

# Bronxville Senior Citizens



SENIOR CITIZENS COUNCIL  
BRONXVILLE & TUCKAHOE

*Community is Ageless*

**OCTOBER 2021**

TUESDAYS		THURSDAYS
<p>9:30-10:30am Bridge with Robin (Zoom) <i>Tues. Oct. 12, 19, 26</i> *****</p> <p>11:45-12:30pm Exercise with Gina (Zoom) <i>Tues. Oct. 5, 12, 19, 26</i> *****</p> <p>1:15-2:15pm Motion to Music with Diane (Zoom) <i>Tues. Oct. 12, 19, 26</i> *****</p> <p>2:30-3:30pm Medicare Open Enrollment with Gilda Press (Zoom) <i>Tues. Oct. 12</i> *****</p> <p>3:30-4:30pm Art Class with Caroline (Zoom) <i>Tues., Oct 12</i> *****</p> <p>2:30-3:15pm "A Picture is Worth a Thousand Words" with Mary (Zoom) <i>Tues. Oct. 5, 19 &amp; 26</i></p>	<p><b>ALL PROGRAMS WILL BE REMOTE AND TAKE PLACE ON ZOOM IN SEPTEMBER.</b></p> <p>Many of you have been asking about plans for reopening the senior centers. We continue to wait for approvals to resume onsite activities at The Reformed Church in Bronxville. We will be offering activities via Zoom until further notice.</p> <p>As soon as we receive approval to resume onsite activities, we will notify members.</p> <p>The Senior Citizens Council has made the determination that <b>proof of vaccination will be required</b> to attend in-person programs in the fall. When onsite programs resume, participants will be asked to present their vaccination card or NYS Vaccine Passport with dates of vaccination.</p> 	<p>10:30– 11:30am Tai Chi Meditation with Norma (Zoom) <i>Thurs. Oct. 7, 14, 21, 28</i> *****</p> <p>11:45-12:30pm Exercise with Gina (Zoom) <i>Thurs. Oct. 7, 14, 21, 28</i> *****</p> <p>1:00-2:00pm Literature Group with Mary (Zoom) <i>Thurs. Oct. 7, 14, 21, 28</i> *****</p> <p>2:30-3:15pm Name that Tune! Trivia with Mary (Zoom) <i>Thurs. Oct. 21</i> *****</p> <p>2:30-3:15pm Pre-Halloween Zoom Party &amp; Trivia (Zoom) <i>Thurs. Oct. 28</i></p> <p><b>BSC Board Meeting Thursday, October 7th 9:00am on Zoom</b></p>

**Mary Walsh Roche, MS, OTR/L, Director**

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**[www.BronxvilleSeniors.org](http://www.BronxvilleSeniors.org)**

# OCTOBER

Dear Friends,

It's hard to believe it's already Fall. It's been great seeing you again and resuming our zoom programs after the Summer break.

In our literature group this past week we discussed a poem by Robert Gibb entitled "For the Chipmunk in My Yard." Poet Robert Gibb was born in Homestead, Pennsylvania in 1946. He has authored fifteen collections of poetry. You can learn more about him and access the poem at [poetryfoundation.org](http://poetryfoundation.org)

Prior to our discussion, I had never heard of him or his poetry. That may not be saying much as I'm no poetry expert, but what it did make me think about was how much there is to learn about people, places, and a wide variety of topics. We can access all sorts of information (true, false and in between) with a click of a button. Remember visiting the library and searching the card catalog. Now we can access the latest research articles on our smart phones. We can learn about people near and far doing all sorts of interesting work. It's really amazing!

At the same time, we need to be careful. October is Cybersecurity Awareness Month. It's important to be careful about the information we share online and to watch out for phishing and other scams. Phishing scams aim to acquire valuable personal data and passwords in order to steal another's identity, money or both. They are mostly associated with email but can come in many forms. Never click on a link in an email if you are unsure of the source. The aarp.org website has some great information about scams and fraud to help us be safe online.

Speaking of people doing all sort of interesting work, we have many here in our own community. Many thanks to NYP Lawrence Hospital and to physical therapist Matthew Bollati who recently gave an informative presentation to us about reducing fall risk. Thank you to all who joined us for that virtual event.

