



Meals On Wheels

Meals are just our first course!

Meals on Wheels- Programs and Services of Rockland, Inc.



*Thorpe Senior Activity Center
Newsletter
February 2016*

*Our Fortieth Anniversary
October 1975 - 2015*

**Thorpe Senior Center
“Where everybody knows your name”
Dominican Convent
175 Route 340
Sparkill, New York 10976**

Thorpe Senior Activity Center Newsletter

Vol. 8 – February 2016
Birthstone ~ Amethyst
Flower ~ Violet



Where people come together ...



“Sit quietly, doing nothing;
spring comes and the grass
grows by itself.”
Zen Proverb

Calling all seniors ... We are looking for you

We invite you and those you know to be part of Thorpe Center. Invite a friend, tell a neighbor that they will find a warm welcome.

Like to play cards, scrabble, take part in history, literature, exercise, yoga, art or ceramic classes? Then we are the place for you.

Like company when you dine? Then we are the place for you. Delicious fare, transportation too. Come join the fun. Call 359-5801 or 359-4058. We're waiting for you!

Sister Maureen

Musings *Sr. Jude Miriam*

The month of February is filled with many celebrations. Most of us remember when Abraham Lincoln and George Washington each had a special day on the calendar. In the northern states, Lincoln's birthday was celebrated on February 12. Schools, banks and post offices were closed. Do you remember when President Washington's birthday was celebrated on February 22nd. I do. Now, today we celebrate President's Day on the 3rd Monday in February, providing many with a three day weekend. This year it is February 15th, and all the presidents can be celebrated.

February 14th is Valentine's Day. There is so much advertisement for Valentines Day. free coffee, dinner for two, flowers, candy, cards, have we really forgotten the real meaning of "Valentine's Day". Love as defined by Webster is "a strong affection for or attachment to another person based on personal or familial ties.. Sometimes, I look at holidays, see all the ads and say to myself "is it just another way to make money?" True selfless love can be witnessed in senior couples, being together, caring for each other, enjoying each others company in good times as well as time that are not so good.

Chinese New Year is celebrated during the week of February 7-13. In China this coming year would be 4714 and celebrated as the Year of the Monkey. Those born during the year of the Monkey are considered to be witty, intelligent, and have a magnetic personality, masters of practical jokes and fast learners. Gong Hey Fat Choi" loosely translated means "Congratulations and be prosperous", and that is our wish for all of you.



On the Street Where you live
by Mary Higgins Clark
reviewed by Bella Whalen



A gripping novel. Two murders that are linked although they take place one hundred ten years apart.

While digging for a pool a body is found. It has been missing for four years In her hand is a finger with a ring that has been missing from the past.

The story takes place in Spring Lake. New Jersey a beautiful area. The many people involved keeps you guessing until the end before the killer is revealed.

Activities at Thorpe

HISTORY WITH SISTER MAUREEN -
Mondays at 10:00

LITERATURE GROUP WITH SISTER JUDE –
Wednesdays at 10:15

CERAMICS – Mondays 12:45
EXERCISE – Fridays 10:00

CARDS - SCRABBLE – BINGO – WALKING CLUB
BLOOD PRESSURE SCREENING
(Check calendar for dates and times)

SHOPPING - Shop Rite Northvale
Mondays 1 PM
Orangeburg -Fridays 1 PM
Macy’s, - check calendar

YOGA Classes
Diane Mc Carthy



I was very surprised by the Yoga class I am a part of with Marry Callan Usually, I have seen people doing all sorts of exercises on the floor with great skill. We do the same exercises, sitting on chairs, which is easier and it is fun! Mary is an excellent Teacher. I am very happy I joined the group.

A Visit from Bob Goldberg

Pat O’Donnell

Bob returned for his 2nd visit on Tuesday January 19th.

We all feel we cannot get enough of our “Rich in Rockland” History. We look so forward to his visits because all he explains and show is local - In our own background.

Today’s Topic was Nyack and how it went from farmland to a town of merchants.

Products that merchants needed arrived by boat from the Albany area. Eventually Nyack even became a big boat building Industry, making them self sufficient.

*In these uncertain times ...
When you'd like to dine out ...*



**Thorpe Senior Center
Is waiting for you !**

Lunch every day ...
Great food ...
Warm conversation
New friends ...
...

For a menu and to make a reservation
Call 359-4058 or 359-5801
Transportation provided
*Come to the place where everybody knows
your name!*

Coloring Circles

Elsie Drake

I think the coloring program is so nice, and Ellie is wonderful with thoughts before we start coloring. It is very relaxing.

THORPE CENTER WELCOMES
LOTTIE SWANN CRAWFORD
By Marcy Piper

This amazing lady has participated in several events that are an important part of our nation's history.

Lottie, whose maiden name was Kane, was born in 1922 in Sparkill. Her mother was born in Sparkill also. She was married to John Swann for twenty years and they had three children. She later married Paul Crawford. She was living with her daughter who recently passed away and Lottie has moved into Dowling Gardens. She is assisted by her niece, Yvonne Beamon.

