

Town of New Castle
Senior Citizens Program

SENER STREET SPOTLIGHT

Spring 2022

Welcome Back

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. If you have any questions, concerns and/or suggestions, please call the Center between 9-4pm, Monday thru Friday at 238-8888. The downstairs is open daily, Monday—Friday from 9-3pm.

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 non-vaccinated participants and staff must wear masks (**per Town decision**), Everyone will practice social distancing, wash their hands, 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.

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”

Contact Us:

Recreation Office 238-3909

Community Center 238-8888

Senior Social Worker, Bess Steiger 238-2093

Superintendent, Ike Kuzio 238-7286

Asst. Superintendent, Christine Grey 238-7291

Senior Advisory Group

Joe DiPaolo

Sylvia Russakoff

Rita Bisignano

Joe Lane

Joan Lang

Arlene Reifer

Pam Rosman

Erika Miller

Jane Jung

Nancy Stein

Richard Stein

MONDAYS

Yogalates

Wednesdays, 9:15-10:15am

(\$128 Fee)

Dates: 4/18-6/13, 8 sessions

No Class on 5/30

Instructor: TBD

Combines Yoga which builds inner awareness and balance and flexibility with Pilates specialized, highly effective exercises that concentrate on your core muscles.

MIRROR ROOM, UPSTAIRS

Senior Move, Stretch & Tone

Mondays, 11:00am-12:00pm

(\$20 Fee)

4/18-6/13, 8 sessions

No Class on 5/30

Instructor: Laura Santucci

Improve your fitness with a combination of simple cardio exercises, muscle toning, balance training & gentle stretching.

MIRROR ROOM, UPSTAIRS

Monday Weeknight Workout

Mondays, 5:45-6:45pm

(\$128 Fee)

Dates: 4/18-6/13, 8 sessions

No Class on 5/30

Instructor: Shobha Vanchiswar

Back by popular demand! Low impact cardio and strengthening workout.

MIRROR ROOM, UPSTAIRS

Evening Yoga Flow

Mondays, 7-8pm

(\$128 Fee)

Dates: 4/18-6/13, 8 sessions

No Class on 5/30

Instructor: TBD

Slow flow Yoga that increases your body's strength, endurance and flexibility. Class ends with deep relaxation. Whether you are new to Yoga or have "practiced" before, this class will leave you energized but relaxed!

MIRROR ROOM, UPSTAIRS

TUESDAYS

"Words" with Vernon Ford

Tuesdays 1:00- 3:00pm

(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!

RUG ROOM UPSTAIRS

Bridge

Tuesdays 1:30-3:30pm

(No Fee)

Come make new friends or reconnect with old friends.

DOWNSTAIRS

WANTED:

We are looking for mahjong, bridge and table tennis players, and anyone interested in arts and crafts.

Please call the Community Center for more information at
914-238-8888

WEDNESDAYS

Yogalates

Wednesdays, 9:15-10:15am
(**\$128 Fee**)

Dates: 4/20-6/8, 8 sessions
Instructor: TBD

Combines Yoga which builds inner awareness and balance and flexibility with Pilates specialized, highly effective exercises that concentrate on your core muscles.

MIRROR ROOM, UPSTAIRS

Super Senior Class

Wednesdays, 11:00-12:00pm
(**\$20 Fee**)

Dates: 4/20 - 6/8, 8 sessions
Instructor: Laura Santucci

Train your body and your mind! Gentle routine based warm up, functional balance training exercises using balls, weights, bands, etc.

MIRROR ROOM, UPSTAIRS

Stretch and Relax

Wednesdays, 1-1:50pm
(**\$20 Fee**)

Dates: 4/20-6/8, 8 sessions
Instructor: Laura Santucci

Take a moment out of your day to relieve tension in your body and mind.

Starting with a gentle warm up we will proceed to standing stretches. Then into chair stretches and then a relaxing meditation to help relieve anxiety and stress

Evening Yoga Flow

Wednesdays, 6-7pm
(**\$128 Fee**)

Dates: 4/20-6/8, 8 sessions
Instructor: TBD

Slow flow Yoga that increases your body's strength, endurance and flexibility. Class ends with deep relaxation. Whether you are new to Yoga or have "practiced" before, this class will leave you energized but relaxed!

MIRROR ROOM, UPSTAIRS

Adult Ballroom Dance

Wednesdays, 7:15-8:15pm
Beginners & Intermediates
(**\$128 Fee**)

Dates: 4/20-6/8, 8 sessions
Instructor: Cameron Kelly

Learn swing, cha-cha, smooth and hustle and the basic steps needed to dance to any of your favorite music!

