

**"The Gathering Place:
Where Friends
Become Family"**

127 Kenyon Road
Cobleskill, NY 12043
518-823-4338
schoharieseniors.org

Our mission is to provide healthy and active lifestyles
for people who are 50 plus.

Fall is in the Air...

I hope this finds you and your family well and enjoying our crisp nights and sunny, colorful days (at least mostly). September 18, 2021 was our one year anniversary since we bought this wonderful building and began bringing our dreams to a reality. To say we have achieved that dream, is an understatement. We are so proud and blessed to have this beautiful and functional building to enjoy with all of you every day. We cannot thank all of you enough for your continued support of this endeavor.

We now have three official bus trips under our belts. While there were a few bumps with our Corning NY Trip, everyone has seemed to really enjoy the opportunity to go as a group and see the different sites that we have planned. I want you to know that we are looking at adding even more trips in 2022 and hope that you will continue to enjoy them. If you have any ideas on places you would like to go, please let Marie or me know.

If you have any questions or need any assistance, please feel free to contact either me or Marie at 518-823-4338. Have a great October!



Reminders:

- Remember to sign in when you come to the Center. If you forget your key tag, just ask Marie to assist you with signing in.
- Try to register for classes as much as possible ahead of time. This helps us to gauge if we will have a class that gets too full.
- Remember that we need people to pay for the bus trips by the deadline noted in the newsletter. In addition, once we have paid Wade Tours for the trip, we cannot refund money. As it is stated in your Gathering Center Handbook, it is up to the individual to try and find another person to go on the trip if they are unable to participate. The Center will try to assist you, but it ultimately is left up to the individual.
- Remember that there is a \$.60 plus 2% charge when using your credit card. This is something that the bank will charge your card directly, and we have no way of seeing what the dollar amount will be. This will be shown on your own bank statement and not on the receipt you receive from the Center.

October 2021 Programs and Activities at the Gathering Place

The following is a list of descriptions for some of the programs and activities that will be offered at our center in October. As stated previously, it is important that you pre-register for classes, either by registering on-line or by calling the Center directly at 518-823-4338. There are limited participants for each of our classes depending on the type of class, so please register as soon as possible to be sure you will get to be part of the program you would choose.

What's New in October?

Pinochle Group

Tuesdays and Thursdays - 1:00 to 4:00 pm

Activity Room A

Cost: None

Pinochle is a strategy game with either two or four players and played with a 48-card deck (cards provided). The objective of the game is to be the first team to score 150 points or more. You don't need to have played the game before to join the fun. Beginners are welcome!



Tai Chi Class

Facilitated by Cindy O'Brien

Fridays - 10:00 to 11:00 am

Multipurpose Room

Cost: \$5 - member; \$7 - non-members

We are fortunate to have Cindy O'Brien and her husband teaching Tai Chi at our Center. Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Circle of Hope Grief Support Group

Facilitated by Barbara Buongiorno, RN

Wednesdays - 1:00 to 2:30 pm

Multipurpose Room

Cost: None

This support group will provide hope that will heal the heart, mind, and body through the grieving process. Insight will be given into the five stages of grief. With support, encouragement, and discussions on the grieving and the healing process, the group will provide an environment of understanding with others who share like experiences.

Flu Shot Clinic

Our local Walgreen's pharmacist will be on site at the Gathering Place in the Multipurpose Room on Wednesday, October 20th from 11:00 am to 2:00 pm to provide flu shots for anyone who would like one.

Arts & Crafts

The following Classes are all facilitated by the staff from the Studio for Art and Craft.

Fused Glass

Wednesdays: 10:00 to 11:15 am

Activity Room B

Cost: \$48 for 4-week series. Please note you can join this series at any time as it is a rolling enrollment.

The instructor will focus on teaching students how to use the tools and how different projects come together and be available for guidance as needed. Students will have lots of flexibility to choose their projects.



Paint and Sip (Snacks provided)

Saturday, October 9th - 10:00 am to 12:00 pm

Activity Room B

Cost: \$15

Join us for fun, creativity, and laughter as we create our masterpieces together. We will be painting Tabletop Pumpkins for this event.



October 2021 Programs and Activities Continued...

Independent Living with Aging Vision

Presented by Lisa Jordan,
Northeastern Association of
the Blind at Albany (NABA)

Tuesday, October 12th - 11:00 am to
12:00 pm

Activity Room A

Cost: None

This engaging presentation is designed for adults to learn about the leading causes of vision loss, early warning signs, eye health, vision rehabilitation therapy, and low vision adaptive aids, such as magnifiers, large print, and talking items.



Adventures in Mindfulness Workshop

Facilitated by Eileen Knott of
Relax and Expand.

Thursday, October 14th at 3:00 pm, and Thursday, December 9th at 3:00 pm. October's class will focus on Mindfulness and Pain Management. Our minds are going 100 miles per hour thinking of what we should be doing instead of being in the moment, or what we didn't do yesterday. In this workshop, we will experience only three kinds of experiences in your mindful practice: seeing, hearing, or feeling. Our practice time is going to move between these three experiences. As we become aware of where our experience is, we develop a greater sense of concentration and awareness. When we embrace the totality of what makes us living beings, we become more compassionate, aware, and truly alive!



Fall Wreath Making with Chris Facilitated by Christine Mann from Chris' Silk Sensations.

Wednesday, October 20th - 1:00 to 3:00 pm.

Activity Room B

Cost: \$10

Using grapevine wreaths as a base, you will be able to add leaves, flowers, ribbon, berries, etc. to create your own personal masterpiece to be displayed during the wonderful season of Fall. All supplies are included.



