

The SENIOR EXPLORER

Monthly Newsletter of the Town of Poughkeepsie Senior Center
Vol. 1 No. 6 **Early March 2014**

“Come Any Day-Come Every Day”

Upcoming Program Offerings

Basic Line Dancing – Wednesday 2-3 PM Come learn, practice and enjoy line dancing. The focus will be on learning the basics. \$3.00 per class. Instructor Jean Silless.

Chair Yoga – Wednesdays 12:30-1:30 PM– join us to relax, energize, gently stretch and strengthen your body, deepen awareness and cultivate peace of mind – while sitting in a chair! All are welcome. \$3.00 per class. Instructor Toni Farkas.

Zumba Gold – Thursdays 1-2 PM Have fun while exercising. The famous Zumba program is modified using moves and pacing to suit the needs of the active older participant, as well as the de-conditioned participant. Bring water, soft shoes or sneakers, a towel and a sense of humor. \$3.00 per class Instructor Linda Thomas

Crocheting and Knitting Fridays 10 AM Learn or improve your knitting and crocheting skills. Instructors- Marie Dykeman, Theresa Fedeles, Janice Giardona

“Lunch and Learn” At noon on Thursdays we will be running our own mini institute of topics of interest to Seniors. Come eat pizza and join us in learning from experts and professionals in their fields. We will order a pizza and sell slices for \$1.00. Please put suggestions for future topics in the suggestion box.

- **March 6 – What Happens If You Need Short Term Rehab**
- **March 13- To Be Announced**

Friday Classic Movie Matinees Fridays we will be showing classic movies. Come on over for popcorn and old memories.

- **March 7 - On Moonlight Bay** with Doris Day and Gordon McRae
- **March 21 – April in Paris** with Doris Day and Ray Bolger

Basic Computers Do you have questions about your computer? Would you like to find out what “Facebook” is? Maybe you are curious about computers and would just like to try it? We have a volunteer, Nick, to help people with their basic computer issues on Friday mornings from 10:30-11:30.

Program Ideas Sought- If you have ideas for new programs please contact the Recreation Director Tom Meyering at 485-3628.

Coming Soon

St. Patrick's Day Party- Save the date- March 14. This Club 60 Event at the Center will be catered by Channingville Deli. Preregistration and prepayment is required.

AARP Driver Safety Course The Driver Safety Course is scheduled four times this spring. Preregistration and prepayment is required. Contact Genevieve at 845-229-

Vassar Institute Travel Series Starting In Late March- Thanks to a donation from the Vassar Brothers Institute, we will be running "classics" from their travelogue series.

February Birthdays

Happy Birthday to our March babies: Josephine Bocchino, Helen Crose, Bea Davis, Nettie Farrier, Diane Fiscine, Diane Gallante, Doris Grey, Vera Kennedy, Annette LaFountain, Helen Marone, Audrey Mead, Norma O'Rourke, Lettie Smile, Olga Platt, Robert Weeks, Diane Wood-Miller

About the Senior Explorer

This month we are experimenting with the format of this newsletter. We will be doing two newsletters this month: an "early month" edition and "later month" edition. This should help keep the information fresh and up to date.

With the two editions we hope to add other tidbits not directly related to the Center (helpful hints, jokes, artwork). You are welcome to contribute items.

Hours

The Center is open Monday-Friday from 10 AM to 2:30 PM.

Inclement Weather

For inclement weather, we take our cue from the Arlington and Wappingers School Districts. If in doubt, check the recorded message on our answering machine 845-462-0265 or cancellations.com.

Senior Center Phone Number

The phone number for the new center is 845-462-0265.

Suggestions

Please use the suggestion box in the library with any ideas that you may have.

Donations

Any donations to the center must be approved by Recreation Director Tom Meyering before the donation is made. Thanks.

Around the Area -Items of Interest Coming Up

Glaucoma Workshop by Pat-Michael Palmiero, M.D.

Dr. Palmiero will be reviewing the epidemiology and risk factors of glaucoma, as well as treatment. He will gladly answer your questions during the talk.

