



Volume 5 - Issue #6

June 2023

“The Gathering Place:
Where Friends
Become Family”

127 Kenyon Road
Cobleskill, NY 12043
518-823-4338

gatheringplace50plus.org

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

Summer is in the Air...

As I sit here typing up our newsletter on Memorial Day, I know we can all say we are blessed with this beautiful weather we had for this holiday weekend. I also want to thank all of our Veterans for their service and sacrifice for our freedoms we enjoy every day! The Gathering Place is proud to co-sponsor our monthly Veteran's Luncheon as well as the many events that celebrate America! I hope you are all able to join us in our welcome to Summer/ Celebrate Flag Day Barbeque on this coming Friday, June 2nd.

We continue to make progress on all our projects that we have going. I continue meeting with many groups in Otsego County talking about the Gathering Place in Oneonta. We are still struggling to raise funds up front, but we definitely have the support of the aging population there. I hear the same comments that I heard here in Schoharie County, such as “We needed this for so long; thank you for bringing the Gathering Place to us here in Otsego County”. I know the need and what it can do for the population; I just hope and pray we can get some funders who will help us realize this dream!

As many of you know our new addition here at the Center is about 3/4 of the way done - the inside is complete and we have been given the temporary o.k. to use the inside area. On the Level Construction continues to amaze me in how much heart and love they put into everything they do here for us! You can see it by all the little details that they have added all on their own. Feel free to stop by and take a look at this beautiful Nicholas J. Juried Great Room! I also need to send another huge thank you to Nick Juried as he has again come through for us and given us an additional \$80,000 grant to complete the porch and the parking area expansion. This addition is all because of Nick's generosity. If any of you would like to send a personal thank you to Nick, please feel free to drop off your cards and we will mail them to Nick. I also want to send out a huge thank you to Andre and Deb Nadeau who graciously donated the additional acreage we needed to do the additional parking that is required. Andre has also done many extra projects for us and again, we could never do this without the support of our community!

As always, if you have any questions or need any assistance, please feel free to contact either me, Liz, or Nancy at 518-823-4338.

-Kim Witkowski, Executive Director

Please Join Me in Welcoming
our Newest Staff Member,
Amanda Collins!

Amanda (Mandy) will be joining the Gathering Place beginning Thursday, June 1st, as our New Business Manager for the Senior Council and the Gathering Place! Mandy has a great business background and will be helping me with the other huge business tasks that have always been my total responsibility. Mandy will be helping with the business management side and the Human Resources side of our not-for-profit! Mandy's office is located in the new addition. Mandy is local and grew up with her wonderful family in Dorloo. Mandy is married with two beautiful children! Please be sure to welcome Mandy to the Gathering Place!



June 2023 CRAFTS WITH LIZ

Hummingbird Painting with Liz

Facilitated by Liz Kosier
Wednesday, June 7th, 2023
1:00 to 3:00 p.m.
Activity Room B
Cost: Members: \$10; Non-members:
\$15

Join Liz in painting this beautiful hummingbird painting with just acrylic paint markers. No experience necessary! Come join us for this fun class!



New

Open Art Studio with Liz

Facilitated by Liz Kosier
Every Tuesday beginning June 6th, 2023
12:00 to 3:00 p.m.

Activity Room B
Cost: Members: Depends on Project
Join Liz in our wonderful Craft Room to work on your own projects. Start a new project that you might have missed or finish something up. Call to reserve your spot and let Liz know what you will be doing. Please note there is a limit of 6 spots each week. No experience necessary!

Intro to Wood Burning w/Liz

Facilitated by Liz Kosier
Wednesday, June 14th, 2023
1:00 to 3:00 p.m.
Activity Room B
Cost: Members: \$10 ; Non-members:\$20
Join Liz in learning how to wood burn on a preserved board. This class is limited to 3 spots. No experience necessary! Come join us for this fun class!



Summer Jewelry Making with Liz

Facilitated by Liz Kosier
Wednesday, June 28th, 2023
1:00 to 3:00 p.m.
Activity Room B
Cost: Members: Bracelet or Earrings - \$5 each or Necklace - \$10; Non-members: \$10 and \$20
Learn to make your very own jewelry for you or as a gift. No experience necessary. Come join us for this fun class!



Saturday Classes:

May Paint and Snack w/Liz
Saturday, June 24th, 2023
10:00 am to 12:00 pm
Activity Room B
Cost: \$20
Join us to paint this beautiful painting of fireworks over a lake. This is great to share with your loved ones. Join us for lots of laughter, creativity, and snacks!
Deadline to register is 6/21/2023!



The Studio

For Art and Craft
A place to create

The following Classes are all facilitated by the staff from the Studio for Art and Craft. Please note once you sign up for the class you will be responsible for the payment.

Friday, June 9th, 2023

Garden Clay Stakes

10:00 am to 11:15 am
Activity Room B
Cost: \$15
Deadline to register is 6/7/2023!
Join us in making these beautiful clay plant or garden stakes to enhance your gardens. This makes a beautiful gift for yourself or someone else. Pre-registration is required by calling the Gathering Place front desk.



Friday, June 23rd, 2023

Fused Glass Dish

10:00 to 11:15 am
Activity Room B
Cost: \$23
Deadline to register is 6/21/2023!
Join us in making this beautiful fused glass dish. This makes a great gift. Pre-registration is required by calling the Gathering Place front desk.



June 2023 Programs and Activities at the Gathering Place

Please note that 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 openings for each of our classes depending on the type of class, so register as soon as possible.

*****NEW*****

Gathering Place Outreach Group

Facilitated by Liz Kosier
Thursday, June 22nd, 2023
1:00 to 3:00 p.m.
Activity Room B
Cost: Free

Come join our new Gathering Place Outreach Group who will be meeting monthly. Join Liz in making and sending out cards to our friends and neighbors in our community who are in need of a little sunshine! The more the merrier!

*****NEW*****

Gathering Place Hiker Club with Alison & Kathy

Facilitated by Alison Smith/Kathy Slater
Date: Thursday, June 15th, 2023
Where: Blenheim-Gilboa Visitors Center
Cost: Free
Join Alison and the group at the New York Power Authority (NYPA) Blenheim-Gilboa Visitor's Center. NYPA is located at 1378 NY-30, North Blenheim, NY 12131, located about 14 miles from the intersection of Route 145 and 30 at Middleburgh. (24 miles from the Gathering Place). We will meet at the Visitors Center about 11:30 and walk the Bluebird Trail. Round trip is about 1.5 miles. We will plan to have transportation back to the Visitor's Center if you wish to go only one way. This hike does have some gentle hills, lots of birds, trees, and we may even see eagles. There are maps available at the front desk for anyone interested in this hike.



