

Town of New Castle
Senior Citizens Program

SENER STREET SPOTLIGHT

Winter 2021/2022

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

Asst. Superintendent, Christine Grey 238-7291

Ike Kuzio 238-7286

Senior Advisory Group

Joe DiPaolo

Sylvia Russakoff

Rita Bisignano

Joe Lane

Joan Lang

Arlene Reifer

Pam Rosman

Erika Miller

Jane Jung

MONDAYS

Yogalates with Robin

Wednesdays, 9:15-10:15am

(\$145 Fee)

Dates: 1/24-3/28, 9 sessions

No Class on 2/21

Instructor: Robin Halo

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

(\$18 Fee)

1/24-3/28, 9 sessions

No Class on 2/21

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

(\$145 Fee)

Dates: 1/24-3/28, 9 sessions

No Class on 2/21

Instructor: Shobha Vanchiswar

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

MIRROR ROOM, UPSTAIRS

Evening Yoga Flow

Mondays, 7-8pm

(\$145 Fee)

Dates: 1/24-3/28, 9 sessions

No Class on 2/21

Instructor: Robin Halo

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

WEDNESDAYS

Yogalates with Robin

Wednesdays, 9:15-10:15am

(\$160 Fee)

Dates: 1/19-3/30, 10 sessions

No Class 2/23

Instructor: Robin Halo

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, 10:30-11:30am

(\$20 Fee)

Dates: 1/19 - 3/30, 10 sessions

No Class 2/23

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

Mah Jongg

Wednesdays, 10:00-12pm

(No Fee)

Come make new friends or reconnect with old friends.

Downstairs

Evening Yoga Flow

Wednesdays, 6-7pm

(\$160 Fee)

Dates: 1/19-3/30, 10 sessions

No Class on 2/23

Instructor: Robin Halo

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

(\$160 Fee)

Dates: 1/19-3/30, 10 sessions

Instructor: Cameron Kelly

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

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!

RUG 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.

Adult Belly Dancing

Thursdays, 7pm-8pm

Dates: 1/20-3/31, 10 sessions

No Class 2/24

(\$160 Fee)

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 barefoot or in dance, yoga or gymnastic shoes.

MIRROR ROOM, UPSTAIRS

FRIDAYS

Senior Functional Toning

Fridays, 11:00-12:00pm

(\$20 Fee)

Dates: 1/21 - 4/1, 10 Sessions

No class 2/25

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 November 19, December 17

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

Trivia Games with DJ AI Mixit

November 5th, 1pm

Veteran's Day Commemoration

November 12th, 12pm

Arthur Avenue Trip

November 17th 10am

Floral Arrangement Workshop

November 22nd, TBD

Community Thanksgiving

November 24th, 12pm

Winter Program Registration Begins

November 29th, 10am

Danbury Mall & Christmas Tree Shop

December 1st, 10am

Westchester Senior Hall of Fame

December 3rd, 12pm

Holiday Luncheon- Pleasantville Country Club

December 8th, 12pm

Beading & Gift Making

December 10th, 1pm

North of Broadway Players Production

December 10th, 2pm

Supportive Service News



TOWN OF NEW CASTLE
SENIOR CITIZENS
WINTER 2021-2022



Hello from Bess Steiger, Social Worker for Seniors

WELCOME BACK & THANK YOU for your patience, resilience and support as we continue to weather the Covid storm and venture out to enjoy activities and each others' company at the Community Center.

I am here to provide you and your families with information and resources to help you to remain independent and healthy. Please do not hesitate to contact me about any of the services and programs mentioned in this Newsletter, and many others besides. Westchester County offers so many opportunities for Seniors to be active, engaged and also to give back through volunteering. 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 through Westchester

Free Blood Pressure Screenings at the Community Center are back- 11:00-12:00 the first Monday of every month

Scammers Follow the Headlines: What to Know and What to Beware

Please join us for this important program on **Friday October 15th at 1pm**. You will learn the different ways you can recognize and avoid falling prey to the many scams and frauds targeting Seniors. This program will be presented via Zoom by Tamar Tait, the Volunteer Asst Attorney General for New York (Westchester Region), and is a collaboration with Senior Law Day. Come to the Center and watch with your peers, or in the comfort of your own home. Join Zoom Meeting <https://us02web.zoom.us/j/88653091422?pwd=dDE0WWhtZEIY2dOVEhNSFFxbCtuUT09>
Meeting ID: 886 5309 1422
Passcode: 168989

Veteran's Day Celebration Friday November 12th

Are you or a loved one a Veteran? We would love your participation in creating an inspiring program at the Center. Please contact Bess at 238-2093 or Christine at 238-7291. We thank you for your invaluable service, and wish to recognize your contribution.

Senior Hall of Fame 39th Annual Induction and Awards Ceremony

Please join us at the Center on Friday December 3rd 11:30-12:30 to watch the multi-platform virtual program as we honor our own **Joan Lang** and all the other incredible volunteers and hall of famers

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

Transportation

The Town of New Castle provides transportation services to Senior Town residents for food shopping on Mondays and Thursdays, and to medical appointments as needed. 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)

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,

THANKSGIVING

We are currently making plans for providing cooked Thanksgiving Dinners and Thanksgiving Groceries. Please contact Bess if you are interested in receiving Thanksgiving meals or groceries, or would like to volunteer with this effort.

Covid & Flu Vaccines at NW Hospital

In partnership with the Ossining Volunteer Ambulance Corps, Northern Westchester Hospital is offering community vaccination clinics.

For more information, please

Email NWHCommunityHealth@northwell.edu

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

VOLUNTEERS NEEDED!!

We are in need of volunteers to help deliver our Home Delivered Meals to New Castle residents. You need to have a car, and to commit to at least one shift per month (10:45-12:30, M-F). Please contact Bess if you are interested.

Other Volunteer Opportunities: The JCCA of Westchester is looking for Seniors to be a Lunch Bunch buddy with 10 other Seniors once a month at their residential care program in Pleasantville. Make a difference in the lives of children! For more information, contact Sandi Rosenthal at (914) 741-4569 or at rosenthals@jccany.org

The Alzheimer's Association needs volunteers to become telephone counselors and to take part in their clinical research trials and their annual Walk to End Alzheimer's which takes place this year on Sunday October 3rd at Westchester Community College. Contact the Alzheimer's Association at 253-6860.

MEDICARE RESOURCES

We will have Medicare Minutes with Ginny Bender in person soon, but meanwhile The Medicare Minutes newsletters can be accessed electronically at mynewcastle.org. To receive the paper versions, contact Bess.

Westchester Library System's volunteer Medicare counseling is back in person at two libraries! Anyone with questions about Medicare and other senior benefits can get free counseling weekly at the following two locations, no appointment needed:

- Tuesdays, 10am to 1pm, at the John C. Hart Memorial Library in Yorktown
- Thursdays, 10am to 1pm, at the Grinton Will Library in Yonkers

The helpline remains active at 914-231-3260 and sbic@wlsmail.org. Learn more at seniors.westchesterlibraries.org

Free counseling for Medicare Open Enrollment is available through Westchester County DSPS by emailing vqmc@westchestergov.com or call (914) 813-6389

Medicare Rights Center Hotline:

800-333-4224 M-F 9am-5pm

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

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)