

PEEKSKILL SENIORS:

Newsletter for January, 2026

HOURS OF OPERATION

Monday to Friday
9:00 AM – 3:00 PM

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CONTACT INFORMATION

JOHNATHAN ZAMORA,
NUTRITION SITE MANAGER
(914) 734-4250 x2

DIANE TESTA
SR. OFFICE ASSISTANT
(914) 734-4225

JESSICA MARTINEZ
RECREATION ASSISTANT
(914) 734 – 4251

RAY GLASHOFF
SR. RECREATION LEADER
(914) 734-4254

GREGORY GILBERT, CHEF

WALTER DOMINGUEZ,
KITCHEN AIDE

AGNELIO ESTEVEZ
FOOD SERVICE HELPER

BELDON JORDAN
HOMEBOUND DELIVERY

JOE TAYLOR
TRANSPORTATION

WARREN HOLSTON
TRANSPORTATION

NEED A RIDE?

Round-Trip Bus Transportation is available for members of our lunch program and senior center. We also provide round-trip shopping trips twice a week. \$1.00 is the suggested donation



per round-trip. Reservations need to be made 24 hours in advance by calling Jessica Martinez: (914) 734 – 4251.

Transportation services are funded by the Dept. of Health & Human Services, the Administration on Community Living, the NYS Office of the aging, Westchester County Dept. of Senior Programs & Services & the City of Peekskill

JOIN US FOR A MEAL!

We provide delicious hot meals from Monday to Friday, prepared by our chef Gregory Gilbert.

\$3.00 is the suggested donation per meal.

Please call Jessica Martinez @
(914) 734 – 4251 to reserve a spot.



WE DELIVER!

Seniors over the age of 60 who lack adequate support and the capability to prepare their own meals may qualify for the Homebound Delivered Meals Program.

The suggested donation per delivery is \$3.50/hot meal, \$2.50/cold meal. Call (914) 734-4251 to schedule a home visit.

TO RESERVE A MEAL, CALL 914-734-4251 AT LEAST 24 HRS. IN ADVANCE.



IF YOU HAVE FOOD ALLERGIES, PLEASE LET SITE MANAGER OR COOK KNOW

WHAT'S NEW IN JANUARY

MONTHLY FOOD BANK DISTRIBUTION: Will be on January 13 at 12:30 pm(depending on time of delivery)

SENIORS: If you love inspirational songs, then come join us on Thursday January 8th at 10:30 am in the senior lounge (side where the TV is). Singing songs that uplifts the mind, body, soul and spirit. COME JOIN THE FUN.

COOKING CLASSES ARE BACK! Join Chef Marti at the Peter X. Kelly Teaching Kitchen at NY Presbyterian Hospital for an informative class on "Gluten Free Chinese New Year". Class is on Friday, January 9th from 12 noon – 1:30pm.

NW RESTORATIVE CENTER: Hosting a cardio drumming session with lunch to follow on Wednesday January 14. Bus leaves at 11:15 am. Enrollment is limited to 20 seniors. Those seniors that have not gone to this in the past will have preference. Must sign up with Ray by Thursday January 8

ALZHEIMER PRESENTATION: will take place in the dining room at 11 am on Tuesday January 20. Don't need to register for this event but you will need to reserve lunch by calling Jessica.

PRESENTATION SIGNS AND SYMTOMS OF STROKES: will be on Thursday January 29 at 11 am in the nutrition dining room. If having lunch, please sign up with Jessica. Sponsored by NW Restorative and Therapy Center.

CHAIR YOGA WITH MARTA: Will begin on Thursday, January 8 and will go for 12 weeks. Time is 10:30 and will take place in the exercise room.

TRIPS/EVENTS.

RESORTS CASINO IN NEWBURGH: will be on Friday January 23. Bus leaves at 9 am. Each senior will receive \$20 voucher for games and a box lunch. Cost is \$3.00 and register with Ray ASAP. Limited to 40 seniors.