*****NEW*****

Walking with Wendy

Facilitated by Wendy Miller
Thursday Evenings
6:15 to 7:00 p.m.
Multipurpose Room/Outside
Gathering Place (weather permitting)
Cost: Free
Join Wendy for this fun and refreshing walking workout around the perimeter of the Gathering Place. This class is great for all fitness levels and will include using handweights as well. Please call the Center to register ahead of time as much as possible to give us an idea of how many people will be attending this new class.



Learn to Play Piano - Private Lessons with Rebecca

Facilitated by Rebecca
Friday, June 9th, 2023
10:00 am to 2:30 p.m.
Register for a half-hour private lesson with Rebecca.
Computer Room
Cost: \$25/half-hour lesson
Have you always wanted to learn how to play the piano but never got the chance to learn? Or did you used to play and need a refresher course? Then call the Front Desk to sign up for your very own private 30 minute lesson with a professional pianist. All levels are welcome!



*****NEW*****

Rainbow Folk Support Group

Facilitated by Vern Hall
Monday Evenings, beginning June 5th, 2023
5:00 to 6:00 p.m.
Board Room
Cost: Free
Come join us to meet and discuss the needs of the aging gay and lesbian community. This is an open group and all are welcome. Come connect with other LGBTQ peers, create a safe space to talk about issues that impact you, and build support to help navigate challenges. We believe no one should have barriers to their positive aging.



*****NEW*****

Mobile Health Crisis

Facilitated by Taylor West, The Neighborhood Center
Tuesday, June 13th, 2023
9:00 am
Board Room
Cost: Free
Join us as we learn about this important new service. The Mobile Health Crisis team will be here to talk about their services for anyone who is feeling depressed, lonely, or suicidal. Please call the front desk to register ahead of time so we have an idea of how many people will be attending.



June 2023 Programs and Activities at the Gathering Place – Continued

Silver Sneakers Classic

Facilitated by Alison Smith
Mondays and Fridays:
10:30am to 11:30 am
Multipurpose Room
Cost: Members - \$5/class; non-members - \$7/class; Silver Sneakers Members - this Class is free as long as you have your Silver Sneakers Card.
This class will increase muscle strength and range of movement, and improve activities for daily living. You will have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level. Uses a fitness ball, resistance tubing with handles, and light handweights which are all provided.



Gentle PiYo is Back!!!

Facilitated by Alison Smith
Wednesdays: 8:15 am to 9:15 am
Saturdays: 8:30 am to 9:30 am
Multipurpose Room
Cost: Members - \$5/class; non-members - \$7/class
Gentle PiYo is designed to build strength, improve flexibility, and tone muscles all in one class. Using bodyweight movements and flowing yoga poses, we work every muscle without unnecessary stress on the body. Please bring a mat to use with this class. Intermediate Level. Your instructor can modify exercises for your fitness level.



Silver Sneakers Strong & Fit for Life

Facilitated by Alison Smith
Tuesdays and Thursdays: 8:15 to 9:15 am
Multipurpose Room
Cost: Members - \$5/class; non-members - \$7/class
Join Alison for a basic strength class. We will use dumbbells and other strength equipment to build strength, maintain muscle mass, and improve overall health. We will do some floor exercise on a mat (options provided if you are unable to get on the floor comfortably). This class is Silver Sneakers Eligible. This is Intermediate Level. Be sure to bring a mat and water.



Pumping Iron with Alison Evening Class only!

Facilitated by Alison Smith
Monday and Wednesday evenings: 5:15 to 6:15 pm
Multipurpose Room
Cost: Members - \$5/class; non-members - \$7/class
Join Alison for pumping iron to get strong! Pumping Iron is a total body exercise class with DB Weights and mat work. Intermediate Level. Bring a mat and a water bottle.



Barre Fusion w/Alison

Facilitated by Alison Smith
Fridays
9:00 am to 10:00 am
Multipurpose Room
Cost: Members - \$5/class; non-members - \$7/class
BARRE Fusion is a low impact total body workout inspired by Ballet. It has rhythmic movement, high repetition strength work, and athletic dance moves. It is an easy to learn, fun workout. Intermediate Level.
Please note that this class is also offered on Tuesday evenings at 5:00 pm!



Silver Sneakers Stability Ball Class

Facilitated by Alison Smith/Denise Kelly
Wednesdays: 9:30 to 10:15 am
Multipurpose Room
Cost: Silver Sneakers Members - Free; Members \$5/class ; non-members - \$7/ class.
This is a fun class using a large stability ball. You will work your whole body as you tighten your core. A variety of exercises will be taught starting at a very basic level. When you get better the class will get harder. Intermediate Level. This class is Silver Sneakers Eligible.



June 2023 Programs and Activities at the Gathering Place – Continued

Silver Sneakers Chair Yoga with Denise

Facilitated by Denise Kelly
Wednesdays: 10:30 to 11:30 am
Multipurpose Room
Cost: Members - \$5/class; Non-members - \$7/class - **Now Silver Sneakers Approved!**

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.



Silver Sneakers Traditional Yoga with Denise

Facilitated by Denise Kelly
Mondays – 9:00 am to 10:00 am
Activity Room A
Cost: Members - \$5/class; Non-members - \$7/class Note: **Now Silver Sneakers Member Approved!**

Traditional Yoga poses using your own Yoga mat. Yoga can improve flexibility, concentration, and strength while boosting your mood and reducing stress and joint strains. It is a great way to start off your week. Join us on Mondays to see what it is all about.



Additional Services at the Center for your convenience

Hair Cuts, Manicures, and Pedicures

We now have a 2 hair stylists, Terri, who is available on Tuesdays from 9:00 am to 2:00 pm and Laureen who is available on Thursdays from 9:00 to 2:00 p.m. They provide hair cuts, manicures, and pedicures. Cost is by donation to the Center. Schedule your appointment by calling the front desk at the Center at 518-823-4338.