Paint and Sip "Give Thanks" Fall Painting (Snacks provided)

Saturday, October 23rd - 10:00 am to
12:00 pm

Multipurpose Room

Cost: \$20

Join us for fun, creativity, and laughter as we create our masterpieces together. No previous painting experience necessary.



Arts & Crafts

The following Classes are all facilitated by the staff from the Studio for Art and Craft (Continued)

Tuesdays @ 2:00

Tuesdays: 2:00 to 3:30 pm

Activity Room B

Cost: \$22 for 1 class, \$40 for 2 classes (save \$4); or all 4 classes for \$72 (best deal)

Join us to create a new project each week. Below is an example of the projects we will be working on:

October 5th: Clay Leaf Dish



October 12: Fused Glass Dish



October 19th: Leaf Mug



October 26th: Fluid Pour



Stress Management and the Aging Brain

Facilitated by Sandra Marnell, retired RN, Counselor, and Trainer

Every Thursday – 10:00 am to 11:00 am

Board Room

Cost: Members - \$3/class; Non-

members - \$5/class

Want to manage your response to stress and boost your brain power with scientific, medically endorsed methods? Please join us for weekly sessions. Each session presents a new topic – examples are:

- How can seniors repair the effects of stress?
- The Mind diet for dementia prevention
- Connection for Prevention

There will be an opportunity to write, talk, or reflect on your own feelings and ideas. Walk-ins are welcome!



Line Dancing with Jacqui Hauser

Facilitated by Jacqui Hauser

****Fridays: 11:30 to 12:30pm****

Please note time change!

Multipurpose Room

Cost: Members – No Cost; Non-members - \$5/class. **Pre-registration is required for this class!**

Line Dancing is a fun, healthy, and rewarding activity. There are many benefits including health and confidence. Join us for this fun beginner movement class!



Chair Yoga with Denise

Facilitated by Denise Kelly

Wednesdays: 10:00 to 10:45 am

Multipurpose Room

Cost: Members - \$5/class; Non-

members - \$7/class

Yoga moves primarily in a chair, some standing (not necessary).

Yoga can improve flexibility, concentration, and strength while boosting your mood and reducing stress and joint strain.



Sing-along Fun

Facilitated by Peter Enders

Fridays – 2:00 to 3:00 pm

****Please note - no class on October 8th or October 15th - Peter is away!**

Activity Room B

Cost: No Cost

This workshop is all about fun through music. Engage your minds, memories, and movement through music. Come and have fun singing and clapping to your favorite songs, while Peter plays along on his guitar.



Intermediate Line Dancing, facilitated by a team

Mondays: 9:00 to 10:00 am

Multipurpose Room

Cost: None.

We have had many people asking if we would be doing a more advanced Line Dancing for those who have danced before. Well, here you go. This particular class will be run by a group of Intermediate to Advance dancers. This class is more of a learn by doing class.



Zumba Gold with Wendy Facilitated by Wendy Miller

*****Note New Day!!!*****

Multipurpose Room

Saturdays: 9:15am to 10:15 am

Cost: Members - \$5/class; Non-

members - \$7/class

This Zumba Class will be a lower-intensity version of the typical Zumba class and features Latin and World rhythms and is designed to help you reach your exercise goals and help you to continue to live a healthy lifestyle and have fun all at the same time!



Casino Tutorial

Facilitated by Peter Enders

Fridays – 1:00 to 2:00 pm

****Please note - no class on October 8th or October 15th - Peter is away!**

Activity Room B

Cost: Members – no cost; Non-members - \$3/class

If you have never played in a casino before, but would like to, then you'll find all the information you need to get started right here. Much of this information will be useful to players with some experience too, so even if you've played before you might want to take a look through all of it. There are some top tips for new players as well, and details of some common mistakes that you should try to avoid.



Mahjong Group

Thursdays, 1:00 to 4:00 pm

Activity Room B

Cost: None

Ever played Mahjong? Want to learn more about this intense but exciting game? Come to the Center every Thursday afternoon and join the group. Mahjong is a tile-based game that was developed in the 19th century in China and is played in groups of four.



Computer 101 Class

Facilitated by Marcy Holmes

Wednesdays: 11:00 am to 12:45 pm

Activity Room A

Cost: Free for Members; \$5 per class for non-members.

We have a wonderful technology teacher who has joined our Center to teach computer and tech classes to our members. Pre-Registration is required for this class as it is very popular.



Alzheimer's Support Group for Schoharie County.

Facilitated by Ann Marie Thayer

Fourth Friday every month.

10:00am to 12:00pm

Board Room

If you are interested in this support group, please let Marie at the front desk know and she will give your information on how to contact Ms. Thayer.

Drum Circle with Peter

Facilitated by Peter Enders

Fridays – 3:00 to 4:00 pm

****Please note - no class on October 8th or October 15th - Peter is away!**

Activity Room B

Cost: No Cost

Drum circle is an informal group of People who gather together to make music with percussion instruments. Participants will sit in chairs arranged in a circle. Players in drum circles are all equal and there are no wrong notes. Everyone listens to what others are playing and join in. It is not about perfection but rather participation. No music ability is required. Drum circles are a peaceful calming space that creates a space for physical and/or spiritual healing.

Defensive Driving Class

Facilitated by Linda Karpovich

We will not have a Defensive Driving Class in October; however, we will have another class in November - Date TBD. Please contact Marie at the Center's Front Desk to get on the list.

9:00 am to 3:00 pm

Activity Room A

Cost: Member - \$35; Non-member \$40

Certified by New York State, Defensive Driving Class after successful completion will allow you: a 10% insurance discount; reduction of your current driving record by up to 4 points; refresh your driving skills and learn techniques for accident prevention.

Knitting with Adele

Facilitated by Adele Morrissey

Thursdays – 11:00 am to 12:00 pm

Activity Room B

Cost: Members – no cost; Non-members - \$3/class.