Lottie became active in the civil rights movement to gain the rights guaranteed to all Americans by the Constitution and was inspired by the belief of Martin Luther King that the way to reach that goal was through peaceful, non-violent methods. She joined the march in Birmingham, Alabama. She was in Washington, D.C. when Dr. King gave his speech with the message, "I have a dream." This must have been a very emotional day for all who were there.

When Dr. King was assassinated, Lottie attended his funeral. Those responsible probably thought that by killing Dr. King they would stop the fight for equal rights but it continued and a day of remembrance for Dr. King was established which became a national holiday. He was able to secure some changes but there are still things that must be changed.

Dr. King said that someday all people will be judged not by the color of their skin but by the content of their character. Lottie had a part in trying to bring this day closer. She served as Rockland County Commissioner of Human Rights. We hope she will join us again and share her memories with us.

A NEW FEATURE FOR THE NEWSLETTER
"Kids Say the Funniest Things"
suggested by Marcy Piper

This week we were talking about the funny things the little ones in our families say. Sister Maureen said this would make a nice addition to the newsletter. Some months we might have several comments and the next month there would be none. The name of the column would be "Kids Say the Funniest Things." I can start the ball rolling with this one:

Last week-end my granddaughter said, "Hey, Granny, you will have the house to yourself all day. You can run around in your underwear if you want to." I said, "Yeah, I could." Katherine, age six, said, "Granny! NO!!"

My Great Grandson Rocco
Rose Chionchio

The best thing that happens to me in the morning is when my little great grandson, Rocco calls to me, "I'm going upstairs, Grandma. Get all the good food ready for me. I love you, grandma."

The Short Straw by Stuart Woods
suggested by Bella Whalen

Imagine waking up to learn your wife has left you. Not only left but cleaned out your savings your business savings and stock. Stock worth over four million dollars.

Ed Eagle, a lawyer, has resources to hire two detectives to find his wife. He hopes to get his money back and his wife sign divorce papers.

There are a lot of twists and turns but in the end, Ed Eagle has it turn out to an outcome to his satisfaction.



This Day in History in February:

- 6 The board game Monopoly first went on sale.(1935)
- 6 Astronaut Alan Shepard hits three golf balls on the moon. (1971)
7. The Beatles come to the U.S. for the first time, and appear on the Ed Sullivan Show. (1964).
- 8 [The Boy Scouts](#) were founded. (1910)
- 9 An Act of Congress is passed authorizing the US Weather Bureau (1870)
- 10 Glenn Miller receives the first ever gold record for selling a million copies of a song. And the song...
"The Chattanooga Choo Choo" (1942)
- 10 France cedes Canada to England, ending the French and Indian War. (1763)
- 11 Robert Fulton patents the steamboat (1809)
- 12 Women in the Utah Territory win the right to vote. (1870)
- 14 The Saint Valentine's Day Massacre occurred. Mobsters, dressed as policemen, gunned down seven members of a rival gang. (1929)
- 15 The Post Office uses adhesive postage stamps for the first time. (1842)
- 16 Nylon is patented. But it won't become popular for a few more decades. (1937)
- 16 NBC TV begins it's first nightly newscast. (1948)
- 18 Mark Twain's *The Adventures of Huckleberry Finn* is published.(1885)
- 18 A ninth planet is discovered in the solar system and is named Pluto. The discover is Clyde Tombaugh. (1930)
- 19 A prize is inserted into a Crackerjacks box for the first time (1913)
- 20 John Glenn become the first U.S. astronaut to orbit the earth.(1962)
- 21 Richard Nixon becomes the first U.S. President to visit China. (1972)
- 22 Frank Woolworth opens the first "Five Cent Store" in Utica, N.Y. (1879)
- 23 Walter Wingfield of Pimlico, England, patented the game of lawn tennis. (1874)
- 23 The Tootsie Roll rolls into stores in America. (1896)

February in History (con't)

- 23 U.S. Marines raise the American flag on Iwo Jima.
25. Samuel Colt patents the revolver (!835)
- 26 A bomb explodes at the World Trade Center killing 6 people. (1993)
- 28 The Salem Witch Hunts begin (1692)
- 28 The final episode of M.A.S.H. is aired. (1983)
- 29 Yellowstone becomes the first National Park (1872.)



We remember those who are ill and in need of cheery thoughts....

Please keep in your prayers Sister Maureen Bradshaw as she continues to heal.

Prayerful thoughts and wishes for healing

Sylvia Friedman, Mary Bradshaw, Anthony Armetta, Patricia O'Donnell, Debbie Sumrall, Anna Ely, Christopher Bradshaw, Elaine Palaia, Connie Fedele, Tom Mooney, Sister Stephanie Robinson, Mary Quinn, Mary Burke, Patricia Lawler, Joseph Bradshaw, Anne Lenzinger, Doris Bleicher, Kelly Foley, Sister Joanne Deas, Father David Paul, Julianne Schifano, Gerry Hershkob, Lynch Family, Lucille Sterlace, Frank DeVito, Lisa Stevens, Lillian Lewis, Harold Schulman, and Billy Keenan .

For all caregivers and those they care for so lovingly and quietly. Sisters of St. Dominic (Blauvelt) and Sparkill Dominican Sisters in need of healing.