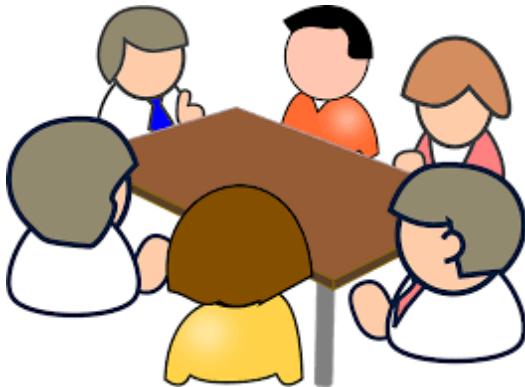
WEST POINT BASKETBALL GAME: game is on Saturday January 31 at 1 pm. Bus will leave at 12 noon. Cost is \$20.00 that includes the bus ride, tickets and lunch. Please register with Ray.

WESTCHESTER KNICKS PROFESSIONAL BASKETBALL GAME: Saturday February 21, Bus leaves at 2 pm for a 3 pm game. Tickets are \$40.00 that includes a box lunch and transportation. Limited amount of tickets so register up early. **** PAYMENT IS DUE WHEN REGISTERING****

PIZZA AND DANCE PARTY: Friday February 13 from 5 – 8 pm in the nutrition dining room. Come celebrate Valentine's Day with us. Lots of dancing and fun. Cost is \$5.00 and you must register before Tuesday February 10. Must be registered ***NO EXCEPTIONS***

PAYMENT IS DUE THE TIME YOU REGISTER FOR EACH EVENT-NO EXCEPTIONS

SENIOR CLUB, GENERAL INFO



Cynthia Anderson, Club President
Evelyn Lovette, Secretary
Judy Gibbs, Treasurer
Geri Kearse, Asst. Treasurer
Joanne Murrell, Chaplain
Tonida Carchi, Chaplain

Collection of Senior Club Membership Dues will begin in January 2025 on Mondays, & Wednesdays or Thursdays from 10:00 to 12:00. See club members for payment. (Membership is an annual fee of \$20.00)

All Senior Club Members are encouraged to attend our monthly Business Meeting on the first Thursday of every month @ 12:45 PM. These meetings are highly informative as we come together to discuss the ongoing events in our community, and grant everyone a chance to make their voices heard on issues that matter to them.

Bingo is held on Mondays and Thursdays from 10-12 noon. Pokeno is held on Wednesdays @ 1:00 pm in the senior room



And if all you want is a cup of coffee, a pastry, televised news, and some friendly faces to see every day, you are always welcome to hang out in our Senior Club Room downstairs. ** Kitchen help is needed.

HEALTH SERVICES

T.I.P.S program on
Wednesdays 11 am – 1 pm in
Nutrition Room



INFO SERVICES

LEGAL SERVICES OF HUDSON VALLEY
(NON-CRIMINAL)
1 PARK PLACE
(SOCIAL SECURITY BLDG)
PAT ANGLEY, ATTORNEY
(914-949-1305)



EXERCISE WITH US!



MONDAYS & WEDNESDAYS - 10:00 (NUTRITION ROOM)

TUESDAYS- 10:00 AM (ART CLASS)

THURSDAYS - CHAIR YOGA 10:30 – (January 8 – March 26)

** QUILTING IS ON WEDNESDAYS 10-12 NOON

Congregate attendees: Please notify Jessica (914) 734-4251 at least 24 hours in advance for days that you wish to attend our lunch program or need to be picked up.

Homebound Delivery Recipients: If you are not available to receive your meal during delivery hours, you must notify Alison on 914-739-6768 at least 24 hours in advance.



Senior Shout-Outs

“Teamwork makes the dream work!”