Gentle Touch Massage or Reiki w/Gretchen

Facilitated by Gretchen Cosgrove
Monday, June 19th, 2023
10:00 am to 2:00 pm -1/2 hour
appointments
Room off Kitchen
Cost: \$25
We are also very fortunate to have Gretchen Cosgrove, here doing Gentle Touch Massage on one Monday per month. Each session is 1/2 hour and needs to be scheduled through the Front Desk. Please register prior to coming in as space is limited.



Zumba Classes with Wendy

Facilitated by Wendy Miller
Multipurpose Room
Cost: Members: \$5;
Drop In/Non-members: \$7
Discounts: 3 for \$20 or 5 for \$30
30 minute classes: members: \$3; Non-members: \$5
Saturdays @ 10:00 am-Zumba Gold
Mondays @ 6:25pm: Zumba Toning
Tuesdays @ 6:15pm: Regular Zumba

This Zumba Class will be a little 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.



Tai Chi for Arthritis

Facilitated by Rebecca Sears
Mondays, beginning again in the Fall
1:00 to 3:00 p.m.
Multipurpose Room
Cost: Free
Come join us for this new 16-week series. Tai Chi for arthritis utilizes the Sun Style of Tai Chi to promote balance and improve relaxation. Rebecca is a certified instructor that will lead this class. Tai Chi will increase strength, balance, and posture, improve your mind, body, and spirit, and reduce stress; and most importantly....reduce your risk of a fall! Please register ahead as there is only spots for 12 people each session. This program will run for 16 weeks and you must be able to commit to attending 11 of the classes to register.



Line Dancing for Fun!

Facilitated by Linda Aernecke/TBD

Fridays at 12:00 noon

Multipurpose Room

Cost: No Cost-**Open only to Members**

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



June Lunch and a Movie

Facilitated by Liz Kosier

Monday, June 12th, 2023

12:00 to 3:00 p.m.

Great Room

Cost: \$5 Please note price increase

Back by popular demand is our Lunch and a Movie. Join us for a delicious lunch and a fun movie on the above dates. The lunches will be announced a week before the event. Come in and spend some time laughing, enjoying a meal together, and watching a great movie. Pre-registration is required for this event.



*****New*****

Life Chat: Parkinson's Workshop

Facilitated by Office for the Aging

Date and Time: June 20th, 2023 at 2:30 to 4:30 pm

Multipurpose room

Cost: Free

Join this group to discuss Parkinson's and helpful information on what Parkinson's is, and tools that can help with caretaking for these individuals. Please call the front desk to register.



One on One Family Research

Facilitated by Kim Page

Date and Time: TBD

Computer Lab

Cost: Free-**Open only to Members**

Looking for a certain person, this is your chance to find them! Join Kim as she introduces you to researching ancestry and the tips and tools that can help you with your search. You will learn tools, techniques, and so much more. Call the front desk to register for an appointment. Please note that you will need to be sure to bring any information you can on who you are looking for and any other information you might have that could be helpful.



Beginner Crochet with Deb

Facilitated by Deb Kosier

Monday, June 19th, 2023

1:00 to 2:30 pm

Activity Room A

Cost: \$5

Join Deb in this Beginner Crochet class. You will learn different stitches and also start a pattern. All supplies are included. Call the front desk to register.



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.



Introduction to Photography

Facilitated by Kim Walton

Tuesday, June 13th and Tuesday, June 27th, 2023

1:00 to 2:30 pm

Multipurpose Room

Cost: Free -**Open only to Members**

Join Kim as she introduces you to the art of photography. You will learn tools, techniques, and so much more. Call the front desk to register.



Some pictures from our Comedy Show on May 12th! We had a blast and a great line-up of Professional Comedians! The next Comedy Show is Friday, September 8th - save the date! special thanks to Mikael Gregg's North County Stand-Up Comedy! Mikael is the one responsible for bringing us these great comedians!



Overall Wellness Addiction and Mental Health Support Group

Facilitated by SCCASA

Every Wednesday

11:30 am to 12:30 p.m.

Board Room

If you have questions or concerns about Substance Abuse Disorders, the Recovery process or how Mental Illness affects your loved ones, stop in and see us. Jason and Shannon from Schoharie Mental Health, and Crystal and Tom from Schoharie County Council on Alcoholism & Addictions and Open Arms Recovery Resource Center will answer your questions. For more information, contact the Center or contact SCCASA directly at 518-234-8705. Walk-ins are welcome and encouraged.



Circle of Hope Grief Support Group

Facilitated by Barbara Buongiorno, RN

Every Wednesday

1:00 to 2:30 pm

Now weekly and in-person

Game 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.



Alzheimer's Support Group for Schoharie County.

Facilitated by Ann Marie Thayer

Friday, June 23rd, 2023

10:00 am-12:00 pm

Board Room

Please contact Ann Marie Thayer directly at 607-282-3035 to sign up for this group.

10:00am to 12:00pm

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



Rays of Sunshine Band Practice

Facilitated by Crickit Rockwell

Fridays – 3:00 to 4:30 pm

Great Room

Cost: No Cost

Our Rays of Sunshine Group practices every Friday. If you play an interest or sing, and would like to inquire about joining this group, please see Cricket Rockwell or give your name to Liz and she will pass it along.



Pinocle Group

Tuesdays and Thursdays

1:00 to 4:00 pm

Activity Room A

Cost: None-Open only to Members

Pinocle is a strategy game with either two, three, 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!



New

Sing-A-Long with Peter Enders

Facilitated by Peter Enders

Fridays at 2:00 pm

Great Room

Cost: Members – No Cost Open only to Members

Join Peter and his guitar for a fun sing-a-long. Song books are provided. Have fun celebrating music together.



Beginner Computer Class

Facilitated by Marcy Holmes

Wednesdays: 10:00 am to 11:00 am

Computer Lab

Note this Class is an 6-week class.

Cost: \$3 for members-Open only to Members

Please Note: Next session begins in Fall 2023.

This class is designed for those individuals who have never used a computer before or want to learn how to use a computer. This class will start from all the basics, such as how to turn it on to creating files, searching the internet, etc. Please note this class is limited to 12 people. Please be sure to sign up asap to reserve your spot. Space is very limited!

Intermediate Computer Class

Facilitated by Marcy Holmes

Wednesdays: 11:30 am to 12:30 pm

Computer Lab

Cost: \$3 for members -Open only to Members

Please Note: Next session begins in Fall 2023.

This class is designed for those individuals who are familiar with computers and have some experience with computers, but would like to learn more about software, such as spreadsheets, creating documents, forms, etc. Please note this class is limited to 12 people. Please be sure to sign up asap to reserve your spot. Space is very limited!



