



**Meals On Wheels**  
*Meals are just our first course!*

*Nyack Senior Activity Center  
90 Depew Avenue, Nyack NY 10960*

**845-353-1311**

[nyacksc@mowrockland.org](mailto:nyacksc@mowrockland.org)



*Newsletter*

*Spring Edition 2018*

*Jo Lore, Manager*

*Sharon Gorzka, Program Coordinator*

*Lucy Pinedo, Service Coordinator*

*Roland Carenard, Driver*

*Patrick Connelly, Kitchen*

## *Words from our manager, Jo Lore*

*This is a day to look forward.....*

*But also a day to look back...to*

*See what has brought us here and*

*To give thanks for all that has*

*Happened on the road of life.*

*It is the love and joy we attain that*

*Warms our lives and our hearts, but*

*It is the challenges we overcome*

*That allow us to truly feel the*

*Glow of accomplishment.*

*Celebrate the future...*

*Hold dear the past...*

*And remember that "today" is the*

*Greatest gift of all!*

Poem from: 10 Simple Things to Remember by Marci

*Let us be grateful and thankful for the*

*Nyack Senior Activity Center and*

*Meals on Wheels.*

Greetings from your Service Coordinator, Lucy Pinedo



Welcome to the Nyack Senior Activity Center:

Maxine Bernstein

Frances Clarke

Marguerite Conte

Teofila Cordero

Brahima Diakite

Evelyn Diakite

Edward Sanchez

## LUNCHEON AT LAFONTANA in NYACK

Many of our members enjoyed a wonderful lunch with salad, a choice of entrees and birthday cake! We happened to be celebrating Jo's birthday on February, 28th. LaFontana was most gracious to us and the weather was beautiful so some of us were even able to take a stroll there to walk off some of those calories!





Did you know that Paul the Magician is also a painter? Paul recently retired and took up painting. He was a teacher and has done some fabulous work with our members. Take a look at our Spring creations!





By Noemi Rivera

### **Two Hats – Two specials**

Painting with Paul was on our activity menu for February 13, 2018. Great! We have learned a variety of new techniques from our many guests. At 1:00 pm, Paul entered and many of our members recognized him. I suddenly realized Paul had attended our center two times before as a magician. What's going on? I heard many comments but was not sure if it was a mistake or our artist guest was unable to keep their commitment. Wait a minute, Paul was bringing in some artistic supplies. Our guest announces that he has taken art as a second career. Paul was great! He guided our seniors into drawing the famous Birchwood tree.

The process was simple. The artist come prepared with a pre-taped watercolor paper. He gave us tape to cover 3 areas of our canvass. Next we were given colors to choose our favorites. Then water to spread our colors. The materials involved were simple and the steps were easy to follow. We were all amazed at the end results. No two works were alike and everyone was happy with their final executed creative work. Paul just proved that at any point in life you can adopt a new career. Wearing two hats is better than wearing one. The artist gave us a two for one special. We got a cool art lesson and a wonderful art exhibit. The artist also donated a beautiful work of art to hang at our center.

By Noemi Rivera

### **Musician Ignites Childhood Memories**

On February 9, 2018 Nyack Activity Senior Center invited a new guest to entertain us. Guitarists are my favorite musicians. We have had many great entertainers come to our center to interpret and express their style of music they were all great, but none has ignited the kind of memories Peter Holmes was able to rouse. I grew up in a home where music was an integral part of our lives. My dad was a singer, a guitarist, a composer, and lyricist.

My dad worked at the Brooklyn Navy yard at night. Weekends were the only times he had to express his enthusiasm for what he loved best- music. He always choose to share his love with his wife and children. We rarely saw dad during the week because when he got home we were already asleep for school. He also desired for his seven children to pursue a good education. He worked hard to make sure he could support his family.

