

EXPLORE

Town of Poughkeepsie

Senior Center

FEBRUARY 2022

YOUR GUIDE TO ALL THAT'S HAPPENING AT THE
SENIOR CENTER



HUMOR CORNER

UPCOMING EVENTS

LUNCH & LEARNS

2/10 John Keller, National Parks
2/17 Hai-ting Chinn, Opera Singer

HOLIDAY PARTIES

2/14 Valentine's Day
3/17 St. Patrick's Day

YOU MUST REGISTER FOR ALL EVENTS

**Look for our upcoming Senior Olympics
Day
Coming Soon**



WHAT'S NEW?

ZUMBA GOLD WITH
DEMETRA
FRIDAYS at 12:00 p.m.
Registration Required
Class fills quickly



Join Recreation Director, Jan McHugh, and Senior Center Director, Linda Edgar,
for our first Roundtable in 2022

Hear all about upcoming plans for the center and share your thoughts and ideas.

TUESDAY, February 8
10:00 a.m.

WINTER WORD SCRAMBLE

SOEFBTRIT

Answer on back page



Family of Kathy Perrotta

REMEMBERING KATHY

On September 22 we remembered our dear friend, Kathy Perrotta, by dedicating a beautiful Dogwood tree in front of the center. We were joined by Kathy's husband and family along with Town Supervisor, Jay Baisley. Member, Richard Rose, sang a moving rendition of Amazing Grace to close the ceremony. It was a wonderful and bittersweet tribute to a woman who gave so much of herself to the center and to her friends. Kathy's smile, laughter, compassion, and fun antics will always be remembered.



Painting with Phyllis on Thursdays

WEEKLY FUN

MONDAYS

10:00 a.m. Crafting with Linda

11:30 a.m. Chess Club

TUESDAYS

9:30 a.m. Exercise with George

10:30 a.m. Mahjong

WEDNESDAYS

10:00 a.m. Bingo

THURSDAYS

10:00 a.m. Painting with Phyllis

2:30 p.m. Bereavement with Phyllis

FRIDAYS

12:00 p.m. Zumba Gold

BRAIN TEASER

What word begins and ends with an E but only has one letter?
Answer on back page

BRAIN HEALTH



Getting at least 7-9 hours of sleep a day helps with memory retention. The good news? Sleep is even easier with meditation. In fact, if you meditate in bed, chances are you will accidentally fall asleep without even trying.

The best way to stay up to date is to routinely check our website at:

www.poughkeepsietownrec.com

Other resources:

www.facebook.com/poughkeepsietownrec

Channel 22 on Cablevision

Southern Dutchess News

Senior Center
14 Abe's Way
Mon - Fri, 9:00 a.m. - 2:30 p.m.
845-462-0265

Recreation Office
1 Overocker Rd., Level 1
Mon - Fri, 9:00 a.m. - 3:00 p.m.
845-485-3628 phone

Email: Rec@townofpoughkeepsie-NY.gov



How well do you know our staff?

What country is Susie Meusel from?

1) Germany 2) Hungary 3) Austria

Answer below



*A Christmas Carol
at the Westchester Performing Arts
Center*



SORRY, SON...THERE'S NO APP FOR THAT

INCLEMENT WEATHER

WE WILL DO OUR BEST TO POST CLOSURES WELL IN ADVANCE, CHECK OUR WEBSITE, FACEBOOK, OR CALL THE CENTER FOR THE RECORDED MESSAGE.

IT IS COLD AND FLU SEASON

IF YOU ARE FEELING UNWELL, if you have a cold, sore throat, cough, etc. please do not attend the center. Stay home and rest. Be sure to consult with your physician if necessary.



Our 1st Auction Day was a huge success

Brain Teaser Answer: An Envelope

Winter Word Scramble: Frostbite

Staff Trivia: #2 Hungary