Mahjong Group

Thursdays, 1:00 to 4:00 pm

Activity Room B

Cost: Open only to Members

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.



Defensive Driving Course

Defensive Driving Class

Facilitated by Linda Karpovich

Monday, June 19th, 2023

9:30 am to 3:30 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.



Android/Smart Phone Tech Class w/Gretchen Randazzo

Facilitated by Gretchen Randazzo

Wednesday, June 14th, 2023

10:00 to 11:00 am

Activity Room A

Cost: Free to Members (Open only to Members)

Join Gretchen as she helps with questions regarding your Android/Smart phone and how to navigate the tech part of a phone and answer any questions you may have. Hope to see you there!



Technology Help Desk

By appointment only!

Cost: None-Open only to Members

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.

Some Pictures from our May 10th & 11th, 2023 Bus Trip to Lancaster, PA



Monthly Book Club

Facilitated by Crickit Rockwell

Monthly – Second Tuesday

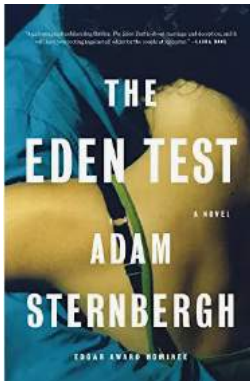
3:00 to 4:00 pm

Board Room

Cost: None-Open only to Members

The Book Club is more than a reading group. It is also a great time to socialize, make new friends. Under New Management, we will be reading the same book together. **The book for the June meeting is “The Eden Test”, by Adam Sternbergh.** Please join us for some great discussion about this book and time for sharing. See you then!

Please note: There will be no Book Club in July or August. We will resume in September.



Movement Classes with Anna and John

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. Register ahead of time so that we can be sure the classes will not be too crowded.

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.



Stress Management for the Aging Brain

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

Thursdays – 10:00 am to 11:00 am
Board Room

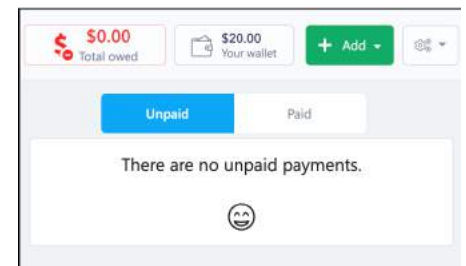
Cost: Members - \$3/class; Non-members - \$5/class

Manage your response to stress and boost your brain power. Learn about health-promoting behaviors, medically endorsed methods and brain foods that can protect brain function and keep your brain young, healthy, and sharp. Utilize “epigenetics” to slow and reverse some of the aging conditions you are worried about. Weekly sessions will present new topics from current research including insights from scientists studying “Super Agers”, (men and women over the age of 80 with the mental faculties of people decades younger). Participants will be encouraged to join in discussion and share ideas. This is an Open Group.



Do you know what the Wallet is?

We can put money on your account here at the Center. If you would like to add money to your “Wallet”, instead of paying class fees every time you take a class, it is easy to do. Simply give Nancy the amount you want to add to your account, and she will credit your account. Then each time you take a class, we will just deduct that amount from your “Wallet”. This is a much more convenient way of paying for your classes. If you have questions or would like additional information, please call the front office.



The Pool Table is Ready for Playing!

Pool Table and Darts!!!

Available Monday, Tuesday, Thursday, 1:00 to 4:00 pm

and Saturday 9:00 am to 2:00 pm

Please note you must be a member to use the game room.

Cost: None-Open only to Members

We have a beautiful competition size pool table and a brand new dart board available for your use. Get a group together and have fun while sharpening your skills.



Did you know The Gathering Place has a Lasting Legacy Program?



What is a Lasting Legacy Program, you ask? A legacy gift is a gift that reflects a person's deepest desires and longings to "leave their mark," make a lasting contribution and impact society and the world long after they are gone. A legacy gift is not acquired instantaneously but typically through long-term relationships and a legacy planning process. A person doesn't need to be wealthy to leave a legacy. Anyone can leave a lasting gift to support the causes that mean the most to them through their will or estate plan.

As most of you are aware, The Gathering Place 50 Plus Community Center is operated by the Schoharie County Council of Senior Citizens, Inc., which is the not-for-profit that operates all of our programs. The Senior Council is a 501(c)(3) which means our main income sources are grants and private donations. While we have been very fortunate to have Nick Juried as one of our largest donors for our physical space, we depend on private donations to help to cover the operating costs of running our programs and paying our staff. Without donations, The Gathering Place could not survive financially.

While I know many people donate to other local not-for-profits, which are all great causes, please remember that The Gathering Place also needs your support. Wouldn't it be a great thing to leave a lasting legacy to The Gathering Place to help continue its mission of providing healthy and active lifestyles for people who are 50 Plus, and especially knowing how much of a difference The Gathering Place has made in your own life? I really hope you will consider becoming part of our Gathering Place Lasting Legacy program. If you would like more information on how to join the Gathering Place Lasting Legacy program, please see Kim Witkowski, Executive Director. As always, we appreciate your continued support of our Gathering Place!

Gathering Place Outreach Committee Update from Liz

The Gathering Place's Outreach Group will hold their next meeting on June 22nd at 1:00 pm. This new group has been started so that we can help with volunteer services in the community and to send cards and/or gifts to any community members who are getting out of the hospital or have been ill or injured.

We have also taken on the task of preparing meals once a month for the Veterans' Honor Flight program who host a weekend retreat for 20 combat veterans. We are making 4 large dinner entrées such as lasagna, chicken pot pie, ziti or anything that goes in a large pan and can be reheated in the oven. I would also love to send homemade cookies and/or desserts that travel well. The next retreat will be held in June. The Honor Flight coordinator will pick up the meals the Friday prior to the event and take them to the retreat. Anyone interested in helping, please call Liz at the Center.

The Gathering place is also hosting a Veterans' Luncheon once a month at the center and we need 3-4 volunteers for this each month. The next luncheon will be June 21st at Noon. Again, call Liz if interested.

An UPDATE from Liz: I have been listening to everyone even when they think I'm not. Here is a list of things I am working on bringing to the center: Knitting class, quilting class, Pilates, Facials for our members, and a possible purse swap. Please let me know if there is anything you would like me to bring to our Gathering Place.

