



Goshen Senior Center News

Goshen Senior Center – June 2017 News

Bonnie Mayefsky – Program Coordinator

845-294-8545

Just a reminder to those who already reserved tickets for the **Cirque Dreams Holidaze** show tickets at the Sands Casino on November 28th. It's time for Bonnie to send in payment so please stop by the office and pay the next time you're at the center. The price is \$55.00 which includes your show ticket, round trip bus fare and drivers tip. You'll also get \$25.00 in slot play at the casino. There is still room on the bus for those who are just interested going to the casino and the cost is \$20.00 per person which includes round trip bus fare and drivers tip and \$25.00 in slot play.

Salad and sandwiches will be NOT available for the June 26th Senior Club Meeting. I am so sorry...I will be away!

The women's book discussion will take place on Friday, June 23rd from 11 to 1 pm. This month's discussion will be on "The Dollhouse" by Fiona Davis.

The Office of the Aging has informed me that the Farmers Market Coupon Books will not be distributed until sometime in July. I will post a notice in the center when they will be available.

On Tuesday's from 10-10:45 Kara is teaching Belly Dance for Senior Women.

- ***Belly Dance for Senior Women: A fun and healthy way for senior women to exercise: Benefits of Belly Dance are---- Improved posture and balance, stress reduction, core and arm toning, a safe way for improve cardio vascular health with gentle impact movement, and enhanced fluidity and grace.***

On Thursday's from 10:15-11 Kara is also teaching Seated Stretch and Release for Seniors.

- ***Seated Stretch and Release for Seniors: Gentle and seated stretches and poses followed by a relaxing meditation. Ideal for those of us looking for the tension release that stretching provides in a safe manner as well as the serene mental calm that meditation provides.***

Just a reminder...that every Wednesday from 10am to 11am Dr. Stanley Goldstein is available in our library/computer room to answer any of your computer related problems and or questions. It doesn't matter if it's a desktop, laptop, tablet or Kindle problem or question. No appointment is necessary and it is first come first serve. This program is FREE so why not take advantage of Dr. Goldstein's computer expertise.