Tuesday, March 4, 2014 2:00 - 3:30 PM
Grinnell Library, 2642 East Main St., Wappinger Falls, NY 12590

This is a FREE presentation, however space is limited. Please reserve by calling (845) 483-5551. Presented by *Saint Francis Home Care Services, Inc.*

Discounted Legal Help For Veterans

Recognizing the legal challenges often faced by our nation's military veterans, the New York State Bar Association has established a special panel of attorneys to provide free phone consultations and discounted legal services to veterans statewide.

Under the program, participating attorneys have agreed to provide free phone consultations and offer a 25 percent discount on their regular fees. The program is available to veterans in need of various legal services, not just those services related to obtaining veterans benefits.

Veterans who wish to take advantage of the discounted legal services should call 1-800-342-3661 or email lr@nysba.org. If attorneys are not available to assist veterans in a particular area, the State Bar will attempt to connect these veterans with other available resources. The State Bar Association also provides other resources to veterans. Visit www.nysba.org/vethelp.

Living Healthy With Diabetes

The Dutchess County Health Department will be holding a series of six presentations about dealing with diabetes on Tuesdays starting February 25. For more information call them at 486-3542.

Town of Poughkeepsie Senior Center
 Open Mon-Friday 10 AM-2:30 PM
 Phone 845-462-0265

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Topic-Guest</u>	<u>Fee</u>
Monday, March 03, 2014		Andy Cooney Show	Fundraiser for Center	\$
Monday, March 03, 2014	10:00 AM	Basic Crafts		N/C
Monday, March 03, 2014	10:00 AM	Poker Club		N/C
Monday, March 03, 2014	10:00 AM	Mah Jongg		N/C
Tuesday, March 04, 2014	10:00 AM	Basic Crafts		N/C
Tuesday, March 04, 2014	12:00 PM	Soup Day		\$1.00
Tuesday, March 04, 2014	1:00 PM	Special Presentation	"Dial A Ride"	N/C
Wednesday, March 05, 2014	10:00 AM	Basic Crafts		N/C
Wednesday, March 05, 2014	10:00 AM	Mah Jongg		N/C
Wednesday, March 05, 2014	10:00 AM	Bingo		N/C
Wednesday, March 05, 2014	12:30 PM	Chair Yoga		\$3.00
Wednesday, March 05, 2014	2:00 PM	Basic Line Dancing		\$3.00
Thursday, March 06, 2014	12:00 PM	Pizza and Learn	"What Happens If You Need Short Term Rehab"	\$1.00
Thursday, March 06, 2014	1:00 PM	Zumba Gold		\$3.00
Friday, March 07, 2014	10:00 AM	Crocheting and Knitting		N/C
Friday, March 07, 2014	10:00 AM	Chair Yoga		\$3.00
Friday, March 07, 2014	1:00 PM	Classic Movie	"On Moonlight Bay" Doris Day and Gordon McRae	N/C
Monday, March 10, 2014	10:00 AM	Basic Crafts		N/C
Monday, March 10, 2014	10:00 AM	Poker Club		N/C
Monday, March 10, 2014	10:00 AM	Mah Jongg		N/C
Monday, March 10, 2014	1:00 PM	Special Presentation	"Dial A Ride"	N/C
Tuesday, March 11, 2014	10:00 AM	Basic Crafts		N/C
Tuesday, March 11, 2014	12:00 PM	Soup Day		\$1.00
Wednesday, March 12, 2014	10:00 AM	Basic Crafts		N/C
Wednesday, March 12, 2014	10:00 AM	Mah Jongg		N/C
Wednesday, March 12, 2014	10:00 AM	Bingo		N/C
Wednesday, March 12, 2014	12:30 PM	Chair Yoga		\$3.00
Wednesday, March 12, 2014	1:00 PM	Special Presentation	"Dial A Ride"	N/C
Wednesday, March 12, 2014	2:00 PM	Basic Line Dancing		\$3.00
Thursday, March 13, 2014	12:00 PM	Pizza and Learn	To Be Announced-Watch the Bulletin Board	\$1.00
Thursday, March 13, 2014	1:00 PM	Zumba Gold		\$3.00
Friday, March 14, 2014	12:00 PM	St Patrick's Day Party		\$