Please note that participants will need to bring a pair of knitting needles, size 8 or 9. Yarn will be provided.

Enjoy lively talk, lots of laughter while learning to knit various projects. Beginner through Advanced knitting. Adele will lead you through the basics and work with you to create beautiful projects which you can keep or use as gifts to your loved ones.



Technology Help Desk

Mondays, Wednesdays, and Saturdays

10:00 am to 12:00 pm

Computer Lab

Cost: None

Having an issue with your Smart Phone? Questions about your computer or using computer programs? Stop by the Computer Lab Help Desk for answers to your technology questions. Please call the front desk to make an appointment.



Pool Table, Ping Pong Table, and now Corn Hole!!!

Available Daily

1:00 to 4:00 pm

Multipurpose Room

Cost: None

We have a beautiful competition size pool table and ping pong table available for your use. Get a group together and have fun while sharpening your skills. ***NEW*. We also now have a Corn Hole set! Come play on your own or bring friends to start a friendly tournament! It can be used inside or outside.**



Attention all Pool Players and Ping Pong Players!

We have a group looking to start up a Pool Player and/or ping pong group to play weekly. Please contact the front desk with your contact information so we can get this going! Beginners are welcome and encouraged to participate!

Book Club

Facilitated by Kim Witkowski

Monthly – Second Tuesday

3:00 to 4:00 pm

Board Room

Cost: None

The Book Club is more than a reading group. It is also a great time to socialize, make new friends. We decided that with this book club, participants will pick their own book to read for the month and then share a brief summary at the next meeting. This helps participants to be exposed to books they might not have read before.

Movement Classes with Anna Horning

Tuesdays & Thursdays – 9:45 to 10:45 am and 11:00 am to 12:00 pm

Please note! Due to the popularity of this class, we have had to split the class into two different sessions as noted above. Please register ahead of time so that we can be sure the classes will not be too crowded. Also please note that these classes will continue throughout the Winter; Anna takes a break in Winter but we do have other instructors who will be continuing with the classes.

Multipurpose Room

Cost: Members - \$0/class; Non-members \$5/class

Movement is good for the body, mind, and soul, no matter the age or mobility. These classes give you the opportunity to move and strengthen your body and improve your health.



Cards and Games

Mondays, Tuesdays, Wednesdays, Saturdays

1:00 to 3:00 pm

Activity Room B

Cost: None

Come to the Center and get a group together to play cards. Cards are available at the Center or bring your own. Like board games or Trivia games? We have plenty to choose from. Get a group of friends together and have some fun!

Attention!!!

We also have people looking to get together at the Center to play Scrabble, Dominos, Bridge, and Chess/Checkers. If you are interested, please contact Marie at the Front Desk at 518-823-4338 so she can add your name to the lists so that we can get these groups started. It is all about having fun together!

Thank you again, to Artist Sara Chauvot for doing our first Watercolor Workshop!



TOPS Group – Taking Off Pounds Sensibly

Facilitated by Nancy Harrington
Fridays – 1:00 to 3:00 pm

Multipurpose Room

Cost: \$32 which will be handled by the group leader at the time of the meetings

TOPS is open to anyone who would like to learn about tools and programs for healthy living and weight management, with exceptional group fellowship and recognition.



Coming Soon...



Reminder - Medicare Open Enrollment begins October 15, 2021 and Ends December 7, 2021 this year. We will be

having a HICAP Coordinator from Office for the Aging here at the Center on a Weekly basis to assist you with any questions or assistance in signing up. In November, we will also be having presentations by some of our Sponsors, CDPHP and MVP, as well as some others. For more information or if you have any questions, please contact Marie at the Front Desk and we will assist you.

Elder Law Presentation

On November 17th at 1:00 p.m., we will be having Elder Law Attorney, Ryan Coutlee, Esq. come to the Center to give a workshop on Health and Elder Law Planning. Pre-registration will be required for this event. Sign up with Marie at the Front Desk.

Regular Yoga Class

We have an opportunity to have an Instructor who will facilitate a traditional Yoga Class. Before we schedule this class, we would like to know how many of our members would be interested in taking a Yoga Class. We are tentatively looking to schedule this class on Wednesdays at 11:00 am - after Chair Yoga. Please let Marie at the Front Desk know if you are interested. This class would tentatively begin in November.



Sharing My Story

We are looking to start a workshop where you could share some of your own personal stories and events in your life that made you who you are. This workshop would assist you in organizing your thoughts, writing down your story, and eventually being able to give you a typed up version back to you so that you can share it with your family and loved ones. We all have stories that we think would be important to share with our families? Why not create a lasting way to capture those memories. If this is something you would be interested in, please let Marie know at the front desk. This workshop is tentatively scheduled to begin in November.

Massage Therapy Workshop

Massage Therapy Workshop with Crystal Shuart, Licensed Massage Therapist. Crystal will be coming to the Gathering Place in the near future to talk about the benefits of Massage Therapy, especially as we age. More information on this workshop will be in the November 2021 newsletter.

Upcoming Bus Trips...



Wednesday, October 13th, 2021:

Friesians of Majesty, Townshend, Vermont.

Cost: Members: \$125 per person; Non-members: \$130 per person.

First stop on our way to Townsend, Vermont, will be the amazing New England Restaurant. All meals include soup and Chef's choice of seasonal sides. Entrée choices are: New England Beef Pot Roast, Herb-crusted white fish; or Cider Chicken and Cheddar Biscuits. Desert is Apple Bread pudding! Then after lunch, we are on our way to the amazing 650-acre full-service breeding and training facility of the largest Friesian Horse farm in the United States, located in the heart of Vermont's Green Mountains. A Friesians of Majesty equestrian tour and show performance creates a unique and magical experience. You will learn about the history of the farm and meet some of their beautiful black stallions! Questions are encouraged and photo opportunities abound.