Thank you all so much for your continued help and support! Together we can do great things!

-Liz

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 want 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 online, 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 at the front desk, and Kim will get in contact with you as soon as possible.

We have a wonderful book lending area set up in Activity Room B. Feel free to browse and take home a book to read. There are also many puzzles and games you are welcome to borrow and take home to use. Just let the front desk know when you are borrowing one of these items.

Private Meeting Room: we have a private meeting room that is 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:



The Nicholas J. Juried Family Foundation



A plan for life.

wellcare™



- Lawn Mowing & Ground Maintenance
- Snow Removal
- Concrete & Hardscapes
- Tree Removal & Trimming
- Excavation -Brush Hogging -York Raking

Thought for the Month

A Little Funny to Start Our Summer Off

2022-2023

Board of Directors:

Marion Bernocco, Director

Vern Hall, Director

Betty Karlau, Director

Vincent LaGanga, Director

Najam Razvi, Director

Crickit Rockwell, Director

Anna Slavinski, Director

Constance Vrooman, Director



I cannot shop at Costco anymore. You see, yesterday I was at Costco buying a large bag of Purina dog chow for my loyal pet, Necco, the Wonder Dog, which weighs 191 lbs. I was in the check-out line when a woman behind me asked if I had a dog. What did she think I had an elephant?

So because I'm retired and have little to do, on impulse I told her that no, I didn't have a dog, I was starting the Purina Diet again. I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms. I told her that it was essentially a Perfect Diet and that the way that it works is, to load your jacket pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete, so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.)

Horrified, she asked if I ended up in intensive care, because the dog food poisoned me. I told her no, I stopped to pee on a fire hydrant and a car hit me! I thought the guy behind her was going to have a heart attack he was laughing so hard.

Costco won't let me shop there anymore. Better watch what you ask retired people. They have all the time in the world to think of crazy things to say!

-Author Unknown

Pictures from our Magic Show, with Magician Sean Doolan! Everyone had a great time!



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



We are selling Magnetic Gathering Place Signs for your Car. It is a great way to support the Center as well as helping to spread the word. The cost is only \$5 each! We have a limited supply so see the front desk if you would like to purchase one.

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 asks that you help us in whatever way you can to 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.
- 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 bringing even more services and opportunities to our 50 Plus Community!

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!



The Everything Shoppe
Middleburgh, NY

312 Main Street
Middleburgh, NY 12122

518-827-4548

Hours:
Tues thru Sat 10:00 AM to 3:00 PM

Opening June 6th, 2023!

Sharon Springs Everything Shoppe
209 Main Street
Sharon Springs, NY

Hours will be:
Tuesday through Saturday
10:00 am to 3:00 pm
Look for our Grand Opening
Announcement!



**CELEBRATING
OUR VETERANS**

JUNE 21ST, 2023 AT 12 PM

**AT THE GATHERING PLACE 50
PLUS COMMUNITY CENTER**

**CALL TO RESERVE YOUR SPOT
(518) 823- 4338**

FREE LUNCH BUFFET



**The Office for the Aging &
The Gathering Place are happy to
Announce Beginning January 3rd, 2023**

Grab & Go Meals

FRESH & WELL COOKED

Healthy and Nutritious meals will now be available to anyone age 60 and above, daily (Monday-Friday) at The Gathering Place 50 Plus Community Center. There is no income requirement, but each person is given the opportunity to make a suggested \$4 voluntary contribution for meals. You must order the meals 24 hours in advance by calling Office for the Aging at 518-920-3757. Meals will be available daily beginning at 11:00 am. You can take the meals home to eat or stay at the Center and enjoy them with company. Monthly Meal Menu will be available at the Front Desk at the Center or by contacting the OFA at 518-920-3757.

BBQ PARTY

**FRIDAY, JUNE 2ND AT NOON
AT THE GATHERING PLACE**

**HOT DOGS AND
HAMBURGERS
ARE
PROVIDED**

**BRING A DESSERT OR
SIDE DISH TO PASS**

**RAYS OF SUNSHINE PERFORMING
AT 2PM**

Life Chat

Schoharie County Office for the Aging invites you to
The Gathering Place on June 20th at 1:00 pm

FALL PREVENTION



Being mobile and steady in your home, or out in the neighborhood, is vital to living a happy, healthy life. Join us to

- Explore ways to stay safe & continue to be active & independent
- Share ideas with others about beliefs, fears & concerns about falls
- Practice a sequence of exercises designed to build the strength, balance & flexibility important to fall prevention
- Light refreshments and door prize

Questions or to RSVP contact Deb Dyer at 518-295-2001

Grab and Go Lunch Menu for June 2023. Make sure to call 24 hours in advance (by 2:00 pm) to order. Call 518-920-3757 (Judy). Please note the menu was not available by the date of this newsletter. Copies of the menu can be found at the Center's front desk or see Judy in the Game Room at the Center.

A vibrant green poster for the Festival Farmers Market. At the top left is the logo for 'The Gathering Place 50 Plus Community Center, Cobleskill & Oneonta'. At the top right is the 'Festival Farmers Market' logo featuring a basket of produce. The main title 'FESTIVAL FARMERS MARKET' is written in large, bold, white and orange letters. Below the title is a colorful illustration of various fresh vegetables including pumpkins, bell peppers, radishes, avocados, and carrots. A white banner with orange borders contains the text 'AT THE GATHERING PLACE 127 KENYON ROAD COBLESKILL, NY'. Below the banner, white text on a green background provides details about the market's schedule and products.

FESTIVAL FARMERS MARKET

AT THE GATHERING PLACE
127 KENYON ROAD
COBLESKILL, NY

OUR FESTIVAL FARMERS MARKET OPENS ON
SATURDAYS BEGINNING JULY 8TH, 2023
10:00 AM TO 2:00 PM

WE HAVE BEEF, EGGS, POULTRY, PORK, LAMB,
HONEY, MAPLE, BAKED GOODS, FUDGE, GOAT MILK
SOAPS, WOOL BLANKETS, ARTWORK, AND SO
MUCH FOR ALL FROM OUR LOCAL FARMERS!
WE ALSO WILL BE HAVING A HARVEST INDOOR
MARKET ON SATURDAY, NOVEMBER 4TH AND A
HOLIDAY INDOOR FARMERS MARKET ON SATURDAY,
DECEMBER 9TH, 2023. FOR MORE INFORMATION,
PLEASE CONTACT THE GATHERING PLACE AT
518-823-4338.

