIGHT

Spring & Summer 2021

Welcome Back. We Missed you!!!

As we navigate through these unusual times, please know that we have always and will continue to have your health and well-being as a priority. We are excited to open the Center doors and welcome you back. As much as we would like to offer everything we did prior to Covid, we are proceeding cautiously with the programs that we are offering. If you have any questions, concerns and/or suggestions, please call the Center between 9-4pm, Monday thru Friday at 238-8888.

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

- All participants must register in advance for an activity they are attending, by calling the **Center at 914-238-8888 between 9am-4pm.**
- All participants and staff must wear masks (**It's the Town law**), 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.
- All activities will have a participant capacity limit.
- No food nor beverage will be served at the Center, but participants may bring their own.
- All Programs will be held upstairs.

Connect to Our Website!

To view our most recent Newsletter online, please take the following steps:

Go to: 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"

Having Trouble With ZOOM?

Come to the Community Center where we have a large screen Zoom display for many of our programs

This helpful video gives easy step-by-step instructions on how to use Zoom on a computer, table or smart phone:

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

For more information and one-on-one help with Zoom, call Sylvia Russakoff at 914-241-0176 or Pam Rosman at 914-238-3153

MONDAYS

Ping Pong

Mondays, 9:30-11:30am

(No Fee)

Open Play

MIRROR ROOM, UPSTAIRS

Garden Club

11:30-12:30pm

(No Fee)

RAISED BEDS BEHIND CENTER

TUESDAYS

SENIOR CHAIR YOGA

Tuesdays, 11:15-12:15pm (**\$20 Fee**)

Dates: 4/6 – 6/8, 10 sessions

Instructor: Rosemary Martin

Chair Yoga will focus on toning abdominal muscles, improve posture and balance. Gentle poses to strengthen shoulders and upper arm muscles. All standing poses will be done with support of a chair. Bring a mat to class as it keeps chair from moving. You leave feeling uplifted and relaxed.

RUGROOM, UPSTAIRS

“Words” with Vernon Ford

Tuesdays 1:00– 2:30pm (**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!

**MIRROR ROOM UPSTAIRS or
BACK PATIO IF WEATHER
PERMITS**

WEDNESDAYS

Senior Move, Stretch & Tone

Wednesdays, 10:30-11:30am

(**\$20 Fee**)

Dates: 4/7 - 6/9, 10 sessions

Instructor: Laura Santucci

Have fun while improving your fitness with a combination of simple cardiovascular exercises, muscle toning, balance training & gentle stretching.

MIRROR ROOM, UPSTAIRS

ORIGAMI

Wednesdays, 11:30-12:30pm

(**No Fee**)

Dates: 4/21 - 5/19, 5 Sessions

Instructor: Jeanine Meyer

Come enjoy the art of making paper creations. You may join in person or remotely by using the link below. There will be a new project each week. Paper will be supplied at the Center.

RUGROOM, UPSTAIRS

Zoom Meeting

<https://us02web.zoom.us/j/89610278142?pwd=U21xU0tieXJ4eHg3YkltZ1c5YTlidz09>

Meeting ID: 896 1027 8142

Passcode: 561325



THURSDAYS

Open Art Studio With Painting & Drawing

Thursdays, 10:00–12:00pm
(No Fee)

Instructor: Joan Lang

All abilities welcome!

Call 238-8888 to sign up!

Senior Drama Program- North of Broadway Performers

Thursdays, 12-2pm (No Fee)

Instructor: Susan Courtney
Weissman

Currently being offered via Zoom.

For more info, call 238-8888

Performance Friday, May 14th 7pm

Laughter Yoga (Hasyayoga)

Thursdays, 6pm- May 6th, June 3rd,
July 1st & August 5th

Thursdays, 11am- May 20th, June
17th, July 15th & August 19th

(No Fee)

Laughter Yoga is a modern exercise involving prolonged voluntary laughter. This type of yoga is based on the belief that voluntary laughter provides similar physiological and psychological benefits as spontaneous laughter. Intentional laughter often turns into real and contagious laughter. It is helpful in that it brings oxygen to our body and brain- lifting our spirits and carrying into our work, school, and lives.

Zoom Meeting Info:

<https://us02web.zoom.us/j/7873878902?pwd=UUdNdXBqUS9GYXh1L3pTTmN2Z25lUT09>

Meeting ID: 787 387 8902

Passcode: NewYork

FRIDAYS

Senior Flexible Fitness

Fridays, 10:30-11:30am (\$20 Fee)

Dates: 4/9 - 6/11, 10 Sessions

Instructor: Laura Santucci

Low impact chair aerobics with emphasis on range of motion & joint movement. Standing exercises for balance can be done with the aid of a chair. Work at your own pace & abilities. Some strength training incorporated if time allows.