Registration Deadline: September 10th, 2021. Please note: Payment is due no later than September 10, 2021.

Upcoming Day Bus Trips for the Gathering Place



Thursday, October 28th, 2021 – Friday, October 29th, 2021

Sight and Sound Theatre Trip to see Queen Esther in Lancaster, PA!

Cost: Members: Single - \$317 per person; Twin - \$257 per person; and Triple - \$240 per person; Non-members: add \$10 to each package.

Travel to the Amish Country in Lancaster, PA. Arrive at the Sight and Sound Theatre and enjoy an amazing live experience that comes to life with special effects, live animals, and magnificent sets! Hotel accommodations will be at the Fulton Steamboat Inn, in Lancaster most unique hotel. Delicious dinner to follow at the Millers Smorgasbord (you will not leave hungry!). Then back to the hotel for the evening and to re-energize for the next day. On Friday morning, enjoy a family style breakfast at the Fulton Steamboat hotel. Then you will be taken to the Green Dragon Farmers Market, one of the largest Farmers Markets on the East Coast! This market provides visitors with the choice of shopping indoors or outdoors. With 7 large market buildings and many other smaller shops, the Green Dragon merchants offer everything from "soup to nuts".

Registration Deadline: September 28th, 2021. Please note: Payment in full is due no later than September 28th.



Saturday, November 6th, 2021:

The New England Christmas Festival at Mohegan Sun Casino, Uncasville, CT.

Cost: Members: \$70 per person;
Non-members: \$75 per person.

Upon arrival, everyone will receive a \$35 Casino Bonus: \$15 meal/buffet coupon and two \$10 Free Bet coupons. Then jump start your holiday shopping at the New England Christmas Festival at the Mohegan Sun Resort. You will be able to enjoy hundreds of American Artisans selling their unique creations. Sample holiday fare in the Specialty Food Aisle. Also shop in Mohegan Sun's 46 stores. Great way to start the holidays!

Registration Deadline: October 1st, 2021. Please note: Payment is due no later than October 1st.

Please Note: There is a possibility that we will have one more bus trip this year. It would be to Turning Stone Casino here in New York for their Christmas Extravaganza at the end of November. More information will be announced as we receive more information. If you think this is something you would be interested in, please let Marie know so she can add you to our list.

We would like to thank all of the Musical Performers who shared their talents for our first Annual Gathering Place Performance Series on Thursday afternoons. A special thank you to Tom Wadsworth for organizing all these groups and agreeing to do this again for us in 2022. Here are a few pictures from the September performances:

Tom White and Bob Stump - Americana:



Three BonZ:



Mike Herman – North Country Blues:



Tips for Visiting the Gathering Place and Registering for Classes and Events

We are working hard to ensure that every time you visit our center, you have an enjoyable experience. Consequently, we wanted to share some helpful tips to make your visit successful:

Please pre-register for classes by either stopping at the front desk, calling the Center at 518-823-4338, or going online as follows:

If you want to sign up for classes on-line, and you are already a member with a key card, go to myactivecenter.com and click on the New Users tab at the top of the page. It will walk you through on how to register for on-line access. If you have any questions, please contact me (Kim) at the Center. The screen looks like the one below:



When you arrive at the Center, please come to the reception area, located at the middle door on the front of the building.

You will need to sign-in using your key card each time you come to the Center. This helps us to keep track of who is in the building, as well as helping us with information on how our class participation is working. If you are not a member, you still need to sign in using the kiosk. Assistance is available if you need help signing in.

If you are a member, you are always welcome to visit the Center, even if you are not participating in any of the

classes. We have computers set up if you would like to use them, as well as free WIFI. Coffee, tea, and water are available for a small donation. We have a nice small library, as well as puzzles if you would just like the company of others and to visit. We LOVE seeing you!

If you have any suggestions or comments about classes or anything pertaining to the Center, please feel free to fill out a comment card and leave it in the box in the reception area.

If you are having issues or have questions about getting assistance of any kind, please feel free to ask Kim and if she is not available, leave your name and number with Marie at the front desk, and Kim will get in contact with you as soon as possible.

We are working on building some partnerships with local restaurants to be able to provide grab and go type lunches that you will be able to order ahead of time. More information to come as we move forward.

We have notary services available. Please call the Center ahead of time to schedule an appointment.

We have an area set up in the Front Lobby where we share vegetables and items that you grow in your garden if you have an abundance of them. This way we can share healthy food with everyone!

Private Meeting Room: we have a private meeting room which is sound-proof and available for our members to use if they would like to meet with an attorney, insurance provider, or for any other purpose and not have to meet strangers in your home. Just call the Center for availability.

In addition, we now have the ability to accept credit cards at the Gathering Place to process payments for membership, classes, trips, etc. Please note there is a small processing fee (\$.60 plus 2% of total charge) that will be assessed by the bank.

We want to take this opportunity to thank our Sponsors for all of their continued support of the Gathering Place:



FENIMORE ASSET MANAGEMENT

For nearly five decades, Fenimore has adhered to a conservative investment approach seeking to meet or exceed long-term goals of steady growth and income. This has allowed us to grow to over \$1.5 billion in assets under management as of 12/31/2013 with private equity clients.



Our Parking Lot is Done!!!

Thank you all for your patience with this very long project. Our parking lot is finally ready for you to park in. Please try to utilize this parking lot as much as possible and please refrain from parking across from the Center. We do not own that area and it needs to be kept clear for the trailer truck traffic that goes through there daily. We will be getting lines in the parking area and the mobility challenged parking area in the back. This was a very expensive project but necessary to keep everyone safe.