Father migrated from Puerto Rico in 1947, but he was already an established musician. He and his six close friends had a band and they traveled from PR, to Santo Domingo, and Haiti to entertain on those Islands. When the group came to New York, they continued to look for gigs in “El Barrio”. Some weekends they practiced in our homes and other times in the house of the other members.

Guest Guitarist Peter Holmes was a versatile as my dad. He sang, played, and composed lyrics and music to his own songs. He ignited memories of the love of my life, “my dad”. I felt a spiritual connection in his presence, his voice was smooth and very tranquile and he allowed me to transport myself in time to close wonderful childhood memories.



## Celebrating a 50<sup>th</sup> Wedding Anniversary

Eufemia and Lorenzo Tacadena celebrate their special day with a beautiful cake brought in by their daughter!



### Down Memory Lane by Lorenzo and Eufemia

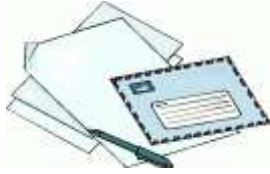
After a few weeks of coming to the center, it dawned on me that it is not too late to begin a new life after thirty-three grueling years in the retail business world.

My wife and I sacrificed our own lives, spiritual lives, family bonding time and travel. Although we missed a lot of these things, being in the center gave us a new dimension in life. We enjoy the games, exercises, lectures and partaking of meals with fellow seniors. But at this early stage, the one that hit me bullseyes on a homerun was the lecture on memory.

I had been a caregiver for the past two years. This lecture was so vivid, so true, so refreshing. Thank you senior center of Nyack for giving me and my wife enlightenment on the topic of the "Big A".



# Letters from our members.....



Dear Staff of Nyack Center,

I have been here since Monday – April 9<sup>th</sup>. Everybody here is a wonder and wonderful.

The food is great. The games are exciting. The staff is : “Roses are red, violets are blue, sugar is sweet and so are you” We are a happy group.

Sincerely yours,

Edward

---

Breakfast Club

Although the original club may have been composed of young juvenile delinquents, this mature senior group sharing a good breakfast together, while exchanging ideas is awesome.

I enjoyed it very much, kudos to our manger Jo and to Sharon and Lucy.

Lorenzo

---

Nyack Rocks!!!

Ray

---

My experience here at the Nyack Senior Center is having a reason to get up in the morning and seeing the smiles of the staff and participating in all the activities.

Mitch

I Enjoy coming here. Everyone is helpful and makes me feel past of the family.

Margaret C.

---

I have been coming to the Nyack Senior Activity Center for about 6 months, and there are great seniors that come here also. Everyone is so friendly. We also go shopping two days a week which is a great help.

I am so glad I found out about this place.

Elka

---

I really enjoy our breakfast at GreenStar Restaurant. The food was great, the company was pleasurable. The staff was fantastic. We should go back again, this time for dinner. I enjoy all our outings planned by our center.

Looking forward to our next trip.

Althea

---

Since 2015 I enjoyed attending the Senior Center activities. I am so glad that the center's main objectives are focused on the welfare of the seniors.

It's not an easy job. Different persons have different characteristics and that's one of the things that I admired with the management.

Their attentions are always for the welfare and happiness of the members.

They treat the members with love and compassion.

Going to different places is not an easy job for management but they do a great job. We enjoyed going shopping , and breakfast at different restaurants.

This is a nice experience for the seniors and me.

What a great job management does.

Thank you very much, and I hope for continued success for the Nyack Senior Activity Center and staff.

Violeta

Dear Members,

We are so glad to hear your wonderful thoughts and comments! Fun trips and interesting activities are planned for this summer- including a BBQ and boat trip.

Sharon Gorzka, Program Coordinator





Special Birthday wishes to Geraldine Jones who turns 98 on June 30th! Geraldine loves coming to the Nyack Senior Activity Center every day. She is our longest attending member! Geraldine has been taking wonderful care of the many plants in our center for decades.

Wishing you much health and happiness Geraldine!