MIRROR ROOM, UPSTAIRS

THURSDAYS

Open Art Studio With Painting & Drawing

Thursdays, 10:00-12:00pm
(**Free**)

Instructor: Joan Lang
Participants bring their own supplies

All abilities welcome!

Call 238-8888 to sign up!
MIRROR ROOM, UPSTAIRS

Senior Drama Program- North of Broadway Performers

Thursdays, 12-2pm
(**Free**)

Instructor: Susan Courtney
Weissman

There will be an end-of-year performance.

Are you a budding thespian?

Actors needed! Come try out the Senior Drama Program. No experience necessary, but enthusiasm is a must! Call 238-8888 for information

Adult Belly Dancing

Thursdays, 7pm-8pm
(**\$128 Fee**)

Dates: 4/21-6/9, 8 sessions
Instructor: Gina Bergamini

Belly dance is ideal for all ages, body types and fitness levels. All levels of belly dance experience, from beginner to advanced are welcome. Participants should wear comfortable workout clothes, such as yoga pants with a t-shirt or tank and should work

Mah Jongg

Wednesdays, 10:00-12pm

(**No Fee**)

Come make new friends or reconnect with old friends.

Downstairs

FRIDAYS

Senior Functional Toning

Fridays, 11:00-12:00pm

(\$20 Fee)

Dates: 4/22 - 6/17, 8 Sessions

No class 5/27

Instructor: Laura Santucci

Enjoy a low impact, aerobic routine, light weight training, plus Pilates style floor workout, ending with light stretching.

MIRROR ROOM, UPSTAIRS

Games Afternoon

Friday

April 15th 1:00-3:00pm

Come play bridge, mahjong, board games and puzzles, or just hang out with friends.

Bring your own lunch; coffee and tea will be provided

DOWNSTAIRS

Mondays & Thursdays

9-3pm

Come enjoy some coffee and conversation



Save The Dates

St Patrick's Day Lunch

Live Music

March 11^h, 12pm

Spring Program Registration Begins

March 14th, 10am

March Madness

Games & Fun

March 18th, 1pm

“Everything You Wanted Know About the Senate but Didn't Know Whom To Ask”

April 8th, 1pm

Growing Seedlings with the Seniors Workshop

April, TBD

Hearing Loss and Smart Solutions

April 12th, 11:30am

Cinco de Mayo Celebration

Friday May 6th 12pm

Salute to Seniors

Croton Point Park

May 18th 10am

Senior BBQ

Community Center

June 3rd, 12pm

North of Broadway Players Production

June TBD, 2pm

Memorial Service

TBD– More info to follow

If you know someone that should be honored please reach out to Bess Steiger at 238-2093 or bsteiger@mynewcastle.org

Supportive Service News



TOWN OF NEW CASTLE
SENIOR CITIZENS
WINTER 2021-2022



Hello from Bess Steiger, Social Worker for Seniors

Snow, ice, cold and Omicron... Need an antidote? Join one the many Senior programs either in person or remotely. We focus in the winter on staying warm, but we also need to stay connected now more than ever. The Town of New Castle and Westchester County offer a wide range of programs to suit every interest, as well as supports to help you maintain your independence.

Please contact me for any help with accessing resources, advocacy or support.

I can be reached at the Community Center Tuesdays, Wednesdays and Fridays at **914-238-2093** or via email at bsteiger@mynewcastle.org

And please check out the Town of New Castle website www.mynewcastle.org for the latest news and events taking place here and throughout Westchester

*A BIG THANK YOU TO ALL WHO
CONTRIBUTED TO OUR DRIVE TO COLLECT
TOILETRIES AND CLEANING SUPPLIES FOR
REFUGEE FAMILIES IN WESTCHESTER*



Library Art Gallery Reopens with Joan Lang Retrospective!

After being closed for nearly four years because of construction and Covid, the Chappaqua Library Art Gallery is reopening on Sat., Feb. 19 with an exhibition by long-time Chappaqua resident **Joan Lang**. The paintings in this show range from Nantucket summers to New York City streets, all gathered from more than 60 years of Joan's career as an artist and fabric designer. The Gallery is open during regular Library hours: Mon.-Thurs., 9-8; Fri., 9-6; Sat., 9-5; Sun., 1-5. This exhibition runs through Sat., March 26.

Join us for the reception on Saturday, March 5 from 2:30-4:30 PM.

TRANSPORTATION

The Town of New Castle provides transportation services to Senior Town residents for food shopping and Medical appointments on Tuesdays, Wednesdays & Thursdays. Call 238-3909 to reserve a ride. Requests must be made at least 48 hours in advance. Rides may be shared, and everyone must wear masks. We can accommodate one accompanying caregiver per passenger, as well as canes, crutches and walkers, but not wheelchairs. ***Please remember to bring your own shopping bags!*** (a maximum of 4 bags per person)

BLOOD PRESSURE SCREENINGS AT THE COMMUNITY CENTER

Blood pressure screenings will now be offered by Northwell Community Health Outreach on the first

Wednesday of every Month:

March 2, April 6, May 4 & June 1 at 11:30am-12:30pm

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

TECH HELP IS AT HAND!