The Senior Council does have limited availability for assisting with Life Alert Medical Devices. If you have any questions or would like any additional information, please feel free to contact the Schoharie County Council of Senior Citizens' office at 518-254-7040.



We want to take this opportunity to thank our Sponsors for all of their continued support of the Gathering Place: (Continued from Previous Page)



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TAKE THE... "Older than Dirt" Quiz Do you remember?

1. Drive in Movie Theaters
2. Candy Cigarettes
3. 45 RPM Records
4. Party Telephone Lines
5. Soda Pop Machines with Glass Bottles
6. Butch Wax
7. Studebakers
8. Blackjack Gum
9. Home Economics Class in School
10. 5 and Dime
11. Metal Lunchboxes
12. Books with records
13. Boone's Farm
14. Metal Ice Cube Trays
15. Roller Skate Keys
16. Home Milk Delivery in Glass Bottles
17. Wax Coke Bottle Candy

If you remember 0 to 5 - You're a Whippersnapper
If you remember 6 to 10 - You're Gettin' There
If you remember 10 to 17 - You're Older than Dirt!

KitchenCrafter.com

Who Are the Senior Council Members?

The Senior Council Board is made up of Directors from each of the 10 Senior Groups from the various towns around the county. Contact information is as follows:

- Carlisle Seniors: Meet 2nd Wednesday @ 12:30pm at the Carlisle Fire House. Contact Shirley Koser at 518-868-4683.
- Cobleskill Young at Heart Club: Meet 2nd Wednesday @ 1:00pm at the Gathering Place 50 Plus Community Center. Contact Janice Desandos at 518-234-7888.
- Conesville/Gilboa Mountaintop Seniors: Meet 3rd Thursday @ 12:00pm at the Firehouse. Contact Carolyn Brown at 518-827-6282.
- Jefferson Seniors: Meet 2nd Wednesday @ 1:00pm at the Community Center. Contact Mary Ann Nyback at 607-397-8094.
- Middleburgh Golden Ages: Meet 1st Saturday at 12:00pm at the Methodist Church. Contact Matthew Coltrain at 518-231-8489.
- Richmondville Seniors: Meet 1st Wednesday @ 12:00pm at the Firehouse Hall. Contact Vern Hall at 518-705-0159.
- Schoharie Fifty Plus Club: Meet 3rd Tuesday @ 12:00pm at the Gathering Place 50 Plus Community Center. Contact Judi Sherman at 518-295-8142.
- Sharon Silver and Gold Club: Meet 2nd Friday @ 12:00 pm at the Gathering Place 50 Plus Community Center. Contact Anne Lennebacker at 607-547-9055.
- Summit Seniors: Meet 3rd Tuesday @ 12:00pm at the Summit Fire House. Contact Elsa Varrechia at 607-588-7452.
- Wright Friendly Seniors: Meet 2nd Thursday @ 12:00pm at the Lutheran Church in Gallupville. Contact Connie Skinner at 518-295-7734.



Current Board of Directors:

Betty Karlau, President

Judi Sherman, Vice President & Director of Schoharie 50 Plus Senior Club

Patricia MacNeil, Treasurer & Director of the Cobleskill Young at Heart Senior Club

Anna Slavinski, Secretary

Faye Harris, Director of the Jefferson Senior Club

Shirley Koser, Director of the Carlisle Senior Club

Dottie Pickett, Director of the Conesville/Gilboa Mountaintop Senior Club

Willie Karlau, Director of the Middleburgh Golden Ages Senior Club

Vern Hall, Director of the Richmondville Senior Club

Pauline Brown, Director of the Sharon Springs Silver and Gold Senior Club

Elsa Varrecchia, Director of the Summit Senior Club

William Olewnick, Director of the Wright Friendly Seniors Club

YOUR DONATIONS TO SCHOHARIE COUNTY COUNCIL OF SENIOR CITIZENS, INC. ARE WELCOME AND TAX- DEDUCTIBLE!

There are many ways you can help us continue to make a significant difference in Schoharie County and surrounding areas. Please understand that every penny counts and helps us to help others. No gift is too small. The Senior Council would ask that you help us in whatever way you can to help us continue to improve aging in our 50 Plus Community.

Here are just a few ways you can help:

- Go to our website, www.schoharieseniors.org and click the "Donate" button at the top of the page. You can easily make a one-time donation, or set up a monthly donation, through our PayPal account.
- Amazon Smile: We are thrilled to let you know that we have become members of the AmazonSmile.com initiative. When you shop at Amazon, you simply make sure you go to Amazon Smile and pick Schoharie County Council of Senior Citizens, Inc. as your not-for-profit charity. Each quarter, the AmazonSmile Foundation will make donations to us based on your purchases which will help us to continue to bring new programs into Schoharie County to help all of our Senior Citizens.

- Drop off or mail your donation to: 127 Kenyon Road, Cobleskill, NY 12043
- Drop off your clean returnable cans and bottles to Righi's Recycling (3 locations - Cobleskill, Warnerville, and Janesville) and tell them it is for the Gathering Place.

We appreciate your continued support and look forward to bring even more services and opportunities to our 50 Plus Community!

The Mountain.

