

# ***NORTH SALEM SENIOR CITIZENS***

***P.O. BOX 219***

***NORTH SALEM, N.Y. 10560***

*April 2022*

Hi Folks,

Has anyone seen a crocus or snowdrop yet? I'm eagerly awaiting my first glimpse of life emerging from a seemingly lifeless ground. Such an exciting time of year!

What a delightful time we had at the March meeting celebrating St. Patrick's Day. There were over 40 attendees enjoying the food, Irish dancers and music. I hope to see many of you at the April meeting as Dr. Anne Brandon explains ways to maintain our structure and health as we age.

So far, Pam Veith of the Lewisboro Seniors, has alerted us to two trips: Thursday, May 19th 8:15 am - 5:00 pm - Brooklyn Pizza Tour - \$68 sign up by April 13th and Thursday, June 23rd Culinary Institute Bocuse Restaurant & Pride of the Hudson Cruise. Details to follow. Save the dates if you're interested. As we wait for the details, perhaps now is a good time to make sure you have the required File of Life form filled out. Besides becoming or renewing membership in the Lewisboro Seniors (\$15), in order to get on their van, you need to give Pam the completed File of Life card. If you have any questions about this, please call Bev or me.

If you read this newsletter, you probably noticed that the schedule of meetings is changeable, flexible. As Jinx pointed out to me, we don't need to go through the new officers routine this year since our term is for a two-year stint. Therefore, we are foregoing the installation meeting.

Elena Becker, an Associate Project Manager at Northern Westchester Hospital's Center for Healthy Living, will attend the April and June meetings, along with our nurse who will do blood pressure and screenings, to discuss a new app the hospital is promoting, "Meet and Move". It encourages people to get active by letting them know what and where activities they are interested in are happening nearby. She'll speak for a few minutes and then be available for questions and assistance.

Below is a tentative list of upcoming meetings. Lunch will be served. The NS Firehouse is located at 301 Titicus Road, North Salem.

- **April 12** at the Fire House. Dr. Ann Brandon will speak about healthy age. Pizza will be served.
- May 10 at the Fire House. Dr. Freeston will speak about the budget and what is going on at the school. We can also wish him well as this will be his last visit with us. He will be retiring this year.
- June 14 at the Fire House. We will be playing Bingo and a new game called Left, Right, Center.
- July 12 - No meeting this month.
- August 9 - "North Salem Seniors" turns 50 years old this year! Let's celebrate while we also honor all our members who have reached or passed their 90th year.

Instead of bringing your used sheets and towels to the thrift store, how about bringing them to the next meeting to give to Muriel who regularly shares them with the local vets. Muriel also brings aluminum tabs to the Ronald McDonald House once or twice a year for their program which helps families who stay at the house while their children are in the hospital. An almost effortless way to help others.

Tech Tip for April: Did you know you can use your "voice assist" (Siri, Hey Google, etc.) to search the internet and even turn your flashlight on!

Sincerely  
Marianne Collins  
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