Upcoming Bus Trips for the Gathering Place. Please be sure to note the due date for registering and for payment. Once the payment date is passed, you will not be able to get a refund if you cancel, unless you can find someone to take your seat. Thank you for your cooperation with this policy.

Sight and Sound “Moses” Show and Bus Trip, May 10th – May 11th.

We are heading to Lancaster, PA for the amazing, live show “Moses”. We will be staying at the Eden Resort and Spa. On Wednesday night we will dine at the wonderful Millers Smorgasbord for dinner. This trip will include several other stops and a lot of fun food. Breakfast at the motel is included. Single Occupancy is \$375 for members and \$390 for non-members. Double occupancy cost is \$310 for members and \$325 for non-members. Triple Occupancy is \$290 for members and \$305 for non members. Quad occupancy is \$280 for members and \$295 for non members. **Please note that this trip is completed.**

Resort World Catskill on Thursday, June 1st, 2023:

We head to Monticello, NY to the Resort World Catskill. You can spend the day playing slots (\$25 free play included), gambling and enjoying the lunch buffet which includes salad bar, chicken breast, penne ala vodka, meatballs, dessert and soft drinks. This trip is \$50 per person for members and \$60 for non-members. **Please note this trip is completed.**

Hudson River Maritime Trip on Friday, July 7th 2023

Spend a relaxing day visiting the Hudson Maritime Museum with a 2-hour walking tour, followed by a wonderful lunch at the Ole Savannah, and end the day with a 1 ½ hour sight-seeing cruise on the Rip Van Winkle II on the Hudson River. Members pay only \$125 and non-members pay \$140. **Payment is due by Wednesday, June 7th, 2023.**

Newport Rhode Island Adventure & Return to Camelot on Thursday, July 20th & Friday, July 21st

To begin our adventure, we will have lunch in Newport and a guided tour of Return to Camelot. Visit the St. Mary’s Church for a presentation and live music and video from the Kennedy’s Wedding and reception. Check in at the Hampton Inn and Suites for a wonderful night’s rest and enjoy a breakfast the next morning. After breakfast we will have a 75 minute morning cruise on Narragansett Bay. Later we will have a tour of the spectacular Gilded Age Mansion, The Breakers. End of day have a lunch (on your own) at the Brick Market and follow-up it up with a little bit of shopping. Cost for members is \$410 Double and \$540 Single. Non members are \$425 Double and \$555 Single. **This trip has been cancelled due to lack of interest.**

Alexandria Bay Luncheon Cruise on Friday, August 11th, 2023

We are heading to Alexandria Bay for a boat tour on the Uncle Sam’s boat tour of the 1000 Islands. We will have lunch while touring the 1000 Islands, stopping to tour Boldt Castle at the end. Members will pay \$130 and non members are \$145. **Payment is due by Tuesday, July 11th, 2023.**

Essex Connecticut Rail and Sail Trip on Friday, September 1st, 2023

We will be cruising and riding the Essex Steam Train and Riverboat for 3 ½ hour excursion with wonderful luncheon with choices of Eggplant Parm, Beef tips with gravy or baked chicken. Members will pay \$140 and non-members will pay \$155. **Payment is due by Tuesday, August 1st, 2023.**

Cape Cod Getaway on September 25 -27th

This amazing three-day, 2 night trip will include a lovely stay at the Cape Cod Resort, 2 big buffet breakfasts at the resort, a plated 3 course Dinner Show, An Irish sing a long, free time at the shops in Hyannis Villiage, Cape Cod Canal Cruise, Cranberry Bog Tour in Plymouth and a tour of the Whydah Pirate Museum in Yarmouth. Cape Cod Trip will be \$555 Single, \$425 Double and \$405 Triple for Members and \$580 Single, \$450 Double and \$430 Triple for non-members. **Payment is due by Friday, August 25th, 2023.**

Atlantic City Getaway on Tuesday, October 10th – Thursday, October 12th, 2023

This fun trip includes a 2 night accommodation at the Caesars World Class Casino Resort Hotel, \$50 Slot Bonus, \$50 food credit, 2 FANTASTIC Shows including a Dolly Parton and Kenny Rogers Tribute Show. Atlantic City Trip will be \$425 Single, \$325 Double and \$315 Triple for Members and \$450 Single, \$435 Double and \$340 Triple for non-members. **Payment is due by Friday, September 8th, 2023.**

Miracle at Christmas at Sight and Sound on Thursday, November 16th – Saturday, November 18th, 2023

We will start our trip at Sight and Sound Theater seeing the Miracle of Christmas. We will stay at the Double Tree by Hilton for 3 days and 2 nights, dinner at Millers Smorgasbord, 2 breakfast buffets at Double Tree, Amish farmlands tour, Amish quilt and craft shop, a stop at Kitchen Kettle Village, Dutch Apple Dinner Theater featuring A Christmas Carol and a wonderful buffet, and a stop at National Christmas Center to browse and shop. Our final stop will be at Hershey's chocolate world to browse, shop and snack on our own. Single Occupancy is \$795 for members and \$820 for non-members. Double occupancy cost is \$615 for members and \$640 for non-members. Triple Occupancy is \$555 for members and \$580 for non members. Quad occupancy is \$525 for members and \$550 for non members. **Payment is due by Monday, October 16th, 2023.**



Update on our Everything Shoppes

I wanted to give everyone an update as to our progress of opening up our Everything Shoppes in Cobleskill, Sharon Springs, and Conesville. Our Sharon Springs Everything Shoppe will open next week, June 6th (tentatively) and we will start accepting donations at that location during that week. Please be patient with us as we get acclimated to our new environment. We have also found a wonderful location for our Cobleskill Everything Shoppe to reopen, thanks to Matt Loder. We will be opening the Cobleskill shoppe sometime this summer, as soon as it has been revamped. The location is the “garage” that is located right on Route 7 next to the Grapevine Farms (which is just down the road from the Gathering Place). The whole building will be for the Everything Shoppe. Stay tuned for updates on the exact opening date. We also have the Conesville Everything Shoppe in progress and hope to be able to open sometime in early fall. Thank you to Dottie Pickett for finding us this location and helping to make this a reality! And of course, please be sure to visit our Middleburgh Everything Shoppe as we always have new items! Thank you for your continued support!

SAVE THE DATES!!!