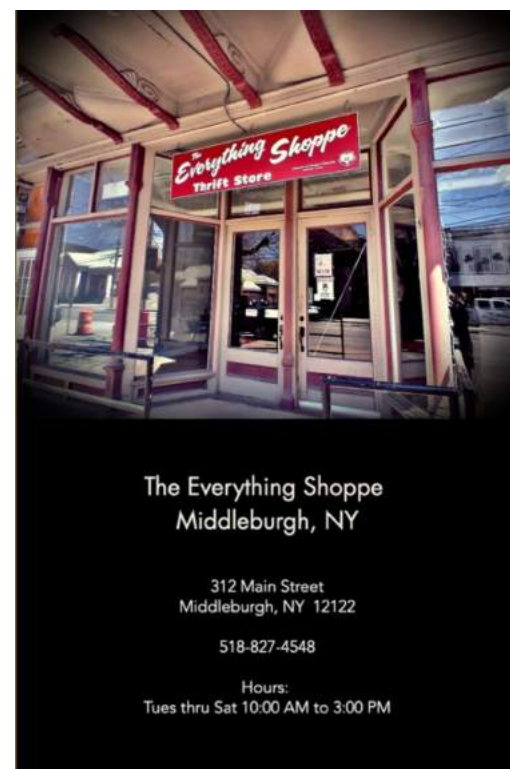
If the mountain seems too big today
then climb a hill instead.
If the morning brings you sadness
it's ok to stay in bed.
If the day ahead weighs heavy
and your plans feel like a curse,
there's no shame in rearranging,
don't make yourself feel worse.
If a shower stings like needles
and a bath feels like you'll drown,
if you haven't washed your hair for days,
don't throw away your crown.
A day is not a lifetime
a rest is not defeat,
don't think of it as failure,
just a quiet, kind retreat.
It's ok to take a moment
from an anxious, fractured mind,
the world will not stop turning
while you get realigned.
The mountain will still be there
when you want to try again,
you can climb it in your own time,
just love yourself til then.
-Laura Ding-Edwards



Our Cobleskill Young at Heart Senior Club having their fall luncheon at the Otesaga!

OUR EVERYTHING SHOPPES

Be sure to also visit our Everything Shoppes in Cobleskill and Middleburgh! Donations of clothing and household items are accepted during business hours. Thank you for your continued support!



Cows Don't Give Milk

A father used to say to his children when they were young: When you all reach the age of 12 I will tell you the secret of life. One day when the oldest turned 12, he anxiously asked his father what was the secret of life. The father replied that he was going to tell him, but that he should not reveal it to his brothers.

The secret of life is this: The cow does not give milk. "What are you saying?" asked the boy incredulously. As you hear it, son: The cow does not give milk, you have to milk it. You have to get up at 4 in the morning, go to the field, walk through the corral full of manure, tie the tail, hobble the legs of the cow, sit on the stool, place the bucket and do the work yourself.

That is the secret of life, the cow does not give milk. You milk her or you don't get milk. There is this generation that thinks that cows GIVE milk. That things are automatic and free: their mentality is that if "I wish, I ask..... I obtain."

"They have been accustomed to get whatever they want the easy way...But no, life is not a matter of wishing, asking and obtaining. The things that one receives are the effort of what one does. Happiness is the result of effort. Lack of effort creates frustration."

So, share with your children from a young age the secret of life, so they don't grow up with the mentality that the government, their parents, or their cute little faces is going to give them everything they need in life.

Remember: "Cows don't give milk; you have to work for it."

~Author Unknown

October Funny:

"Florida Woman Stops Alligator Attack Using a small .22 caliber Ruger Pistol." Another good reason to have a concealed weapons permit.

This is a story of self-control and marksmanship by a brave, cool-headed woman with a small pistol against a fierce predator.

Here's her story in her own words: "While walking along the edge of a pond just outside my house in the Villages discussing a property settlement with my soon-to-be ex-husband, and other divorce issues, we were surprised by a huge 12-ft alligator which suddenly emerged from the murky water.

It began charging us with its large jaws wide open. She must have been protecting her nest because she was extremely aggressive.

"If I had not had my little Ruger 22 caliber pistol with me, I would not be here today! Just one shot to my estranged husband's knee cap was all it took.

The gator got him easily, and I was able to escape by just walking away at a brisk pace. The amount I saved in lawyer's fees was really incredible and his life insurance was also a big bonus!"

Imagine this: If you had \$86,400 in an account and someone stole \$10 from you, would you be upset and throw all of the remaining \$86,390 away in hopes of getting back at the person who took your \$10? Or move on and live? Right, move on and live. See, we have 86,400 seconds each day. Don't let someone's negative 10 seconds ruin the remaining 86,390. Don't sweat the small stuff. Life is bigger than that.

Unknown

Gathering Place Photos

Our Volunteers last month helping to stuff our 850 newsletters!



Our September 11th Paint and Sip Group! Beautiful Masterpieces!