We are most grateful to The Community Fund, the Reformed Church of Bronxville and the many others for their support of our programs. I know people are eager to get back to see each other again in person and resume classes. We understand this and carefully working towards this goal. As soon as we have further updates, we will share them. In the meantime, please continue to join us on zoom.

Wishing you good health and happiness always!

— Mary Roche, Director



## Name that Tune! Trivia with Mary

*Join with friends and enjoy some trivia related to the music from the 1950's to the music of today.*

2:30-3:15pm

Thursday, October 21st  
On Zoom



## ANNOUNCEMENT

The Speeders 55+ Art Show has been rescheduled to October 2022. Thank you for understanding. Please stay tuned for updates.

## MEDICARE WORKSHOP

©LPI

**All You Need to Know About Medicare  
Open Enrollment  
with Gilda Press**

**Tuesday, October 12  
2:30-3:30pm  
on Zoom**



**Art Class with Caroline**  
Tuesday, October 12  
3:30-4:30pm  
On Zoom

## SENIOR CITIZENS COUNCIL

The SCC is our umbrella organization and a member of the Community Fund, which supports our bridge, Tai Chi, and exercise programs. For more about the Council and its mission, you may contact Council Co-Chairs Eleanor Gustafson or Valerie Rittenhouse. For more information check out [www.scc70.org](http://www.scc70.org)



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## **JUST FOR LAUGHS**

### **“What is a Grandparent?”**

*Work days I sit at my computer watching interest rates and other matters. But yesterday my granddaughter dropped by. It is revitalizing to see the world through the eyes of an 8 year- old child and her classmates.*

Grandparents are a lady and a man who have no little children of their own. They like other people's.

A grandfather is a man grandmother.

Grandparents don't have to do anything except be there when we come to see them. It is good when they take us to the store and have lots of quarters for us.

When they take us for walks, they slow down past things like pretty leaves and caterpillars.

Everybody should have grandparents, especially if you don't have television because they are the only grownups who like to spend time with us.

They know we should have snack-time before bed-time and they say prayers with us every time, and kiss us even when we've acted bad.



## **Pre-Halloween Zoom Party & Trivia**

**2:30-3:15pm**

**Thursday, October 28th**

Wear your favorite Halloween gear and join us for some pre-Halloween music and trivia.

**Hope to see you on Zoom!**



## **The Bronxville Senior Citizens Board**

**July 1, 2021 – June 30, 2022**

**President**  
**Asst. to President**  
**Vice President**  
**Treasurer**  
**Asst. Treasurer**  
**Co-Corres. Secys**

Liz Delgado  
Anne Kelty  
Mary Smith  
Cathy Hurley  
Gloria Montenero  
Nancy Moore,  
Patricia Merle  
Susanne Servin  
Gail McCarthy  
Nora Gorman  
Gail McCarthy  
Teresa Frawley  
Rita Fitzpatrick

**Recording Secretary**  
**Co-Nom. Chairs**

**Members at Large**



### **Friendly Callers!**

If you are interested in receiving a call, contact the office at 914-844-5120 and we will pass your name along to one of our friendly callers.



## **Gloria's Corner...**

### **Inspirational Quotes shared by Gloria Montenero**

Apologizing does not always mean you are wrong; it just means that you value your relationship more than your ego!

Knowledge is what you learn from others  
Wisdom is what you teach yourself –

#### **PONDER THIS:**

The man said, “Tell us, wise one, what is the hardest task in life?”

And the wise one said, “First, to know yourself and second, to be it.”

The deepest feeling always shows itself in Silence.



## Give Your Computer a Fall Cleaning

This fall, you'll likely take the time to wash windows, vacuum cobwebs, organize closets, and clean out garages in preparation for winter and the upcoming holidays. But do you give your trusted computer the same attention?

Technology is more advanced than ever, so it's no wonder that many of us have become accustomed to not maintaining them. National Clean Your Virtual Desktop Day is celebrated each year on the third Monday of October. For those who do not have neat, tidy, and well-organized computer desktops, this October 21<sup>st</sup> is the perfect day to think back to when your computer was new, clean, and well organized.