We extend our sympathy to Walter Gould, Thorpe Center Activity Van Driver, on the death of his half sister, Evelyn Gould,

Newsletter Deadline

**The deadline for submitting articles for the
March Newsletter is
February 19**

Thank You Students



I wish to thank all the students of Cottage Lane School who gave our seniors such a special treat at Christmas. You put together boxes filled with little gifts and treats for us to enjoy.

You could find cough drops, gloves, hand cream and shampoo along with so many different items, even gloves and socks.

Thank you again from all of us at Thorpe Senior Center; to you, your families, your teachers and your principal. We are most grateful.

Thank you for making our party so special.

Sincerely,

Mickie Parisi Co-President

“I want to thank everyone who donated travel size items for my hygiene kit project.

Because of your generosity, I was able to assemble and deliver **660** kits. This amount exceeds last years total!!! These kits are going to the Martin Luther King Center in Spring Valley.

Thank you again for your generosity.”

Katie Raia



LITERATURE GROUP

With Sister Jude



During the month of January we looked at the poems of Emily Dickinson on Wednesday mornings. Many of us enjoyed “some” of her poetry, her themes are flowers and gardens, based on her observations, and morbidity and death.

In February we are hopefully going to enjoy G.K. Chesterton’s “Favorite Father Brown Stories”. You are invited to join us on Wednesdays at 10:15. Copies of the collection will be available for your reading enjoyment.



What’s Cooking at Thorpe

Francine Fevola

Sometimes in the winter months we make soup at Thorpe Center. In January, here is the recipe for what we made.

Stracciatella Soup

Ingredients

2 14oz. Cans of College Inn Chicken Broth

1 pkg. Frozen chopped thawed spinach
1 egg scrambled with Parmesan cheese
Salt and pepper to taste

Heat College Inn Broth to a very slow boil. Add spinach until cooked, but not over done.

When spinach is cooked and still a nice green color, slowly add scrambled egg to which salt and pepper have been added.

Continue stirring until soup looks similar to Egg Drop Soup.

Sprinkle cheese into soup. Serve hot with parmesan cheese on top.

Bon appetite!

WELCOME

WELCOME

WELCOME

Welcome to new members of Thorpe Senior Activity Center. We are happy to have you with us.

Sally Giardina

Joseph Missale

Maureen Scollo

Please invite some of your friends to join us!

My Feathered Friends

Mickie Parisi

Every morning when I open the blinds in my kitchen, I look out into my backyard.

On the branches of the nearest evergreen tree are perched beautiful Blue Jays. It almost looks like a decorated Christmas tree.

I counted seven of them, two more than last year. They sit there waiting for me to feed them. As soon as the cubes of bread hit the grass, they dive down like small fighter planes to pick up their breakfast. Some of them return their prize back up into the trees and some eat on the ground. I look forward to this every morning. It gives me a connection with the outside creatures. Maybe they feel the same about me.

IF I ONLY HAD A CAMERA

Sister Jude Miriam

For the past few years, a rafter of wild turkeys (30-40) have been coming across the convent property twice a day searching for seeds. They travel in a large group. As they begin to eat some fly into a small tree that must have seeds they enjoy.

One day, last week I watched the turkeys on the ground from my window. I live on the third floor and outside my window is an old white pine tree I noticed something in the tree, at first I thought it was a squirrel. Looking closer, at eye level was a full grown turkey on one of the boughs of the tree. Looking upward, I saw three more turkeys, sunning themselves. I opened my window pulled up the screen and the turkeys never moved on. What a picture! And I missed my opportunity for a once in a lifetime picture.

Exercise with Miriam

It will be nice to have Miriam return to do exercise. She has many different moves and is very original. Carmen , also conducts an exercise group on Friday. She does a good workout with us once a month.

What a Small World

Pat O'Donnell

Marion mentioned at the last general membership meet to mingle with other than the usual group of table mates.

Well, I did that and what a delightful experience it turned out to be. I sat down with Sister Mary John. We were chatting about Sister's childhood summers that she spent in Wayne, N.J. They were glorious summers and I mentioned how familiar I was with the various parts of Wayne.

Sister Mary John was also telling me about her Mom and Dad. They were amazing parents. Sister told me how creative her mom was – way ahead of her time in decorating her home. What a lovely home she created for her family with her talent and skills. Sister's dad was so handy and he in turn was as gifted as Sister's mom.

I so enjoyed this lovely chat. So all our seniors should try sitting with others and you may have an enjoyable time.

THORPE SENIOR ACTIVITY CENTER

STAFF:

Sr. Maureen Bradshaw, Manager

Sr. Jude Miriam, Service Coordinator

Francine Fevola, Program Coordinator

Michael Gorkowski, Custodian

Walter Gould, our Driver

OFFICERS 2016 - 2018

Co-Presidents - Mickie Parisi and Alice Dionisio

Co - Secretaries - Patricia O'Donnell

Co-Treasurers -Connie DiMaio and Lillian Maresco

SPECIAL ADVISOR: Sylvia Friedman, Marion O'Leary, Nora Buckley These lovely ladies will work with the Officers and Staff