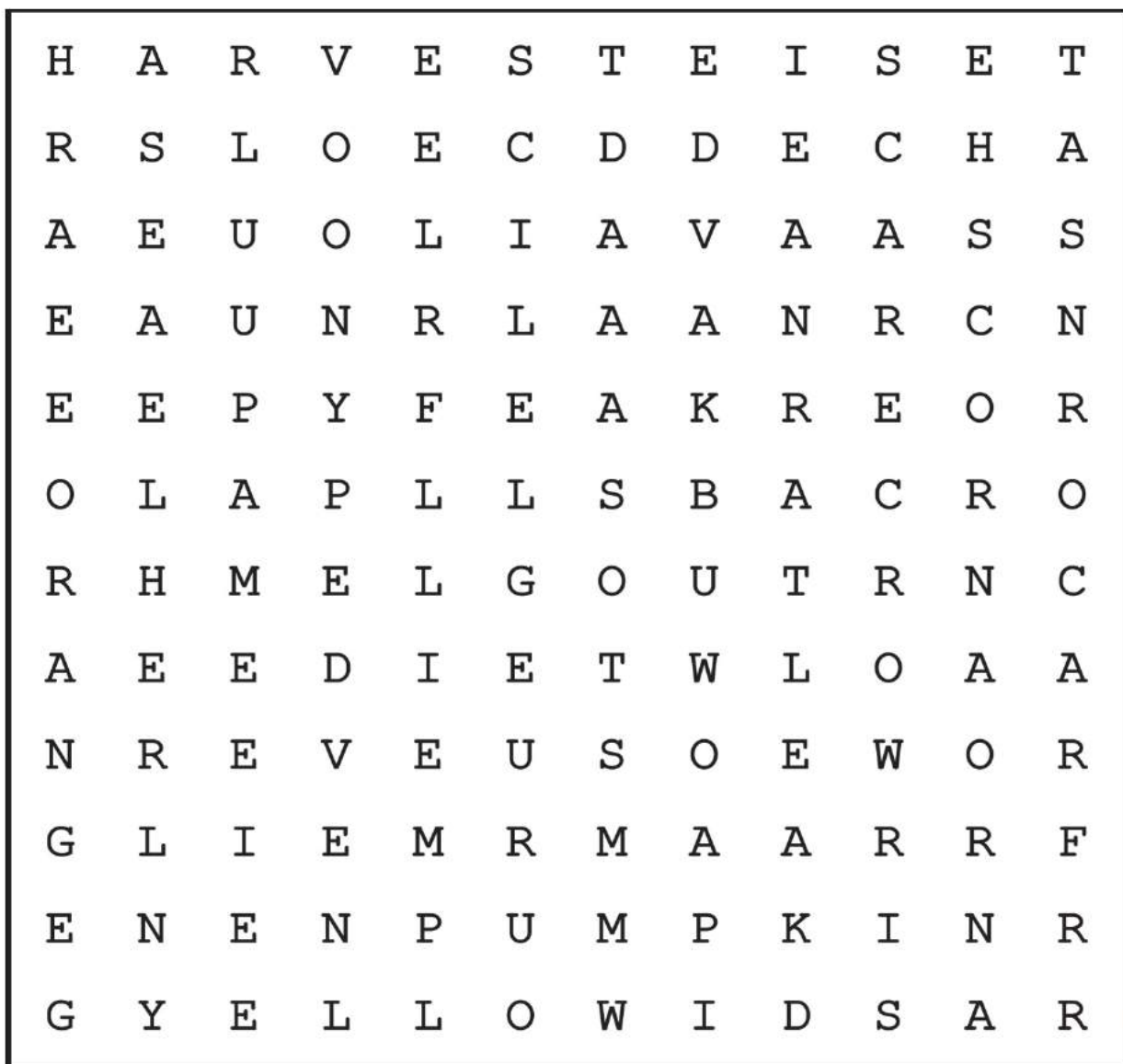


Our Beautiful Gathering Place Center all Decorated for Fall!



FUN FALL WORD SEARCH

Find each of the fall words hidden below.



WORDS TO FIND:

pumpkin	harvest
yellow	apples
scarecrow	hayride
autumn	red
leaves	Thanksgiving
sunflower	football
acorns	orange
corn	