If an organized desk is the sign of an organized mind, the same can be said of the virtual desktop. According to Newsweek, the average American loses 4.6 hours each week trying to find lost or misplaced items. Isn't it time to take 10 or 20 minutes to sort through the icons, folders, and documents that have taken over your desktop, making it impossible to find the right file?

### 1. Delete Old Files

Desktops can go from clean to clutter before you know it (and start looking like a collage of sorts). Now's the time to really look at each file and delete what you no longer need.

### 2. Create Folders

Organize the files you're keeping. Start by creating a master folder, and then establish sub folders where you'll place each file.

### 3. Protect Pictures

Instead of storing your valuable pictures on an unprotected desktop, it's best to keep them on storage devices like SD cards or external hard drives.

### 4. Install Antivirus Software

If you don't already have anti-virus software installed on your computer, now's the time to add it. Then be sure to run occasional scans to find any unsafe files that you may have inadvertently downloaded.

### 5. Add Password Protection

If you work on your laptop out in public, you risk being visually hacked. It happens in public locales where one individual will look over another's shoulder and see private information on the computer screen. The information can be captured with a smart phone camera and used to steal data, including financial and medical information. In a study by the Ponemon Institute, more than 90 percent of visual hacking (or shoulder surfing) attempts are successful. So in addition to cleaning your desktop, password protect your computer to keep it away from prying eyes.

### 6. Plan for Maintenance

Don't wait until next October to do another cleanup of your desktop. Set a recurring event on your calendar to perform desktop maintenance on a regular basis. This can be a weekly or monthly event, depending on how much damage you typically do.



## A Picture is Worth a Thousand Words: Communicating with Photos

with Mary

Tuesdays, October 5, 19 & 26

(\*There will be no session on Oct. 12)

2:30-3:15pm

On Zoom

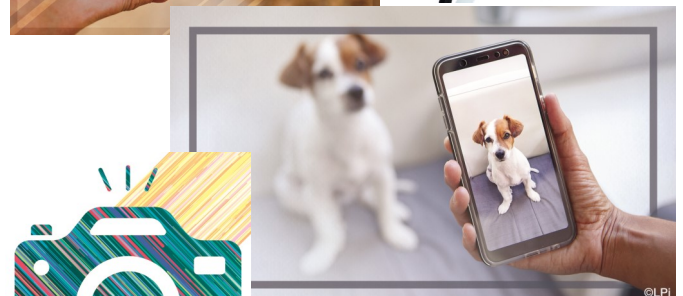
Tuesday, October 5—What is photovoice?

Tuesday, October 19 — Why photovoice?

Tuesday, October 26 — Viewing Photos & Discussion

Identify a photo of an object (not a person) that represents something you would like to share about yourself with the group. For example, where you are from? What is something you care about? What is a hobby of yours? Please email me your image prior to session one or be prepared to have your image up on your computer screen for sharing. We will use our photos to introduce ourselves to the group. If for some reason you do not have a photo for the first session, that's fine, too. You are welcome to join anyway.

(\*\*Please note this is not a professional photography class, art class or technique class. It is more of a discussion group. No experience necessary.)