Recovering in Nursing/Rehab Homes: Delores Mosley (Field Home); Marguerite Eichler (Cortlandt), Dorothy Klapatch (Skyview), Juanita Jackson (Emerald Peak), Sonja Mejia, Helen Ferrer (Northern Westchester), Lenny Bensky, Nora Kovacs (North Westchester), Frances Boyle (Emerald Peak)

Thinking of you: Eva Gaston, Angelo Camporeale, Camille Lent, George Bailey, Inez Figueroa, Gina Deluca, Marta Brooks

New Members:

Condolences: To Bobbi McLean for the loss of her Brother James McLean Sr.



And a very happy birthday to.....

MARIA JACOBS	1/2
GINA DELUCA	1/3
THELMA THOMPSON	1/5
CARMEN BRUNO	1/6
LEON HODGE	1/9
MARY SIMONE	1/10

DONNA AGOSTA	1/11
EVELYN LOVETTE	1/15
MATILDA ZEOLI	1/15
MIRIAM MELENDEZ	1/18
BEATRICE MARTINEZ	1/20
ELBA VALENTIN	1/26
MEL WOODS	1/28

A BIG HAPPY BIRTHDAY TO MARY SIMONE CELEBRATING HER 100TH BIRTHDAY

Peekskill Seniors: Shopping Schedule (Bus leaves the center @ 12:45 PM) January, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Transportation services are funded by the Dept. of Health & Human Services, the administration	Community Living, the NYS Office of the aging, West. Co. Dept. of Senior Programs & Services & City of Peekskill		1 CLOSED FOR NEW YEARS	2
5	6 SHOP-RITE	7	8 NO SHOPPING BUSINESS MEETING	9
12	13 BEACH SHOPPING CENTER	14	15 CORTLANDT TOWN CENTER	16
19	20 SHOP-RITE	21	22 BEACH SHOPPING CENTER	23
26	27 CORTLANDT TOWN CENTER	28	29 NO SHOPPING CLUB BIRTHDAY	30

PEEKSKILL SR CENTER: JANUARY, 2026 ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CLOSED FOR NEW YEARS	2 9 am Club Open 12 noon: Lunch
5 10-12 Bingo 10:00-11:00 Exercise 12 noon: Lunch	6 10:00 Art Class 10:00-11:00 Exercise 12 noon: Lunch	7 10:00 am Quilting 10:00-11:00 Exercise 11-1 pm T.I.P.S. 12:00 noon: Lunch 1:00 Pokeno	8 10:00 – 12 noon: Bingo 10:30 Chair Yoga <u>10:30 Sing A Long</u> 12:00 noon: Lunch <u>1:00 – Business Meeting</u>	9 9 am Club Open 12 noon: Lunch
12 10-12 Bingo 10:00-11:00 Exercise 12 noon: Lunch	13 10:00 Art Class 12 noon: lunch <u>12:30 Food Bank</u> 1:00 Shopping	14 10:00 am Quilting 10:30-11:30 Exercise 11-1 pm T.I.P.S. <u>11:30 Cardio Drumming</u> 12:00 noon: Lunch 1:00 Pokeno	15 10:00 – 12 noon: Bingo 10:30 Chair Yoga 12:00 noon: Lunch	16 9 am Club open 12:00 Lunch
19 CLOSED MARTIN LUTHER KING DAY	20 10:00: Art Class <u>11:00: Presentation</u> 12 noon: Lunch 1:00: Shopping	21 10 am Quilting 10:30-11:30 Exercise 11-1 pm T.I.P.S. 12 Noon: Lunch 1 pm: Pokeno	22 10:00 – 12 noon: Bingo 10:30 Chair Yoga 12:00 noon: Lunch	23 9 am Club open <u>9:00 am Casino</u> 12:00 Lunch
26 10-12 Bingo 10:30-11:30 Exercise 12 noon: Lunch	27 10:00: Art Class 12 noon: Lunch 1:00: Shopping	28 10 am Quilting 10:30-11:30 Exercise 11-1 pm T.I.P.S. 12 Noon: Lunch 1 pm: Pokeno	29 10:00 – 12 noon: Bingo 10:30 Chair Yoga <u>11:00 Presentation</u> 12:00 noon: Lunch <u>1:00 Club Birthday Party</u>	30 9 am Club Open 12:00 Lunch