Gathering Place 50 Plus Community Center

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Tai Chi Class - Multipurpose Room 11:30a Line Dancing with Jacqui - Multipurpose Room 01:00p Casino Tutorial - Activity Room B 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room 01:00p TOPS Group 1 -Taking Off Pounds Sensibly - Multipurpose Room 02:00p Sing A Long - Activity Room B 03:00p Drum Circle - Activity Room B	09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 09:15a Zumba Gold with Wendy - Multipurpose Room 10:00a Oil Painting Class - Activity Room B 12:00p Middleburgh Golden Agers Meeting - Activity Room A 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room
3	4	5	6	7	8	9
	09:00a Intermediate Line Dancing - Multipurpose Room 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Help Desk for Technology Issues and Questions - Computer Lab 01:00p Card Games - Activity Room B 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room	09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Movement Classes with Anna - Multipurpose Room 10:00a Quilting Club-Private Group - Activity Room A 11:00a Movement Class with Anna - 2 - Multipurpose Room 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room 01:00p US Imperialism in the Carrabian - Board Room 02:00p Tuesdays at 2 - Art Class - Activity Room B	09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Chair Yoga with Denise - Multipurpose Room 10:00a Fused Glass with Studio of Art and Craft - Activity Room B 10:00a Help Desk for Technology Issues and Questions - Computer Lab 11:00a Computer 101 Class - Activity Room A 11:00a Schoharie Valley Garden Club - Board Room 01:00p Circle of Hope Grief Support Group - Multipurpose Room 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room	09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Movement Classes with Anna - Multipurpose Room 10:00a Stress Management and the Aging Brain - Board Room 11:00a Learn to Knit with Adele - Activity Room B 11:00a Movement Class with Anna - 2 - Multipurpose Room 01:00p Card Games - Activity Room B 01:00p Mahjong Group - Activity Room B 01:00p Pinochle Card Deck Group - Activity Room A 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room	09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Tai Chi Class - Multipurpose Room 11:30a Line Dancing with Jacqui - Multipurpose Room 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room 01:00p TOPS Group 1 -Taking Off Pounds Sensibly - Multipurpose Room	09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 09:15a Zumba Gold with Wendy - Multipurpose Room 10:00a Help Desk for Technology Issues and Questions - Computer Lab 10:00a Paint and Sip - Activity Room B 10:00a SUVCW Meeting - Private - Activity Room A 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room
10	11	12	13	14	15	16
	09:00a Intermediate Line Dancing - Multipurpose Room 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Help Desk for Technology Issues and Questions - Computer Lab 01:00p Card Games - Activity Room B 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room 01:00p S.C.H.O.O.L. Board Mtg - Board Room	09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Movement Classes with Anna - Multipurpose Room 10:00a Quilting Club-Private Group - Activity Room A 11:00a Independent Living with Aging Vision - Activity Room A 11:00a Movement Class with Anna - 2 - Multipurpose Room 01:00p Card Games - Activity Room B 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room 01:00p US Imperialism in the Carrabian - Board Room	07:45a Freisians of Majesty Vermont Bus trip 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Chair Yoga with Denise - Multipurpose Room 10:00a Fused Glass with Studio of Art and Craft - Activity Room B 10:00a Help Desk for Technology Issues and Questions - Computer Lab 11:00a Computer 101 Class - Activity Room A 01:00p Circle of Hope Grief Support Group - Multipurpose Room 01:00p Cobleskill Senior Club Monthly Meeting - Activity Room A	09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Movement Classes with Anna - Multipurpose Room 10:00a Stress Management and the Aging Brain - Board Room 11:00a Learn to Knit with Adele - Activity Room B 11:00a Movement Class with Anna - 2 - Multipurpose Room 01:00p Card Games - Activity Room B 01:00p Mahjong Group - Activity Room B 01:00p Pinochle Card Deck Group - Activity Room A	09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Tai Chi Class - Multipurpose Room 11:30a Line Dancing with Jacqui - Multipurpose Room 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room 01:00p TOPS Group 1 -Taking Off Pounds Sensibly - Multipurpose Room	09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 09:15a Zumba Gold with Wendy - Multipurpose Room 10:00a Help Desk for Technology Issues and Questions - Computer Lab 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12 02:00p Tuesdays at 2 - Art Class - Activity Room B 03:00p Book Club - Board Room	13 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room	14 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room 03:00p Adventures in Mindfulness Workshop - Board Room	15	16
17	18 09:00a Intermediate Line Dancing - Multipurpose Room 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Help Desk for Technology Issues and Questions - Computer Lab 01:00p Card Games - Activity Room B 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room	19 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Movement Classes with Anna - Multipurpose Room 10:00a Quilting Club-Private Group - Activity Room B 11:00a Movement Class with Anna - 2 - Multipurpose Room 12:00p Schoharie 50 Plus Senior Club - Activity Room A 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room 01:00p US Imperialism in the Carrabian - Board Room 02:00p Tuesdays at 2 - Art Class - Activity Room B	20 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Chair Yoga with Denise - Multipurpose Room 10:00a Fused Glass with Studio of Art and Craft - Activity Room B 10:00a Help Desk for Technology Issues and Questions - Computer Lab 11:00a Computer 101 Class - Activity Room A 11:00a Fall Flu Shot Clinic - Multipurpose Room 01:00p Circle of Hope Grief Support Group - Multipurpose Room 01:00p Fall Wreath Making with Chris - Activity Room B 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room	21 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Movement Classes with Anna - Multipurpose Room 10:00a Stress Management and the Aging Brain - Board Room 11:00a Learn to Knit with Adele - Activity Room B 11:00a Movement Class with Anna - 2 - Multipurpose Room 01:00p Card Games - Activity Room B 01:00p Mahjong Group - Activity Room B 01:00p Pinochle Card Deck Group - Activity Room A 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room 04:30p Sorority Alumni tour and Meeting-Private - Activity Room A	22 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Alzheimers Support Group for Schoharie County - Board Room 10:00a Tai Chi Class - Multipurpose Room 11:30a Line Dancing with Jacqui - Multipurpose Room 01:00p Casino Tutorial - Activity Room B 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room 01:00p TOPS Group 1 -Taking Off Pounds Sensibly - Multipurpose Room 02:00p Sing A Long - Activity Room B 03:00p Drum Circle - Activity Room B	23 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Help Desk for Technology Issues and Questions - Computer Lab 10:00a Paint and Sip - Activity Room B 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room
24	25 09:00a Intermediate Line Dancing - Multipurpose Room 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 09:30a Senior Council Board Meeting - Activity Room A 10:00a Help Desk for Technology Issues and Questions - Computer Lab 01:00p Card Games - Activity Room B 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room	26 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Movement Classes with Anna - Multipurpose Room 10:00a Quilting Club-Private Group - Activity Room A 11:00a Movement Class with Anna - 2 - Multipurpose Room 01:00p Card Games - Activity Room B 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room 01:00p US Imperialism in the Carrabian - Board Room 02:00p Tuesdays at 2 - Art Class - Activity Room B	27 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Chair Yoga with Denise - Multipurpose Room 10:00a Fused Glass with Studio of Art and Craft - Activity Room B 10:00a Help Desk for Technology Issues and Questions - Computer Lab 11:00a Computer 101 Class - Activity Room A 01:00p Circle of Hope Grief Support Group - Multipurpose Room 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room	28 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Movement Classes with Anna - Multipurpose Room 10:00a Stress Management and the Aging Brain - Board Room 11:00a Learn to Knit with Adele - Activity Room B 11:00a Movement Class with Anna - 2 - Multipurpose Room 01:00p Card Games - Activity Room B 01:00p Erie Canal Class - Activity Room A 01:00p Mahjong Group - Activity Room B 01:00p Pinochle Card Deck Group - Activity Room A 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room	29 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 10:00a Tai Chi Class - Multipurpose Room 11:30a Line Dancing with Jacqui - Multipurpose Room 01:00p Casino Tutorial - Activity Room B 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room 01:00p TOPS Group 1 -Taking Off Pounds Sensibly - Multipurpose Room 02:00p Sing A Long - Activity Room B 03:00p Drum Circle - Activity Room B	30 09:00a Socializing/Just Visiting-all day event not a clas - Center Wide,Lounge/Library Area 09:15a Zumba Gold with Wendy - Multipurpose Room 10:00a Help Desk for Technology Issues and Questions - Computer Lab 01:00p Pool, Table Tennis, and Corn Hole - Multipurpose Room
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