



Interfaith Towers

Community News

January 2020

Manager's Corner

Welcome to a new year! This past year was truly delightful, and we have each and every one of you to thank for our warm memories. I am looking forward to all this year has to offer. We're planning lots of fun events and activities in the coming months, and we hope you can join us!

Please be sure to join us for the Newcomers' Reception being held on Tues. January 28th at 2:00 p.m. when we celebrate and welcome all those who moved into our community in 2019. Cake and coffee will be served!

We wish each of you a New Year filled with peace, joy and love.

~Mary & your staff of Interfaith Towers

Not Too Late To Get Fit

It's never too late to gain the benefits of exercising, according to the results of a recent study focused on seniors. Researchers asked a group of men and women in their 60s and 70s to begin regular workouts walking on a treadmill, and after several months, they showed significant improvement in their cardiovascular fitness and their energy levels.



Snow Joke

Did you hear about the ski trip? It started off great, but things went downhill fast.

Staff

Mary Scilleppi

Property Manager

Linda Gorzka

Administrative Assistant

Jessica DeGarmo

Resident Advisor

Rita Barber

Bookkeeper

Roy Charter

Superintendent

Greg Davis

Maintenance/Custodial

Office Hours

Monday-Friday 8 a.m.-4 p.m.

Important Numbers

Office (845) 452-1172

Office FAX (845) 452-0106

Emergency Pager . (845) 431-6636



Take Time for Thank-Yous

"We must find time to stop and thank the people who make a difference in our lives," said President John F. Kennedy. Start the new year by showing your appreciation to those who are important to you during National Thank You Month.



Day of Service

The federal holiday honoring Martin Luther King Jr. is a day off for some, but organizations across the country want folks to make it a day on—by volunteering. As a national day of service, people are encouraged to put their time and talent to work serving their community.

Happy New Year!



Trivia Whiz

About Oranges

Winter is the prime season for one of the most popular citrus fruits. Peel into these tidbits about oranges.

- They originated about 6,000 years ago in Southeast Asia.
- Christopher Columbus brought orange seeds to the New World on his second voyage in 1493.
- The color orange was named after the fruit, not the other way around.
- There are about 600 varieties of oranges worldwide.
- Juicy and seedless, the navel orange is the most popular variety for eating.
- Florida grows the most oranges in the U.S.
- Oranges are high in fiber and an excellent source of vitamin C.



JANUARY BIRTHDAYS

January 2	Mary McNamara
January 6	Laura Lynk
January 8	Gloria Cusimano
January 8	Hermine Ingoglia
January 17	Shirley Cole
January 18	Gary Clendennen
January 20	Louree Johnson
January 20	Sadie McLean
January 21	Michael Ballou
January 24	Mario Morzan Sovero
January 30	Joseph Licato
January 30	Julius Wilson

Happy Birthday with wishes for countless blessings throughout the coming year!

RESIDENT ADVISOR'S CORNER

Happy New Year!

I hope everyone enjoyed their holidays with family and friends and you are looking forward to 2020.

If you need any assistance please feel free to set up an appointment.

~ Jessie



Positive Thoughts

"There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative." —W. Clement Stone

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"Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world." —Harriet Tubman

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"The new year stands before us, like a chapter in a book, waiting to be written." —Melody Beattie

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"The measure of your life will not be in what you accumulate, but in what you give away." —Wayne Dyer

Daily Lunch Program

D.C. Office for the Aging offers home-delivered meals at noon, Monday through Thursday in the community room for a suggested donation of \$3. **Sign-up sheets are posted on our main lobby bulletin boards. Sign up by NOON on the previous day** to enjoy a great meal at a great price!





MANAGER'S COFFEE

Our monthly Manager's Coffee

is scheduled for

Friday, January 3rd, at 2 p.m.

The informational meeting is followed by refreshments. All residents are invited and encouraged to attend.