MIRROR ROOM, UPSTAIRS

Patio Chat

Fridays at 11:45am (No Fee)

Beginning May 7th

Calling all Seniors!!! Join us at the Community Center for PATIO CHAT. The May 7th chat topic will be celebrating Mothers. Chats will continue through the Summer, weather permitting. Masks are required.

Save The Dates

Summer BBQ- June 4, 12pm
(Rain date June 11)

Volunteer Recognition Ceremony-
September 17, 12pm

Transportation

The Town of New Castle provides transportation services to Senior Town residents to local shopping and doctors appointments. Call 238-8888 to reserve a ride. Requests should be made at least 48 hours in advance.

Supportive Service News



TOWN OF NEW CASTLE
SENIOR CITIZENS
SPRING 2021



Hello from Bess Steiger, Social Worker for Seniors

It is now over a year since the pandemic started and our lives as we knew it ground to a halt. Some of you or your loved ones fell ill, and we lost several wonderful residents.

Our hearts go out to you and your families.

We can not get back what or those we have lost, but we can commit to life and honoring their memory.

We hope to increase the number of programs over the coming months, and that you will feel comfortable in joining in-person. For those who do not feel ready to come to the Center – or like the idea of attending events while in our pyjamas - many of our programs will continue to be available via Zoom.

TOILETRIES DRIVE TO ASSIST THE PLEASANTVILLE FOOD PANTRY

Beginning May 3, the Community Center is accepting donations of **new, unopened, small size** toiletries (shampoo, deodorant, razors, feminine products, soap etc.) which will be distributed to those in need through the Food Pantry. Please support our community.

OTHER TRANSPORTATION HELP

RideConnect (914) 242-7433 and **WestFair Rides** (914) 764-3533 have volunteer drivers to take Seniors to medical appointments, one person per ride. Pre-registration is required.

Paratransit is a program of Westchester County offering accessible, curb-to-curb shared rides to those physically unable to use a regular Bee-Line bus (or where a bus service does not exist). A Doctor's Certification must accompany your application. An application form and more information can be found at <https://disabled.westchestergov.com/paratransit> or by contacting Bess at 914-238-2093 or

bsteiger@mynewcastle.org

COVID 19 VACCINATIONS

New Castle Seniors showed incredible determination and patience to get vaccinated. We are indebted to the volunteers who offered their help in getting appointments for our Seniors. They were able to work miracles. If you or someone you know needs help or information regarding the vaccine, please contact Bess at the Community Center. If you are hesitant about getting the vaccine, speak to your healthcare provider or go to the CDC website www.cdc.gov/coronavirus or the NYS Dept of Health at <https://covid19vaccine.health.ny.gov>

**SENIOR LAW DAY
COLLABORATIVE**

Wednesday May 12 10am-Noon
FREE 15 minute consultation (via Zoom) with an Attorney, Financial Planner or Care Manager. No cost and no obligation. Registration opens at 12pm on May 11 at

**WHERE O WHERE DO MY PILL
BOTTLES GO?**

Every month, Diane Bernstein sends 300-400 bottles to Matthew:25 Ministries in Cleveland, which runs health clinics in Africa. This ensures that patients get their medications in clean and secure containers, and keeps the bottles out of the land fill.
"A Win-Win"!

You can drop off your empty pill bottles (please make sure the insides are clean) in the bins at the Community Center or the Town Hall, or at Diane's house. Our wonderful Senior volunteer, Joe Lane, gets the labels off and makes sure the outside is pristine. For more information, contact Diane at

dbern51@gmail.com. Many thanks to Diane and Joe, and to all the residents who participate in this program.

MEDICARE RESOURCES

The Medicare Minutes newsletters can be accessed electronically at mynewcastle.org. To receive the paper versions, contact Bess.

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

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

Medicare Rights Center Hotline:
800-333-4224 M-F 9am-5pm
Center for Medicare & Medicaid Services (CMS) 800-633-4227

HELP FOR CAREGIVERS

Are you a caregiver in need of support? The Liveable Communities Caregiver Coaching program provides one-on-one support to caregivers to help them make more informed decisions to meet the many challenges and responsibilities they face. If you would like to be matched with a Coach or would like to volunteer and train to be a Coach, contact Colette Phipps at 813-6441 or cap2@westchestergov.com.

HOME DELIVERED MEALS

Our program to deliver hot meals to our Seniors in need continued unabated throughout the pandemic, thanks to the dedication and efforts of our volunteer drivers and Rec Dept staff. A HUGE thank you to all. For more information and to sign up to receive meals (can be for short term) contact Bess at 238-2093 or bsteiger@mynewcastle.org

OTHER COMMUNITY RESOURCES:

Alzheimer's Association 253-6860 or www.alz.org

Cancer Support Team 777-2777

Gilda's Club Westchester 644-8844

WMC Health Cancer Institute 246-6600

NWH Ken Hamilton Caregivers Center 242-8128

Senior Health at Phelps Memorial Hospital 366-3677

Covid-19 Emotional Support Helpline 844-863-9314 (8a-10p)