# Halloween Word Search

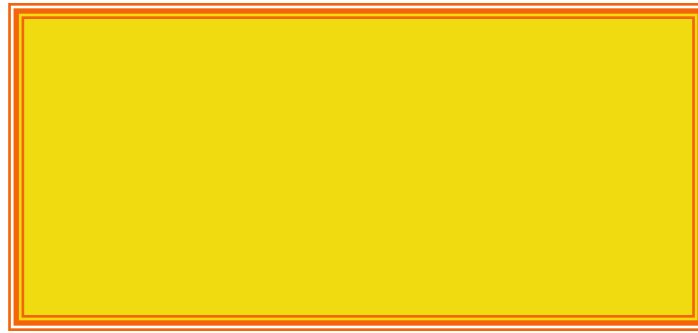
P	E	A	O	F	R	I	G	H	T	F	U	L	E	O	I	T	U
S	P	O	O	K	Y	L	A	N	T	E	R	N	C	A	N	D	Y
S	C	A	R	Y	H	T	R	I	C	K	S	B	O	N	E	S	T
C	A	R	V	I	N	G	I	W	V	B	O	G	E	Y	M	A	N
P	E	R	T	O	G	A	P	P	A	R	I	T	I	O	N	N	D
F	B	W	K	N	D	A	R	K	N	E	S	S	A	R	R	Y	E
L	P	H	A	L	L	O	W	E	E	N	U	Q	E	C	K	P	D
O	Z	U	A	F	T	E	R	L	I	F	E	B	Y	C	A	E	P
W	O	N	M	C	G	H	O	S	T	S	O	R	A	C	T	M	M
E	M	O	U	P	G	C	H	K	L	T	E	L	S	N	O	S	D
R	B	R	N	O	K	F	Y	L	C	T	B	E	U	N	P	E	H
E	I	D	B	U	C	I	A	O	E	Z	M	A	S	I	K	S	S
W	E	L	S	D	U	B	N	M	Y	U	H	T	D	C	O	L	T
S	I	U	L	P	E	W	E	S	T	J	E	E	I	E	B	C	R
N	M	A	A	Y	I	C	S	S	X	R	R	W	E	A	R	O	E
B	O	C	E	T	O	E	O	S	C	A	R	E	C	R	O	W	A
A	O	I	C	M	B	C	G	H	O	U	L	O	W	B	O	B	T
T	N	H	C	A	C	K	L	E	N	M	A	S	K	R	M	A	S

Word List:

- |           |            |          |           |
|-----------|------------|----------|-----------|
| HALLOWEEN | WITCH      | GHOST    | HAUNTED   |
| CEMETERY  | PUMPKINS   | CARVING  | COSTUMES  |
| CANDY     | TRICKS     | TREATS   | GOBLIN    |
| MASK      | SCARY      | SPOOKY   | SPIDER    |
| BAT       | BLACK      | CAT      | CAULDRON  |
| BONES     | BOO        | BROOM    | CACKLE    |
| AFTERLIFE | APPARITION | CAPE     | DARKNESS  |
| EYEBALLS  | GHOUL      | BOGEYMAN | FRIGHTFUL |
| MONSTER   | LANTERN    | MOON     | OCTOBER   |
| SCARECROW | ZOMBIE     | WICKED   | WEREWOLF  |

BRONXVILLE SENIOR CITIZENS  
C/O THE REFORMED CHURCH  
180 PONDFIELD ROAD  
PO BOX 397  
BRONXVILLE, NY 10708  
**ADDRESS SERVICE REQUESTED**

NON-PROFIT ORG  
US POSTAGE  
**PAID**  
WHITE PLAINS NY  
PERMIT NO 7191



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Special Days October 2021—Holiday & Celebrations

1	Homemade Cookies Day	14	Clergy Appreciation Day
1	International Day for Older People	14	National Dessert Day
2	Custodial Worker's Recognition Day	16	Dictionary Day
3	Fire Prevention Week	16	Sweetest Day
3	Look at the Leaves Day	16	World Food Day (food collection)
3	Mental Illness Awareness Week	17	National Pasta Day
3	National Kale Day	18	National Clean Out Your Virtual Desktop Day
3	National Pumpkin Seed Day	20	Full Moon (Hunter's Moon)
4	Active Aging Week	20	World Osteoporosis Day
4	National Golf Lover's Day	22	National Nut Day
4	National Taco Day	24	Make a Difference Day (community service)
4	National Walk Your Dog Week	26	National Pumpkin Day
5	National Do Something Nice Day	27	National Mother-in-Law Day
6	National Noodle Day	28	National Chocolate Day
6	New Moon	28	Third Quarter Moon Phase
8	Columbus Day	29	National Cat Day
8	National Online Banking Day	29	National Oatmeal Day
9	Fire Prevention Day	29	World Stroke Day
10	National Cake Decorating Day	30	National Candy Corn Day
10	National Chess Day	31	Halloween
10	World Mental Health Day		
11	World Sight Day		
12	Astronomy Day		
12	First Quarter Moon Phase		
12	Pumpkin Pie Day		