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### Wit & Wisdom

"There's only one thing more precious than our time, and that's who we spend it on."  
—Leo Christopher

"You can't make up for lost time. You can only do better in the future."  
—Ashley Ormon

"All we have to decide is what to do with the time that is given us."  
—J.R.R. Tolkien

"They always say that time changes things, but you actually have to change them yourself."  
—Andy Warhol

"The way we spend our time defines who we are."  
—Jonathan Estrin

"You can't have a better tomorrow if you are thinking about yesterday all the time."  
—Charles F. Kettering



### SOUP & SANDWICH BINGO

Please join us on

**Thursday, January 9th  
at 1:00 p.m.**

**for Soup & Sandwich Bingo!**

Our menu will include:

Split Pea or Turkey Noodle Soup and Grilled Cheese Sandwich followed by several games of

Bingo for spectacular prizes!

Purchase your tickets in the office:

\$2 residents/\$4 guests.

We hope to see you all there!



### NEWCOMERS' RECEPTION

Please join us on

**Tuesday, January 28th  
at 2:00 p.m.**

**for our annual**

### NEWCOMERS' RECEPTION

as we officially welcome all your new neighbors who moved into our community in 2019!

We hope to see you all there!



### Monthly Breakfast

**Friday, January 31st, 8-9:15 a.m.**

**Pancakes, French Toast, Scrambled Eggs, Bacon, Sausage, Fresh Fruit Salad, Pastries, Coffee, Tea and Orange Juice.**

*Purchase your ticket in the office—\$2 for residents and guests.*

*Remember to purchase tickets early; price doubles the day of the event.*

*Join us for breakfast and invite a friend!*



### MONTHLY BINGO!

**Tues. Jan. 14th & Wed., Jan. 29th, at  
2:30 p.m.**

Come enjoy an afternoon of Bingo in the Community Room.

\$1.00 per card.



# January 2020

| Sunday           | Monday | Tuesday | Wednesday                                   | Thursday                                           | Friday                                                 | Saturday                                                                                     |                                                                        |                                              |                                                                                                |
|------------------|--------|---------|---------------------------------------------|----------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------|------------------------------------------------------------------------------------------------|
| <h1>January</h1> |        |         | New Year's Day 1<br><br>CLOSED              | 2                                                  | 3<br><br>SEP 9 a.m.<br>MANAGER'S COFFEE 2 PM           | 4<br><br> |                                                                        |                                              |                                                                                                |
|                  |        |         | 5<br><br>Eucharistic Service<br>11:30 a.m.  | 6<br><br>SEP 9 a.m.                                | 7<br><br>EVERCARE B/P CLINIC<br>9:00 AM COMMUNITY ROOM | 8                                                                                            | 9<br><br>9th Floor Recon<br>7 a.m.<br><br>SOUP & SANDWICH BINGO<br>1PM | 10<br><br>SEP 9 a.m.                         | 11<br><br>Private Party ~<br>3-7pm                                                             |
|                  |        |         | 12<br><br>Eucharistic Service<br>11:30 a.m. | 13<br><br>SEP 9 a.m.                               | 14<br><br>Bingo<br>2:30pm                              | 15                                                                                           | 16<br><br>9th Floor Vents<br>1 p.m.                                    | 17<br><br>Exterminator 8AM<br><br>SEP 9 a.m. | 18<br><br> |
|                  |        |         | 19<br><br>Eucharistic Service<br>11:30 a.m. | Martin Luther King Jr. Day<br><br>20<br><br>CLOSED | 21<br><br>REMEMBER HIS DREAM<br><b>MLK JR DAY</b>      | 22<br><br>12th Floor Inspections<br>1:30 - 3 P.M.                                            | 23<br><br>8th Floor Recon<br>7 a.m.                                    | 24<br><br>SEP 9 a.m.                         | 25                                                                                             |
|                  |        |         | 26<br><br>Eucharistic Service<br>11:30 a.m. | 27<br><br>SEP 9 a.m.                               | 28<br><br>NEWCOMERS' RECEPTION 2PM                     | 29<br><br>Bingo<br>2:30pm                                                                    | 30<br><br>8th Floor Vents<br>1 p.m.                                    | 31<br><br>BREAKFAST 8-9:15 a.m.              |           |