WE HAVE SO MANY THINGS HAPPENING HERE AT THE GATHERING PLACE. WE FIGURED WE WOULD GIVE YOU SOME OF THE CONFIRMED DATES SO YOU CAN “SAVE THE DATE” ON YOUR CALENDARS!

Saturday, July 8th - We will be at the Lily Park Festival in Schoharie

Tuesday, July 11th - Solar for All presented by the Power Authority at the Center

Friday, August 25th - End of the Summer Picnic Celebration at the Center

Friday, September 8th - Comedy Show at the Center

Thursday, September 28th - “Ready, Set, Connect - Connecting the Dots to Long-term Care - presented by Office for the Aging here at the Center

Thursday, October 5th - Our Annual Gathering Place Health Fair with Vendors and Presentations throughout the event

MAKE SURE TO GET YOUR GATHERING PLACE T-SHIRTS AND SWEATSHIRTS WHILE THEY ARE AVAILABLE! T-SHIRTS ARE \$15 EACH AND SWEATSHIRTS ARE \$30 EACH. SEE LIZ AT THE CENTER TO PLACE YOUR ORDER. ALL PROCEEDS GO TO THE GATHERING PLACE. HERE IS OUR NICK JURIED MODELING OUR T-SHIRT ALL THE WAY IN TEXAS!



The Gathering Place 50 Plus Community Center

Yellow means change or new item

June 2023 Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>29 May</p> <p>Memorial Day</p> <p>Center is CLOSED</p>	<p>30 May</p> <p>8:15: Strong & Fit for Life</p> <p>9:45: Movement Class I</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal P/U</p> <p>1:00 Pool table OPEN</p> <p>1:00: Pinochle</p> <p>9:00 am to 2:00 pm: Haircuts with Terri</p> <p>5:00 Barre Fusion</p> <p>6:15 pm: Zumba Evening Class w/Wendy</p>	<p>31 May</p> <p>8:15 Gentle PiYo</p> <p>9:30: SS Stability Ball Class</p> <p>10:30: Chair Yoga</p> <p>11:00: Grab & Go Meal P/U</p> <p>11:30: Family Support Grp</p> <p>1:00: Circle of Hope Grp</p> <p>1:00 INTRO To Wood Burning with Liz</p> <p>5:15 pm: Pumping Iron 2</p>	<p>1 June</p> <p>8:15: Strong & Fit for Life</p> <p>9:45: Movement Class I</p> <p>10:00: Stress Mgmt Class</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal P/U</p> <p>1:00: Pinochle</p> <p>1:00: Mahjong</p> <p>1:00 Pool table OPEN</p> <p>9:00 am to 2:00 pm: Haircuts with Laureen</p> <p>6:15 Walk with Wendy</p> <p>Day Trip to Catskill Resorts World Casino</p>	<p>2 June</p> <p>9:00: Barre Fusion</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal P/U</p> <p>Spring Lunch and Concert at 12 noon</p>	<p>3 June</p> <p>8:30 Gentle PiYo</p> <p>9:00: Pool Table Open</p> <p>10:00: NO Zumba</p> <p>10:00: Sons of Union Veterans Mtg</p> <p>Center Closes at 2:00 pm</p>
<p>5 June</p> <p>9:00: Inter. Line Dancing</p> <p>9:00 Yoga</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal P/U</p> <p>1:00: Tai Chi Class</p> <p>1:00: Pool Table Open</p> <p>5:15 pm: Pumping Iron</p> <p>6:25 pm: Zumba Toning</p>	<p>6 June</p> <p>8:15: Strong & Fit for Life</p> <p>9:45: Movement Class I</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal P/U</p> <p>11:00 – 2:00 pm OPEN ART Studio</p> <p>1:00: Pinochle</p> <p>2:00: Pool Table Open</p> <p>9:00 am to 2:00 pm: Haircuts with Terri</p> <p>5:00 Barre Fusion</p> <p>6:15 pm: Zumba Evening Class w/Wendy</p>	<p>7 June</p> <p>8:00 Chamber Breakfast Meeting</p> <p>8:15 Gentle PiYo</p> <p>9:30: SS Stability Ball Class</p> <p>10:30 Chair Yoga</p> <p>11:00: Grab & Go Meal P/U</p> <p>11:30: Family Support Grp</p> <p>1:00: Circle of Hope Grp</p> <p>1:00 Crafting with Liz – Hummingbird Painting</p> <p>5:15 pm: Pumping Iron 2</p>	<p>8 June</p> <p>8:15: Strong & Fit for Life</p> <p>9:45: Movement Class I</p> <p>10:00: Stress Mgmt Class</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal P/U</p> <p>1:00: Pinochle</p> <p>1:00: Mahjong</p> <p>1:00 Pool Table Open</p> <p>9:00 am to 2:00 pm: Haircuts with Laureen</p> <p>6:15 NO Walk with Wendy</p>	<p>9 June</p> <p>9:00: Barre Fusion</p> <p>10:00: Piano Lessons</p> <p>10:00 Fun Friday – Clay Plant Poke</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal P/U</p> <p>12:00 Beginner Line</p> <p>Dancing for FUN</p> <p>2:00 Rays of Sunshine</p> <p>Sing Along with Peter</p> <p>3:00: Rays of Sunshine Band Practice</p>	<p>10 June</p> <p>8:30 Gentle PiYo</p> <p>9:00 Pool Table Open</p> <p>10:00: Zumba</p> <p>Center Closes at 2:00 pm</p>