Is your Smartphone making you feel less smart? Need help with Zoom?

Tech Teens offer one-on-one training, either via phone, computer or in person. To schedule a phone or online training, contact programintern@volunteernewyork.org/914-227-9311, and for in person, local help in Chappaqua contact Bess

SAVE THE DATE:

SALUTE TO SENIORS

Celebrating Older Americans Month 'Age My Way'

Wednesday May 18 10am-12:30pm Croton Point Park

Project Lifesaver is a program designed to help individuals with Alzheimer's or other types of dementia, who may wander or become disoriented and get lost. Project Lifesaver provides a timely response to save lives and reduce potential injury. In partnership with the Westchester County Departments of Public Safety and Senior Programs and Services, as well as the NYS Office for the Aging, this program offers locator bracelets that use state-of-the-art technology, with registered transmitters to locate wandering or lost seniors. The program is free-of-charge for seniors with dementia, who reside in Westchester County. Caregivers, who must also reside in Westchester County, can call Isabel M. Pettersen for information and an application

Are you in arrears for your water bill? The NYS Low Income Household Water Assistance Program (LIHWAP) may be able to help. For information or to apply, please visit <https://otda.ny.gov/LIHWAP>



Do you enjoy talking on the

phone? If you would like to receive calls from a DOROT volunteer on a weekly or semi-weekly basis, our Telephone Friends program is for you. We'll match you with a new friend who has similar interests. Just contact DOROT Westchester to get started at: 914-485-8354.

Home Delivered Meals

The Town of New Castle offers healthy hot or cold meals delivered Monday-Friday to Seniors who may be at nutritional risk, or having difficulty getting or preparing food. For more information, please contact Bess. We are indebted to our wonderful team of volunteer drivers who bring the meals and smiles to our recipients. If you or someone you know wants meals to help out, please contact Bess.

“Be Prepared for Winter Driving”

From Anna Wyganowska,

Traffic Education Officer Westchester County

Simple tips that you can use if you can't avoid being on the road in bad weather

Getting your car ready for winter

Check your battery condition and your wipers

Make sure you have windshield washer fluid (consider filling with winter specific fluid)

Check your car manual and consider adjusting tire pressure

Always keep at least 1/2 tank of gas in your car

Assembling your winter car kit

Keep these items in your car:

Ice-scraper and small shovel

Flashlight with extra batteries

First aid kit

Blanket

Extra set of mittens, socks and a wool cap

Extra clothes and rain gear

Bag of sand or cat litter

Before setting out make sure you have:

Phone with a charging cord (consider a portable charger/power pack as well)

Necessary medications

Bottled water and some food

Setting out when the weather is bad

Before you set out, clear the snow from your car – windows, mirrors, lights, and the roof – it's the law!

Making adjustments to driving

Drive more slowly and super smoothly

Maintain distance from the car ahead of you

Slow down before making a turn

Don't use cruise control

Give a snow plow plenty of space

WINTER STORM & SAFETY PREPAREDNESS

- Make sure you have at least 3 days of shelf stable food, batteries and flashlights and a week's worth of medications at hand
- Sign up for the Senior Watch program through the New Castle Police Dept at 238-4423
- Contact Con Edison if you use electricity dependent medical equipment such as oxygen
- Always have at least ½ tank of gas in your car
- Contact Bess at 238-2093 to for information about RU OK and personal emergency alert systems, as well as possible help with snow shoveling.

HELP FOR CAREGIVERS

Phelps Hospital's **Care Connection** helps ease the burdens of caregiving with free Guidance and Counseling, Care Baskets and Educational Workshops and Symposiums. Call 366-1199 or

Email caregiver@northwell.edu

The **Liveable Communities Caregiver** program matches you with a volunteer coach to help you make informed decisions to meet the many challenges and responsibilities faced when taking care of a family member or friend. Call Colette Phipps at 813-6441 or email cap2@westchestergov.com

MEDICARE UPDATES

Our Medicare Minutes program is on hold, due to changes at the Westchester Library System, the program's sponsors. We are indebted to Ginny Bender for her many years of presentations at the Community Center and the Medicare Updates newsletters, helping us to understand the ever-changing rules and benefits of Medicare. Thank you so much, Ginny!

A pdf of the annual presentation "Things to Know About Medicare for 1st Quarter 2022" is available on the New Castle enewsletter at 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)