EXERCISE/WATER COLOR/ QUILTING SCHED. (JANUARY 2026)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <u>CLOSED FOR</u> <u>NEW YEARS</u>	2
5 10:00 – 11:00: Exercise w/Pat	6 10:00 Water Color	7 10:00 Quilting 10:00 Exercise w/Pat	8 10:30 Chair Yoga	9
12 10:00 – 11:00: Exercise w/Pat	13 10:00 Water Color	14 10:00 Quilting 10:30 Exercise w/Pat	15 10:30 Chair Yoga	16
19 CLOSED MARTIN LUTHER KING DAY	20 10:00 Water Color	21 CHRISTMAS EVE	22 10:30 Chair Yoga	23
26 10:00 – 11:00: Exercise w/Pat	27 10:00 Water Color	28 NEW YEARS EVE	29 10:30 Chair Yoga	30

Peekskill Nutrition: January, 2026 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IF YOU HAVE ANY FOOD ALLERGY, PLEASE INFORM SITE MANAGER or THE CHEF 914-734-4250			1 CLOSED FOR NEW YEARS	2 CRAB STUFFED SOLE LENTIL PILAF GLAZED CARROTS DINNER ROLL MANDARIN ORANGE
5 EGGPLANT ROLLITINI PENNE CHICK PEAS ITALIAN FRUIT COCKTAIL	6 LEMON HERB CHICKEN BROWN RICE PILAF BROCOLLI & CARROTS WHOLE WHEAT POUND CAKE (LENTIL SOUP)	7 MEATLOAF MASHED SWEET POTATOE CAULIFLOWER/PEAS PUMPERNICKEL SLICED PEACHES	8 CRUSTED FLOUNDER PARSILIED COUSCOUS GREEN BEENS CORNBREAD FRESH FRUIT	9 ROAST TURKEY RED POTATOES MIXED VEGGIES DINNER ROLL APRIOT HALVES
12 BREADED PORK HARVARD BEETS GREEN CABBAGE BUTTER PINEAPPLE CHUNKS	13 BAKED SOLE RED BEANS ZUCCHINI MULTIGRAIN YOGURT	14 VEG. CHEESE LASAGNA SPINACH TOSSSED SALAD ITALIAN YOGURT	15 CRISPY BAKED CHICKEN BUTTERED GRITS KALE & ONIONS DINNER ROLL TROPICAL FRUIT COCKTAIL	16 BEEF & VEGGIE STEW' BUTTERED NOODLES GREEN BEANS SEEDLESS RYE FRESH FRUIT
19 CLOSED FOR MARTIN LUTHER KING JR. CELEBRATION	20 STUFFED PEPPER MASHED POTAOTES GREEN BEANS PUMPERNICKEL PINEAPPLE CHUNKS	21 BAKED CHICKEN THIGH CORN NIBBLES COLLARD GREENS DINNER ROLL PEACH PIE	22 BAKED SALMON BAKED POTATOE BRUSSELS SPROUTS SEEDLESS RYE MANDARIN ORANGE	23 ROAST TURKEY MUSHROOM ONION STUFF CARROTS WHOLE WHEAT FRESH FRUIT
26 SOLE FLORENTINE BOWTIE PASTA PEAS & CARROTS WHOLE WHEAT PINEAPPLE CHUNKS	27 YANKEE POT ROAST SWEET POTATOES GREEN BEAN CASSEROLE DINNER ROLL CHOCOLATE CAKE	28 ORANGE GINGER CHICKEN BROWN RICE ASIAN MIXED VEGGIES MULTIGRAIN MANDARIN ORANGE	29 MANICOTTI BROCCOLI FLORETS TOSSSED SALAD ITALIAN YOGURT	30 BONELESS BREADED PORK HARVARD BEETS WAX BEANS PUMPERNICKEL BIRTHDAY CAKE

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