The Gathering Place 50 Plus Community Center			Yellow means change or new item		June 2023 Calendar of Activities	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>12 June</p> <p>9:00: Inter. Line Dancing</p> <p>9:00: Yoga</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal P/U</p> <p>12:00 Movie and Lunch</p> <p>1:00: Tai Chi Class</p> <p>1:00: Pool Table Open</p> <p>5:15: Pumping Iron</p> <p>6:25 pm: Zumba Toning</p>	<p>13 June</p> <p>8:15: Strong & Fit for Life</p> <p>9:00 Mobile Health Crisis OPEN Meeting</p> <p>9:45: Movement Class I</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal P/U</p> <p>11:00 – 2:00 pm OPEN ART Studio</p> <p>1:00: Pinochle</p> <p>1:00: Photography Class</p> <p>3:00: Book Club</p> <p>1:00 Pool table OPEN</p> <p>9:00 am to 2:00 pm: Haircuts with Terri</p> <p>5:00 Barre Fusion</p> <p>6:15 pm: NO Zumba Evening Class w/Wendy</p>	<p>14 June</p> <p>8:15 Gentle PiYo</p> <p>9:30: SS Stability Ball Class</p> <p>10:00: Smart Phone Tech Class for Android w/Gretchen</p> <p>10:30: Chair Yoga</p> <p>11:00: Grab & Go Meal P/U</p> <p>11:30: Family Support Grp</p> <p>1:00: Circle of Hope Grp</p> <p>1:00 Crafts with Liz: Intro to Wood Burning</p> <p>5:15 pm: Pumping Iron 2</p>	<p>15 June</p> <p>8:15: Strong & Fit for Life</p> <p>9:45: Movement Class I</p> <p>10:00: Stress Mgmt Class</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal P/U</p> <p>1:00: Mahjong</p> <p>1:00: Pinochle</p> <p>1:00: Pool Table Open</p> <p>9:00 am to 2:00 pm: Haircuts with Laureen</p> <p>6:15 Walk with Wendy</p>	<p>16 June</p> <p>9:00: Barre Fusion</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal P/U</p> <p>12:00 Beginner Line</p> <p>Dancing for FUN</p> <p>2:00 Rays of Sunshine</p> <p>Sing Along with Peter</p> <p>3:00: Rays of Sunshine Practice</p>	<p>17 June</p> <p>8:30 Gentle PiYo</p> <p>9:00: Pool Table Open</p> <p>10:00: Zumba</p> <p>Center Closes at 2:00 pm</p>	
<p>19 June</p> <p>9:00: Inter. Line Dancing</p> <p>9:30: Defensive Driving 6 hour class</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal P/U</p> <p>1:00: Pool Table open</p> <p>1:00: Beg. Crochet w/Deb</p> <p>1:00: Tai Chi Class</p> <p>10:00: Light Touch Massage or Reiki/Energy Healing Sessions w/Gretchen</p> <p>5:15: Pumping Iron</p> <p>6:25 pm: Zumba Toning</p>	<p>20 June</p> <p>8:15: Strong & Fit for Life</p> <p>9:45: Movement Class</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal P/U</p> <p>11:00 – 2:00 pm OPEN ART Studio</p> <p>1:00 Fall Prevention Class</p> <p>1:00: Pinochle</p> <p>1:00: Pool Table Open</p> <p>2:30: Parkinson's Support Group</p> <p>9:00 am to 2:00 pm: Haircuts with Terri</p> <p>5:00 Barre Fusion</p> <p>6:15 pm: Zumba Evening Class w/Wendy</p>	<p>21 June</p> <p>8:15 Gentle PiYo</p> <p>9:30: SS Stability Ball Class</p> <p>10:30: Chair Yoga</p> <p>11:00: Grab & Go Meal P/U</p> <p>11:30 Family Support Group</p> <p>1:00: Circle of Hope</p> <p>12:00 Veteran's Luncheon</p> <p>5:15 pm: Pumping Iron 2</p>	<p>22 June</p> <p>8:15: Strong & Fit for Life</p> <p>9:45: Movement Class I</p> <p>10:00: Stress Mgmt Class</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal P/U</p> <p>1:00: Gathering Place Outreach Group Meeting</p> <p>1:00: Pinochle</p> <p>1:00: Mahjong</p> <p>1:00: Pool Table Open</p> <p>9:00 am to 2:00 pm: Haircuts with Laureen</p> <p>6:15 NO Walk with Wendy</p>	<p>23 June</p> <p>9:00: Barre Fusion</p> <p>10:00 Fun Friday – Fused Glass Dish</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal P/U</p> <p>12:00 Beginner Line</p> <p>Dancing for FUN</p> <p>1:00 Alzheimer's Support Group</p> <p>2:00 Rays of Sunshine Sing Along with Peter</p> <p>3:00: Rays of Sunshine</p>	<p>24 June</p> <p>8:30 Gentle PiYo</p> <p>9:00: Pool Table Open</p> <p>10:00: Zumba</p> <p>10:00: Paint and Snack with Liz – Camping and Fireworks</p> <p>Center Closes at 2:00 pm</p>	
<p>26 June</p> <p>9:00: Inter. Line Dancing</p> <p>9:00 Yoga</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal P/U</p> <p>1:00: Tai Chi Class (Last Class)</p> <p>1:00: Pool Table Open</p> <p>10:00: Light Touch Massage or Reiki/Energy Healing Sessions w/Gretchen</p> <p>2:00 Board Meeting</p> <p>5:15: Pumping Iron</p> <p>6:25 pm: NO Zumba Toning</p>	<p>27 June</p> <p>8:15: Strong & Fit for Life</p> <p>9:45: Movement Class</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal P/U</p> <p>11:00 – 2:00 pm OPEN ART Studio</p> <p>1:00 Pool Table Open</p> <p>1:00: Pinochle</p> <p>1:00: Photography Class</p> <p>9:00 am to 2:00 pm: Haircuts with Terri</p> <p>5:00 Barre Fusion</p> <p>6:15 pm: Zumba Evening Class w/Wendy</p>	<p>28 June</p> <p>8:15 Gentle PiYo</p> <p>9:30: SS Stability Ball Class</p> <p>10:30 Chair Yoga</p> <p>11:00: Grab & Go Meal P/U</p> <p>11:30: Family Support Grp</p> <p>1:00: Circle of Hope</p> <p>1:00 Crafting with Liz – Summer Jewelry</p> <p>5:15 pm: Pumping Iron 2</p>	<p>29 June</p> <p>8:15: Strong & Fit for Life</p> <p>9:45: Movement Class I</p> <p>10:00: Stress Mgmt Class</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal P/U</p> <p>1:00: Pinochle</p> <p>1:00: Mahjong</p> <p>1:00 Pool table OPEN</p> <p>9:00 am to 2:00 pm: Haircuts with Laureen</p> <p>6:15 Walk with Wendy</p>	<p>30 June</p> <p>9:00: Barre Fusion</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal P/U</p> <p>12:00 Beginner Line</p> <p>Dancing for FUN</p> <p>2:00 Rays of Sunshine Sing Along with Peter</p> <p>3:00: Rays of Sunshine</p>	<p>1 July</p> <p>8:30 NO Gentle PiYo</p> <p>9:00: Pool Table Open</p> <p>10:00: Zumba</p> <p>Center Closes at 12:00 Noon</p>	